

HIPFISH MONTHLY

the alternative press serving the
lower columbia pacific region

JUNE 2014
vol. 15 issue 185

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The Spirit of Cellist
Sergey Antonov

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Astoria
MUSIC FESTIVAL
2014

Hit the Road! It's Market Season.



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INNER VIKING
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Festival pg16

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Theateroid
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Paul Rutz - Chess at Life Size

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Love IS THE LAW

Congratulations to all of the happy couples in Oregon!

U.S. SUPREME COURT REJECTS NOM'S ATTEMPT TO DELAY MARRIAGE EQUALITY!

THE U.S. SUPREME COURT ON JUNE 4, 2014, rejected the National Organization for Marriage's latest last-ditch attempt to exclude gay and lesbian couples from marriage in Oregon. "The application for stay presented to Justice Kennedy and by him referred to the Court is denied," according to the June 4 U.S. Supreme Court one-line order.

"Love is the law in Oregon," said Amy Ruiz, deputy campaign manager for Oregon United for Marriage. "Try as they might, the opposition cannot take that away."

Oregonians won the freedom to marry on May 19 when U.S. District Court Judge Michael McShane in Eugene ruled that excluding same-sex couples from marriage in Oregon is unconstitutional. Judge McShane also denied the National Organization for Marriage's (NOM) motion to intervene in the case.

NOM has appealed the denial of their motion for intervention, and that appeal is still pending in the 9th Circuit Court of Appeals. Basic Rights Oregon and the ACLU of Oregon will continue to defend marriage equality in Oregon.

Basic Rights Oregon Annual Bites For Rights • June 19

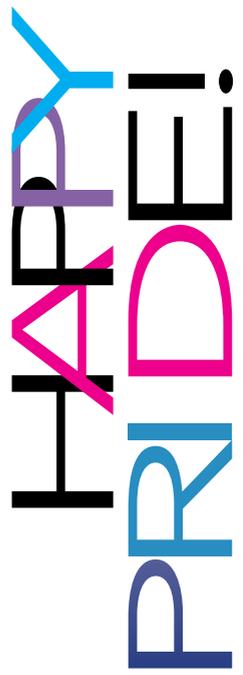
On June 19th, 2014, restaurants, coffee shops, bars and bakeries around the state will donate a generous percentage of their day's proceeds to Basic Rights Oregon. On this one day, you can feast to promote fairness for all LGBT Oregonians.

In 2013 BRO had its biggest year to date for Bites for Rights with over 100 restaurants statewide taking part in Bites for Rights including the Astoria Coffeehouse in Astoria, Strictly Organic Coffee Co in Bend, Sweet Life Patisserie in Eugene, and Left Coast Siesta in Manzanita. Along with Byways Café, Cupcake Jones, Genoa Restaurant, Big Ass Sandwiches and Mother's Bistro & Bar to name a few from Portland. BRO also had the biggest amount of buzz with our community via social media posts and photos and the most media coverage for Bites for Rights including a television commercial on Comcast!

Take a stand for equality by going out for coffee, brunch, drinks, dinner and dessert. With your help, send a powerful message to business owners that supporting LGBT equality is not only the right thing to do, but it's good business too! By dining out all day long, YOU can help sustain Basic Rights Oregon's efforts in transgender justice, racial justice and marriage equality.

Astoria
Astoria Coffeehouse & Bistro
T Paul's Urban Cafe

Manzanita
Left Coast Siesta



ART@KALA

Frank & Field

2nd Saturday Art Walk • Astoria



Don Frank, Kris Hargis, Painter.

Don Frank – The Q-tip Project Redux

Somewhere In 2007, North Coast photographer Don Frank, a man with strong creative instincts, did just that; he followed a rather quirky creative instinct. How, -when or why that moment came through he hasn't shared, but maybe he was in the bathroom, performing that daily ritual; getting ready for the day. Maybe ...he was cleaning his ear with a Q-tip.

The outcome, a series of fellow artists, photographed each in front of the same background, partially clothed, and each diligently cleaning out their ears with a Q-tip. As Frank notes, "This is a private task that is advised against by people who know better than us. But we do it anyway."

Writer/editor Katherine Head wrote, "Everyone is photographable. Everyone has a story to tell, and it can be relayed without words. But sometimes there needs to be a distraction for the person to share the truth. Hence, the Q-tip."

Frank chose 26 fellow artists to sit for the Q-tip project, and originally exhibited the series at Lunar

Boy Gallery, of which he was then a co-owner. The Q-tip Project garnered all around praise, delight and appreciation throughout the coastal art scene. Despite the near identical setup, the resulting portraits are as different as each artist. Some are whimsical, some are contemplative, some are mysterious. But they are all interesting. A seemingly banal task, a simple part of many people's every day routine, yielded surprising art.

Qtip Redux at KALA includes 12 of the original series with a slightly different presentation. If you are local, you'll recognize a few!

Agnes Field – Material Resistance.

Abstract painter and multi-media artist Agnes Field exhibits new work-in-progress this month at KALA. Field, native coastal, who works as much in

lery in Seaside, with a current new show hanging, it's focus a harmony and connection to the natural world, using non-traditional materials, including styrofoam, fabric and recycled and natural

materials from local surroundings. At the same time, around this other curious bend, Material Resistance attempts a more direct approach. Says Field, "There is a powerful resistance to change. Materials resist being changed and the artist must coax, tease and sometimes fight to transform matter from one form into another. Hopefully, the material will take on a new life of its own. This work-in-progress documents the experimental transformation of material."

It is safe to say, Frank and Field share an affinity for play, and when they

get serious about it, good art happens.

KALA's Bare Bulb Gallery this month features rotating work by Sid Deluca, Stirling Gorsuch and welcomes Portland artist Stephen Stevanov.

- Dinah Urell



Agnes Field, Sleeping in Trees, mixed fabric paint plastic on Styrofoam/ 12"x14"

supporting the position of visual arts and artists in the coastal region, as she does in the practice of creating, is always turning corners, taking new paths, experimenting. Her large scale multi-medium pieces are shown regularly at Fairweather Gal-

2nd Saturday Art Walk, June 14, 5 – 8pm. View art at KALA during events, by appt. and select weekends. KALA Gallery is presented by HIPFISHmonthly, and is located at 1017 Marine Drive in Astoria. 503.338.4878.

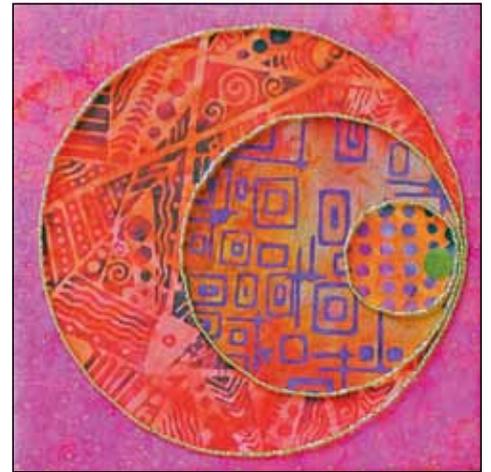
The Full Circle

Jennifer Goodenberger at Luminari Arts

TEXTILE ARTIST, Jennifer Goodenberger will present a show of new artwork at Winifred Byrne's Luminari Arts, with an opening reception on Saturday, June 14, Astoria 2nd Saturday Art Walk.

The wall hangings/tapestries Jennifer creates use exquisite fabrics, with designs outlined in beads. The simple, yet bold designs and strong colors, emphasize the materials' quality. Her inspirations include medieval illuminated manuscripts, crop circles, archetypal symbols, sacred geometry, designs from ancient and world cultures, and pilgrimages to sacred sites. For this show, entitled "The Full Circle" she has a new collection of artwork based on spheres and waves. She will also be showing a collection of flowers in dupioni silk, inspired by designs from Art Nouveau style.

Jennifer's work is "musical." She is a noted solo pianist, composer and recording artist, known for the elegance of her playing, and her



sensitive and expressive performances and compositions. She has 8 solo piano recordings.

Luminari Arts is located at 1133 Commercial Street in Astoria, Open Daily.

Two Solo: Paul Rutz and Ruth Armitage

At RiverSea

RIVERSEA GALLERY presents two solo exhibitions opening on June 14 and continuing through July 8.

Showing in the exhibition gallery is *Idle Hands*, new works by figurative painter, Paul Rutz of Portland. On view in the Alcove is *Down on the Farm*, abstracted aerial landscapes by noted Oregon watercolorist, Ruth Armitage. Opening reception is Saturday, June 14, 5-8pm. Meet Paul Rutz and enjoy refreshments. A second reception will be held for Ruth Armitage on Sunday, June 22, from 1-3pm, when she'll be on hand to discuss her work and to demonstrate some of the techniques used in her paintings.

In *Idle Hands*, Paul Rutz uses hands as a metaphor for the physical and emotional connection we have with objects in our daily lives, and sees these paintings as "meditations on what it feels like when we're almost working or not quite playing—that is, when we're doing what we don't have words for." From twirling a spoon, to playing a violin, to engaging in a surreal game of chess, the hands beckon us in, compelling a closer inspection of these narrative paintings.

This is the second solo show on the north coast for Rutz. In February, 2013 he was one of

the artists selected to exhibit in Au Naturel, the juried international show at Clatsop Community College. He was then awarded the prize of a solo show, held last fall at the CCC Art Center Gallery. He has exhibited work in solo and group shows throughout Oregon and nationwide since 2007.

In *Down on the Farm* Ruth Armitage lets her imagination take flight as she renders fields and farmhouses, roadways and forests, as they might be seen from above. She depicts features of land and domicile, sometimes hidden by drifts of cloud or mist, in layers of meandering lines that lead the eye through flowing compositions saturated with color.

Armitage is a fourth generation Oregonian and maintains a studio on her small farm near Oregon City. She is most known for her watercolors and is past president of the Watercolor Society of Oregon. "I paint abstracted aerial views of the fields and forests with an emphasis on color and mark making. Rich, vibrant color tells the stories of my connection to the particular parcel of land where I grew up, embellished by narrative and symbolic pencil and brush marks."

RiverSea Gallery, is open daily at 1160 Commercial Street in downtown Astoria, Oregon. 503-325-1270.



Broken Drinking Glass, Paul Rutz, oil on canvas



Smoke Signals, Ruth Armitage, oil on canvas, 24"x24"

HIPFISHmonthly

Mar 14

CULTURAL CALENDAR
& the month day by day 17 - 23

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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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Agnes Field

JULY HIPFISH ON THE RACKS THURSDAY JULY 3

COVER ART: Painting by
Jeremy Okai Davis

Cover Design: Les kanekuni

Astoria Planning Commision Pushes For Development Amid Citizen Opposition

Amy Bugbee

ON MAY 27TH the Astoria Planning Commission met in an attempt to amend the Riverfront Vision Plan that was passed in 2009 in regard to the Civic Greenway Area, which refers to the Riverwalk and trolley route from 16th street to 41st street. The controversial development plan made for a well attended meeting, and ultimately sent the Planning Commission back to the drawing board.

The plan proposed by Community Development Director Brett Estes was to fill the spaces West of Safeway (30th to 32nd streets) with "Cottage Cluster Housing", similar to that of Mill Pond, the proposal extended to over water development of businesses such as restaurants and hotels. Portland developer Angelo Planning Group was represented by Matt Hastie who gave a brief presentation with slides that outlined the Cottage clusters, as well as the piers that would serve the proposed over water developments.

When Planning Commission President Zetty Nemowill opened the meeting for public statement, there was not a single voice of agreement, nor indifference. The first speaker on the opposed side was Floyd Holcom, who owns the former Hanthorn Cannery where the Rogue Public House, the Bumble Bee Cannery Museum, and other businesses now dwell. He opposed the bill for business purposes, as it changes the zoning of his properties, and negates his own plans for a marina. Port of Astoria Executive Director, Michael Weston then stepped to the podium and suggested the Port had a better plan for the area including a second dock for cruise ship traffic, an overwater convention center, and an aquarium.

Following them came the true public, nearly two hours of testimony from a diverse sampling of Astoria citizenry, from life long Astorians outraged at the idea of throwing away the very thing that makes Astoria so special - the river views. Jan Faber, who splits his time between Astoria and Ft. Meyers Florida spoke of the "terrible development strategies" he has witnessed in Florida, and then pointed out the great value, the priceless of Central Park, and how the buildings encircling the park are so valuable, and without Central Park the same properties would have very little worth. Shel Cantor spoke of the lack of vision in the current proposal and his eloquent words garnered a round of applause. Others that voiced concern included Ted Osborne, Vice-President of the Lower Columbia Preservation Society (LCPS), Elizabeth Menetrey who was part of the original Visioning Committee that helped create the Riverfront Vision Plan, as well as many other community members, even residents of Mill Pond spoke out against additional development.

Stated purpose in the Riverfront Vision Plan was to protect the views of the Columbia River for the people:

CP.015(1), General Land & Water Goals states that "Because of the City's strong water orientation, the Plan supports continuing regional efforts to manage the Columbia River estuary and shorelines. The City's land use controls within this regional context will be aimed at protecting the estuary environment and at promoting the best use of the City's shorelands."

CP.204, Economic Development Goal 5, Policy 1 states "The importance of the downtown waterfront in terms of aesthetics, public access and business improvement cannot be overemphasized. The City supports the concept of the "People Places Plan" and encourages local organizations in the construction and maintenance of waterfront parks and viewing areas."

Planning Commissioner McLaren Innes suggested she would rather see the entire riverfront full of public parks rather than any additional development. The other commissioners continued to challenge one another over building heights, feasibility, sizes and uses. In the end, and thanks to the passionate pleas of concerned citizens, Brett Estes finally stated they were back to square one with river development, and the meeting was adjourned without a vote taking place.

The entire affair leaves one to wonder, what is the vision for the riverfront and how is it best represented? While former Governor Oswald West saw the importance of maintaining the ocean shores of Oregon for the people decades ago, and just as Chicago first city planner Daniel Burnham had done with that city's own expansive waterfront along Lake Michigan some century ago, no such plan had been created for the Columbia River. So what of our river? Once well dotted by canneries, fishing boats, fish tenders and packers, what about today? As the canneries have disappeared, what kind of industries, if any, are best to replace them?

What is our responsibility as the citizens of our community? Is it for the maintenance of nature? Is it for the promise of "jobs"? Is it to protect the history, the habitat, and the future of the area? Should we be preservationists or stone cold capitalists? Should the Mouth of the Columbia be protected for the people, for the wildlife, and to preserve it's very being, maintained as a place of relaxation for the citizens and visitors, or would it be better served with high-rise condos, factories, convention centers and the menagerie of structures that most waterways in America are covered with, thus rendering it into part of that vast wasteland of "Anywhere USA"?

The Astoria Planning Commission meets again on the last Tuesday of the month, June 24th, at 6pm in the City Council Chambers in City Hall. If the future of Astoria's Riverwalk matters to you, you are urged to attend.

CCC Hosts A Tribute to the Columbia River Conference

CLATSOP COMMUNITY COLLEGE will host its first annual 'A Tribute to the Columbia River Conference' on Friday evening July 18 from 7p.m. to 9p.m. and Saturday morning July 19 from 9a.m. to 11a.m. in its Columbia Hall Community Room (Columbia 219) on the CCC main campus in Astoria.

A Tribute to the Columbia River is designed to:

- Celebrate the impact of the Columbia River on the Pacific Northwest
- Examine ways in which the river has evolved
- Anticipate and reflect on how the river is likely to change and stimulate change
- Promote the Columbia River as a symbol of strength and influence for the area.

A Tribute to the Columbia River is open to the public. Participants may register for one or both days for a modest fee of \$10 per day. In addition, a catered dinner will be held on Friday, July 18 at 6p.m., and a breakfast will be available on Saturday, July 19 at 8a.m., prior to the morning session. The cost for each meal is \$15.

Space is limited and early registration is encouraged. Register at www.clatsopcc.edu/content/tribute-columbia-river-registration, or email rmccllelland@clatsopcc.edu, or call 503-894-0187.

Community members have an opportunity to win a free one-day registration to the conference by submitting a 250 word response to the question, "What does the Columbia River mean to me?" Submissions must be received by 5 pm, Sunday, June 15 at <https://www.clatsopcc.edu/content/tribute-columbia-river> or rmccllelland@clatsopcc.edu. Selected submissions will be read at each session.

Featured speakers on Friday evening, July 18 include Katy Barber, Associate Professor of History at Portland State University, and Irene Martin, fisherman, writer and Board member of Salmon for All and the Columbia River Maritime Museum, and Captain Robert Johnson a bar pilot with the Columbia Bar Pilots.

Featured speakers on Saturday morning, July 19, include Denise Lofman, Director of the Columbia River Estuary Task Force (CREST), and Chris Clatterbuck, Chief of Resource Management, Lewis and Clark National Historic Park.

Please direct inquiries to: Robert McClelland, 503-325-2898; rmccllelland@clatsopcc.edu.

Why We Live in Denial

AS THE weather gets warmer and we break out our barbecues and lawn furniture and prepare for summer fun, everything seems to be proceeding in the same way as always. And if mainstream media is our source of information, this is what we are led to think. The brouhaha over Ukraine, for example, is played lockstep in the West as caused by the current Russian cast as the bad guy, Vladimir Putin. It is not Putin, however, but the "democratic West" which supports an illegal fascist coup replete with neo-Nazi thugs. If we stop reverting to Cold War stereotypes and look deeper at the real geopolitical issues, we may note that the Ukraine has a good deal of shale that can yield much oil and natural gas for Western companies to ship around the world.

Here in the US lots of fracking of shale formations is going on as toxic chemicals are pumped deep below the surface of the earth in places all over the country to obtain more oil and natural gas. The companies doing this not only don't care about poisoning the environment, including vital aquifers, but they don't even care if the oil and gas obtained are sold in the United States. Extractive transnational corporations send what they recover wherever it will bring the highest price. So even if the US has enough of these unconventionally obtained hydrocarbons to power its economy for a couple more decades, globalized capitalism cancels out most benefits for Americans. So we wreck our soil and ever depleting water resources to obtain fossil fuels that will probably be shipped abroad. Yet mainstream media has played up fracking as the new bonanza that will prolong the good life. And of course fracking provides new jobs as well as money to the rural land owners who sell their mineral rights to the companies. To get a dramatic sense of the real issues involved in the fracking business, check out Matt Damon's 2012 feature film, "Promised Land".

But we desperately want to believe that fracking or drilling in the Arctic will solve our

energy problems and prolong the only way of life we've ever known. The myth of the machine has been our guiding beacon since the industrial revolution began over two hundred years ago. We can't imagine living in a pre-industrial economy, where we depend on manual tools and working animals, the way people lived since Neolithic times. So we dismiss the idea of remaking localized handicrafts economies and continue to believe in technological fixes. After all, for many generations we have placed almost a religious faith in our great god, Progress.

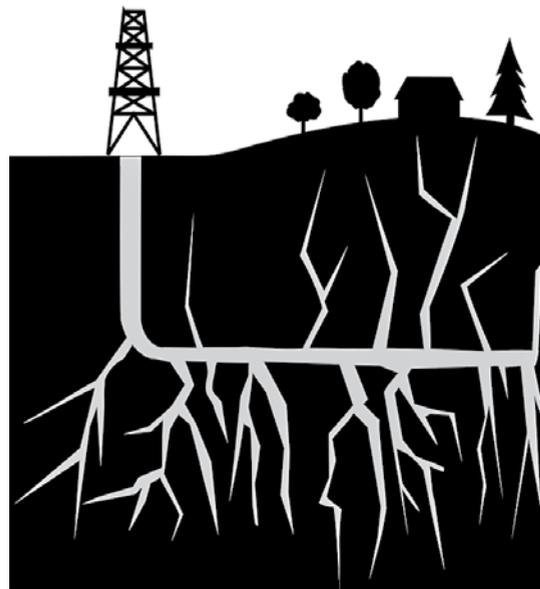
But now we are faced with what Al Gore called the "inconvenient truth" that technological civilization, with its ever more intensive use of energy and its ever faster depletion of resources, is literally killing the earth, our only home. And even if alternative, clean, renewable fuels, like sun and wind and ocean wave energy could sustain our machine driven lives, the fact is that it will take a great deal of our present fossil fuel based system to build these alternative technologies. And how much effort is the world putting into building these technologies? As a whole, precious little.

The wild card driving much of our need to radically and rapidly alter our technology is accelerating climate change. As

corporations scour the world for new sources of fossil fuels, these very fuels are melting the polar ice caps and killing the oceans by filling them with carbonic acid. As the ice melts and the oceans absorb the sunlight formerly reflected back, ocean water is heated more, and melting uncovers methane, a far more powerful greenhouse gas than carbon dioxide. Climate scientists now see the probability of mass extinctions, including our own species, before the end of this century.



by Stephen Berk



of Post Carbon Institute puts it. But we haven't gotten past competing and fighting with one another as archaic nation states. Countries would rather war over the last bit of hydrocarbon fuel in the Arctic or the East China Sea. And that fuel will only accelerate the extinction of life on this planet. And so we prefer not to think about it. We go back to consuming, the thing we humans do best.

FREE DISCUSSION ABOUT THE STATE OF MARRIAGE

"Something Old, Something New: Exploring the State of Marriage"



Dunlap is an assistant professor of history at Willamette University, where she teaches courses on the history of women, families, sexuality, and social movements in the United States. She earned her doctorate in history from Northwestern University and is currently working on a book on women's efforts to reform men, marriage, and the state in the nineteenth and early twentieth centuries.

Through the Conversation Project, Oregon Humanities offers free programs that en-

THE INSTITUTION of marriage has undergone significant change, especially in the last decade. In Oregon, citizens remain in a contentious debate about how to define marriage generally. What do the debates about marriage—in this state and beyond—reveal about the institution as a whole? Why is a private relationship so publicly significant and contested? And why, when so many people are avoiding or dissolving marriages, do so many others wish to marry?

This is the focus of "Something Old, Something New: Exploring the State of Marriage," a free conversation with Leslie Dunlap on Wednesday, June 11, at 6 pm at St. Stephen's Episcopal Church at SW 9th & Hurbert. This program is hosted by PFLAG Oregon Central Coast and is sponsored by Oregon Humanities. This event is part of Oregon Humanities' statewide Conversation Project.

gage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future. For more information about this free community discussion, please contact Jeanne St. John at 541-265-7194 or email at PFLAGOCC@gmail.com

Oregon Humanities (813 SW Alder St, #702; Portland, OR 97205) connects Oregonians to ideas to change lives and transform communities. More information about Oregon Humanities' programs and publications, which include the Conversation Project, Think & Drink, Humanity in Perspective, Idea Lab, Public Program Grants, and Oregon Humanities magazine, can be found at oregonhumanities.org.

Oregon Humanities is an independent, nonprofit affiliate of the National Endowment for the Humanities and a partner of the Oregon Cultural Trust.

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The Adrift Hotel Music Calendar June 2014

6/1: The Low Tide Drifters
6/2, 6/3: Ray Tarantino
6/4: The Blind Willies
6/5, 6/6: The Pine Hearts
6/7, 6/8: Vandella
6/9, 6/10, 6/11: Alexa Wiley
6/12, 6/13: Shelby Earl
6/14, 6/15: Blackberry Bushes

6/16, 6/17, 6/18: Northeast Northwest
6/19, 6/20: The Resolectrics
6/21, 6/22: Strangled Darlings
6/23, 6/24: Amy LaVere
6/25, 6/26: Hook & Anchor
6/27, 6/28: Ezza Rose
6/29: Robin Bacior

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

B'ee The Modern Troubadour returns
Thursday, June 26 at KALA

B'EE RETURNS to Astoria to perform his 'Symbolist Folk Music', channeling stories of stones and angels through homemade instruments and human voice. Uncanny harmonies unearth a visionary sonic tapestry, engaging in mythic landscapes to weave the transcendental and the mundane. As "In Gowen Ring" and "Birch Book," B'ee has recorded over a dozen albums and performed in over 30 countries worldwide. Joshua Buckley for TYR Journal says, "As a songwriter and musician B'ee is easily the equal of psychedelic folk legends Robin Williamson (Incredible String Band) or the late Nick Drake.

Don't miss this magical evening of new, original and



Photo by Sarah Hepburn

traditional works before B'ee heads back to Europe. You can hear him live on KMUN's Day of the Velvet Voice Monday Night at 10pm, PT, June 23rd. www.ingowanring.com

Thursday, June 26, Doors open at 8pm. Music at 8:30. \$7 concert ticket @ the door. Full bar and light fare. KALA is located at 1017 Marine Drive in Astoria.



Beach Dance is Back!

A CONSORTIUM OF DANCE FOLKS have announced that Beach Dance, a great summer activity, begun 6 years ago by Cannon Beach dance facilitator Lisa Evans, has found its way back to the Oregon shores.

Mourning the loss of this unique dance form, since Evans moved to Maui 2 years ago, has impelled a group effort to offer 16 dances this summer season on select Friday eves and Saturday mornings in Cannon Beach and a new spot in Manzanita, respectively.

Beach Dance is a variation on freeform, ecstatic and also termed conscious dance. Typically a one-hour dance track brings people together in an indoor studio/dance space. Dance, free movement, meditative movement, this practice that found its beginnings with a dance practice called 5 Rhythms created by Dance Guru Gabrielle Roth in the 90's, has become a world wide phenomena.

Today, there are hundreds of freeform dance facilitators, studios, teaching modalities, musicians who create music specifically for freeform dance, international retreats, clothing, a magazine (called Conscious Dancer) and thousands of people finding their way to free dance as a practice.

In Astoria, dance facilitator Kim Hazel offers a one-hour ecstatic dance group at the Astoria Arts and Movement Center, every other Thursday from 7pm to 8pm. As a part of Hazel's practice, she may include an opening to the dance, touching on a theme, that people can take into their dance. Hazel's choice of music leans toward a

deep, trance beat. (Depending on the facilitator, the selection and styles of music are broad). A dedicated group of people attend and over the last year, it continues to attract more people interested in experimenting with a new way to move, and to take a break from the predictable rhythm of life. People who utilize free form dance often speak to the "aha" nature of the practice. Speaking from experience, this type of dancing allows for new forms in thought, connection, fluidity, body awareness, and a concept or a sense of freedom on a very individual basis.

There are techniques/modalities in the freeform dance movement to help enrich and develop your own dance, but there are no wrong steps, no wrong moves. There's enough of that in the world. Free-form dance is all about discovery.

Beach Dance offers an outdoor dance, with Ipods. You meet on the beach at a designated time, gear up, and dancers in unison push the go button, all listening to the same programmed tracks. While each individual is creating their own dance, the dance track creates a unity, a "together trip" of sorts, and an opportunity to move, exercise, express and connect to the music and in the case of Beach Dance, the gloriousness of being free on the beach with the gifts of earth.

- Dinah Urell

- 2014 Beach Dance begins June 6 and runs through September 20. JUNE DATES: June 6 - Cannon Beach, June 7 - Manzanita Beach, June 20 - Cannon Beach, June 21 - Manzanita Beach. JULY DATES: July 11 - Cannon Beach, July 12 - Manzanita Beach, July 25 - Cannon Beach, July 26 - Manzanita Beach.

- Friday evening dances will be held at Chapman Point at the north end of Cannon Beach, the traditional Beach Dance location. Dancing will begin at 6pm, arrive at 5:45pm. Saturday mornings dance at the north end of Manzanita Beach at the base of Neah-kahnie. Saturday morning dances will begin at 10am, arrive by 9:45am. Sliding Scale \$10-\$20.

- RESERVATIONS ARE REQUIRED. Dance Coordinator is Denise Lofman. To reserve a spot and for more info and directions, email Denise at denise.lofman@gmail.com. 10 spots available per Beach Dance. More dates in August and Sept. TBA.

- For info on Ecstatic Dance at AAMC go to: www.astoriaart-sandmovement.com

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BRITISH CANNONS BURIED UNDER OREGON BEACH FOR 162 YEARS FINALLY REST AT THE COLUMBIA RIVER MARITIME MUSEUM

by Peter Marsh



Gun finder Miranda Patrone and father.

86' fast topsail schooner wrecked at the notorious mouth of the Columbia River on September 10, 1846. All the crew of 70 survived and were able to row ashore at low tide. They returned to the remote settlement of Astoria where they camped for the next three months until a Hudson Bay ship could be chartered to take them back to the east coast.

While the crew began building shelters, a section of the ship's deck broke away from the wreck and drifted south. It washed ashore 30 miles south near Arch Cape, where one of the seamen found it in the breakers with three cannons and a windlass still attached. However, the wreckage quickly disappeared under the shifting sands.

The Shark's visit was intended to show the US flag in the Oregon Country, which was jointly administered by the US and Great Britain. The crew had sailed 100 miles upriver to Fort Vancouver, run by the Hudson Bay Company, where they found HMS Modeste—a 120' sloop of war launched at Woolwich Dockyard in 1837, which bristled with eighteen powerful guns.

However, the British officers were intent on maintaining good relations with the American pioneers on the south shore, organizing excursions, balls, picnics, and horse races. They performed almost a dozen plays, the first recorded in the Pacific Northwest, which were the most popular of these entertainments. Local American women were

enlisted to perform the female roles in works by Henry Fielding and other playwrights popular in London.

It was only in late October that another American trading ship arrived with news from the east coast that the boundary dispute had already been settled at the forty-ninth parallel in the Oregon Treaty, signed on June 15. By 1860, the Hudson's Bay Company had abandoned Fort Vancouver and the Oregon Territory and moved its operations across the border into Canada.

In 1898, one of the cannons was recovered from the beach, and the resort town that grew up nearby was later re-named Cannon Beach. Another 110 years passed until February 2008, when Miranda Patrone, a 12-year-old American girl, was walking on a beach with her father at Arch Cape, Oregon. The tide was out and the fierce storms that had lashed the

coast all winter had eroded many feet of sand, revealing "ghost forests"—the remains of ancient trees drowned by the encroaching sea centuries ago.

Amongst the tangle of roots and stumps, she

noticed a rocky mass with a patch of rust. Looking closer, the two beachcombers realized this was something man-made, covered with a thick crust of hardened sand, pebbles and shells. They dug around the object and exposed enough to show the outline of the cannon's shape.

They walked back to their beach house and called the nearest state park campground to report the find. They reached a park ranger who appreciated the potential significance of their discovery and within hours, state officials were on the scene.

Plans were made to excavate the object the next day before the sand re-claimed it. Incredibly, an onlooker then spotted a second object further out that turned out to be the second cannon. The local police made sure nothing was disturbed overnight and the next day, a team from Oregon State Parks dug under the object so a back hoe (digger) could hoist it out of the sand and carry it back to a safe location. Both were still sitting on their original heavy wooden mounts.

They were identified as carronades—close-range weapons about a quarter the size and weight of long-range cannons—and spent the next year in tanks of brine in the state park. When an agreement was reached with Texas A & M University they underwent a full conservation that lasted several



English Guns at CRMM



Miranda today visiting her find.

years. Once the hardened sand and rock were removed, the cannons were sent to an electronic reduction vat for nine months to pull out the chlorides that leached into the metal from

the salt. That was followed by more baths to prevent any further corrosion.

"This is at the dawn of the Oregon territory. These artifacts never before displayed are a key component of Astoria's history."

-Dave Pearson, CRMM.

Five years later in May 2014, they were both returned to the Columbia River Maritime Museum in Astoria in amazingly good condition, considering they had been underwater for so long. "We're honored, and very excited," said Dave Pearson, deputy director of the museum. "This is at the dawn of the Oregon territory. These artifacts never before displayed are a key component of Astoria's history." The exhibit also features an officer's sword found in the 1970s and Shark rock, a large boulder into which survivors of the shipwreck carved their name.

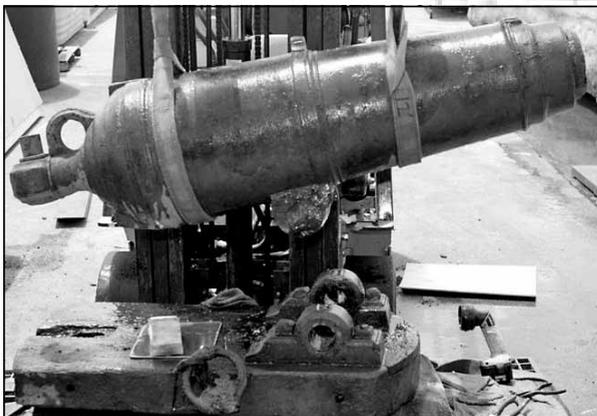
TWO HALF-TON cannons that were found on the Oregon coast after winter storms eroded a beach have returned after a six-year restoration at the Center for Marine Archeology and Conservation at a university in Texas. They were finally put on display at the Columbia River Maritime Museum in Astoria on May 24—and their secrets revealed to the public. Remarkably, one of them bears markings showing it was

cast at the London foundry of Wiggin & Graham in 1807, fired an 18 pound cannon ball, and weighed 10-0-4 (10 hundredweight, 0 stone, 4 pounds) or about half a ton.

All the evidence points to the guns being from the American naval vessel USS Shark, an

"At first we just saw it as a rock, but then when we found the rust and looked in some books, we realized that there might be something more to the 'rock.'"

- Miranda Patrone



Texas A & M Students chisel away to produce the cannon.



Tara Gentile, former Pennsylvanian and owner of CoCommercial in downtown Astoria.

The Office Is Open At CoCommercial

THERE IS a new office in town, and it is *your* office! Entrepreneur Tara Gentile is a small business strategist and a motivational speaker of sorts, she moved to Astoria about a year and a half ago from far away Pennsylvania. Her consulting business has clients all over the world, she travels often for speaking engagements, but thanks to the internet, she is able to conduct business right here at the mouth of the Columbia.

"I'm originally from Harrisburg, it's the state capital, and it is a little bit smaller than Portland," she explains from a comfortable chair in the front window of the CoCommercial storefront located (fittingly) at 1412 Commercial in downtown Astoria, right next door to Street 14 Coffee. Co-Commercial is a narrow storefront with several simple desks and chairs, it is a bright space with a large front window and a rear skylight, and on this sunny day, the room is illuminated. She speaks of the major changes moving to Astoria has brought to her life. "The biggest difference for me is just how little I am in my car, it used to be if I wanted to go someplace I had to drive, and now, very often my car will sit for days and days, which is completely new to me."

Coworking began in San Francisco in 2005, it was the brainchild of software engineer Brad Neuburg and quickly spread across the nation to Europe where it exploded in Berlin and the UK, in addition to being popular with young freelancers and entrepreneurs, it is also popular among "nomadic workers" and telecommuters. Coworking has been so well received in Europe governments are even getting involved, helping create these spaces for workers in areas that need improvement and to fill empty spaces.

"CoCommercial is a co-working space, which essentially is a home office away from home for people that work freelance,

people who are virtual staff, and people that are micro-business owners. I am a micro-business owner, I've been working from home essentially for five and a half years in that capacity, and working from home is lonely!" Gentile says with a laugh.

"Coworking is an opportunity to be with other people, to be out and about and feel connected to the community, and at the same time you're being productive and getting work done. Just being out of the house and being part of the community is a great way to take yourself more seriously, to feel like you're a part of what's going on. I think everyone who has used the space so far has said how much more productive that it makes them." Gentile continues. "So it's \$15 for the day, or \$100 a month,

"Coworking is an opportunity to be with other people, to be out and about and feel connected to the community, and at the same time you're being productive and getting work done."

it's unlimited access, people have their own keys, so you can come and go as you please."

I ask what brought her all the way from urban Pennsylvania to quaint and quiet Astoria. She takes a deep breath and begins to explain. "I'd been going back and forth between PA and Portland an awful lot because there's a lot of people who do similar things to what I do in Portland, and I had a lot of friends and professional things that were happening there, and I had fallen in love with Portland from the moment I stepped foot there the first time. So I had decided to move to Portland, or I thought that's what I was going to be doing, and in the period of making that decision and finally making the move I'd come out to Astoria to visit a friend and just really fell in love with here too. I thought it's beautiful, it's quiet, it's a small community it might be easier to wrap my head around after

By Amy Bugbee

a cross continental move. So that's how I ended up here. I thought it was going to be temporary, my plan was to be here for about six months and then move into the city, but I met my boyfriend four months later, so I've been here ever since and don't plan on going anywhere anytime soon. It's been really good getting into the community and plugging into what's going on here, making friends and doing things. I really love it!"

In the short time she has been in Astoria she has made a mark. Recently, she teamed up with the Historical Society, Lucy's Books and The Cannery Pier Hotel to bring author Peter Stark to the Liberty Theater to talk about his new book 'Astoria: John Jacob Astor And Thomas Jefferson's Lost Pacific Empire' to an audience of some 180 people.

CoCommercial has also hosted a variety of seminars and workshops. Gentile describes some of them, "we did one where I brought in a naturopath from Portland who did a workshop on stress, we had an author in who did a workshop on creative writing as a means to achieve your goals, we had a photography workshop which we're going to be repeating, so I am totally open. The idea is to kind of feed the hunger that especially this community has for continuing education, but in a more personal passion based level than something more academic."

One has to wonder how such working spaces and the changing way business is done will affect Astoria and those that make up it's population. Gentile speculates "I think we're going to start seeing more and more people like me moving here. I actually know of several people who work very similarly to me that are moving here from the Bay area in the Fall. I think this community's really going to be very attractive to that kind of location independent person who is bringing their jobs with them. People like me, we love eating at good restaurants, we love shopping, we don't necessarily have the Keeping up with the Joneses consumerist side, but we do love spending good money on good stuff."

The obvious final question for any new Astorian, what are your favorite places in town?

"My favorite places in Astoria are definitely the Fort George, Albatross, Street 14. Going to Street 14 is the whole reason this is even here now. I was working constantly at Street 14 because I was so tired of being in my house and became friends with Jen and Micha who own it. One day we were talking about coworking and thinking about how can we make this happen, and duh, we realized this space had been open for a year!" The rest, as they say, is history.

For more on CoCommercial:
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For more on Tara Gentile:
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BE with Science on the Shoreline this summer. CoastWatch Workshops available to you

THOSE WHO are fascinated by coastal natural history have an extraordinary opportunity this summer. Oregon's CoastWatch program is offering intensive, three-day shoreline science work-



Marine ecologist Stewart Schultz teaching at Cape Arago during last summer's series of science workshops. Photo: Daniel Anderson.

shops, led by ecologist Stewart Schultz, an authority on the Northwest's coastal region. He will be joined by Fawn Custer, CoastWatch's volunteer coordinator.

The workshops will be held in Bandon July 18-20, Yachats July 28-30, and Nehalem Aug. 1-3. Three full days of instruction will cover everything from tidepools and sandy beaches, to estuarine and ocean ecosystems, to geology and forests, to marine mammals and birds. Matters of concern such as marine debris and invasive species will also be discussed. Each session will include field trips, indoor presentations and laboratory experiences (with some variation, depending on the weather).

While the workshops were developed to provide training to volunteers in the CoastWatch program, they are open to the public, and would be of interest to anyone who would like to learn more about the ecology of our coastal region. Teachers can obtain 26 Professional Development Units by taking a workshop; two college credits can also be obtained by teachers or other participants.

To register online, go to <http://tinyurl.com/orshoresworkshop>.

Stewart Schultz is the author of *The Northwest Coast: A Natural History*. His wide-ranging experience in studying the Oregon coast makes him a very knowledgeable guide to the shoreline environment. An Oregonian who grew up playing on the shore near Gearhart, he went to Reed College and obtained his doctorate in botany from the University of British Columbia. He worked on the Oregon coast for the Nature Conservancy, the Oregon Department of Fish and Wildlife and the U.S. Fish and Wildlife Service, gaining wide field ex-

perience, before pursuing an academic career as a professor at the University of Miami, and now the University of Zadar in Croatia. During the academic year he studies marine ecology, as well as his specialty of plant evolution and genetics, but every summer he returns to the Oregon coast to teach shoreline science.

Fawn Custer, who will assist him, is an experienced marine educator who taught for 14 years at the Hatfield Marine Science Center.

The workshops will be held:

- July 18-20, Bandon High School, 550 9th St., N.W., Bandon
- July 28-30, Yachats Commons, 441 Highway 101 N., Yachats
- Aug. 1-3, City of Nehalem Meeting Hall, 35900 8th St., Nehalem

Each workshop will begin at 8:30 a.m. on the first day, and at 8 a.m. on the final two days, and will run until approximately 4:30 p.m. each day.

Workshop fee will be \$60 for those who are both CoastWatchers and Oregon Shores members, \$75 for those who are either CoastWatchers or Oregon Shores members, and \$100 for others (who are invited to join Oregon Shores on the registration site and take the discount). Snacks will be provided; lunch is brown-bag.

Reservations can be made online at <http://tinyurl.com/orshoresworkshop>, or by linking through the CoastWatch website, <http://oregonshores.org/coastwatch.php5>. It is also possible to reserve a place and pay by mail. Checks made out to the Oregon Shores Conservation Coalition can be sent to P.O. Box 33, Seal Rock, OR 97376. Be sure to specify which workshop is intended.

For more info, contact Fawn Custer, (541) 270-0027, fawn@oregonshores.org.

Cannon Beach Sandcastle Contest Recognized As Oregon Heritage Tradition As It Celebrates Its 50th Anniversary

THE ANNUAL Cannon Beach Sandcastle Contest, the oldest running event of its kind in the Northwest, has been recognized as an Oregon Heritage Tradition. In 2014, the Sandcastle Contest celebrates its 50th Anniversary event on June 21.

The Oregon Parks & Recreation Department describes an Oregon Heritage Tradition as an annual local, regional or statewide event with at least 50 years of continuous operation with other criteria establishing it as an event with broad public appeal and that contributes to the identity of the state. There are currently 10 designated traditions including the recently awarded Cannon Beach Sandcastle Contest.

A tsunami is credited with being the genesis of the Cannon Beach Sandcastle Contest. An earthquake in Alaska in March of 1964 created a tsunami wave that hit the Northwest coast. Cannon Beach's downtown suffered from flooding and the Ecola Creek Bridge was washed away. Local residents got together that summer to put on a community sandcastle contest to raise spirits. Recognizing the potential draw of such an event, the event was promoted to the public the next year in an effort to bring tourists back to town. The event grew, began attracting tens of thousands of visitors and the Sandcastle Contest weekend remains one of the busiest weekends of the year for Cannon Beach.

Dozens of teams participate, from amateurs and kids to teams of masters who compete for cash prizes. This year, the building begins at 11am and the sand sculptures are best viewed as they near completion during the mid-to-late afternoon. The temporary works of art are usually washed away with the next high tide.

Weekend activities include a spaghetti dinner, parade, concert, beach bonfire and a 5K fun run and walk. Winners will be announced at 4pm Saturday on the beach.

For information on the Cannon Beach Sandcastle Contest, entry forms or lodging information, visit cannonbeach.org or contact the Cannon Beach Chamber of Commerce at (503) 436-2623.

SCHEDULE OF EVENTS

50th Annual Cannon Beach Sandcastle Contest

Register to build: Register online for a sandcastle building plot now through Wednesday, June 18 at: cannonbeach.org. Registration is limited to the first 150



entries, with five divisions including Masters, groups, teens and children. Entry fees for most divisions are \$15-\$20 per person and include a commemorative t-shirt. Ages 6 and under are \$5, but entry fee does not include a t-shirt.

FRIDAY, JUNE 20

10am-5pm - Packets & Pail Pickup. Cannon Beach Chamber Visitor Center (207 N Spruce)

5-7:30pm - Shovels & Buckets Dinner. Community Hall (207 N Spruce) Dinner includes two choices of Bucket Salad, Spaghetti or Bucket Clam Chowder. Tickets are \$10 and are sold in advance at Cannon Beach Information Center or on-line at cannonbeach.org

7:30pm - Parade. Downtown Cannon Beach

SATURDAY, JUNE 21

8-10am - American Legion Pancake Feed. American Legion (1216 S Hemlock)

10am-4pm - Cannon Beach Sandcastle Contest. Free viewing on the beach. Masters division begins building at 10am, all other divisions begin at 11am. Sculptures must be finished at 4pm when winners are announced.

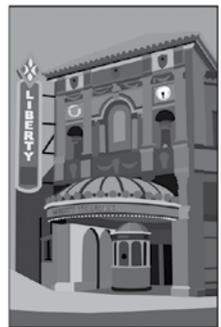
7pm - Concert. Chamber Community Hall (207 N Spruce) Featuring local musicians, \$5 per person, 12 and under free.

8pm - Bonfire on the Beach. Tolovana Park Wayside. S'mores fixings will be provided, bring your own chair.

SUNDAY, JUNE 22

Sandcastle 5K Fun Run. Register online in advance at CannonBeach.org or 8am at 2nd Street beach access. Registration is \$15 Per Person and race begins at 9am.

FOR MORE INFORMATION: cannonbeach.org; (503) 436-2623; chamber@cannonbeach.org



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The Slow Poisoner by Wesley K. Andrews

a one-man-surrealistic-rock-and-roll-band
at the VooDoo • June 28



THE SLOW Poisoner was performing in Medford, Oregon. It was an a capella number and he kept tempo by dropping a large chain on the stage floor. An elderly gentleman interrupted him mid-song.

"It's just a damn chain!" screamed the old man. "This is bulls***!" He kept yelling until he was forcibly removed from the bar.

Andrew Goldfarb, touring solo as the neo-vaudevillian horror-camp act The Slow Poisoner for the past ten years, has a lot of stories like this. Any performer that borrows unrepentantly from a wide variety of traditions is bound to upset somebody.

Goldfarb uses the chain as an homage to chain-gang work songs, a motif that stretches back through O Brother Where Art Thou? and the great Sam Cooke, demonstrating the sometimes-awkward balance that he strikes between historical relic and contemporary edge. Nobody else is doing what Goldfarb is doing but it feels familiar all the same.

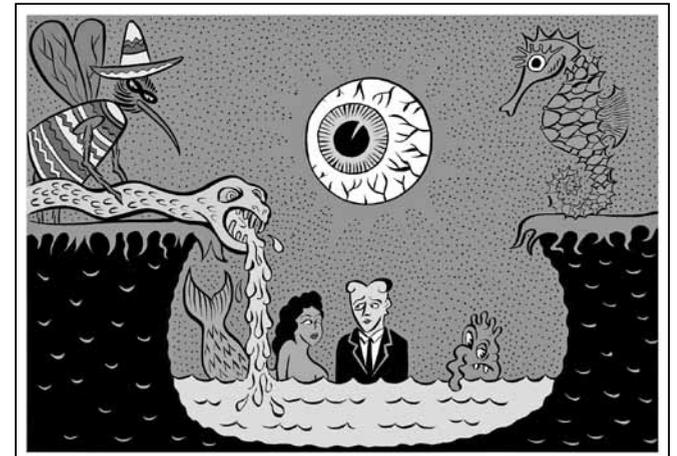
The Slow Poisoner is a surrealist rock/country act with a splash of early 20th-Century theatre. His music harkens back to early Johnny Cash and Roy Orbison. His campy vibe, complete with giant puppets and title cards for individual

songs, shows his love for Edgar Allen Poe and Bela Lugosi. It's a real mash-up; the man likes to party.

Fans of western story songs will settle in quickly to "Hot Rod Worm", the opening track to Goldfarb's most recent release Ever Been Chewed Upon By Teeth As Sharp As Knives? It's the familiar setup of "once upon a time I was driving a truck and then," but with a series of macabre twists as our narrator discovers that the driver playing chicken with him is not a man, but a worm, and that the inevitable crash splits the villain in two only to see both halves rise again.

"Hot Rod Worm" is fun, like a kid's song, or classic They Might Be Giants, but it's too dark for children. Good thing The Voodoo Lounge isn't a family venue.

"I've played a lot of laundromats. You have a captive audience. People are doing their laundry." Goldfarb likes to book venues in cities he's never visited by seeking out the strangest venue names or setups. Highlights include Mabel Peabody's Beauty Parlor and Chainsaw Repair in Denton,



A comic strip panel from Andrew Goldfarb's "The One Thousand Sorrows of Ogner Stump!"

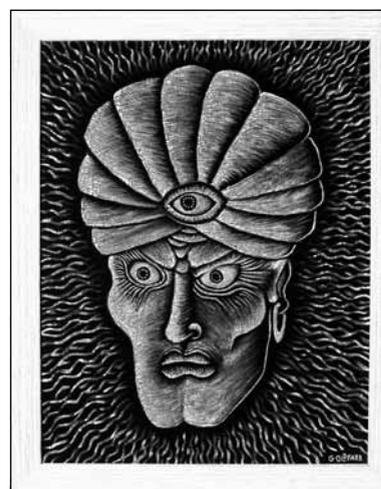
Texas (which eventually fell prey to arson); Flying Monkey Arts in Huntsville, Alabama, formerly a boot manufacturer for the Vietnam-era Army; Club Ding-A-Ling; The Surly Wench; Super Happy Fun Land which features the world's largest pile of Raggedy Ann dolls. Don't read his resume before bedtime.

And then there's the merchandise table. Most singer-songwriters will sell you a CD, a poster, or a t-shirt. Goldfarb slings original black-velvet paintings.

His most popular painting features Satan, on the toilet, smoking, crying and defecating simultaneously.

"The devil eats souls," explains Goldfarb, "So when he's pooping, he's pooping the part of your soul that's either too good to digest or too evil."

The Slow Poisoner performs at the VooDoo Room in Astoria, Saturday, June 28, 9pm. At the Corner of 11th and Marine Drive. Be there or be . . . dead!



Pick-up a Slow Poisoner original painting on velvet at the show.



Shanghaied Roller Dolls battle the Storm City Roller Girls at the Grand Re-Opening of the Astoria Armory

ON JUNE 28, in celebration of the Re-Opening of the Astoria Armory, the Shanghaied Roller Dolls will battle the Storm City Roller Girls at the historic Armory itself-407 17th Street, Astoria. Doors open at 3:00, the game begins at 4:00 pm, and everyone is invited to stay for Family Skate Night following the game. Purchase advance tickets at www.brownpapertickets.com: admission is \$10.00; children under 5 are free; and VIP seats are available for \$45.

Proceeds from the event will benefit the Friends of the Astoria Armory, a non-profit organization dedicated to the goal of restoring and reopening the Astoria Armory as a community asset. To learn more about the history of the Astoria Armory and the current restoration project, follow the Friends of the Astoria Armory on Facebook or visit <http://astoriaarmory.com/>

Shanghaied Roller Dolls, founded in 2011, is Clatsop County's flat-track women's roller derby league. Flat track roller derby is a fast-paced contact team sport that requires speed, strategy, and athleticism. SRD is a non-profit organization dedicated to empowering women of all shapes, sizes, and skills to be braver, kinder, smarter, and stronger, and to embrace their empowered selves while having fun and encouraging others.



The Astoria Armory - Coming back!

The league has many opportunities available for skaters, referees, and non-skating officials, and is particularly excited to announce new opportunities for youth. SRD invites boys and girls ages 6-17 to roll with the SRDines Skating Club, a youth activity focused on team building, skill learning, and exercise. Skaters will participate in weekly practices and exhibitions at Roller Doll bouts.

To learn more about Shanghaied Roller Dolls, the SRDines junior league, and roller derby in general, go to <http://www.shanghaiedrollerdolls.net/> or Like the Shanghaied Roller Dolls on Facebook.

THE WRITING LOUNGE New Hours. Tuesdays every week !!

BEGINNING THIS month The Writing Lounge moves to Tuesdays and alternating formats: one week for mostly writing, the next week for WordPlay with group prompts and generous time for sharing. WL also begins a half hour later at 10:30am and works until 1:00pm.

June Tuesdays look like this:
>June 3 and 17 - Silent Writing
>June 10 and 24 - WordPlay

Find a friendly group of writers at the Hoffman Center every Tuesday at 10:30am
INQUIRIES: Marcia marciasilver12@gmail.com and Tela mactela@nehalem.net



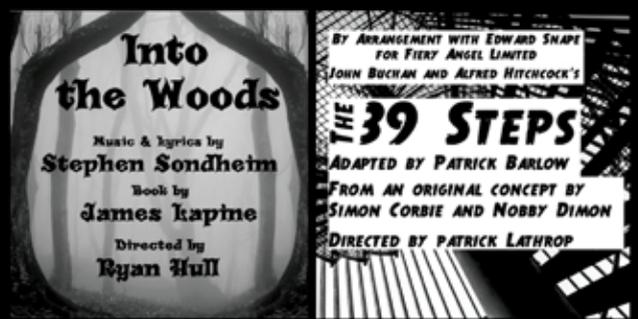
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THIS WAY OUT

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

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

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

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

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



KMUN 91.9 ASTORIA
KCPB 90.9 WARRENTON
KTCB 89.5 TILLAMOOK

Actor Guy Bill Honl

THIRTY YEARS and over 30 plays, Bill Honl is one of our most dedicated actors here on the North Oregon Coast. He's loved by directors and audience members alike for his ability to "go there". If acting is about taking risks, Honl takes them, and proves that every ounce of under-the-stagelight-sweat is worth it for his dynamic portrayals of oft extreme characters, a lot a times not the good guy.

Honl has been involved in theater in the local area since the early 1980's. Some of his notable roles have included the diabolical Mr. Lockheart in *The Seafarer* at Pier Pressure Productions, the introspective lover Jack Stojadnovic in *Jack and Jill* at the River Theatre, and most recently the loving and mentally challenged Lucien P. Smith in *The Boys Next Door* at the Coaster Theatre. Bill has lived and worked in Astoria most of his life, and his family roots date back to 1870's Astoria.

Honl's acting training is predominantly through the experience of being cast in many productions and work with numerous directors, and he credits too, the actors that he has worked with. His love for acting and live theater coupled with a strong instinct for the characters he portrays and the ability to "play it real" makes him a gem on North Coast stages.

Sofie Kline: Why do you act?

Bill Honl: Well, it's not a normal hobby but it's my hobby. I act because I get to be somebody else. Its pretend for grown ups. I act for the same reason I use to play cowboys and Indians or Star Trek, I was big on playing Star Trek. And that's for the same reason, its let's pretend, let's make believe.

SK: Let's Play!

BH: Let's Play! Yeah!

SK: What was your first role?

BH: I was Linus in the Christmas play at Mather Heights Elementary School in 1971.

SK: So you did theatre as a child and into your adult life?

BH: I did the kind of grade school stuff you normally do and then I started getting very nervous in high school because I was afraid people would think I was weird. And so I wanted to do theater, and I had some walk-ons in high school but I didn't really act in high school or in college. It wasn't until I got out of college that I started acting. Then I realized that people were going to know I was weird anyway, so it really didn't matter.

SK: Has there been an actor that has inspired you?

BH: Yeah, actually there have been a couple. As far as big name actors Phillip Seymour Hoffman because he didn't look like an actor, he looked like a person. He'd do these incredible things and be totally different every time. Locally, some of the people I've really admired are Kay Bredleau. I liked working with him because he played a lot of jerks but he was such a nice man.

SK: So what was your first role within your emergence into the community theatre?

BH: I was Tristano the young lover. Del Corbet cast me in 1989 in a production at the PAC, it was "Company of Wayward Saints."

SK: What has been your favorite role?

BH: The one I'm doing now is definitely tied for my favorite role ever with another role I did a few years ago at Pier Pressure Productions with Susi Brown. That role was Mr. Lockhart in "The Seafarer." He was the devil come to claim someone's soul so I got to be the devil and that was so much fun. My current role is wonderful, I play a developmentally disabled man named Lucien P. Smith who is the most beautiful human being I've had the opportunity to portray on stage. He's a little mischievous but he's also really kind and caring. There's no malice in him he's just a very loving person.

SK: Do you have any dream shows you'd like to be a part of weather your acting or your doing something else?

BH: Well I have absolutely less then no desire to direct. I don't ever wanna direct. But I like working backstage. I always wanted to be Pontius Pilate in Jesus Christ Superstar.

SK: What has been your most challenging moment on the stage, like a quick-thinking on-your-feet kind of moment?

BH: In live theater those happen all the time, missed entrances and stuff. Recently the current play I'm in we had a missed entrance. I was just getting ready to advance the entire story of the play, and one of the actors was late. Staying in character as a developmentally disabled man while trying to fill time so the other actor can deal with whatever was preventing him from being on stage and not boring the audience was

theatreroids

Q&A w/SOFIE Kline



Photo: Sofie Kline

challenging. I managed to adlib three lines.

SK: And did he make it on?

BH: He made it on shortly. That's the elasticity of time, when you're on stage and an entrance has been missed, those thirty seconds can be the longest month of your life.

SK: I agree with that. What would you like to see in community in the next 5 years?

BH: I love seeing that the Astor St. Opry Company has got their space and that they've developed in a lot of ways and that they have opened it up to community. But I'd also like to see something like the River Theatre open up again in Astoria dedicated more to pushing the envelope on content, edgier stuff. Content and material that just wouldn't be appropriate for Astor St. Opry to adopt. It's the same thing with the Coaster Theatre, both groups do fantastic things with what they do but it's the stuff with the political edge or a psychological edge that you don't see much of in the theatre around here. And I'd like to see the people that are doing what they are doing keep doing it!

SK: Is there a moment in your career as a community actor that maybe changed something inside of you, maybe something that changed your perspective?

BH: Well every part does it if you're really doing it right and getting into it. Yes, actually there

is and it's not a specific item it's just an understanding that I've reached through acting that actually applies to the rest of my life. One of the things to remember whether you're the bad guy, the good guy or the bit player, is that in that person's mind they are the hero of the story, of their own story. Not just the characters but also every person that you meet all day long is the hero of their story, that's how they approach the world. So a lot of times when you bump into other people and there is conflict it's not always because they are being "bad" it's because they are trying to live out their own story the best way they can figure out how to. Understanding this when there is conflict is something that has helped me a lot. It may cross your mind, "Oh what are they, a dummy!?" But when you stop and think about it, its like no, they're not making good decisions but they're doing the best they can, because they're the hero of their story, advancing their story they way they think is right.

SK: Absolutely true, and having that insight into the analysis of others maybe is something that helps you develop as a person outside of the theatre.

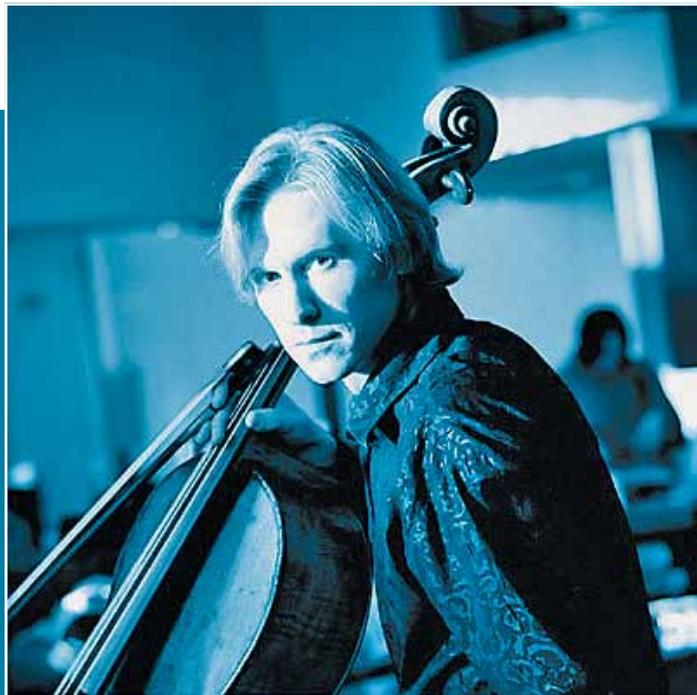
BH: I hope so! I can't remember who said this now but it's "Human nature to think wisely and act foolishly."

SK: Very wise.

Endless Light: Russian Cellist Sergey Antonov Bringing Unique Spirit To Classical Music.

By Robin Bacior

TO SUM cellist extraordinaire Sergey Antonov up in one word, it would be vibrant. Watching him move across his cello, he seemingly has the gentle agility of a spring; his head bouncing subtly as his hands flutter up and down the cello neck while he glides his bow, skipping across the strings. Yet with that buoyant delivery comes impeccable technique; each sound polished and placed in just the right phrase as note after note is tossed into the air. It seems so simple, as if Antonov could play for hours straight, as if he holds endless energy. After interviewing Antonov last week, even through email interaction it seems his drive might be never ending.



translation of the piece to the audience, the musician brings their own perception to the music.

"Musicians are the "tools" to bring to life what the composers wanted to put into the piece but pull it through our own personality and find the way to make the piece "our own" reflecting the basic ideas that composers put on paper through our souls and hearts," Antonov said. "But knowing the backgrounds is a must. Shortly speaking, you can't make Mozart Russian or Rachmaninov Italian. That's not who they were."

Antonov will be returning to Astoria yet again for the Astoria Music Festival this year. In his performances over the past few years, Astoria has become a familiar place to Antonov.

"Astoria has a very special place in my heart," Antonov said. "Yep, you'll most likely see me at Clemente's enjoying the delicious oysters, or guess who's cooking the best pork belly? Yep! Chris is! I really like Fort George and Voodoo Room. Always trying to catch the Sunday Market."

If you haven't been able to see Antonov perform in the past, it's highly suggested you take advantage of his visit this year. There's a true magic that can only be captured witnessing a live musical performance.

"That's the most beautiful thing that you or I will never get from the CD, DVD or other static form," Antonov said. "When I go to the concert and buy the CD after what I heard, that would be ONLY to remind me how much I liked that live performance!"

Tickets to the festival can be purchased in person, by phone, mail or online. There are a variety of pass options to pick from. Festivals are definitely an expense, and at times it can be hard to afford, but with the multiple passes you can make it work. And more importantly, every last dollar helps keep alive this amazing festival, and brings artists like Antonov from around the world to perform.

"Like what you want to like and support it!" Antonov said. "If you like heavy metal band but you're downloading the new CD for free instead of buying it, you are taking away from the band you like! If you like the festival in your area or the orchestra or a chamber group and go see them only when the admission is free, you're taking away from what you like! And to Astorians specifically, I want to say that it is for the reason of your support the Astoria Music Festival exists! Keith, Cary, and hundreds of other artists and volunteers are working hard for this! Thank you!"

Last question for Antonov. If he wasn't making music, where would all that endless energy go?

"For now, I'd pick exploration," Antonov said. "There is a profession like that, right?"

"Have you ever been crazy in love? Well, I'm in love with music and with what I'm doing. Whatever it means for any of you who will read this," Antonov said.

However, even with that impressive endurance, it took a good amount of support in his early years to find his musical zeal. Antonov was born in Moscow into a family of cellists, and began to play at the age of five under the guidance of his mother, Maria Zhuravleva.

"I remember exactly how it happened," Antonov explained. "It was my older sister's birthday and my mom came home from work bringing my sister a present. Seeing my sister getting a present made me upset and I asked 'what am I getting?' and she said 'you are getting this...' and handed me a small size cello in dark, soft case. That was the beginning of a 12-year process of studying with my mother."

The cello is a challenging instrument that requires a finesse and focus that can be hard enough to channel as an adult, but with a child's patience level it can be nearly impossible. Luckily the tenacity and persistence of Antonov's mother kept him on track.

"There were a lot of "ups" and "downs" for first 12 years, but it took a lot of my mom's power to keep looking into the future and push me and herself forward towards her goal and idea to make me a cellist!" Antonov said. "I wish I had a tenth of her determination, strength and power in myself!"

Antonov began to study at the Central Music School of the Moscow Conservatory, and went on to study with Natalia Shakhovskaya, Alexander Bonduryansky, and the well-renowned cellist and conductor Mstislav

Rostropovich. During these years of study, Antonov found his passion and bond with the cello.

"We started to build long lasting relationship with the instrument, getting to know each other.... how it works, what it can or can't do, how it sounds," Antonov said. "And after all this years we became a united couple. The instrument accepted me and I accepted the instrument in myself. Only in my teens I realized that this is not just an education or profession, but in fact it's my life that I will dedicate to cello and music in general."

A milestone in Antonov's career came in 2007 when he became one of the youngest cellists to win the gold medal at The quadrennial International Tchaikovsky Competition. While he saw the event as monumental, Antonov also saw it as a beginning of his true challenge.

"It's only an approach track to what's going to be a your hardest task; becoming a serious musician and spending your entire life creating and doing things," Antonov said.

Antonov made his first appearance in the U.S. at the Newport Music Festival in 2008. Since then he has relocated to the U.S. and now lives in Boston with his family. Although the classical community is alive within the United States, the arts still suffer and could use much more support than they're given.

"Until there's (not) a single empty seat in the hall of the classical music concert and there is (not) a festival that is suffering financially or the nice hall that doesn't have a great piano in it, nobody will be able to say that we are strong enough supporters," Antonov said. "In

my ideal world, I will be happy when culture is, if not more supported, but at least equal to sports. In my ideal world, people need to remember that we are not only fast and strong but also beautiful, creative, educated and intelligent. In one word – Cultural."

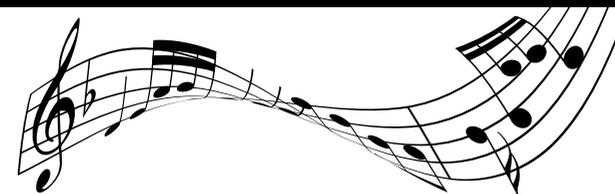
Still in his early age (Antonov is barely older than 30), Antonov has already had a full career. He's played throughout Europe, Canada, and the UAE, received the 2008 Golden Talent award from the Russian Performing Arts Association, and top soloists honors in cello competitions throughout Hungary, Budapest, and here in the U.S. He's also received his Artist Diploma Degree from the Longy School of Music. With this amount of hard work and travel, one might think Antonov would require an immense amount of downtime to keep his spirits and energy high. But it's quite the opposite.

"I came to the realization that I am similar to the most amazing creatures - my beloved sharks," Antonov explained. "In order to live, sharks must swim. Constantly. I need to move, I need to play! Static is my dark place. I love hotels, stages and halls, trains, planes, cars, people and places I visit. Scuba diving is one of the big passions of mine at this point. Mountaineering and climbing are becoming passions on the border of obsession... You see what I mean? If I have time for myself, I will most likely go climb the mountain or a waterfall."

At this point, Antonov doesn't do any of his own composing, but in order to interpret the work of a great composer, it requires an understanding of their work, and through their

12th Annual Astoria Music Festival

Another Incredible Season of Music • Dance • Film • June 13 - 29



Metropolitan Opera's Angela Meade, a Native North Westerner and vocal star sings Violetta in *La Traviatta*.
June 14, 7:30pm

WHILE THE notion by Pythagoras that the earth emits her own celestial tones imperceptible to the human ear - the theory known as the Harmony of the Spheres - and so too that all the planets encompass each their own orbital resonance; then Astoria must inhabit some metaphysical, mathematical tonal relationship - a tenor reflecting and receiving from the musical master celestial collective. Certainly it is myopic to name just Astoria, cause "for cryin out loud" the music scene on the upper left edge is pouring forth with venues and artists.

Lets just put it this way: Music wants to be here.

Now, delve into your crystal ball . . . or the 2014 AMF Season.

The Astoria Music Festival has its founding roots in opera and vocal performance. It has become a tradition that the festival ends with a fully staged opera by vocal students, who have enlisted in a summer intensive AMF Vocal Artist Program, with a faculty of regional/national opera professionals. In years past, students have been showcased in recitals at the Liberty and last year, a student cabaret at KALA Gallery, was a stunning example of Broadway chops and theatrical singing. The vocal students are a big part of AMF, they make memories here, with intention to go on to establish professional singing careers.

This year, the festival culminates with the "THE MAGIC FLUTE PART II: "DAS LABYRINTH"

Emanuel Schikaneder's long-lost sequel to *Die Zauberflöte*, with music by Peter von Winter, a smash hit in Vienna in 1798, the music was lost for nearly 200 years, but you can be among the first to hear it again!

AMF begins with a local cast PAC performance on Friday night June 13, the ticket sales to support the preservation of the 250 seat venue, struggling to maintain its stay in the cultural grid of Astoria. Saturday afternoon, just to tickle the ivories and the strings, three exceptional

artists come to the stage, AMF's Chamber Music Director, pianist CARY LEWIS, Oregon Symphony Concertmaster SARAH KWAK and cellist SERGEY ANTONOV, in a celebrity special opening matinee, featuring Dohnanyi, Franck and Brahms.

Saturday Night, June 14, the Met's ANGELA MEADE returns to AMF, for a third season, to perform in the festival's Gala opening concert staging of VERDI'S *LA TRAVIATA*. Paired again with the beloved BARITONE RICHARD ZELLAR, and introducing a new voice on the AMF scene, young TENOR JOHN MATTHEWS. Meade's reputation and operatic prowess have nearly sold out the show.

Sunday following, as part of AMF's celebration of the 150th anniversary of composer Richard Strauss' birth, MET SOPRANO AMBER WAGNER performs *FOUR LAST SONGS*, Strauss's last works, completed in 1948, set to poems by Herman Hesse. *FOUR LAST SONGS* deal with death and were written shortly before Strauss himself died. However, these Four Last Songs are suffused with a sense of calm, acceptance, and completeness, with beautiful sweeping soprano lines. Vocalist Wagner returns to her home state of Oregon, where last year she performed *Four Last Songs* with the Oregon Symphony to great praise.

To continue the celebration of the German modern romantic composer's birth, the 2nd

weekend opera, AMF presents *ARIADNE AUF NAXOS*, Strauss's operatic mash-up of high-minded opera with ribald comedy. Not heard in Oregon for nearly 50 years, AMF presents a semi-staged production of the 2nd act, featuring Met vets Marie Plette and Alan Glassman and introducing Cuban soprano Maria Aleida. Local opera fav, Deac Guidi sings Truffaldino. The opera features a cast of 10 singers. The first half of the evening concert presents, another AMF returnee, London-based pianist ANDREW BROWNELL playing MOZART'S *PIANO CONCERTO NO. 21*.

Two more superb chamber music concerts take place; on Friday night, June 20, featuring chamber orchestra, with returning AMF favorites, violinist Inés Voglar Belgique, cellists Jason Duckels and Sergey Antonov, and violist Joël Belgique. Saturday, June 28, 4pm matinee, Concertmaster of the Los Angeles Philharmonic Martin Chalifour and San Diego Symphony Concertmaster Jeff Thayer join Cary Lewis and Sergey Antonov.

Mid Week concerts are fantastic! World Renowned Theater organist BOB SALISBURY accompanies Buster Keaton's classic silent film, *THE GENERAL*. Tuesday, June 17. This year's Baroque feature, which has taken place for several years now in the beautiful and acoustically pleasing Grace Episcopal, offers something very different. Basically Baroque pays tribute to *THE LEGNED OF ARIADNE*, music inspired by this Greek Goddess of the mysteries. AMY HANSEN sings Monteverdi, DEAC GUIDI does Sondheim, and music and dance from the Baroque "The Beautiful and True Ariadne."

And they who need no introduction, Portland's 3 LEG TORSO, spill their infectious Eastern European accordion driven chamber pop into the Liberty, Thursday, June 19.

Don't miss the compelling AGNIESZKA LASKA DANCERS on June 28. They left an audience breathless last year. There's more, lots more. Whew! Pick up your preview brochure at the AMF office at 1271 Commercial. Treat yourself generously to Astoria's most amazing music gift.

See you ALL at the Festival!
- Dinah Urell



Silent movie genius Buster Keaton's *The General*, filmed in Oregon, with renowned Theater organist Bob Salisbury.
June 17, 7:30pm



The King of Instruments, Hector Olivera Organ Concert,
June 21, 4pm.



3 leg Torso, Portland's, Eastern European chamber band.
June 19, 7:30pm

FESTIVAL SCHEDULE

FRIDAY, JUNE 13 at 7:30 pm at the PAC

PRE-FESTIVAL SHOWCASE: ASTORIA ON STAGE
PRE-FESTIVAL SHOWCASE of classical and pops music featuring local groups and soloists in a Benefit Concert to support the preservation of the historic Clatsop Community College Performing Arts Center.

SATURDAY, JUNE 14 at 4:00 pm Liberty Theater

CELEBRITY MATINEE RECITAL
OREGON SYMPHONY Concertmaster SARAH KWAK and cellist SERGEY ANTONOV, Gold Medal prizewinner of Moscow's prestigious Tchaikovsky Competition, join pianist CARY LEWIS for a very special opening matinee.

SATURDAY, JUNE 14 at 7:30 pm Liberty Theater

GALA OPENING: ANGELA MEADE SINGS VERDI'S LA TRAVIATA The Metropolitan Opera's spectacular ANGELA MEADE and baritone RICHARD ZELLER return to the Astoria Festival for Verdi's tuneful tragedy. Young American tenor JOHN MATTHEW MYERS makes his Astoria debut. Performed in concert with full orchestra and chorus.

SUNDAY JUNE 15 at 4:00 pm Liberty Theater

SYMPHONIC SUNDAY
STRAUSS CELEBRATION: AMBER WAGNER SINGS FOUR LAST SONGS. Celebrate the 150th Anniversary of Richard Strauss's birth with this program of Romantic songs, orchestral fireworks, and music by Mozart, a composer Strauss adored.
SARAH KWAK — Violin
AMBER WAGNER — Soprano
ANGELA MEADE — Soprano
ANGELA NIEDERLOH — Mezzo Soprano
KEITH CLARK — Conductor



Pianist Cary Lewis, a festival staple and Director of Chamber Music.

TUESDAY, JUNE 17 at 7:30 pm Liberty Theater

CLASSIC SILENT FILM WITH ORGAN
THE LIBERTY Theater returns to its silent movie roots with this showing of Buster Keaton's classic THE GENERAL (1926), complete with authentic accompaniment on the mighty Rodgers Organ.
BOB SALISBURY – Theater Organist (Los Angeles)
A SPECIAL Rodgers Organ Concert to benefit the Astoria Music Festival underwritten by Rodgers Instruments

WEDNESDAY, JUNE 18 at 7:30 p.m. at the PAC

BASICALLY BAROQUE: THE LEGEND OF ARIADNE Coast Community Radio's Joanne Rideout tells the legend of the Goddess (or was she a Mortal?), who knew the mysteries of the Labyrinth, was abandoned on the island Naxos by her lover, and ultimately rescued and wed by Dionysus (a.k.a. "Bacchus"), God of Pleasure and Wine. Featuring vocal and instrumental music inspired by this ancient tale.

THURSDAY, JUNE 19 at 7:30 pm Liberty Theater

3 LEG TORSO "Astonishing musicianship, timeless yet wholly original songcraft..."
PORTLAND'S HIPPEST eclectic chamber band, 3 Leg Torso creates charming, elegant and daring modern chamber pop music infused with equal parts tradition and innovation. Evoking tango, Eastern European folk and other world music traditions, their cosmopolitan style embraces wit and humor within thoughtful, uncommon and beautiful arrangements.

FRIDAY, JUNE 20 at 7:30 pm Liberty Theater

ASTORIA MUSIC FESTIVAL ALL-STARS FESTIVAL CHAMBER PLAYERS, CARY LEWIS, PIANO AND DIRECTOR
MOZART — QUINTET IN E-FLAT MAJOR, K 452, for Piano and Winds; Korngold — PIANO QUINTET IN E MAJOR, Op 15; Schubert — STRING QUINTET IN C MAJOR, D. 956

SATURDAY, JUNE 21 at 4:00 pm Liberty Theater

THE KING OF INSTRUMENTS: ORGAN MATINEE, HECTOR OLIVERA, ORGANIST

A THRILLING afternoon of musical fireworks featuring one of the world's greatest organists performing on a mighty concert organ generously provided by Rodgers Instruments Corporation for this event.
A SPECIAL Rodgers Organ Concert to benefit the Astoria Music Festival
UNDERWRITTEN BY Rodgers Instruments
"IT IS totally impossible, in print, to adequately describe and do justice to the brilliance of his technique." -Organ Society Magazine

SATURDAY, JUNE 21 at 7:30 pm Liberty Theater

OPERA IN CONCERT: RICHARD STRAUSS'S "ARIADNE AUF NAXOS" (Part II: The Opera) Oregon's first performance in nearly fifty years of Strauss's opera plus Mozart's popular Piano Concerto No. 21, featured in the classic Swedish film Elvira Madigan, performed by international prizewinning pianist ANDREW BROWNELL.
MARIE PLETTE — Ariadne
ALLAN GLASSMAN — Bacchus
MATTHEW HAYWARD — Harlequin
JAMES WALTERS — Brighella
DEAC GUIDI — Truffaldino
ANGELA NIEDERLOH — Dryad
ASTORIA MUSIC FESTIVAL ORCHESTRA, KEITH CLARK, CONDUCTOR

SUNDAY, JUNE 22 at 4:00 pm Liberty Theater

SYMPHONIC SUNDAY: SERGEY ANTONOV PLAYS THE DVORAK CELLO CONCERTO SERGEY ANTONOV — Cello
HECTOR OLIVERA — Organ
KEITH CLARK — Conductor
PROGRAM
RICHARD STRAUSS — SOLEMN PROCESSION OF THE KNIGHTS OF ST. JOHN, for Organ and Brass
DVORAK — CELLO CONCERTO IN B MINOR, Op. 104; Respighi — CHURCH WINDOWS, for Organ and Large Orchestra

FRIDAY, JUNE 27 at 7:30 pm at the PAC

SUNDAY, JUNE 29 at 2:00 p.m. at the PAC
YOUNG ARTIST OPERA: THE MAGIC FLUTE PART II: "DAS LABYRINTH"
FULLY STAGED production of Emanuel Schikaneder's long-lost sequel to Die Zauberflöte, with music by Peter von Winter, a smash hit in Vienna in 1798, the

music was lost for nearly 200 years, but you can be among the first to hear it again!
ASTORIA MUSIC FESTIVAL VOCAL AND INSTRUMENTAL APPRENTICE ARTISTS SUNG IN German with English dialogue and Super Text PRESENTED IN collaboration with Amore Opera, NEW YORK West Coast Premiere

SATURDAY, JUNE 28 at 4:00 pm Liberty Theater

LAST CHANCE CELEBRITY HAPPY HOUR!
MARTIN CHALIFOUR, Violin — Concertmaster, Los Angeles Philharmonic
JEFF THAYER, Violin — Concertmaster, San Diego Symphony
SERGEY ANTONOV, Cello — Tchaikovsky Competition Gold Medalist
CARY LEWIS, Piano — Lanier Trio Recording Artist

SATURDAY, JUNE 28 at 7:30 pm Liberty Theater

J-WALT'S SPONTANEOUS FANTASIA and the AGNIESZKA LASKA DANCERS
BACK BY popular demand, two of the Festival's most popular shows combine for a night of New Media and Modern Dance, featuring Academy-Award winning designer and filmmaker J-WALT and Portland's award-winning AGNIESZKA LASKA DANCERS, whose production of Stravinsky's The Rite of Spring was a highlight of 2013. Prepare to be amazed by J-Walt's improvised real-time animated movies, with the conductor OLIVIA TSUI and the APPRENTICE CHAMBER ORCHESTRA. If you're old enough to remember Pink Floyd Laser Shows and young enough to master Grand Theft Auto V, this show's for you



Sarah Kwak, Oregon Symphony Concert Master



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DISCOVER YOUR INNER VIKING

at the 2014 Midsummer Scandinavian Festival



MARR from Norway

Three of the finest musicians from the Scandinavian music scene have now gathered and established the trio MAAR. Together they're now releasing their first album consisting of traditional Norwegian folk music in addition to their own tunes in their own arrangements.

MAAR is Britt Pernille Frøholm on hardanger fiddle/fiddle, Irene Tillung on accordion, and Ellen Brekken on double bass. All three women have released crucially acclaimed CDs in multiple genres and are considered versatile and highly valued musicians in Scandinavia. As individuals and in numerous bands, Frøholm, Tillung and Brekken have influenced the folk and jazz scene for years with CDs released that range from traditional folk music to free improvisation in jazz ensembles. MARR will perform all three days of the 2014 festival.

ITS THAT time of year again to indulge in your Scandinavian roots. The Viking expansion, known as the Viking Age, from the 8th to 12th century had the Norsemen traveling in longships all over the place, in Europe and Asia, in other words "they got around" – so perhaps you do have a link to an inner Viking.

Whatever your race and ethnic roots, the Midsummer Scandinavian Festival is an immersion in culture and soulful celebration. Music permeates the grounds on numerous stages, you can participate in dancing through the

June 20, 21, & 22, 2014
Clatsop County Fairgrounds
 \$8 for admission button for all three days
 \$5 for children 6-12
 \$2 for daily parking, \$5 for weekend
www.astoriascanfest.com

night, or be transported by the beauty and grace of professional folk dance groups. Heritage meals, like the Viking Dinner and the Midnight Sun Breakfast offer a full plate of delicious traditional foods, or sample from the many booths, and it's suggested to ask any costumed attendant what they might

suggest as a favorite traditional food. Arts and craft folk keeping ancient tradition alive in woodcraft, textiles and jewelry are prevalent at ASMF. You can purchase a serious piece of art. The grounds of the Clatsop County Fairgrounds are truly alive at MidsummerFest,

and offer a generous opportunity to indulge in the best of what culture can offer. The onetime entrance fee is so reasonable for 3 days, with the quality of featured artists, it's a best entertainment bet to start your summer off with a bang. Ufdah!

- Dinah Urell



Peter Uhrbrand And Ole Mouritzen Fiddler and Accordion from Denmark

The Danish North Sea island, Fanø, on the west coast of Denmark, has a very exciting, maritime cultural heritage and stunning, local folk music which goes back in time three centuries from one generation to the next. Ole Mouritzen and Peter M. Uhrbrand, both living on the island and both Grammy prizewinners at the Danish Music Awards in the Folk category, learned the music from

Frits A. Brinch from Sønderho/Fanø island. The Brinch brothers were musical legends in Denmark and music has been in their family for six generations. Mouritzen and Uhrbrand share this musical passion and have played together for thirty-five years in all kind of concerts, workshops, clinics, and music lectures in Scandinavia, Europe, and Canada.

Uhrbrand and Mouritzen will perform six times during the festival.



Let go of all your inhibitions and Do the Chicken Dance!



The Hilarious Scandinavian Tony and Tina's Wedding, Ole and Lena's Wedding.

A Few Festival Highlights:

- **LOTS OF CULTURE TO CHOOSE** - In addition to the featured entertainers, a dozen other groups will perform at the festival on two stages and in the beer garden. There will be a Viking encampment, dance performances, two public dances with live music, children's activities in the Barnefest area, and fifty food and craft booths. The Troll Run takes place Saturday morning in the countryside.
- **Astor Street Opry Company's production of OLE AND LENA'S WEDDING.** A Scandinavian Tony and Tina's Wedding, audience interactive, replete with wedding cake and slide show at the reception. This 45 minute show from Duluth Minnesota It's packed with the light, funny side of Scandinavian humor and many will recognize characters from their own families.
- **THE QUEEN'S CORONATION** followed by a bonfire to burn hexes to rid the bad luck for the year.
- **OP TOG PROCESSION AND RAISING OF THE MIDSUMMER POLE.** Hear the national songs of the Scandi countries.
- **KUBB GAME.** New to the festival, pronounced "koob" a Scandinavian outdoor lawn game with local interest in future tournament games. There will be an exhibition to introduce the game, get on a team, and gain early skill throwing batons.
- **FINNISH KANTELE MASS CHURCH SERVICE.** Composed by Jarkko Yli-Annala, and lyrics written by Anna-Mari Kaskinen, a renowned Finnish poet and author. The Mass is a meditative service with traditional Lutheran liturgy and music of a gentle nature all performed on kanteles by the Livakat and Evergreen Kantele Ensembles.
- **Who shall WIN THE TICKET TO SCANDINAVIA** and the other beautiful prizes donated by the Scandinavian Festival Association and lodges and businesses? Did you buy your tickets? You need not be present to win.
- For a Full Schedule of music and events go to astoriascanfest.com

ASMF SCHEDULE

FRIDAY, JUNE 20

BOOTHS

2:00-6:30 P.M., Arena

ENTERTAINMENT

3:00-7 P.M., Arena Stage

Live entertainment every hour on stage.

Beef Dinner hosted by Olney Grange

4:30 P.M. until supply runs out, Exhibit Hall \$12

Astor Street Opry Company presents

OLE AND LENA'S WEDDING

5:30 P.M., Exhibit Hall

QUEEN'S CORONATION

7:00 P.M., Arena

TORCHLIGHT PROCESSION AND BONFIRE

8 PM approximately, immediately following the Queen's coronation, Parking Area

QUEEN'S BALL with Scandinavian Country

8:00-10:30 P.M., Exhibit Hall

BEER GARDEN

3:00 P.M. – 11 P.M.

Live music and Local Microbrews

SATURDAY, JUNE 21

MIDNIGHT SUN BREAKFAST served by Scandinavian Café of Vancouver WA

7:00-11:00 A.M., Exhibit Hall

Buffet: Norwegian Jarlsberg egg cake, Finnish Pyttipannu (Scandinavian pan-fried scramble of potato, onions, sausage & egg), Swedish pancakes with whipped cream and strawberries, Norwegian Rommegrot (sour cream porridge/pudding with cinnamon and sugar), Lefse (fresh off the griddle), Scandinavian cheese, Shrimp and salmon lox, Fresh assorted breads, Fruit, Fresh baked Danish pastry, Coffee, OJ, water. \$9.00 (Kids 6 and under: \$4)

TROLL RUN/WALK

8:30 A.M., Walluski area

The Astoria Scandinavian Midsummer Festival is pleased to announce the 11th Annual Running of the Trolls. Join us for a walk or run in the beautiful Walluski countryside. Proceeds from the race will benefit the Scandinavian Midsummer Festival Association Scholarship Fund. Registration begins at 8 A.M. in the parking lot.

BOOTHS

9:00 A.M.-7:00 P.M., Arena

ENTERTAINMENT

10 A.M.-6:00 P.M., Arena

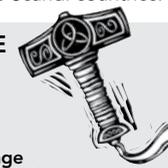
10 A.M.-6:30 PM, Exhibit Hall

EMPIRE OF CHIVALRY AND STEEL

VIKING ENCAMPMENT

10:00 A.M. – 6:00 P.M., Outdoors

The Empire of Chivalry and Steel will hold an open house in their Viking encampment outdoors south of the Arena. Costumed



reenactors will demonstrate crafts, tournaments, armor making, and combat arts from the culture of the Middle Ages.

BARNEFEST for Kids

11:00 A.M. – 5:00 P.M.; Arena

OPTOG - FESTIVAL PARADE

11:30 A.M., festival grounds

FLAG RAISING followed immediately by

MIDSUMMER POLE RAISING

12 Noon, Outdoor Stage

BEER GARDEN

Noon to 11 P.M.

KUBB EXHIBITION

IN FRONT OF THE MIDSUMMER POLE

1 - 3 P.M.

VIKING DINNER served by Scandinavian

Café of Vancouver WA

4:00-7:00 P.M., Exhibit Hall

Astor Street Opry Company presents

OLE AND LENA'S WEDDING

5:30 P.M., Exhibit Hall

DANCERS BALL with Nordic Spirit and Caller Pam Borso

6:30-7 P.M., orientation for beginners

7-10:00 P.M., Exhibit Hall

Come dance a waltz, polka, schottische, or hambo or just enjoy listening to the live Scandinavian music.

SUNDAY, JUNE 22

PANNUKAKKU BREAKFAST

Served by Astoria Rotary Club

7:00-11:00 A.M., Exhibit Hall

\$6.50 for adults; \$3 for kids.

BOOTHS

9:00 A.M.-4:00 P.M., Arena

ENTERTAINMENT

11 A.M.-4:00 P.M., Arena

12 noon - 3:30 PM, Exhibit Hall

EMPIRE OF CHIVALRY AND STEEL

VIKING ENCAMPMENT

10:00 A.M.-4:00 P.M., Outdoors

BARNEFEST

11:00 A.M. – 3:00 P.M., Arena

Young festival attendees can participate in children's activities in the Barnefest area.

Puppet show at 12 noon.

Kantele Mass performed by Livikat NW Kantele Ensemble

PROTESTANT CHURCH SERVICE

11:00 A.M., Exhibit Hall

PARADE OF COSTUMES

12:00 P.M., Exhibit Hall

Scandinavian Costumes fashion show.

Astor Street Opry Company presents

OLE AND LENA'S WEDDING

3:00 P.M., Exhibit Hall

RAFFLE AND CLOSING CEREMONIES

4 P.M., Exhibit Hall

in the columbiaPacific Daily Listings pg20-23

The Hallelujah Girls at TAPA Opens June 6!

TILLAMOOK ASSOCIATION for the Performing Arts (TAPA), Shear Bliss Salon, Oh My Stars, and Blue Heron bring the delightfully funny show *The Hallelujah Girls*, to Tillamook opening June 6th! Written by Jessie Jones, Nicholas Hope, and Jamie Wooten, the show follows six women from Eden Falls, Georgia as they decide to make a life change and pursue their dreams after the loss of a close friend. Sugar Lee Thompkins, portrayed by Debbie Coon, rallies her friends together and convinces them it's never too late to change their destiny and improve their lives. The women; Ann Harper, Becki Wilhelm, Laurie Caspell, and Diane Kreider, reluctantly agree to help their friend start a new business in an old abandoned church. Enter an ex-love portrayed by Richard Coon, a suitor portrayed by Garrick Gordon, and the wickedly sweet town villain portrayed by Joni Sauer-Folger; mix it all together and the result is a hilarious comedy that will make you laugh out loud and shout "Hallelujah!"

The *Hallelujah Girls* is directed by Robert Buckingham, and is his seventh production directed for TAPA. His past productions include



The Cast of *Hallelujah Girls*! (back row, from left), Richard Coon, Debbie Coon Laurie Caspell, Ann Harper, Garrick Gordon. (Front row, from left) Diane Kreider, Joni Sauer-Folger Becki Wilhelm.

Murder by the Book, *The Beauty Queen of Leenane*, *The Star-Spangled Girl*, Agatha Christie's *The Mousetrap*, *A Fine Monster You Are!*, and last summer's hit *Sherlock's Secret Life*.

The *Hallelujah Girls* will run at TAPA's Barn Community Playhouse, located at 12th & Ivy in Tillamook. Performances will be held June 6th, 7th, 13th, 14th, 15th, 20th, 21st, and 22nd. Evening performances start at 7:00 pm and Sunday matinees will start at 2:00 pm. Doors open 30 minutes prior to curtain.

Tickets are on sale at Diamond Art Jewelers in Tillamook (503-842-7940). \$15 for adult, \$10 for seniors/students.

Into the Woods and The 39 Steps: Coaster Theatre Playhouse's Summer Repertory Season

Into the Woods

One of Sondheim's most popular works, the powerhouse Broadway musical *Into the Woods* brings together the classic fairytale characters from *The Brothers Grimm* with the Broadway magic of Stephen Sondheim and James Lapine to create a rare modern classic. The story follows a baker and his wife who wish to have a child, Cinderella who wishes to attend the King's Festival, and Jack who wishes his cow would give milk. When the baker and his wife learn that they cannot have a child because of a witch's curse, they set off on a journey to break it. Everyone's wish is granted, but the consequences of their actions return to haunt them later with disastrous results.

Director Ryan Hull returns to the Coaster stage for this production having previously directed *Around the World in 80 Days* at the Coaster Theatre. Before returning to Oregon he completed the actors training program at the Circle in the Square Theatre on Broadway in New York City.

The 39 Steps

Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python and you have

The 39 Steps, a fast-paced whodunit. The suave, yet bored, Richard Hannay eyes a mysterious woman at the theater, but returns to his London townhome...where the woman turns up

dead. With no more than that, he finds himself on the run as a mysterious spy organization alternately pursues and is pursued by him, from London to Scotland and back, as he fights to clear himself of the murder. Along the way, he is hindered and helped by the beautiful,

upstanding Pamela who, despite her best efforts, ends up shackled, literally to a man she thinks is a murderer. Meanwhile, the police and the mysterious spy organization are closing in on Richard.

Actor, director, costumer and educator, Patrick Lathrop, will direct this play. His other role is that of the Coaster's Executive Director, a position he accepted during the past year. Previously he was education director of the theatre for 3 1/2 years.

Performance Schedule: Into the Woods:
June 20 – Sept 7, \$18-\$23; **The 39 Steps:**
June 27 – Sept 5, \$15-\$20. All performances start at 7:30pm. Box Office: 503-436-1242. coastertheatre.com

THE 10TH ANNUAL

NORTHWEST WORLD REGGAE FESTIVAL

JULY 25 - 27 2014 ASTORIA - OREGON

MIDNITE DON CARLOS ROMAIN VIRGO
QUEEN OMEGA ITALS ZILI MISIK I-KRONIK
LEROY MABRAK AND THE THUNDERCLAP CREW
NEW KINGSTON LIBERATION MOVEMENT
REGGAE BUBBLERS MYSTIC ROOTS BAND
REGGAE ANGELS NEWEL BRIGGS
ARDEN PARK ROOTS MISTA CHIEF KING TOBY
THE HERBAL CREW REAL LIFE ROCKAZ
UNITED MESSAGE HOSTED BY MARKOS PHOTINOS

TICKETS AND INFO AT
WWW.NWWWRF.COM
HOTLINE: 503-922-0551
FACEBOOK: NORTHWESTWORLDREGGAEFESTIVAL

TICKETS AVAILABLE IN ASTORIA AT
NATURE'S CHOICE - 229 W MARINE DR. SUITE C
OPEN - NOON TO 6:00 PM MONDAY - SATURDAY
TICKETS AVAILABLE IN THE RECEPTION AREA WHICH IS OPEN TO EVERYONE

3 DAY WEEKEND PASS WITH CAMPING -- \$100
3 DAY WEEKEND PASS NO CAMPING -- \$75
FRIDAY ONLY -- \$40 SATURDAY ONLY -- \$40 SUNDAY ONLY -- \$20
TEENS 15 - 17 HALF PRICE WITH ADULT -- YOUTH 14 AND UNDER FREE

CRAFT VENDORS - ORGANIC FOOD - FAMILY FRIENDLY
LOCATED 10 MILES SOUTH OF ASTORIA ON HWY 202

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Astoria Society of Artists

2014 Astoria Studio Tour • July 26-27



Astoria Society of Artists committee members: Pictured from: Gin Laughery, Isabelle Johnson-Haist, Vicki Baker, back: Normandie Hand, Charles Schweigert, Laurie Caplan, and Paul Haist. not pictured: Drew Hertzog

THE WEEKEND of July 26-27, will be when local artists open their work spaces to local and out-of-town visitors. Thirty-five Artists will show work in sculpture, painting, fiber arts, prints, photography and other media during the Astoria Studio Tour 2014.

A combined tour brochure and map will be available to the public for free after July 1 at the following Astoria locations: Dots n' Doodles Art Supply, Imogen Gallery, Old Town Framing, RiverSea Gallery and Tempo Gallery, in addition to other local businesses. Maps will also be available online at the ASA website (astoriastudios2014.org).

Members of the ASA tour coordinating committee include Vicki Baker, Laurie Caplan, Paul Haist, Normandie Hand, Drew Hertzog, Isabelle Johnston-Haist, Gin Laughery, and Charles Schweigert.

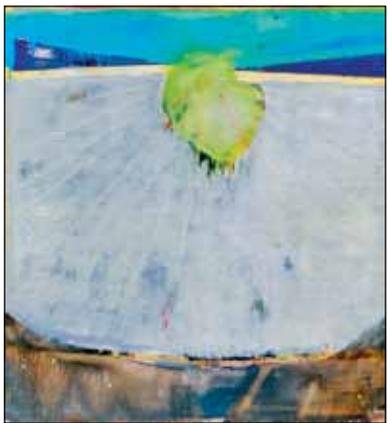
Columbia Memorial Hospital has stepped forward as the sponsor of Astoria Studio Tour 2014. The hospital has presented the group with a check in the amount of \$1,000. As a Planetree affiliated hospital, CMH makes bringing the work of local artists to public attention one of its priorities. "We are grateful for their support, which is just one of the most recent examples of their longstanding commitment to the cultural welfare of Astoria and the North Coast region," said Astoria printmaker Gin Laughery, speaking on behalf of ASA.

Mutations: Mixed media paintings by Lauren Mantecón at IMOGEN

OPENING SATURDAY, June 14th, Imogen Gallery presents a second solo exhibition for artist Lauren Mantecón. Known for her ethereal and evocative style, Mantecón brings a strong collection of intuitive paintings, paintings that emerge and evolve as her own personal experiences unfold. The exhibition will be available for view June 14th through July 8th with an artist's reception held Saturday, June 14th 5 - 8 pm. Mantecón will be present and available to answer questions about her work and process. Light bites and beverages will be provided by Astoria CoffeeHouse and Bistro.

Mantecón, respected painter and educator has dedicated her career to the visual language, and through metaphor offers interpretation of the bridge that exists between the physical and the spiritual self. Her expressive yet subtle oil paintings are a process of reflection and intuition that reaches far beyond her own identity to address a broader concept of growth and transformation. Through calm, meditative use and control of color, Mantecón guides the viewer to another world where material meets ethereal. Painting layer upon layer she establishes a fusion between image and idea, solidifying content and creating a visual dialogue between landscape and spiritual identity.

When discussing her work Mantecón states, "I am fascinated by the questions presented by



unseen forces. What if there were actual inter-connective links between invisible and visible reality. A visual language between atmosphere and land, I believe that mists, radiance, clusters, flora, fauna, orbs, strings and strands all represent the inexplicable. I seek to create a psychic sensibility through a physical space, a tension between painted surface and atmosphere. The final results of fragmenting, combining layering contrasting are made visible through gestural landscapes of organic forms searching for their connected points."

This series is the culmination of over a year's time spent traveling from residency to residency with teaching workshops in between. She has enjoyed stops all over the west, with destinations that have dotted the map from British Columbia to Mexico and many points in between. Her final landing place (for now) seems to be in the southwest, specifically Sante Fe. Here she has stopped, found studio space and with a direct creative outflow has created a powerful body of work.

Imogen Gallery is open six days a week (closed Wednesdays) at 240 11th Street. Open Monday through Saturday, 11:00 to 5:00, (except Wednesday) and 11:00 to 4:00 each Sunday. 503.468.0620

Agnes Field and Patricia Clark-Finley At Fairweather House & Garden

FAIRWEATHER HOUSE & Garden Art Gallery presents artists Agnes Field and Patricia Clark-Finley, in "The Elements of Water," Saturday, June 7, 5-8pm.

Water is a precious necessity as well as soothing solace. All living things are composed of a high percentage of water and perhaps it's why we crave being close to rivers and the ocean. The work in this exhibit attempts to translate water as an elemental visual source: light on water; spiritual solace; inescapable, windy rain; feeling of movement, expanse and natural power.

Agnes Field is showing mixed media pieces using non-traditional materials, including styrofoam, fabric and recycled and natural materials from local surroundings. The work is the search for harmony and connection to the natural world. Field, currently based in Astoria, has shown in juried exhibits all over the NW, Italy and Finland.

Patricia Clark-Finley, a native of Washington and currently based in Ocean Park and Orcas Island, works in multimedia work and is especially drawn to the jewel-like colors of encaustic (wax) surfaces. Her work relates to intuitive interpretation of narrative and mythology. "My job as an artist is to interpret,



Agnes Field /How To Paint a Sunset/mixed on paper-18"x24"

to examine and place in the context of contemporary, art that the viewer can go away from and come back to and find something human." She lived for many years in San Francisco, completed her BFA from San Francisco Art Institute and has shown nationally in many juried exhibits.

Opening Reception, Saturday June 7, Seaside Art Walk, 5-8pm. Fairweather House & Garden is located at 612 Broadway in Seaside. In the Historic Gilbert District. 503.738.4003

Plastic Fantastic Show V / Anniversary Celebration At LightBox



Leigh Oviatt, God is Love

LIGHTBOX PHOTOGRAPHIC Gallery will celebrate its fifth anniversary with the opening and artist's reception of the Plastic Fantastic Show V on Saturday, June 14, 2014 from 6-9pm.

This annual group exhibit originated from LightBox's love for images made with plastic "toy" film cameras and as a celebration of the gallery's anniversary each year. The Fifth Plastic Fantastic Show includes work from around the world, including Ireland, Moldova, Spain, Great Britain and Germany, as well as Ontario, British Columbia and from all around the states. Two Astorians, local photographers Jody Miller and Leigh Oviatt, were accepted into the exhibit that includes just 45 prints.

Internationally renowned fine art photographer Susan Burnstine of Los Angeles once again juried the exhibit. Susan uses homemade cameras consisting of plastic lenses and vintage camera and household parts. She has become a highly acclaimed photo-

graphic artist shooting with film and using rudimentary cameras of her own design.

This method of photography has gained popularity because of the freedom of expression possible by using cameras with less than perfect optics and with sometimes extraordinarily beautiful and unpredictable results. A large community of photographers from around the world expose images primarily with these basic cameras and with altered or constructed cameras, creating unique images that are captured on film and printed in a variety of photographic mediums.

Every month LightBox shows Silver Gelatin prints on the walls from the LightBox Darkroom Members. LightBox offers memberships as a way of becoming part of the community of supporters that help to further the mission of the gallery. LightBox provides fine art reproduction, restorations, photographic printing, and other photographic services. The Plastic Fantastic Show V runs from June 14th until July 8th.

LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday 11 - 5:30. Contact LightBox at 503-468-0238.



Matt Amott, Outside The Box



Amsterdam in Deft Blue, Robert Gamblin

Shared Oregon Visions Plein Air Painters at Cannon Beach Gallery • June 14-July 28

"I CAN'T say why I paint; I just know I have to," explains Oregon artist Robert Gamblin about his driving passion. "Painting can be simple, but for me it is complex, and I revel in pushing myself into that complexity."

Gamblin along with two of his contemporaries, Scott Gellatly and Gretha Lindwood will have new work on display at the Cannon Beach Gallery in a show entitled "Shared Oregon Visions" from June 14-July 28. All three artists are known for their plein air work, a time honored tradition of working outside of the studio, in the elements, capturing the light and a particular moment in time directly on the canvas.

Shared Oregon Visions will be a part of Cannon Beach's town wide arts festival, Plein Air and More, June 27-29, 2014 with special events planned for the weekend. The three artists will participate in the Saturday, "Paint Out" session in which artists set up their easels around town and work from the surrounding environment. There will also be an Artist's Conversation with Gamblin, Gellatly, and Lindwood at the Cannon Beach Gallery beginning at

4pm, which will then transition into the Artist's Reception from 5-7pm.

Gamblin possesses an intimate understanding of paint and color that is unique due to his passion for paint. In the tradition of the European masters, Gamblin began experimenting with mixing his own oil colors in 1980, which led to founding his own oil paint manufacturing company. Twenty years later, Robert founded a second venture, Gamblin Conservation Colors, a company that makes color for conservators and restorers in major museums to repair damaged artwork.

"Each of my paintings is about color relationships. I am drawn to scenes that catch my eye; those are the scenes I paint. I then use color in an emotionally expressive way to visually describe what it felt like to be at that place in the heat of the moment," Gamblin writes in his artist's statement.

The Cannon Beach Gallery is located at 1064 S. Hemlock Street and is open daily in the summer from 10am-5pm. Contact us for more information via our website: www.cannonbeacharts.org or call 503-436-0744.

Laughing Duck Digital Pond Commercial Photography Studio

LAUGHING DUCK Digital Pond ~ Studio/Gallery, just off the 2nd Sat. beaten art path, is the work space of artist Thom Dickerson. A commercial artist, Dickerson offers inexpensive portraiture, ad design for prepress production, fine art digital reproduction, and product photography for print and web. The gallery will be open during 2nd Saturday Astoria Art Walks and cruise days, and by appointment only. On the June 2nd Saturday art walk Dickerson will be exhibiting "People Who Fly... Differently", a fantasy series he created combining photographs and illustrations, plus some historical restorations of US Navy dirigibles as well as a triptych of Nash Editions prints exhibiting his early digital fine art print beginnings.

Dickerson will exhibit a triptych series shot in 1995. It was his first experience with digital imaging and after attending a seminar hosted by Graham Nash who founded his new company "Nash Editions" says, Dickerson, "I was completely hooked."

"Graham and his company gave a great workshop on how they took an Iris inkjet printer and created fine art - on my types of media, such as water color paper, silk textile, and even on thin sheet metal," he says. "The results were incredible and I found a whole new frontier in art expression. Being trained as a film photographer and seeing how the future was rapidly

changing, I jumped in and began learning a whole new world of image creation."

The triptych images were shot on 120 black and white film, scanned into Photoshop (version 2.0 at the time), and colorized by using the brush tools and color palette, similar to doing old school color tinting with a brush on black and white prints, except you did it on a screen.

Laughing Duck Digital Pond is located at 120 10th St #3 in Astoria. Open 5pm to 8pm, 2nd Sat. Art Walk.



Time to "INK the Squid:" Calling all writers and artists!

THE MANZANITA Writer's Series coordinators are pleased to announce that submissions are open for the next issue of the North Coast Squid from June 1 through August 31, 2014.

The fourth North Coast Squid literary magazine, which showcases work of writers and artists who live on the north Oregon coast or have a strong connection to the area, will be published in November 2014.

The new Squid will need "ink," both in submissions and in donations to cover the cost of printing the expanded magazine, a new submission management system, and distribution.

Watch for details on fundraising as Ink, the Squid, once again shows up around town to raise awareness of the fundraising campaign. You can help support local writers and artists with any size donation to help us reach our \$2,000 goal.

Writing will be accepted in the following categories: poetry, fiction, narrative non-fiction (which includes memoir). Final

selections will be made by literary judges from outside the local area.

The magazine will be expanded to include selections from young writers under 18 years old. The three best

submissions, regardless of category, will be selected by the editors of Tattoo Magazine, a national award-winning high school literary and art publication based in Shoreline, WA advised by Andy Barker, a member of the North Coast Squid editorial team.

"We want to encourage young writers to submit their work," said

Vera Wildauer, co-founder of the Squid and the Manzanita Writers' Series.

Toward that end a workshop is being developed to help students entering grades 5 through 9 to prepare work for submission. It is slated to be held in early July. Watch for more details about that workshop at the hoffmanblog.org.

Art categories include black and white photos and line drawings. Art and photos will be selected by the North Coast Squid's editorial team.



SEASIDE PUBLIC LIBRARY



Breakfast: A History w/Heather Arndt Anderson • June 19

"ONE SHOULD not attend even the end of the world without a good breakfast". Learn how it all started on Thursday, June 19, 2014 at 7:00 p.m. as author Heather Arndt Anderson reads from her wonderful book,

"Breakfast: A History". The evening will be hosted by The Friends of the Seaside Library and there will be book sales and signings.

Heather Arndt Anderson feels that the hobbits of J.R.R. Tolkien had it right when it comes to breakfast. Their lives in the shire allowed them six meals a day, three of which were before lunch and included breakfast and second breakfast. From corn flakes to pancakes, "Breakfast: A History" explores this "most important meal of the day" as a social and gastronomic phenomenon. The author explains how and why the meal emerged, what is commonly eaten in this meal across the globe, why certain foods are considered indispensable, and how it has been depicted in art and media. She gives morning beverages such as coffee, tea, and orange juice their due and provides interesting background on the major players in the cold-cereal industry like Kellogg and Post.

The Chinese like rice gruel as their source of morning energy. Did you know the ancient Greeks ate donuts? Do you know what they dipped them in? Or that flatbread and cucumbers are a staple in the Middle East? These tidbits and an exploration of the places people eat their morning repast are just a few of the interesting details that Arndt Anderson has compiled in her literary paean to the morning meal.

Heather Arndt Anderson is a Portland, Oregon-based plant ecologist and food writer. Her recipes have been published in a number of bestselling cookbooks, and she is a contributing writer to the magazines *The Farmer General* and *Remedy Quarterly* and founder of the popular website *Voodoo & Sauce*.

Portland's Maritime History With Author Rebecca Harrison • June 26

HEAD DOWN the Columbia River on Thursday, June 26, 7pm with author Rebecca Harrison, as she presents "Portland's Maritime History".

In 1843, a settlement called Oregon Country developed along the Willamette River. The name Portland was chosen for the town in 1845 and building docks for the shipment of lumber, fish, wheat, and produce became a top priority. Up to 1848, the yearly arrival of vessels along the Columbia River numbered three to eight. By 1849, there were more than fifty ships berthing along the riverfront and it's against this backdrop that "Portland's Maritime History" begins. Portland was the major port throughout the Pacific Northwest until the 1890s, when the railroads opened up the harbors in Seattle. The city was not only the site of numerous

marine terminals along the Willamette and Columbia Rivers but also home to much of our American maritime history. Portland shipbuilding started in 1840 with construction of the schooner Star of Oregon and over 100 years later, three shipyards would build 621 ships for the war effort. Both before and after WWII, several steel and iron companies used the harbors in Portland for their manufacturing. Aside from production, the port ships over 13 million tons of cargo every year and is the biggest shipper of wheat in the United States.

Rebecca Harrison is a native Oregonian and the author of "Deep Dark and Dangerous: On the Bottom with the Northwest Salvage Divers". She is currently working on a book about the stern-wheeler, Portland.



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

A Year Afar – a new configuration of Portland’s Best w/ Ryan Solle

At Fort George • June 15

A RARE Sunday night of two performances, Ryan Solle (Builders & Butchers, Albatross) will join Portland’s A Year Afar for a showcase of some of the best Portland musicians in the game.

A Year Afar Suzanne Tufan had never been in a band before, but she’s been singing and performing all of her life. Acapella with her sisters, on stage in musicals, acting in television shows (Grimm and Leverage), or just quietly singing and

strumming her guitar. That’s how Jim Brunberg first heard her, and he knew right away they had to start playing together. Suzanne’s melodies, lyrics, and broadly unique musical sensibilities just begged to be fleshed out in a lush, carefully arranged pop format.

Jim Brunberg has played music and toured with a lot of people in his day- from Willie Nelson to Dave Matthews to Kristin Hersh - but he’s never one to rest on past accomplishments. Always honing his

musical craft and collaborating with a who’s who of Portland’s vibrant ever-evolving music community, Jim enlisted Dave Jorgensen (Blind Pilot) and Ben Landsverk (Rachel Taylor Brown, Holcombe Waller) to round out the new project that would come to be known as A Year Afar.

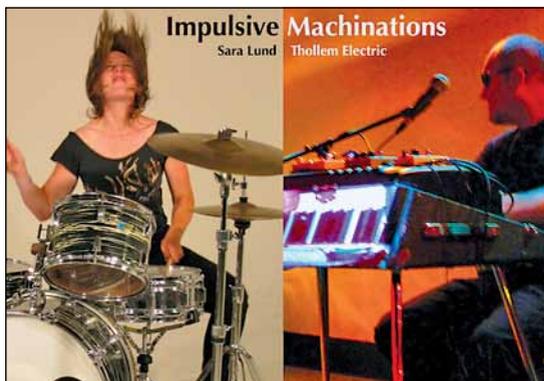
Since getting together in early 2013, A Year Afar has developed rapidly. Landsverk is an accomplished violist, arranger and choral conductor- talents that when added

to his primary role of bass allow A Year Afar tremendous versatility. Likewise, Jorgensen brings horns and keys to the mix in addition to his visible role as drummer. As the band continues to write, develop and grow toward its first full length release, it tries to keep things simple. Brunberg: “We all write the songs together, like U2. Suzanne sings em, like... holy shit, like nobody else.”

Sunday, June 15, 8pm, No Cover, Fort George Brewery + Public House.



Impulsive Machinations duo project of Thollem McDonas & Sara Lund & Dragging an Ox Through Water solo project of Brian Mumford @ Blue Scorcher, Sunday June 29, 6-8pm



COMPRISED OF Thollem

McDonas on distorted Fender Rhodes, and kinetic drummer Sara Lund, the sound of duo “Impulsive Machinations” is rollicking and forceful - the sum of McDonas’ coiling, fluid lines and Lund’s thunderous backbeats made manifest. Impulsive Machinations blossomed from McDonas’ “Keyngdrum Overdrive,” a series of recordings documenting the noted improv artist playing in duo with a wide-ranging cadre of drummers.

A brief cross-section of McDonas’ many collaborators would include members of The Stooges, The Minutemen, Deerhoof, Wilco, Can, and many more. Some of his many projects include Tsigoti, The Hand To Man Band, and BadNews From Houston. Thollem has been touring perpetually for 7 years, and has released more than 35 albums of his own and in collabo-

ration with others on 15 different vanguard labels.

Sara Lund has been providing beats and exploring rhythm since age 11. She is best known for her work as the drummer for Unwound (1992-2002).

Sara’s recent projects include Hungry Ghost, and The Corin Tucker Band.

Dragging an Ox Through Water is he solo project of Brian Mumford. A Portland artist who has garnered praise and appreciation from most regional alternative music critics, and heres one from the Seattle Stranger, “not your little brother’s Americana outfit. The Portland folk freak of nature sounds like he’s more enamored of Arthur Russell than Gram Parsons, as he upends rustic folk-rock tropes with unexpected structural fissures and injects textural oddities that blast away the form’s ho-hum-iness.”

Step out of your protective shield for a sonic treat in creative music, Sunday, June 29 at The Blue Scorcher, 15th 7 Duane. \$5 - \$10 Sliding Scale, and nobody turned away for lack of funds.

Sedona Fire Band CR Release Concert

Saturday, June 14

MANZANITA-BASED SEDONA Fire Band announces the culmination of 2 years of collaboration and co-creation, in the release of their first CD as a band, Pages of the Mind.

To celebrate this occasion, a CD release party happens on Saturday, June 14th at 7PM at St. Catherine’s Episcopal Church in Nehalem. (Great Acoustics!) It’s an intimate evening where you will get a chance to hear the stories behind the creation of these original songs. There is a 7 dollar cover charge, and light snacks will be provided.

The Sedona Fire Band is a 7-piece ensemble that plays an eclectic blend of Folk, Pop, Rock, Bluegrass, Blues, and Latin styles. Diverse members span several generations, the ensemble comprised of keyboards,



percussion, trumpet, guitar, flute, and cello, performing arrangements of singer, front person Sedona Torres songs. www.sedonafire-music.com.

Saturday, June 14, 7pm, \$7, at the St. Catherine’s Episcopal Church in Nehalem.

* DANCE PARTY at KALA Friday June 13 *

Hipfishmonthly invites friends of Liza (wink!) to a FREE showing of her 1972 tour de force, **Liza with a “Z”**. Hot off the film “Cabaret,” Minelli teamed up with the dream team, Choreographer Bob Fosse, Kander & Ebb (Cabaret’s creators), costumes by Halston and the best of then Fosse’s Broadway dancers. Shot with 8, 16mm film cameras, the one hour TV special documented Liza’s singing, acting and dancing ability. Not only did she do it all, she did it all brilliantly. Daughter of the grand Garland, Minelli is one of the last true song and dance artists in the lineage of the medium. LIZA W/A “Z” zings with sex appeal and the understated Fosse style!

Publisher of Hipfish celebrates Gemini Birthdays with her favorite most favorite



LIZA w/a “Z” goes “zzzzzzz!”

thing in life, Song and Dance. 1 hour Movie promptly at 9pm.

Then **DANCE TILL MIDNIGHT** at KALA. Dragalution’s SOFANDA DYKES DJ’s, old disco, NU Disco and dance faves from all the eras. \$5 cover. Everybody Welcome. Full Bar!!!! 21+ please. Door 8:30pm. KALA, 1017 Marine Drive in Astoria.

Saturday 7

MUSIC

Dinner & Dylan. Local musicians will plat Dylan songs. Pay-what-you-can soup & bread dinner at 5:30pm, music at 7pm. At the Bay City Arts Center in Bay City.

Acustica. World Music. 7 – 9pm at the Sundance Event Lodge in Cannon Beach.

Tenor Guitar Gathering. An Evening of Tenor Guitars. \$20, 7 – 10pm at the ASOC Playhouse in Astoria. tenorguitarfoundation.org/program.htm

The Thomasian Trio w/ Maggie Kitson. No cover, 7 – 10pm at Sweet Basil’s Wine Bar in Cannon Beach.

Nick Jaina with Ryan Dubrowski. No cover, 8pm at the Sou’wester Lodge in Seaview.

1984. Classic Rock. Manzanita Lighthouse Pub & Grub in Manzanita.

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

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

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

ART

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

Artist Reception. Cecile LaPointe, Doreen Linquist and Steve Linquist will be showing their art thru the month of June. 2 – 4pm at the Garibaldi Museum.

FOOD & DRINK

Wine Tasting. Sauvignon Blancs. 1 – 4pm at the Cellar on 10th in Astoria

HAPPENING

North Head Lighthouse Birthday Celebration. Discover Pass is not required to attend the event including a free day in the park, refreshments, a self-guided tour, live music, bird-sighting tours and exhibits. Guided tours of the lighthouse are \$2.50. North Head Lighthouse, Cape Disappointment State Park, Ilwaco.

Goonies Day Events. Celebrating the anniversary of the release of the film Goonies. Events take place in and around Astoria. travelastoria.com/itinerary/goonies-day-2014

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.

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

Town Hall Meeting with Suzanne Bonamici. Congresswoman Suzanne Bonamici invites the community to a town hall meeting to discuss important issues, needs and interests of local. 10am at Gearhart elementary School.

Seaside Garden Club Plant Sale. 9am – 3pm at Our savior’s Lutheran Church in Seaside.

Annual SeaPac Convention. There will be seminars, workshops, guest speakers and awards. At the seaside Convention Center. seapac.org

Ducky Derby. Free BBQ, race, Bouncy house, ducky games, and face painting. Ducks are \$5 each. Starts at 11am at Quatata Park in Seaside.

Living Locally Gala. The event will feature locally sourced cuisine prepared by chef Tom Flood, Jr., a live auction and raffle and a silent auction. Attire is coastal gala casual. \$60 - \$75 at NCRD in Nehalem. RSVP required. 503-368-3203

Annual Nehalem Bay Crab Derby. Food, vendors, raffles, music and family friendly fun for everyone. 9am – 5pm at the Jetty Fishery and Kelly’s Brighton Marina on Nehalem Bay.

OUTSIDE

Free admission to WA State Parks.

Free Fishing Day. A kid’s fishing derby will be held and a biggest fish competition. There will be fly casting demonstrations, a barbecue and prizes awarded. Free, starts at 9am at Coffenburg Lake, Fort Stevens State Park, Hammond.

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

Seaside Beach Soccer Tournament. On the beach near the Broadway Turnaround in Seaside. seasidebeachsoccer.com

Bucket Golf Tournament. Trophies, prizes and a raffle. \$50, includes lunch and giveaways. 10am at the Seaside Golf Course.

THEATER

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

Guilty Conscience. Suspense. \$10, 7pm at the River City Playhouse in Ilwaco. Peninsula-players.com

The Hallelujah Girls. Comedy. 7pm at the Barn Community Playhouse in Tillamook.

Sunday 8

MUSIC

Bar-K Buckaroos. 10am - 3pm at the Astoria Sunday Market.

The Thomasian Trio w/ Maggie Kitson. 5 – 8pm. At Maggie's on the Prom in Seaside.

Tenor Guitar Gathering. An Evening of Tenor Guitars. 7 – 10pm at the ASOC Playhouse in Astoria. tenorguitarfoundation.org/program.htm

Kathryn Claire with Chris Hayes. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Kirby. Acoustic solo. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

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

HAPPENING

Goonies Day Events. Celebrating the anniversary of the release of the film Goonies. Events take place in and around Astoria. travelastoria.com/itinerary/goonies-day-2014

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

Annual SeaPac Convention. There will be seminars, workshops, guest speakers and awards. At the seaside Convention Center. seapac.org

Annual Nehalem Bay Crab Derby. Food, vendors, raffles, music and family friendly fun for everyone. 9am – 5pm at the Jetty Fishery and Kelly's Brighton Marina on Nehalem Bay.

OUTSIDE

Free admission to WA State Parks.

Spring Warbler Walk. This hike will be approximately two miles along the Fort to Sea trail to look for springtime migrants traveling through the Neacoxie Wetlands. 8am, meet at the Sunset Beach Trailhead parking lot, Warrenton.

Seaside Beach Soccer Tournament. On the beach near the Broadway Turnaround in Seaside. seasidebeachsoccer.com

THEATER

Guilty Conscience. Suspense. \$10, 2pm at the River City Playhouse in Ilwaco. Peninsula-players.com

Monday 9

MUSIC

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

Tuesday 10

MUSIC

Alexa Wiley. 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.

OUTSIDE

Cannon Beach Putz. A fun and imaginative 12 hole putting course throughout Cannon Beach. Silent Auction & Raffle follow. Greens fees \$15/ golfer or \$50/ foursome. Starts at 1pm at Sandpiper Square in Cannon Beach. Last tee-off at 5pm. tolovanaartscolorny.org

Wednesday 11

MUSIC

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

Thursday 12

MUSIC

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

Friday 13

MUSIC

Astoria Music Festival. Pre-Festival Showcase: Astoria on Stage. Classical and pops music, featuring local musicians. 7:30pm at the PAC in Astoria. astoriamusicfestival.org/

Dragging an Ox Through Water with John Bowers. No cover, 9pm at the Voodoo Room in Astoria.

Shelby Earl. No cover, 9pm at the Adrift Hotel in Long Beach.

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

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

ART

Opening Reception. Connections Sitka Center for Art and Ecology. 5 – 7pm at the Lincoln City Cultural Center.

HAPPENING

Job Corps Center Car Wash. 4:30 – 6pm at the Tongue Corps public parking area, Astoria.

Flag Day – US Flag Retirement Ceremony. At Fort Stevens State Park, Hammond.

Seaside Muscle & Chrome Car Show. At various locations in Seaside. seasidedowntown.com/sites/seasidedowntown.com/files/images/MCH%20save%20the%20date2014.pdf

THEATER

The Hallelujah Girls. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Saturday 14

MUSIC

Astoria Music Festival. Celebrity Matinee Festival. \$15, 4pm at the Liberty Theater in Astoria. astoriamusicfestival.org/

Juneteenth Celebration. Live music with the Cowpokers. Free and family friendly at the Nehalem Bay Winery, Mohler.

John Stowell. Jazz guitar. Pay-what-you-can dinner at 5:30pm, music at 7pm. \$7 for concert. At the Bay City Arts Center in Bay City.

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

Sedona Fire. An eclectic blend of Folk, Pop, Rock, Bluegrass, Blues, and Latin styles. CD release party. \$7, 7pm at St Catherine's Episcopal Church in Nehalem.

Shantala. \$20, 7pm at the Lincoln City Cultural Center.

Astoria Music Festival. Gala Opening Opera in Concert: Verdi's La Traviata. \$35 - \$65. 7:30pm at the Liberty Theater in Astoria. astoriamusicfestival.org/

The Hive Dwellers with The Panduhs. No cover, 8pm at the Sou'wester Lodge in Seaview.

Andrew Endres Collective Jazz Trio. No cover, 9pm at the Voodoo Room in Astoria.

JT & The Tourists. No cover, 9pm at Roadhouse 101 in Lincoln City.

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

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

The Blackberry Bushes. No cover, 10pm at the Adrift Hotel in Long Beach.

ART

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

Gala Silver Tea Opening Reception. For the Jean Barney Memorial Art Fund Exhibit. 2 – 5pm at Grace Episcopal Church in Astoria.

FOOD & DRINK

Northwest Garlic Festival. 10am – 5pm at Wilson Field, Ocean Park.

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

Wine Tasting. Summertime Rose. 1 – 4pm at the Cellar on 10th in Astoria.

HAPPENING

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

Mexican Community Dance. 9pm – 2am at the Astoria Event Center.

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

Seaside Muscle & Chrome Car Show. At various locations in Seaside. seasidedowntown.com/sites/seasidedowntown.com/files/images/MCH%20save%20the%20date2014.pdf

Love Your City Clean Up Day. Bring your gloves. Help us clean up Tillamook while meeting new people. Lunch will be provided for those who help. Beginning at 9:00 am on the corner of 2nd & Ivy in Tillamook. 503-842-7525

Yappy Days Festival. Children's activities, dog activities, local artists, vendors, and pony rides. At 33105 Cape Kiwanda Dr. in Pacific City.

Touch a Truck. A hands-on display of rigs of all shapes and sizes. Plus food, fun and games. Free, at the Lincoln City Cultural Center.

Mutt Masters Dog Show & Olympics. Dog competitions for all breeds, sizes and ages.

Doggie vendors, prizes and more. 1545 SE 50th St in Lincoln City. 541-265-6610

Iris Talk & Plant Sale. At the Connie Hansen Garden in Lincoln City. 541-994-6338

HEALTH

Community Forum on Dementia, Alzheimer's, and Traumatic Brain Injury. Free, 3 – 6pm in Room 219 in Towler Hall at CCC in Astoria.

LECTURE

Successful Gardening as We Age. Free, 1pm at the Tillamook County Pioneer Museum in Tillamook.

OUTSIDE

Free Admission to WA State Parks.

Beach to Chowder Walk/Run. \$20 - \$35, 9am start. At Long Beach. Register at databarevents.com/events/view/50

THEATER

The Hallelujah Girls. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Sunday 15

MUSIC

Junkyard Duo. 10am - 3pm at the Astoria Sunday Market.

Richard Thomasian, Dan Burghett, w/ Maggie Kitson. Sunday Blues Brunch. No cover, 11:30am – 2pm at the Bridgewater Bistro in Astoria.

Astoria Music Festival. Cantatas, Coffee & Croissants #1. Young Artist Vocal and Instrumental Recital. Free, noon at a church location in Astoria TBA. astoriamusicfestival.org/

Tom Rigby & Flambeau. \$12, 2pm at the Historic Raymond Theater in Raymond.

Astoria Music Festival. Symphonic Sunday: Strauss at 150: Mozart & Strauss. \$20 - \$45. 4pm at the Liberty Theater in Astoria. astoriamusicfestival.org/

Ryan Sollee & A Year Afar. No cover. 8pm at Fort George Brewery & Public House in Astoria.

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

ART

FOOD & DRINK. Northwest Garlic festival. 10am – 4pm at Wilson Field, Ocean Park.

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

THEATER

The Hallelujah Girls. Comedy. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Monday 16

MUSIC

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

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

Tuesday 17

MUSIC

Astoria Music Festival. Classic Silent Film with Organ. The General. \$15, 7:30pm at the Liberty Theater in Astoria. astoriamusicfestival.org/

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

LITERARY

Lunch in the Loft with Whitney Otto. The author will discuss her novel "Eight Girls Taking Pictures." \$20, includes catered lunch and a signed copy of the book. Noon at Beach Books in Seaside.

Wednesday 18

MUSIC

Astoria Music Festival. Basically Baroque: The Legend of Ariadne. 7:30pm at the PAC in Astoria. astoriamusicfestival.org/

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

HAPPENING

Rhys Thomas. Juggler, Comedian & Crazy Science Guy. Free, 6:30pm at the Driftwood Public Library in Lincoln City.

Thursday 19

MUSIC

Astoria Music Festival. 3 Leg Torso. \$15, 7:30pm at the Liberty Theater in Astoria. astoriamusicfestival.org/

The Resolectrics. 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

LITERARY

Summer in Words Writing Conference. A full weekend of workshops, presentations and keynote addresses by noted speakers, best-selling authors, and industry experts will focus on the craft and business of writing. \$285 for all three days, includes some meals. Single day or single event pricing also available. At the Hallmark Inn & Resort in Cannon Beach. FMI and to register, call 503-287-2150.

Friday 20

MUSIC

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

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

Astoria Music Festival. Astoria Music Festival All-Stars. \$20 - \$45, 7:30pm at the Liberty Theater in Astoria. astoriamusicfestival.org/

Diamond Rio. 8pm at Chinook Winds in Lincoln City. 800-CHINOOK

Kevin Selfe & The Tornadoes. No cover, 9pm at Roadhouse 101 in Lincoln City.

Party Bands fever Damn and Toothy Gazelle. No cover, 9pm at the Voodoo Room in Astoria.

FOOD & DRINK

Sandcastle Bucket & Shovel Dinner. \$10 includes choice of 2 items: bucket of salad, spaghetti, or clam chowder. 5 – 7:30pm at the Cannon Beach Community Hall.

Listings continued on pg. 21

MORE MUSIC



The Hive Dwellers & The Panduhs Sou' Wester

THE OLYMPIA combo play with that "boot heels-on-cobblestone sound", emit a pelt of bright, shiny ((NOW)) with a love of pop music underground and it's more vacuous mainstream distant cousins. Formed by Calvin Johnson at the Dub Narcotic Studio, they've produced 3 releases, band membership slides around,

but currently Calvin Johnson, Gabriel Will and Evan Hashi make this sonic trio sound absolutely right. A double-bill show, The Panduhs love old, sweet, 50's-sound rockin' love songs. They're kinda ear-resistible.

Two Bands at the Sou' Wester, Saturday, June 14, 7pmish, in Seaview.



Hook & Anchor Adrift

ect of Erik Clampitt (Clampitt, Gaddis & Buck, Power of County) on electric guitar and pedal steel, Luke Ydstie, Kati Claborn & Ryan Dobrowski (Blind

HOOK & Anchor spend much of their time in the dark corners of American music, where songs are strung with the classic themes of regret, revenge, and revelry. Founded a mere year ago, Hook & Anchor is the proj-

Pilot) on bass, banjo and guitar, & drums, respectively, and Gabrielle Macrae (The New Five Cents, Macrae Sisters) on fiddle.

Wed/Thur June 25-26, 8pm at The Adrift in Long Beach

More Moore Voodoo Room DARIC MOORE

continues to develop his sound and style with a show at the Voodoo Room Friday June 27. Upbeat, percussive acoustic guitar with powerful vocals make this an indie rock show with guts.

The band soon to follow, this solo performance showcases new songs making their way onto an album in the works.

Catch the songs in their stripped

down versions with focus on lyrics and melody, the beat coming through the stark style of Moore's guitar playing.

Friday, June 27, 9pm at the Voodoo Room in Astoria.

Friday

MUSIC

Tom Trudell. Jazz piano. No cover, 6–9pm at the Shelburne Restaurant & Pub in Seaview, WA.

Asleep at the Switch. Blues, Country, 40's, & 50's. Free (donations accepted), 6 – 8pm at the City Hall in Garibaldi.

Jackson Andrews & Dave Quinton. Blues/Folk/Rock. No cover, 6pm at Sweet Basil's Café in Cannon Beach.

Open Mic. Musicians, singers and comedians are all welcome. Each performer will receive \$1 off pints of beer or cider. Perform or just enjoy the show. 7:30 – 9:30pm at Hondo's Brew & Cork in Astoria.

HAPPENING

Friday Night Mixer. Enjoy a social hour at the gallery, with art and conversation, plus beverages provided by Astoria Coffeehouse. 5 – 7pm at Imogen Gallery in Astoria.

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

Saturday

MUSIC

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

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

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

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

FOOD & DRINK

Wine Tasting Special. \$9 for 4, 2-oz pours + complimentary appetizers. 4 – 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Sunday

MUSIC

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

North Coast Country Band. No cover, 3 – 6pm at the Astoria Moose Lodge.

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

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

Monday

HAPPENING

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

Tuesday

MUSIC

Richard T. Blues. No cover, 6 – 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

LITERARY

Weekly Writing Lounge. A weekly drop-in writing environment with resources. \$3/ session. 10am – 12:30pm at the Hoffman Center 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. 6pm at the Shelburne Inn in Seaview.

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

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

Richard T. Blues. No cover, 6 – 8:30pm at T Paul's Supper Club in Astoria.

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

Music Jam. All are welcome. 6:30 – 8:30pm at the Astoria Senior Center.

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

Floating Glass Balls. A string band. 8 – 11pm at Bill's Tavern in Cannon Beach.

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 use-less (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.

Cork & Brew Tour. \$25/ person, \$45/ couple. Attend the launch party at the new Pelican Brewery & Tap Room, weave through downtown selecting all the tastings you like on the self guided tour, enjoy the wine or beer pairing at each stop with appetizers, and end the tour at the 2nd Street Public Market for additional libations and live music. Launch party starts at 4:40pm, tour starts at 5:30pm in downtown Tillamook.

HAPPENING

Astoria Scandinavian Midsummer Festival. Live music, vendors, food, beer garden, and many fun events. Admission, \$8 adults, \$3 children 6 – 12, 5 and under free. At the Clatsop County Fairgrounds near Astoria. astoriascanfest.com/events--activities.html

Sandcastle Parade. 7:30pm through downtown Cannon Beach.

LITERARY

Summer in Words Writing Conference. A full weekend of workshops, presentations and keynote addresses by noted speakers, best-selling authors, and industry experts will focus on the craft and business of writing. \$285 for all three days, includes some meals. Single day or single event pricing also available. At the Hallmark Inn & Resort in Cannon Beach. FMI and to register, call 503-287-2150.

OUTSIDE

McMenamins Brew Tour Golf Tourney. Seasonal and unique beers from around the McMenamins breweries will be stationed on the course for tasting. \$55/ payer, cart rental \$15/ player. 1pm shotgun start at the Gearhart Hotel.

THEATER

The Hallelujah Girls. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Into the Woods. Musical. \$18 - \$23. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 21

MUSIC

Astoria Music Festival. Classics 4 Kids #1: Uncle Cary's Music Circus. Free, 11am at the PAC in Astoria. astoriamusicfestival.org/

Astoria Music Festival. The King of Instruments: An Organ Matinee. \$15, 4pm at the Liberty Theater in Astoria. astoriamusicfestival.org/

Sandcastle Concert. \$5, 7pm at the Cannon beach Community Hall.

The Thomasian Trio w/ Maggie Kitson. No cover, 7 – 10pm at Sweet Basil's Wine Bar in Cannon Beach.

Astoria Music Festival. Opera in Concert: Strauss at 150: Ariadne Auf Naxos. \$35 - \$65. 7:30pm at the Liberty Theater in Astoria. astoriamusicfestival.org/

Diamond Rio. 8pm at Chinook Winds in Lincoln City. 800- CHINOOK

Michael Hurley & The Croakers. No cover, 8pm at the Sou'wester Lodge in Seaview.

Beth Willis Rock Band. No cover, 9pm at Roadhouse 101 in Lincoln City.

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

Strangled Darlings. No cover, 9pm at the Adrift Hotel in Long Beach.

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

FOOD & DRINK

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

Wine Tasting. Capitello Wines. Nominal tasting fee. 1 – 5pm at the Wine Shack tasting Room in Cannon Beach.

HAPPENING

Astoria Scandinavian Midsummer Festival. Live music, vendors, food, beer garden, and many fun events. Admission, \$8 adults, \$3 children 6 – 12, 5 and under free. At the Clatsop County Fairgrounds near Astoria. astoriascanfest.com/events--activities.html

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.

72nd Anniversary, Japanese Attack on Ft Stevens. Held at Battery Russell at Fort Stevens State Park, Hammond.

Living History Program. 249th Coast Artillery Corps, Battery B. WWII. At Fort Stevens State Park, Hammond.

Sandcastle Contest. Events start at 11am on the Beach at Cannon Beach. cannonbeach.org/events/Main-Events/50th-Annual-Sandcastle-Festival

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.

Bark for Life. Bring your dog for a day of light-hearted canine competition. 10am – 1pm, 540 NE Hwy 101 in Lincoln City. 541-921-0546

Anniversary Fireworks. At Chinook Winds in Lincoln City. 800 – CHINOOK

LITERARY

Summer in Words Writing Conference. A full weekend of workshops, presentations and keynote addresses by noted speakers, best-selling authors, and industry experts will focus on the craft and business of writing. \$285 for all three days, includes some meals. Single day or single event pricing also available. At the Hallmark Inn & Resort in Cannon Beach. FMI and to register, call 503-287-2150.

Writers on the Edge. Author Joe Witkins will read from his memoir, "The Mountain and the Fathers." Open Mic session follows. \$6, 7pm at the Newport Visual Arts Center.

OUTSIDE

Otter Rock-N-Roll Youth Surf Competition. An 18 and under surf contest and beach cleanup. Open to all surfers, beginners and surf enthusiasts. Registration is \$35. 8am – 4pm at Otter Rock, south of Lincoln City. Register at otterrockandroll.com

THEATER

Pinocchio. Presented by the Missoula Children's Theater. 3pm and 7pm at the Lincoln City Cultural Center.

The Hallelujah Girls. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Into the Woods. Musical. \$18 - \$23. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 22

MUSIC

Grupo Condor. Free, 10am – 3pm at the Astoria Sunday Market in downtown Astoria.

Astoria Music Festival. Cantatas, Coffee & Croissants #2. Free, at a church in Astoria TBA. astoriamusicfestival.org/

Astoria Music Festival. Symphony Sunday: A Sonic Spectacular: Organ Symphony. \$20 - \$45. 4pm at the Liberty Theater in Astoria. astoriamusicfestival.org/

The Thomasian Trio w/ Maggie Kitson. 5 - 8pm. At Maggie's on the Prom in Seaside.

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

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

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

HAPPENING

Astoria Scandinavian Midsummer Festival. Live music, vendors, food, beer garden, and many fun events. Admission, \$8 adults, \$3 children 6 – 12, 5 and under free. At the Clatsop County Fairgrounds near Astoria. astoriascanfest.com/events--activities.html

Living History Program. 249th Coast Artillery Corps, Battery B. At Fort Stevens State Park, Hammond.

Secret Garden Tour & Garden Party. self guided tours of gardens in beautiful North Lincoln County & Neskowin from noon – 5pm. Price is \$20 and you get to enjoy food & wine, live music, art raffle and door prizes. Tickets are available at the Neskowin Trading Company.

LITERARY

Summer in Words Writing Conference. A full weekend of workshops, presentations and keynote addresses by noted speakers, best-selling authors, and industry experts will focus

Connections: Celebrating the Art of Sitka Center Instructors

June 13 - July 7

Opening Reception: June 13, 5-7pm



Rabbit and Man

CHESSMAN GALLERY at the Lincoln City Cultural Center is featuring work from 12 artists who teach at the Sitka Center for Art and Ecology. On Friday, June 13, look forward to a reception with wine and appetizers, from 5-7pm. The mix of paintings, prints, basketry, sculptures, mosaics, fiber and wood on display represent work by a sampling of the inspiring teachers who pass through the Sitka studios each summer. The Sitka Center for Art and

Ecology encourages people to discover more about their creativity and their connections to nature, while working to fulfill its mission of expanding the relationships between art, nature and humanity. This event is free and open to the public. For more information: <http://www.lincolncity-culturalcenter.org>

Chessman Gallery at the Lincoln City Cultural Center, 540 NE Hwy 101, Lincoln City, OR 97367. 541-994-9994

on the craft and business of writing. \$285 for all three days, includes some meals. Single day or single event pricing also available. At the Hallmark Inn & Resort in Cannon Beach. FMI and to register, call 503-287-2150.

THEATER

The Hallelujah Girls. Comedy. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Monday 23

MUSIC

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

SPIRITUAL

Summer Labyrinth Walk. 4 – 7pm at the Lincoln City Cultural center.

Tuesday 24

MUSIC

Astoria Music Festival. 7:30pm program and location TBA. astoriamusicfestival.org/

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

Wednesday 25

MUSIC

Hook & Anchor. No cover, 8pm at the Adrift Hotel in Long Beach.

Siletz Bay Music Festival. siletzbaymusic.org

HAPPENING

Doctor Who Fest for Teens. With themed snacks and crafts. Free, 3 – 7pm at the Ocean Park Timberland Library.

Oregon Bird Man. Enjoy the antics of 15 colorful parrots. Free, 6:30pm at the Driftwood Public Library in Lincoln City.

Thursday 26

MUSIC

Hook & Anchor. No cover, 8pm at the Adrift Hotel in Long Beach.

Astoria Music Festival. Programs and location TBA. astoriamusicfestival.org/

Siletz Bay Music Festival. siletzbaymusic.org

ART

Ilwaco Art Night. 5 – 8pm on the Ilwaco waterfront marina.

Friday 27

MUSIC

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

Astoria Music Festival. Stars of Tomorrow: Young Artist Opera with Mozart's Cosi Fan

Tutti. 7:30pm at the PAC in Astoria. astoriamicfestival.org/

Daric Moore. Indie Rock. No cover, 9pm at the Voodoo Room in Astoria.

Ezza Rose. No cover, 9pm at the Adrift Hotel in Long Beach.

The Jim Mesi Band. 9pm at Roadhouse 101 in Lincoln City.

Siletz Bay Music Festival. siletzbaymusic.org

ART

Plein Air and More. Events in Cannon Beach. bgallerygroup.com/6th-annual-plein-air-more-june-27-29-2014

HAPPENING

Puget Island Garage & Yard Sale. At various locations around Puget Island, Cathlamet.

SPIRITUAL

Night with Evidence. An evening of indoor kite flying, ministry, testimony, and worship. At St Peter the Fisherman Church in Lincoln City. 800-452-2151

THEATER

The 39 Steps. Whodunit. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 28

MUSIC

Astoria Music Festival. Classics 4 Kids #2. Troll Radio Review & Opera for Families. 11am at the PAC in Astoria. astoriamicfestival.org/

Astoria Music Festival. Celebrity Chamber Music Matinee. \$15, 4pm at the Liberty Theater in Astoria. astoriamicfestival.org/

Four Shillings Short Concert. 7pm at the Peninsula Performing Arts Center in Long Beach.

Astoria Music Festival. Spontaneous Fantasia and the Agnieszka Laska Dancers. \$20 - \$45. 7:30pm at the Liberty Theater. astoriamicfestival.org/

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

Church of Surf. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Ezza Rose. No cover, 9pm at the Adrift Hotel in Long Beach.

Jay Fleming & the Unlikely Saints. 9pm at the Snug Harbor Bar & Grill.

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

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

Siletz Bay Music Festival. siletzbaymusic.org

ART

Plein Air and More. Events in Cannon Beach. bgallerygroup.com/6th-annual-plein-air-more-june-27-29-2014

Artist Reception. Shared Oregon Visions. 5 – 7pm at cannon Beach Gallery.

FOOD & DRINK

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

HAPPENING

Puget Island Garage & Yard Sale. At various locations around Puget Island, Cathlamet.

Doggie Olympic Games. Have you always wanted to participate in a dog show with your best friend but could not because of his mixed parentage? Don't miss your chance to prove that your often-overlooked mutt is a champion too! Dogs of all ages, sizes and abilities have a chance to go for the gold. Entry fees: \$10/ event or \$40 for 5 or more events. Spectators are free. On the beach at the Bolstad approach in Long Beach. For schedule and registration, visit doggieolympicgames.com

Shanghai Roller Dolls. Battle the Storm City Rollers at the Re-Opening of the Astoria Armory. \$10 admission, children under 5 are free, VIP seats available for \$45. 4pm at the Astoria Armory.

A Day of Cosmic Congregation!

Sat. July 5th BABY GRAMPS!!

w/ punk rockers

Peter Pants

@ Nehalem Bay Winery



IF YOU HAVE NEVER CAUGHT BABY GRAMPS LIVE, this is your chance -- he's a performer with a style so distinctive you'll never forget it." He's been called "The Salvadore Dali of Folk Music". Baby Gramps is a high energy humorously entertaining performer with an endless repertoire. He plays acoustic antique resonator National Steel guitars, and sings his own unique arrangements of rags, jazz, & blues songs from the 20's & 30's, folksongs, and many originals with wordplay, humor, and throat singing. Appealing to a wide range of audiences from folk to jam band to punk to old timey traditional and to kids of all ages. Venues he performs at vary from intimate coffeehouses and pubs, to large concert halls, theaters, and festivals across the States, Canada, Europe, and Australia.

Accredited with making Seattle audiences aware of old blues and novelty songs that the rest of the world has mostly forgotten, Baby Gramps toured Australia, England, and Ireland as part of the Rogues Gallery: Pirate Ballads, Sea Songs, and Chanteys CD Concert Tour along with Marianne Faithful, Martha and Rufus Wainright, Jenny Muldaur, Lou Reed, The Watersons, many other internationally know performers. The Rogues Gallery CD, produced by Johnny Depp and Hal Wilner in connection with The Pirates of the Caribbean film, landed Baby Gramps on the David Letterman Show.

Nehalem Bay Winery is located at 34965 Highway 53, Nehalem.

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

June Dairy Parade. 11am in downtown Tillamook.

Tillamook County Rodeo. Enjoy watching bareback riding, steer wrestling, bull riding, team roping, barrel racing, and tie down roping. Starting at 6pm at the Tillamook County Fairgrounds in Tillamook. 503-930-7656

OUTSIDE

The Burrito Retro Classic A shortboard surfing competition (to be held either the 28th or 29th depending on surf conditions). Demo day on the 28th. At cape Kiwanda in Pacific City. FMI: momentsurfo.com/blog?articleTitle=retro-surf-contest-and-demo-day--1401385282--142—blog

Summer Kite Festival. 10am – 4pm at the D river Wayside in Lincoln City. 800-452-2151

THEATER

The 39 Steps. Whodunit. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 29

MUSIC

Greg Parke. Free, 10am – 3pm at the Astoria Sunday Market in downtown Astoria.

Astoria Music Festival. Young Artist Opera. Cosi Fan Tutti. 2pm at the PAC in Astoria. astoriamicfestival.org/

Impulsive Machinations with Dragging an Ox Through Water. \$5 - \$10 suggested donation, 6pm at the Blue Scorcher Bakery & Café in Astoria.

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

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

Siletz Bay Music Festival. siletzbaymusic.org

ART

Plein Air and More. Events in Cannon Beach. bgallerygroup.com/6th-annual-plein-air-more-june-27-29-2014

HAPPENING

Puget Island Garage & Yard Sale. At various locations around Puget Island, Cathlamet.

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Monday 30

MUSIC

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

Siletz Bay Music Festival. siletzbaymusic.org

ART

Mingle & Muse. With woodcarver Monica Setziol-Phillips. Free, 4:30pm at the Sitka Center, north of Lincoln City.

Tuesday 1

MUSIC

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

Siletz Bay Music Festival. siletzbaymusic.org

ART

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

HAPPENING

Old Fashioned Fourth of July Parade. 1pm in Ocean Park.

Fireworks on the Beach. At dusk at the Bolstad Beach approach in Long Beach.

Fourth of July Parade. In downtown Cannon Beach.

Fireworks. At dusk over Siletz Bay near Lincoln City.

Saturday 5

MUSIC

Baby Gramps & Peter Pants. Free, 2 – 6pm at the Nehalem Bay Winery in Mohler.

Gerle Haggard Band. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

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

Siletz Bay Music Festival. siletzbaymusic.org

ART

Oysterville Schoolhouse Artisan Fair. Featuring local artists and an art raffle. 10am – 4pm at the Oysterville Schoolhouse.

Chalk on the Wild Side. Chalk art contest. \$10 entry fee. 10am – 3pm at the Lincoln City Cultural Center. 541-994-9994

FOOD & DRINK

Wine Tasting. Summertime Favorites. 1 – 4pm at the Cellar on 10th in Astoria

HAPPENING

Fireworks at the Port. At dusk at the Port of Ilwaco.

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

Living History Program. USS Tahoma, Union Shore Party. Civil War. At Fort Stevens State Park, Hammond.

OUTSIDE

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

Beach Clean Up Day. Starts at 9am at beach approaches on the Long Beach Peninsula.

Ocean's Edge 5K Fun Run/Walk. 9am. Race begins behind Kylo's Restaurant, near D River Wayside in Lincoln City. 541-994-2131

THEATER

The 39 Steps. Whodunit. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 5

MUSIC

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THEATER

The 39 Steps. Whodunit. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 6

MUSIC

Floating Glass balls. Free, 10am – 3pm at the Astoria Sunday Market in downtown Astoria.

234th Army Band Concert. Free (donations accepted), 2pm at the Liberty Theater in Astoria.

The Thomasian Trio w/ Maggie Kitson. 5 – 8pm. At Maggie's on the Prom in Seaside.

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

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

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

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

Siletz Bay Music Festival. siletzbaymusic.org

HAPPENING

Living History Program. USS Tahoma, Union Shore Party. Civil War. At Fort Stevens State Park, Hammond.

SPIRITUAL

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

THEATER

Into the Woods. Musical. \$18 - \$23. 7:30pm at the Coaster Theater in Cannon Beach.

Monday 7

MUSIC

Luke & Kati. No cover, 8pm at the Adrift Hotel in Long Beach.

Tuesday 8

MUSIC

Luke & Kati. No cover, 8pm at the Adrift Hotel in Long Beach.

Wednesday 9

MUSIC

Luke & Kati. No cover, 8pm at the Adrift Hotel in Long Beach.

Thursday 10

MUSIC

Occidental Gypsy. \$17, 7pm at the Lincoln City Cultural Center.

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

HAPPENING

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

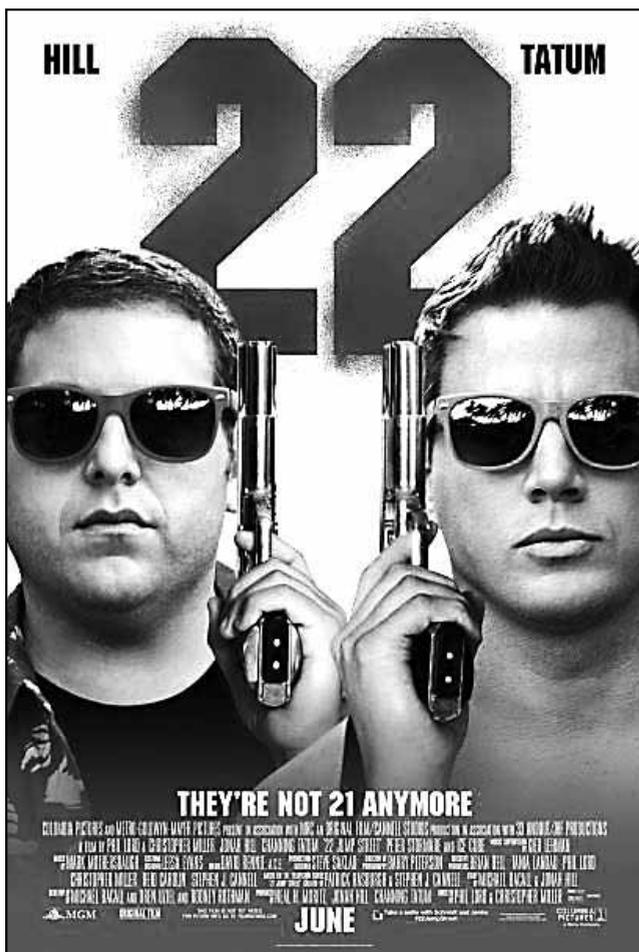
THEATER

Lincoln for the People. \$10, 7pm at the Liberty Theater in Astoria.

The 39 Steps. Whodunit. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Murder is a Game. A comedy/farce. \$12, 8pm at Theater West in Lincoln City.

by Les Kanekuni



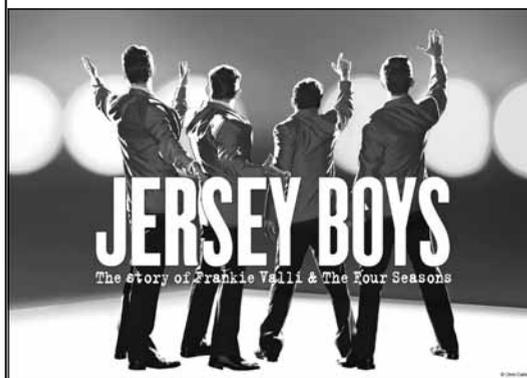
22 JUMP STREET (June 13) Undercover cops Schmidt (Jonah Hill) and Jenko (Channing Tatum) are back, this time in college where foul-mouthed Captain Dickson (Ice Cube) sends them to infiltrate a drug ring. Official synopsis: After making their way through high school (twice), big changes are in store for officers Schmidt (Jonah Hill) and Jenko (Channing Tatum) when they go deep undercover at a local college. But when Jenko meets a kindred spirit on the football team, and Schmidt infiltrates the bohemian art major scene, they begin to question their partnership. Now they don't have to just crack the case - they have to figure out if they can have a mature relationship. If these two overgrown adolescents can grow from freshmen into real men, college might be the best thing that ever happened to them.

THE ROVER (June 13 limited release) Twilight's Robert Pattinson has been tentatively trying to remake himself as a real actor (not just a heartthrob) to mixed success, but in this gritty, dystopian road movie,



Pattinson seems to have succeeded. The story is set in the Australian outback after an economic and societal collapse which resembles a Wild West setting with no law and hard men with guns roving the countryside. Everyone carries a gun, including Eric (Guy Pearce) a taciturn loner. After Eric stops in a ratty roadside bar, his car is stolen by a trio of criminals - Archie, Caleb and live wire American Henry. Fixing their abandoned truck, Eric pursues them with a vengeance using violence when necessary. Eric's path crosses with the wounded fourth member of the gang Rey (Pattinson). Slow of speech and thought Rey is taken hostage by Eric, who questions Rey about the whereabouts of his brother. At first, Rey resists Eric's questions and his suggestion that he was left to die by the side of the road by his brother. But after a doctor (Susan Prior) treats his wounds, he agrees to help Eric find the trio and his beloved sedan. Eventually as they travel deeper into the Outback, Eric reveals that he too, committed a crime in his past, and Rey admits that he and his brother traveled to Australia looking for mining work, one of the only viable industries left. Eventually, the two men join forces against a common threat. Director David Michol directed the chilling crime family drama *Animal Kingdom* which won Jacki Weaver and Academy Award nomination.

JERSEY BOYS (June 20) Mostly known for his edgy dramas as a director, Clint Eastwood takes a different turn with his film of the hit Broadway musical depicting the rise and fall of early '60s pop sensations The Four Seasons. Structured like the play, the film tells the story of the group from the differing perspectives of the four members in Four Seasons. Spring starts the story told by Tommy DeVito (Vincent Piazza), the badass of the group, constantly getting into trouble and occasionally doing time. Tommy has a group with his brother and friend Nick Massi and brings in teenager Frankie Castelluccio (John Lloyd Young) who later changes his name to Frankie Valli. Tommy and Frankie are mentored by Jersey mob boss Gyp DeCarlo (Christopher Walken). Tommy's friend Joe Pesci introduces songwriter Bob Gaudio, who will go



on to write immortal hits like "Sherry", "Big Girls Don't Cry" and "Walk Like A Man". But before they become legends the new band needs a name, which they pinch from a bowling alley. The band becomes huge, but success leads to personal problems. Frankie divorces his wife. Tensions erupt within the band when it's revealed that Tommy owes \$150,000 to a loan shark. Tommy is unrepentant for the trouble he's caused and the band is forced to go to Gyp DeCarlo for help with the debt. Nick quits and Frankie rises to headliner status - Frankie Valli and The Four Seasons, but with a price.

SNOWPIERCER (June 27 limited release) After a public battle with American distributor Harvey Weinstein who wanted to cut the film, Korean director Bong Jun-Ho won the right to show his version, but only in a slow, limited release roll out. Set in a dystopian future 17 years after an experiment to stop global warming has ended disastrously, leading to a worldwide freeze. The only survivors are passengers on a high-speed train named Snowpiercer which perpetually circles the frozen planet. The train is the brainchild of owner Wilford (Ed Harris), who segregates the train inhabitants - lower classes living in wretched squalor to the back, the privileged up front living in splendor. In this 1 percent fantasy drama, the lower classes have tried to revolt, but have always been pushed back. This time, led by Curtis (Chris Evans), Edgar (Jamie

Bell) and mentored by sage Gillian (John Hurt), things will be different. "All past revolutions failed because

they didn't take the engine - now we'll take the engine," promises Curtis. But to accomplish this, the revolutionaries must fight their way past Wilford's brutish guards, led by Wilford's close to psychotic lieutenant Mason (Tilda Swinton), who sports some seriously bad dental work.

TRANSFORMERS: AGE OF EXTINCTION (June 27) Mark Wahlberg toplines the fourth installment in the Transformers series picks up four years after the events of the third film. Age of Extinction is a semi-reboot, with an all-new human cast, but with some returning characters from the series. Plot details: Four years after the battle of Chicago, the government is using reverse-engineered leftover technology to build their own Transformers. Joshua (Stanley Tucci) is an arrogant designer who believes the Autobots are "pieces of junk" and creating his own robots is a form of art. Cade Yeager (Wahlberg) is a widowed inventor who lives on a farm with his daughter Tessa (Nicola Peltz). Cade finds a piece of Cybertronian technology and takes it back to his farm, but it is accidentally activated, leading the government and alien bounty hunters to his farm.



A HARD DAY'S NIGHT (July 4 re-release) For its 50th anniversary Janus Films is re-releasing a restored version of the seminal film of all-time great rock band The Beatles in selected cities nationwide. Criterion is releasing the blu-ray on June 24. The Hollywood Theater in Portland will be the only Oregon location for the re-release. In today's world of hyper-controlled media exposure, it's close to shocking to see the top musical act of the day being so open to cameras. To be sure AHDN is not a documentary, it's an exaggerated version of the band running from hordes of screaming fans and spewing nonsensical (but funny) dialogue. But the personal charisma and mischievous sense of humor that John, Paul, George and Ringo exhibit is 100% real. And when the band performs, backstage or onstage, it's obvious to see why The Beatles were the phenomenon they were. Directed with irreverence and ingenuity by Richard Lester, for a 50-year-old film, *A Hard Day's Night* hasn't aged a day. Synopsis: Meet the Beatles! Just one month after they exploded onto the U.S. scene with their Ed Sullivan Show appearance, John, Paul, George, and Ringo began working on a project that would bring their revolutionary talent to the big screen. *A Hard Day's Night*, in which the bandmates play slapstick versions of themselves, captured the astonishing moment when they officially became the singular, irreverent idols of their generation and changed music forever.



FREE WILL ASTROLOGY

June

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ARIES (March 21-April 19): “When I was young,” wrote French author Albert Camus, “I expected people to give me more than they could – continuous friendship, permanent emotion.” That didn’t work out so well for him. Over and over, he was awash in disappointment. “Now I have learned to expect less of them than they can give,” he concluded. “Their emotions, their friendship, and noble gestures keep their full miraculous value in my eyes; wholly the fruit of grace.” I’d love to see you make an adjustment like this in the coming months, Aries. If you do, the astrological omens suggest you will experience a blessing like Camus’.

TAURUS (April 20-May 20): Some earthquakes happen in slow-motion. These rare events occur 22 to 34 miles down, where tectonic plates are hotter and gooier. Unlike the sudden, shocking jolts of typical temblors, this gradual variety can take many days to uncoil and never send dishes flying off shelves up here on the earth’s surface. I suspect your destiny will have a resemblance to this phenomenon in the coming months, Taurus. Your foundations will be rustling and rumbling, but they will do so slowly and gently. The release of energy will ultimately be quite massive. The realignment of deep structures will be epic. But there will be no big disturbances or damages.

GEMINI (May 21-June 20): I suspect that some night soon you will have a dream of being naked as you stand on stage in front of a big audience. Or maybe not completely naked. There’s a strong possibility you will be wearing pink and green striped socks and a gold crown. And it gets worse. In your dream, I bet you will forget what you were going to say to the expectant crowd. Your mouth will be moving but no words will come out. So that’s the bad news, Gemini. The good news is that since I have forewarned you, you can now do whatever is necessary to prevent anything resembling this dream from actually occurring in your waking life. So when you are called on to show what you’ve got and make a splashy impression, you will be well-prepared.

CANCER (June 21-July 22): When I slip into a meditative state and seek insight about your future, I have a reverie about a hearty sapling growing out of a fallen tree that’s rotting on the forest floor. I see exuberant mushrooms sprouting from a cowpie in a pasture. I imagine compost nourishing a watermelon patch. So what do my visions mean? I’m guessing you’re going through a phase of metaphorical death and decay. You are shedding and purging and flushing. In the process, you are preparing some top-notch fertilizer. It won’t be ready for a while, but when it is, a growth spurt will begin.

LEO (July 23-Aug. 22): “Dear Diary: Almost everything that was possible to change has changed these past 12 months. I am not kidding and I am not exaggerating. Getting just one of my certainties destroyed would have been acceptable; I long ago became accustomed to the gradual chip-chip-chipping away of my secure foundations. But this most recent phase, when even my pretty illusions of stability got smashed, truly set a record. So then why am I still standing strong and proud? Why is it I’m not cowering in the corner muttering to the spiders? Have I somehow found some new source of power that was never available to me until my defenses were totally stripped away? I think I’ll go with that theory.”

VIRGO (Aug. 23-Sept. 22): About 32,000 years ago, squirrels in northeast Siberia buried the fruits of a flowering plant deep in their burrows, below the level of the permafrost. Then a flood swept through the area. The water froze and permanently sealed the fruits in a layer of ice. They remained preserved there until 2007, when they were excavated. A team of scientists got a hold of them and coaxed them to grow into viable plants. Their success has a metaphorical resemblance to a project you will be capable of pulling off during the next 12 months, Virgo. I’m not sure what exact form it will take. A resuscitation? A resurrection?

A recovery? The revival of a dormant dream? The thawing of a frozen asset or the return of a lost resource?

LIBRA (Sept. 23-Oct. 22): For German physicist Arnold Sommerfeld, the good news was that he was nominated for the Nobel Prize 81 times. The bad news is that he never actually won. Actor Richard Burton had a similar fate. He was nominated for an Academy Award seven times, but never took home an Oscar. If there is anything that even vaguely resembles that pattern in your own life, Libra, the next 12 months will be the most favorable time ever to break the spell. In the next few weeks, you may get a glimpse of how it will unfold.

SCORPIO (Oct. 23-Nov. 21): “I should have kissed you longer.” I hope you won’t be replaying that thought over and over again in your imagination three weeks from now. I hope you won’t be obsessing on similar mantras, either, like “I should have treated you better” or “I wish I would have listened to you deeper” or “I should have tried harder to be my best self with you.” Please don’t let any of that happen, Scorpio. I am begging you to act now to make any necessary changes in yourself so that you will be fully ready to give the important people in your life the care they deserve. If you do so, you will be free of regrets later.

SAGITTARIUS (Nov. 22-Dec. 21): “Longing, what is that? Desire, what is that?” Those are questions Louise Gluck asks in her poem “Prism.” Does she really not know? Has she somehow become innocent again, free from all her memories of what longing and desire have meant to her in the past? That’s what I wish for you right now, Sagittarius. Can you do it? Can you enter into beginner’s mind and feel your longing and desire as if they were brand new, just born, as fresh and primal as they were at the moment you fell in love for the first time? If you can manage it, you will bestow upon yourself a big blessing.

CAPRICORN (Dec. 22-Jan. 19): You could really benefit from engaging with a compassionate critic – someone who would gently and lovingly invite you to curb your excesses, heal your ignorance, and correct your mistakes. Would you consider going out in search of a kick-ass guide like that? Ideally, this person would also motivate you to build up your strengths and inspire you to take better care of your body. One way or another, Capricorn, curative feedback will be coming your way. The question is, will you have a hand in choosing it, or will you wait around passively for fate to deliver it? I highly recommend the former.

AQUARIUS (Jan. 20-Feb. 18): Now would be an excellent time for you to dream up five new ways to have fun. I’m not suggesting there’s anything wrong with your existing methods. It’s just that in the next few weeks, life will conspire to help you drop some of your inhibitions and play around more than usual and experience greater pleasure. The best way to cooperate with that conspiracy is to be an explorer on the frontiers of amusement and enchantment. What’s the most exciting thing you have always wondered about but never done? What interesting experiment have you denied yourself for no good reason? What excursion or adventure would light up your spontaneity?

PISCES (Feb. 19-March 20): Now is an excellent time to transform your relationship with your past. Are you up for a concentrated burst of psychospiritual work? To get the party started, meditate your ass off as you ponder this question: “What fossilized fixations, ancient insults, impossible dreams, and parasitic ghosts am I ready to let go of?” Next, move on to this inquiry: “What can I do to ensure that relaxed, amused acceptance will rule my encounters with the old ways forever after?” Here’s a third query: “What will I do with all the energy I free up by releasing the deadweight I had been clinging to?”

Homework: I dare you to give a compliment to someone you’ve never praised before. Tell me about it at Freewillastrology.com. freewillastrology@freewillastrology.com

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

By Margaret Hammitt-McDonald

Combating Descent-Phobia

ONCE YOU’VE reached the summit of a long hill, does the sight of a steep descent elicit thrills or chills? If you glory in racing against the sound barrier on the way down, this article isn’t for you. It’s for those of us who think of downhill with dread, not as a reward for making it to the top.

Although nothing can guarantee you’ll never skid out on a descent, proper posture and technique, well-maintained brakes, and scanning ahead can prevent most wipeouts and raise your confidence. Perhaps they may even convert you into a downhill fan. (Astoria’s infamous 8th Street awaits your patronage!)

Staying low and loose is to your benefit. The low part means you sit toward the rear of your seat (if the front tire tries to pop up or wobbles around, you’re sitting too far back) and, if you have those traditional wrap-around handlebars, put your hands in the lower position so you can hunker down. (If you’re on a recumbent bike, just sit back in that comfy chair.) Get your feet into the three-and-nine o’clock positions so you stay as balanced as possible. The loose part refers to both relaxation and shock absorption. Your body is your best shock absorber, so keep your elbows and knees slightly bent and avoid death-gripping your handlebars. Release tension from your muscles with relaxation techniques of your choice. This will allow your body to respond to whatever hazards lurk below and will shift your mindset from terror to calm or even enjoyment.

Braking begins at home, not on the hill. By this I mean that checking your brakes should be part of your regular maintenance schedule. Halfway down the hill isn’t the time to realize your brake pads are worn through! In terms of braking technique, instead of hauling hard on your brakes, pump them as you’d do with a car’s brakes on a slip-



pery day. (If it is indeed a slippery day, remember that it’ll take you longer to slow down when applying the brakes.) If the hill curves, slow down before you enter the curve. Practice leaning your bike into curves on gentle descents, before you confront mountains.

Scanning the environment ahead of you allows you to anticipate and respond to potential obstacles, such as gravel, twigs, or stuff that falls out of, or gets thrown from, other vehicles. Dappled sun and shade can deceive you as you attempt to decipher the nature of the hazard ahead (or is it a road mirage?), so polarizing sunglasses are a useful defense. Sometimes you can’t avoid the stuff (such as when you have cars to your left and you can’t go out into the road). If you see gravel, mud, water, or sand ahead, as with a curve, slow down before you reach it so you can avoid braking on it; this minimizes the possibility of skidding. You can learn how to bunny-hop over small obstacles (practice for the big time on a small “bunny hill”) so they don’t tip you over your handlebars or get caught in the spokes. Hopping over big obstacles is an advanced skill I haven’t mastered; I just slow down and go around them.

After all these years of riding, I still don’t thrill to downhills, but these methods have allowed me to have a safer, saner descent, as I hope they do for you. You might never join the ranks of those space-shuttle-pilot-wannabes, but at least they won’t be snickering up their Lycra sleeves as they wait for you at the bottom.

WORKSHOPS/CLASSES

Canning Class. Wednesday, June 25. With the OSU Extension Service. Learn how to can fruit, pie fillings, jams and jellies. Each class costs \$12 pre-registered or \$15 at the door. At the OSU Extension Office in Tillamook. FMI and for registration information call 503-842-3433

Jazz Guitar Workshop. Saturday, June 14. With John Stowell. \$20, 1 - 4pm at the Bay City Arts Center. 503-377-9620

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.

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.

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.

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.ncrdnehallem.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 AT NCRD. Come take our Zumba classes this June. M - W evenings from 6:30 to 7:30pm. Come join us & learn Caribbean and Latin-inspired rhythms, have fun and burn calories. Bring a water bottle, non gripping tennis shoes, and lots of energy! Drop-in fee \$8. Visit our website for information on

other programs. www.ncrdnehallem.org

NCRD TWO-WEEK DANCE CONDITIONING TEEN WORKSHOP IN JUNE. New early Summer class for teens! Come try this innovative, fun moving, strengthening dance class. Instructor: Rosa Erlebach. Pre-registration recommended. Grades 8-12. June 16-26, 2014. M to Th, 1:00- 2:15pm. \$25 for 2-week course. Drop-in \$5. CALL (503)487-7565.

LINE DANCING. NCRD is hosting Line Dancing with Teresa on Saturday mornings from 10am to noon. Come on out on 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 ASTORIA. Tues & Thurs, 8:30am to 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.

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. QIGONG/TU TH 8:30-9:30am Instructor: Linda Williamson, Sat 10:30-11:30am, Instructor: Janet Maher PILATES 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.

Grant writer wanted to assist the Hanthorn Foundation apply for grants to improve the Cannery Museum at Pier 39. Write to the volunteer director Peter Marsh at seatosummitpm@gmail.com or call 503-470-0356.

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

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@nehalentel.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.



Angora Hiking Club

Hammomd Warrenton Estuary walk and tour of NOAA

Wednesday, June 25 interested walkers will meet at FISHERMAN'S Lighthouse at 9AM. It's located at 44 Main Street, Warrenton, across from Dairy Maid. They'll tour this fishing vessel museum and then walk the Estuary to Pt. Adams NOAA Research Station located in a historic building at the corner of Heceta Place in Hammond. This facility was first occupied by the US Lifesaving Service in 1889. After many decades of distinguished US Coast Guard service, the Federal government in 1960 chose to use this strategic location at the mouth of the Columbia River to support new Federal maritime missions - fisheries research.

Although the Station is not typically open to the public, the Angora Hiking Club has arranged for a facility tour which will showcase the historical buildings and research activities at Pt. Adams. This tour will be conducted by Jen Zamon, PH. D.

After the tour hikers will have refreshments at the home of guides Jim and Kathleen Hudson. They will then return to their cars in Warrenton. Membership is not required to hike with the club, but Annual dues are \$7.00 Questions please call the Hudson's 503 861-2802.

For more details, contact Suzanne at 503-325-6311 or stop by to pick up a volunteer application.

KIDS • SUMMER

Children's Summer Music Camp. June 25 and 26. For 8 - 14 year olds. No music experience needed. At Sea Ranch Resort in Cannon Beach. Register by June 18. 503-436-2815.

SLUG SOUP: Art for Young People with Unique Tastes. June 23 - June 27. A summer art day camp for kids. 16 classes in a variety of art forms for students in pre-K through 12th grades. 9am - 3pm at Nestucca Jr. Sr. high School in Cloverdale. Visit www.communityartsproject.net and click on Slug Soup.

CCC SUMMER COMPUTER CAMP. There is still room in the Clatsop Community College series of hands-on high-tech summer camps for teens, ages 12 to 18. Classes will explore a variety of technologies, inspire creative expression, and build new skills. All classes will be conducted on the main CCC campus in Astoria. For information or to enroll in one or more camps, call 503-338-2402 or 503-338-2411.

GRIEF GROUP FOR KIDS. This Summer (ages 7-15) Mondays, June 30- August 4, 2014, 4:00-5:00p.m. Hope House would like to announce a collaboration with Lower Columbia Hospice in presenting a Grief Group for kids this summer. Starting Monday, June 30, 2014, this group will meet Mondays 4:00-5:00p.m. for 6 weeks. This will be a therapeutic expressive arts and support group, and will be held at Hope House, adjacent to the First Lutheran Church off 33rd Ave, Astoria (3107 Grand Ave). Any child or adolescent, 7-15, who has experienced serious loss issues or a death in their close network, is encouraged to attend. (Parents, please call if your child falls outside of that range.) The group will be co-lead by a Hope House counselor and a Hospice social worker. Suggested donation is \$10 per child per session; no one will be turned away for inability to pay. Contact Melissa Anglim

(503) 325-6754 or Liz Covey, LPC (503) 741-1509.

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

Resentment

WHEN THE authentic self is not being expressed, many people experience a trigger within the complex emotional body. The result of this can be resentment. Compromising our true feelings or simply putting them on the shelf creates a warehouse of unresolved emotional wounds and once it is full the physical body responds by creating illness and disease. How can resentment be so powerful? It is the adult version of not getting what we want, triggering a much deeper wound from childhood. The core of resentment is the wounded inner child desiring to be seen, acknowledged, loved and cared for. Our col-

lective wound of separation from source is what ties us all together. People resent one and other for having what they do not have and being loved, cared for and nurtured the way they always wanted to be.

Many people suffer from co-dependency, taking care of everyone else and fanning the fires of resentment. This let me help you no matter how much I compromise myself dis ease is creating a wave of resentment that is reflected in the health of mankind. We have many service oriented industries that promote caring for others, but a widespread socially acceptable addiction to alcohol, gambling, drugs, sex, the internet,

gambling, working, texting and more breeds a co-dependent environment. Eventually, resentment takes the lead, for any addiction drives us off course, unable to experience the authentic self. Once it has taken hold, resentment becomes a force to be reckoned with. We refuse to resolve emotional wounds from the past because we are getting something out of it. It may be the only thing you feel connected to even though it is painful.

The resentment keeps the energetic chords attached and a false sense of power is created. When we resent a family member it keeps us engaged with them, even without communication. When we resent a group or culture we are connected to them, karmically from a past life. Fueled by a mentality that having more is better, we spiral as a species undermining the very task to why we are here. Life on Earth is fairly simple as is our spiritual connection. We are here to love at the deepest level of our beings. Our homework is to feel our feelings, process and release them. Our job is to take care of this beautiful planet. When we are not experiencing the Divine but feeling separated, betrayed, abandoned and left

out we are moving into deep waters of unresolved pain. Get to the bottom of the pain and you will find the authentic self. Process and release those feelings and you will be available to love at the deepest level of your being. Find your inner balance and feel gratitude for your life on Earth. This will help dissolve the resentment and reveal the wounds that are ultimately your responsibility.

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 'Become and Earth Angel' Advice and Wisdom for Finding your Wings and Living in Service is available through Findhorn Press this fall. Other books by Sonja Grace are: 'Angels in the 21st Century' and 'Earth Ways Healing Medicine for the Soul'. The companion film presentation Earth Ways Series and her new Earth Angel Series is available on her website. www.sonjagraces.com.

word and wisdom

By Tobi Nason

Change! My Time Has Come....

MY TIMES are a-changing... Big Time! My house sold in one day, which suddenly meant I was technically homeless. I've been working daily - boxing, tossing out, donating items. I'm working on overdrive, trying to get things done. It's okay - things are getting done. I'm on a Mission. At least, the routine of my life has been shaken up a bit.

I get to experience first-hand the scariness of change, something I often address with counseling clients. I found it was uneasy to go down a dark path, with some unknown What-ifs? At one point, I had to decide to act with a certain amount of trust that things would fall into place, and to some extent, that has happened. A few glitches, a few concerns, but basically, it tires me to worry. So I don't. When I think too much about any one thing, yes, worry creeps in. I make efforts to tend to business. Then, I sit down and I am tired.

I'm weeding out stuff that is part of my past. Emotionally, it's hard to clear out my son's room. The cutest things are everywhere - reminders of the sweet young boy he was. I call him to see if he

wants this or that, and he usually laughs - no, mom! I guess we're both willing to toss out the handmade ashtrays and beanie babies.

I thought it would be hard to divest myself of this house. It was a beach house that I gained through divorce. We, my husband and I had picked it out, with many plans in hand. Lots of East Coast relatives visiting. Lots of cousins for my kids on weekends. I look at it now, and now see it has this air of defeat and loneliness. No big parties after the kids left home. No new carpeting. Furniture was well-used. (I gave it away.) I worked almost seven days out of seven for seven years, so my bedroom was my sanctuary. It has served its purpose while the kids were living here, then it got stuck with just me.

I am excited. I will have time to play, and in new surroundings. I get to reinvent myself somewhat. I will be able to take dance lessons again, volunteer at a something fun, and be lighter in this life.

The house was too big. Too full of undusted memories. But within a space of a few paragraphs, I can go from scared

to excited. Yep, that's okay. It's probably better than that stifling oppression of a day unlived, where the routine was familiar and the world extremely safe. I didn't realize that the human spirit needed more than plain security. It needs expression and input and some variety and some sense of wonderment. I had none of that for the last few years.

I'm hoping that when this moving adventure is over, I can find those nuggets that may help others in the process of change. In the physical process of change (downsizing, changing addresses), I am changing. I'm letting go of old stuff, be it stuff or thoughts, and my imagination is painting a desirable life. I did not realize how important it was that I play my flute again. Or that I haven't been knitting in a long time, and that I want to start a project. My kayak awaits, as well as my bicycle. The most precious of all though, is time. I will have time.

Time to write, swim, walk, mull, share coffee, ponder, smell those roses.

Wish me luck! See you next month...

Tobi Nason is a counselor, relocating from Manzanita to Astoria area.

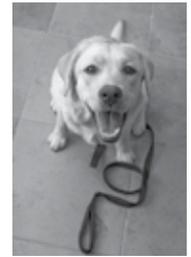
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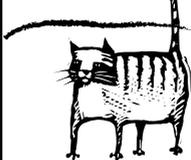
woof!
woof!
woof!

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bodies in balance

Sick and Tired of Seasonal Allergies? Consider Your Digestion!

By Tracy Erfling, N.D.

AS I walk through town, listen to people in my office, and watch kids wipe their drippy noses and eyes, I am noticing allergy season is upon us. I have therefore decided to dedicate this article to the ongoing job of enhancing immune function. We may start in an unlikely place, the digestive system, but you will soon understand the importance of shoring up digestive health in order to enhance immune function, so please read on...

Why digestion? It is the first line of defense to any and all the substances we put in our mouth, intentionally or not. From our lips and gums to our large intestine and rectum the digestive tract is lined with cells and immunoglobulins which take care of foreigners before they pass further into the body. For many people who suffer from seasonal allergies this is an area to focus attention as the immune system tends to run amok. The goal is to focus the immune response so that it can achieve better immune tolerance. Immune tolerance is where our immune system spends 90% of its time. It is constantly trying to discern between microflora, viral particles, dietary elements and of course ourselves without spinning out of control producing allergies or autoimmunity. Additionally when immune tolerance is dysfunctional we can not only end up with allergies and autoimmunity but inflammatory conditions like Irritable bowel, Crohn's Disease...the list goes on...

Immune tolerance gets a lot of help from our own microflora...YAY PROBIOTICS!! All along the digestive tract there are layers upon layers of bacteria. These bacteria, our natural digestive flora, are yet another component of both the digestive AND immune system; which at times can need maintenance. This symbiotic relationship is established at birth through both an actual vaginal birth and breastfeeding...these help our initial colonization of

bacteria such as lactobacilli (prevalent in a normal vaginal canal), bifidobacteria (from the bowels) as well as many other minor players, and yeast. For those of us lucky enough to be born vaginally and breast fed we had a good start. But for those of us who were born via c-section and/or formula fed; we may be the ones more challenged by a lack of adequate probiotics. Regardless of our start we also live in an era of antibiotic use, both therapeutically as well as in our animal food supply. Antibiotics are helpers in the meat industry to fatten up animals quickly, thus increasing their yield...good for farmers, not so great for our guts as it exposes us to an on-going low-level of antibiotics. Certainly the health of our actual digestive function, its pH (acid-base levels) as well as our food choices can all influence the health or distress of our flora's health.

Shopping for probiotics is a challenge both for you, as the consumer, and me, as the advising naturopath. Should they be refrigerated? Sometimes. Should they be enteric coated? Sometimes. Should they be taken with or without food? Depends. And probiotics are one of those supplements where source matters! The same bacteria can grow on a variety of things, both gut lining and soil (yes dirt, is where many probiotics we take are sourced), but only certain strains which have been isolated from humans are going to really colonize in the gut as that is their preferred environment. SO if we are taking soil probiotics will they hurt us? No, but they may be the explana-

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



tion as to why when we stop using them those old symptoms resume. I will of course, continue to advise probiotics and am learning more as the research explains more about how to best supplement these important helpers...and what I can say for certain is that not all probiotics are created equal.

There is a plethora of other

ways to improve gut health, and ironically they are similar if not identical to things we do for the immune system. This is especially true in the area of vitamins and minerals.



The three most common that may be used in either are Beta-Carotene or Vit.A (10,000IU), Zinc (10-15mg) and Vit.C (up to 1g or more if bowels tolerate). These supplements assist in the functioning and health of all cells, primarily epithelial (gut lining) cells and immune-related cells. Another nutrient that is a known favorite for healing the gut lining is glutamine; an amino acid that is the preferred fuel of the enterocytes (gut wall cells) of the small intestine.

As always, there are some easy steps to improve your digestive habits now and for life. The first is to optimize the release of hydrochloric acid (HCl) because it is the initial trigger

to all the downstream functions of the gut. The importance of having an appetite, relaxing, and savoring your food is essential. Avoid excessive liquids during meals, especially cold or iced beverages as they cool the fire of your digestive juices. Have some activity after each meal, if your largest/heaviest meal is dinner take a short walk, or do housework following the meal. As I have mentioned in numerous articles an easy home remedy for HCl stimulation is strong lemon or lime water with your meals... I'm talking juice of 1/2 a fruit into a few ounces of water.

When attempting to improve digestive function it is also important to assess what you are taking that would compromise your gut health. There are numerous pharmaceuticals and over-the-counter medications, including aspirin, which can create unwanted damage to the stomach. Stressful lives and excessive intake of alcohol are also gut destroyers. Food allergens (a topic in and of itself) contribute to a decreased immune function. If you are consuming food(s) daily that your body does not tolerate it is the job of the immune system to deal with these foreigners, and therefore less time to cope with that pollen which is irritating your eyes.

Take care of your digestive tract, it is the cornerstone of good immunity...and as always remember to 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



ONE OF the things we grow best in our neck of the woods is peas. They are unafraid of cool air and soil temperatures making them a close second to leafy greens as harbingers of sunny days to come. They are completely gracious about being frozen, canned, dried, cooked or eaten raw right off the vine. They inhabit not only an honored place at table but are the stuff of legend.

A particularly inspirational bit of literature from the 6th Century tells of the aphrodisiac potential of peas boiled with onion and spiced with cinnamon. Peas aside, The Perfumed Garden of Cheikh Nefzaoui* is poetically erotic and filled with helpful hints, fables, warnings and steamy bits. Couldn't hurt to share some spiced peas and onions with a special friend, read a couple of chapters to each other over a glass of wine and see what develops.

Although England is credited with the proliferation of peas, due in large part to the work of Thomas Edward Knight who developed the first sweet tasting pea, peas had been

on menus in Asia and Africa for centuries. Apropos of little, Mr. Knight was from Downton which should rightfully be famous for more than its Abbey. And, apropos of even less, the British etiquette for pea eating mandates they be squashed on the back of a fork as the proper method of getting them from plate to mouth. Jeez Louise!

Excuse me for opting out of proper pea eating protocol.

Manners aside, as they all too often are, peas have been eaten by every culture in every way since long before we started writing stuff down. There's a reason for this. If you've forgotten what it is, eat a spring pea grown by someone nearby. It'll make



you wonder, as it does me, if there has been a dreadful error in identifying the source of the word 'ap-pease' as stem-

ming from Latin and French when clearly it means 'granting peace by eating Spring peas'.

PEAS ON EARTH SALAD

Serves 4ish

- 1/4 lb. sugar snap peas
- 3/4 pound roasted* red or gold beets, peeled and cut into bite-sized chunks
- 1/2 onion, thinly sliced. Use the onion of your dreams - red is pretty, white is mild, sweet onions are my favorite.

Steam peas for 1 or 2 minutes - they should still have some 'snap' - then transfer to an ice bath. When thoroughly cooled, drain them.

Toss beets and peas in vinaigrette

**Roast washed, unpeeled beets in a 400 degree oven for an hour +/-, depends on the size of the beets. I cover the pan with foil to make things go faster. When cool enough to handle, they are agreeable to being peeled easily.*

YOU CAN'T HAVE TOO MANY VINAIGRETTES VINAIGRETTE

I always have homemade pickled golden beets in the fridge and often use the beets themselves in this salad but always opt to use the pickling liquid in the vinaigrette. If you want to do this too, substitute the pickling liquid for the rice vinegar and the sugar. If you want to start from scratch:

- 3 Tablespoons good olive oil
- 3 Tablespoons plain rice vinegar
- 2 teaspoons sugar - honey changes the taste a bit but works fine
- 2 teaspoons coriander seed or 1 teaspoon ground coriander, toasted*

Mix everything but the oil together, then whisk the oil in gradually and enthusiastically. Or, put the whole works in a jar with a tight sealing lid and shake until blended.

**Toast the coriander in a dry sauté pan over medium heat. Keep a close eye and stir often until the smell of toasting spice wafts your way. If using coriander seed, use a spice grinder or mortar and pestle to make it blendable, then measure out a teaspoon's worth.*

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Hit the Road This Summer

Visit a Farmers Market Near You!



The Cannon Beach Farmers Market quickly became a part of the summer season upon its start-up. Located just west of Cannon Beach City Hall, in the Midtown parking area at the intersection of Gower and Hemlock. The hours are now 2:00 to 5:00, with music, prepared food, and community booths opening at 1:00.

FARMER'S MARKETS have become important economic and social springs for small towns around the country. Here on the North Coast, we are blessed with a variety of offerings. From the 3rd week in June, a person could visit a farmers market within 50 miles of Astoria on any day of the week but Monday!

Looking for the freshest and best local agricultural products or that special handmade item? Want to hang out with your friends (or make new ones), listen to free live music and sip a cool drink? Want to buy fruit without stickers and ask a farmer how it's grown? A farmers market can be a one-stop destination for all of the above and so much more.

My personal hangout is the River People Market held in Astoria on Thursday afternoons, but I love to go on "field trips" to as many other markets that I can get to. Each market is different and unique. Some are like small neighborhood hangouts, others resemble giant block parties. Some markets are fairly upscale tourist destinations, others are quieter, more functional, catering mostly to locals. Each has a variety of wonderful things to offer the shopper.

Read on for an informal field guide to Farmers markets of the North Coast and environs. I encourage you to hit the road and check it out for yourself!

Farmers Markets focusing on agricultural products and prepared foods only:

- **Two Islands Farm Market.** Fridays, 3 – 6pm, through October 31. 59 W. Birnie Slough Rd on Puget Island. Trolley shuttle from Elochoman Marina at 3, 4, & 5pm and stops at the Chamber of Commerce in Cathlamet, WA. The only market on the North Coast held on a farm. Live



"We haven't slowed down a bit since we opened way back in 2006!" says Ginger Salkowski, founding organizer of the Manzanita Farmer's Market. "We now have over 30 vendors, a full time paid market manager, and a new team of board members and volunteers who have the market running like a well oiled farm tractor!" Manzanita Farmer's Market parties on Fridays, June 13 – September 19, 5 – 8pm. At the Windermere parking lot on Laneda in Manzanita. Live music, prepared foods, and more.

music, artisanal breads, and value added products plus made to order wood-fired pizza. Accepts debit and SNAP cards. facebook.com/twoislandsfarmmarket

- **Columbia-Pacific Farmer's Market.** Fridays, 4 – 7pm, June - September. In downtown Long Beach, WA. Live music on the stage. SNAP

accepted. longbeachwa.gov/farmersmarket/

- **River People Farmer's Market.** Thursdays, 3 – 7pm, June 19 through October 2. At the parking lot in front of Astoria Indoor Garden Supply on 13th St in Astoria. Live music, kid's activities, and prepared foods. The market accepts SNAP, and WIC and Senior Nutrition coupons. Live music, prepared foods, Community Farm Table, Sprouts Club Market Camp for Kids, Pie Walk. northcoastfoodweb.org/river-peoplesmarket/
- **Seaside Farmer's Market.** Wednesdays, 3- 6pm at the Seaside American Legion Parking Lot, 1315 Broadway St. New in 2014! seasideor.com
- **Cannon Beach Farmer's Market.** Tuesdays, June 1 – September 30, 2 – 5pm. Located in the Midtown area of Cannon Beach. SNAP, Visa, and Mastercard accepted. Live music, wine and cheese vendors, and prepared foods. cannonbeach-market.org

Markets with produce, food, art, crafts and more:

- **Cowlitz Community Farmers Market.** Tuesdays and Saturdays, through October, 9am – 2pm. At 900 7th Ave in Longview, WA. Live music and special events. cowlitz-farmersmarkets.com
- **Clatskanie Farmers Market.** Wednesdays, June 7 through September with more markets possible in October, 10am – 2pm near the Veteran's Memorial in Copes Park, Clatskanie. Grand Opening on June 14. Live music, a community booth, and kid's activities are available. New in 2014. Some vendors will accept debit/credit cards and payment by SNAP should be available as the season progresses.
- **Grays Harbor Farmer's Market and Craft Fair.** Open all year, Monday – Saturday, 9am – 5:30pm and Sundays, 10am – 4pm. At 1956 Riverside Avenue in Hoquiam, WA. A permanent indoor public market. ghpublicmarket.com
- **Weekend Market.** Fridays and Saturdays on the first and third weekends of the month, all year. 10am – 4pm. At the Long Beach Grange on Sandridge Road in Long Beach, WA. Prepared foods available. longbeachgrange.org/Weekend-Market2.html
- **Saturday Market at the Port.** Saturdays, Through September 27, 10am – 4pm. Located along the scenic waterfront in Ilwaco, WA. Lots of arts and crafts, prepared foods and more. portofilwaco.com/events/saturday-market

By Cathy Nist

FOOD GROOVE



Community Both at the River People Farmers Market

Each week, the River People Farmers Market provides a free booth space to local organizations to promote the work they are doing in our community. The booth space comes with a tent, table and chairs- your organization just needs to supply a display and information about the wonderful work that you do!

The RPRM Community Booth is a to great way connect with the greater Astoria community and promote your organization's upcoming events and projects.

To check RPFM Community Booth availability, please contact Rod Nichols at (503) 298-3824, or send an email to info@northcoastfoodweb.org.

- **Astoria Sunday Market.** Sundays, through October 12, 10am – 3pm. On 12th St in downtown Astoria. Some vendors may take debit/credit cards. This market is huge with three blocks and a parking lot of vendors plus a food court! Live music and fun events along with tons of arts and crafts, plants, flowers, and value-added products. astoriasundaymarket.com
- **Manzanita Farmer's Market.** Fridays, June 13 – September 19, 5 – 8pm. At the Windermere parking lot on Laneda in Manzanita. Accepts SNAP. Live music, prepared foods, and more. manzanitafarmersmarket.com
- **Tillamook Farmer's Market.** Saturdays, June 15 – September 28, 9am – 2pm. At Laurel & 2nd St in Tillamook. SNAP and debit cards are accepted. A large market with nearly 50 vendors, 17 offering traditional agricultural products. Live music, prepared foods, Community Table, and Chef at Market events. til-

facebook.com/PacificCityFarmers-Market

- **Neskowin Farmers Market.** Saturdays, through September, 9am – 1pm. At the Neskowin Beach Wayside. facebook.com/Neskowin-FarmersMarket
- **Lincoln City Farmers and Crafters Year Round Market.** Sundays, year round, 9am – 3pm. Located at the Cultural Center in Lincoln City. The market accepts debit and

SNAP cards. Outdoors May – mid-October, indoors October – April. lincolncityfarmersmarket.org/index.html

- **Siletz Valley Farmers Market.** Tuesdays, through September 23, 2 – 6pm at the corner of Gaither St and Logden Road in Siletz. facebook.com/pages/Siletz-Valley-Farmers-Market

- **Newport Farmers Market.** Saturdays, through October, 9am – 1pm at the Newport City Hall. Indoors November – April at the Lincoln County Fairgrounds Exhibit Hall on 3rd St in

Newport. The market accepts debit and SNAP cards, and WIC and Senior Nutrition coupons. Live music, prepared foods and more. newport-farmersmarket.org



The Ilwaco Saturday Market provides a unique harbor setting. Saturday Market at the Port runs through September 27, 10am – 4pm. Lots of arts and crafts, prepared foods and more.

- lamookfarmersmarket.com
- **Pacific City Farmers Market.** Sundays, June 15 – late September 28. 10am – 2pm in the South Tillamook Library parking lot in Pacific City.



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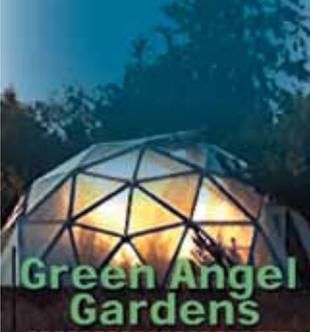
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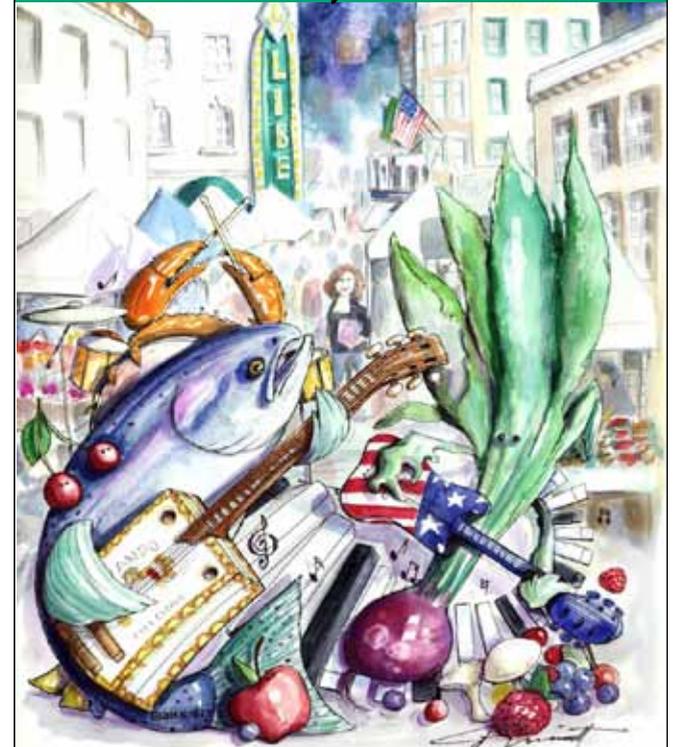
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