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MONTHLY

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Finland's Sibelius
Concert March 22 pg 11

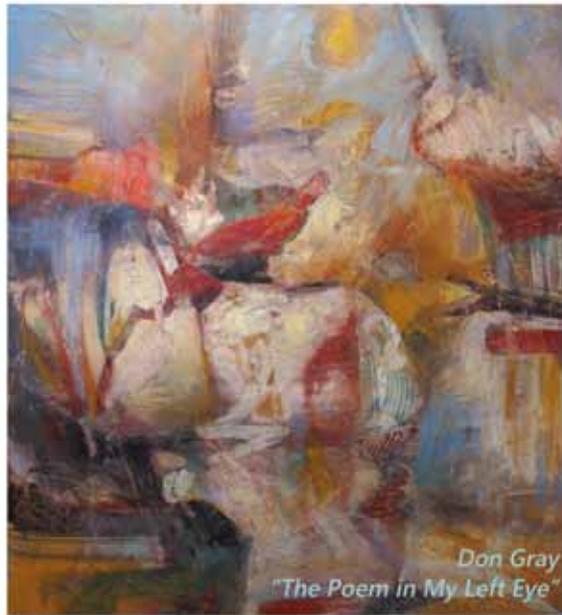


Vegetables to go please
It's CSA Time! pg 25

"Timber!" On The Chopping Block
North Coast Forest Coalition
pg9 SPEAKS OUT!

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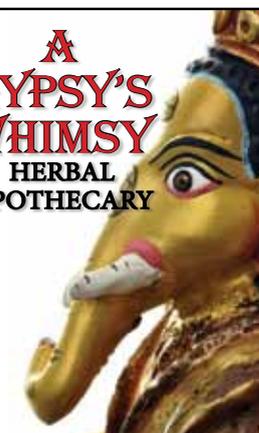
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Clatsop County Master Gardeners Present 2015 Spring into Gardening



Saturday, April 11

Clatsop County Fairgrounds

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SPRING INTO GARDENING 2015 HIGHLIGHTS

PLANT SALE Clatsop County gardeners know this is the best opportunity to purchase economical healthy plants that thrive in coastal gardens. Plants are locally grown by Clatsop County Master Gardeners. Most of the plants are from the MG Demo Garden at the Fairgrounds just feet from the Plant Sale. Not only are these plants ready for the garden they are varieties guaranteed to thrive in our climate. Master Gardeners have been digging and potting hundreds of plants for months. Japanese Anemone, Autumn Joy Sedum, Iris, Cro-cosmia, Shasta Daisy's and Dahlia tubers are a few available. There will be other coastal favorites along with specialty varieties from Master Gardener private gardens.

SPRING GARDEN SEMINAR "Food, Glorious Food" is the theme

North Coast Food Web shares knowledge and experience growing the best edibles available for the north coast climate. Food Demonstrations and Tastings will also be featured.

Growing Healthy Soils: **Carolina Lees** is dedicated to organic coastal vegetable farming. Working in the organic farm industry for decades she and her husband started Corvus Landing Farm in Neskowin. A biologically active, well balanced garden soil takes time to develop, but it is the foundation for a healthy garden and healthy, delicious food. With attention and care, your soil will produce disease and insect resistant crops for years to come. A focus on feeding the soil can save time that would otherwise be spent on propping up weak plants and fighting weeds. Diverse nutrients also boost the flavor of your harvests: what's not to love?

Best Veggie Varieties for the Coast with **Teresa Retzlaf and Kelly Huckestein**. Teresa Retzlaf, Master Gardener, has been organic farming on the Oregon Coast for the past ten years specializing in edible plant starts, produce and flowers, and active in the emerging small farm and food enthusiast community. A founding member of North Coast Food Web she brings a wealth of knowledge and practical experience of what grows well in Clatsop County. She also has a strong

background in land conservation and stewardship. She and her husband, Packy, live on their farm 46 NORTH in Olney.

Kelly Huckestein After graduating from the University of Oregon in 2006, Kelly volunteered on organic farms throughout Central America. Returning to the states she worked at Winter Green Farm, a family owned organic and biodynamic farm in Noti, Oregon. Kelly ran the Community Supported Agriculture (CSA) program, working farmers markets and doing general farm labor for 4 years. Wanting to start her own farm venture, Kelly and her partner relocated to Astoria to be close to family and work in a community with less access to local, organic produce. She currently works at the Astoria Co-Op

Meet Your Farmer - Local Farmers will be on hand to introduce themselves and their farms.

Vendors More plants including edible starts, Garden and Patio Art, Cookware, yard tools, antiques, lawn services and artesian goat cheese products, and cranberry foods are just a few of the vendor items for sale. Vendors appeal to all shoppers not just gardeners.

Landscape Raffle - "A Day's Work", Tongue Pt Job Corps landscaping class offers 8 hours of Landscaping/Yard work. Supervised by the Landscaping instructor this is an opportunity for the winner to create their garden fantasies. The instructor meets with the winner to make a work plan. Winner provides the materials, the landscaping students the labor. Past winners give rave reviews of rock garden paths and walls, flower and vegetable beds dug, raised beds and berms installed and shrubs and ornamentals planted. Winner need not be present to win and tickets can be purchased ahead of time at the Clatsop Co Extension office or from a Master Gardener.

MG Raffle - Over 50 local merchants and individuals donate generously for this popular raffle. Raffle items include resort accommodations, restaurant certificates, clothing wear, food and wine, garden tools, books, art. Raffle tickets are deposited in a bucket for each item to insure winning what you want.



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Karen Joy Fowler
Jim Lynch
Terry Brooks
Nancy Pearl

For complete event details and to purchase
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f /GetLitAtTheBeach

PLANTS CLASSES ADVICE VENDORS RAFFLE

Clatsop County Master Gardeners Association
in collaboration with North Coast Food Web present:

Food! Glorious Food!

9:30—10:30 AM "Best Varieties for North Coast"

11:15—12:15 PM "Growing Healthy Soils"

Program Speakers: Teresa Retzlaff, Kelly Huckestein, Carolina Lees

Food Demonstrations and Tastings

10:50-11:05, 12:35-12:50, 1:15-1:30

INFORMATION: Clatsop County Extension Office,

2001 Marine Drive Rm 210, Astoria

(503) 325-8573, www.extension.oregonstate.edu/clatsop/gardening/master-gardeners

www.facebook.com/ClatsopCoMGA





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Mona Superhero at KALA



Duct Tape, Sex, Drugs, and Rock n' Roll

ARMED WITH TAPE, imagination and desire to create imagery, Mona Superhero – once a kid growing up in small town Texas who was always drawing or painting heard the warning, 'you can't make it as an artist, man' - did defy the warning. From whence she began, drawing from her rebellious nature and punk rock teenage girl personae, forthwith she pursued.

It began in a hardware store. "I was living in Virginia, there wasn't much to do – there was a hardware store across the street, that I used to go to and hang out at, and . . . One day I just saw this tape, a light bulb went off in my head and I knew what I could do with it. When I first began I would struggle 6 months with a piece, trying to make it do what I could see in my head, and I still have those moments, when I'm like, how can I do that, I'm out here on the edge man, all alone."

Portland-based artist Mona Superhero's work is comprised entirely of layered, meticulously hand-cut duct tape. Born in 1970, in Abilene, TX, Mona Superhero is the leading American artist of a new wave of artists exploring duct tape as a medium. Superhero is self-taught. She had an epiphany in 2001 while standing in that hardware store aisle that tape could be used to create art, and has been promoting the use of duct tape

as a medium since that day. Superhero has spent over a decade refining her technique and the visual vocabulary that has emerged through her focus on deconstructing bio-

also think that you're looking at a painting, or some method of printing, until you zoom-in and see the tape.

Mona's work is predominantly figurative, spanning a wide context. From a series based on her small town Texas childhood, *Slow Movin' Dreams* 2011; a parade of baton girls, stark images of cowboys implanted into modern day landscapes. Provocative and telling, her tape on wood imagery sees no limitations. Recently on her very active blog, was a video of the first spinning duct tape planetary portal by Mona Superhero, installed at a Portland gallery. On an OPB special with Mona Superhero several years back, you can get the gist of her technique, but her compelling social commentary goes way, way beyond the cutting of the exacto knife.



graphical aspects of her life and tying them into universal experiences that we all share.

Google Mona Superhero and you'll see an amazing cadre of pop/psychedelic imagery, and the artist's definite connection to rock culture. In addition, any number of pieces sourced to private collectors, and commissioned works. One owner of a commissioned work states that Mona's portrait of his son, contains much deeper aspects of his son (that she created from a photograph) than that of the photograph supplied. You'll

KALA welcomes Mona Superhero for Astoria's 2nd Saturday Artwalk, March 14, 5pm – 8pm. She'll be showing work selected from recent shows, also available in prints. Also, **NUDES DOWNTOWN** in conjunction with Clatsop Collage Au Naturel continues through March: Bonnie Wilson, Bette Trone, and locals Brooklyn Andrews and Sid Deluca. **KALA@HIPFISHmonthly** is located at 1017 Marine Drive in Astoria. KALA is open for events and the work may also be viewed by appt. Please call 503.338.4878.

PoetAction

Featured Reader
Doug Spangle at
Last Tuesdays Poetry
Open Mic March 31, 7pm
in Astoria at Port of Call,
corner of 9th & Commercial



DOUGLAS SPANGLE has written poetry since sometime in the 60s, and after a life Overseas and in many parts of this country. He's lived in Portland since 1978. Here, he has hosted open mikes, a radio show on KBOO, organized events, and helped edit or otherwise put together several literary magazines. He is the author of eight chapbooks and one online book, has edited a literary homage for local Sappho translator Mary Barnard, and himself published translations of several poets from German and has published hundreds of poems, graphic poems, essays and reviews over several decades. His full length book, *A White Concrete Day, Poems 1978-2013* is recently out from GOBQ/Reprobate Books.



San Fran Poet Max Blue with Ric Vrana and John Cimenello at KALA March 20 - read pg 10

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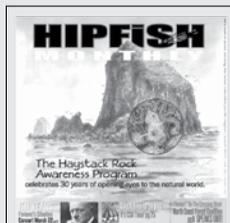
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Lost and Found:

Community in the Age of the Internet A free discussion about community and technology at Astoria Public Library March 13

MANY SOCIAL THEORISTS AGREE that community life has been transformed by communications technologies. Is community disappearing or strengthening as we gaze at smartphones, video games, online movies, and web pages? How do these technologies both connect and disconnect us? Where online do we engage deeply with friends, family, and neighbors alike? This is the focus of "Lost and Found: Community in the Age of the Internet," a free conversation with Tod Sloan on Friday, March 13, 6pm, at Astoria Public Library, 450 10th Street, Astoria. This program is hosted by Astor Library Friends Association and sponsored by Oregon Humanities.

Sloan is a professor of psychology in the Lewis & Clark Graduate School of Education and Counseling in Portland, Oregon. He was trained in a field known as personality theory, which addresses fundamental questions about human nature. Sloan is fluent in Spanish and has taught in universities in Venezuela, Nicaragua, and Costa Rica.

Through the Conversation Project, Oregon Humanities offers free programs that engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future. For more information about this free community discussion, please contact Astoria Public Library at 503-325-7323 or comments@astorialibrary.org.



AAUW: 100 Women who helped make Astoria

Over the past two years the American Association of University Women (AAUW) has had the pleasure of hearing how eight women have helped Astoria: Rae Goforth, Karen Mellin, Susan Skinner, Barbara Roberts, Anita Schacher, Arline LaMear, Edith Henningsgaard Miller and Gerry Swenson. The recordings of these women have been added to AAUW's archive of 100 Women Who Helped Make Astoria to acknowledge their impact on our community.

AAUW would once again like to recognize more of the 100 women honorees. The public is invited to hear their stories on Tuesday, March 17th at 7:00 p.m. in the Flag Room of the Astoria Library.

FMI: call Sara Meyer at 503-325-7969 or email her at chuck-555sara@gmail.com. Refreshments!

New Campus Center Opens to Serve Veterans

Clatsop Community College will hold an opening ceremony for its new Veteran's Center, located in the former Student Services Building, 1717 Lexington Avenue, Astoria, on Wednesday, March 18 at 11:00am.

The Veteran's Center is designed to be a place where veterans, active duty military, and their families can come to study, meet with veteran's services representatives, and gather with other veterans. Clatsop Community College Board member Paul Gillum is the lead speaker. Josh Corder, a nursing student and a veteran, will also be speaking at this event. CCC President Larry Galizio will participate, and notes, "As a designated Military-Friendly College, CCC is pleased to add this modest Veteran's Center in support of our student-veteran population."

Help honor the active duty and veteran service members who help America remain strong and free. Refreshments. FMI: Donna Larson, 503-338-2442; dlarson@clatsopcc.edu.



Walk the Skipanon Peninsula with Columbia Riverkeeper! Saturday March 14

HIKE BEGINS AT 11AM. The walk is a flat and easy 2-3 miles, lot of stops to learn more about the site and OLN. You do not have to be an avid hiker or be super fit to attend this event.

- Meet by 10:45 at Young's Bay Plaza/Premarq Center, 15 US-101, just south of the Astoria-Warrenton bridge. Park in the east end of the parking lot and look for NO LNG signs
- Bring plenty of water, snacks, and a sack lunch for yourself.

Please dress for rain.

* Everyone is welcome.

Make a statement about LNG by walking on the trails that we all own and enjoy! Great walk and a lively discussion – rain or shine!

Attend the next Columbia Pacific Common Sense NO LNG meeting

Thurs, March 19, 5pm - potluck/snacks social.

Three Cups Coffee House, 279 W. Mrine Drive, Astoria

Focus on the City of Warrenton's hearings about Oregon LNG with Dan Serres, Conservation Director of Columbia RiverKeeper.

Hard-Wired to Care: Debunking the Myth that Humans are Innately Violent.



Clatsop Community College and the Fort George Brewery announce the March program of the 2014/2015 Ales & Ideas education series, Thursday, **MARCH 19TH** at 7pm in the Fort George Lovell Showroom. Door opens at 6pm. Food, seasonal ales and other beverages are available for purchase. Minors are welcome.

In Hard-Wired to Care, CCC's beloved **DR. MARGARET FRIMOTH** will examine violence as a learned behavior that disrupts our neurologically-driven capacity toward compassion. What can history teach us about loosening our societal grip on violence (bullying, child abuse, domestic violence, rape, human trafficking, environmental destruction, war, etc)? How does understanding oppression (racism, sexism, classism, heterosexism, religious intolerance, etc.) expose an undercurrent of values that promote violence as "human nature"? If we trace our history to early civilizations, another story of humanity unfolds, providing a vision for our future: if violence is learned, then we have the ability to relearn behavior that promotes our fuller potential as caring and compassionate human beings.

Margaret Frimoth received her doctorate in Transformative Studies from the California Institute of Integral Studies. Her dissertation, "Breaking Silence, Shifting Culture: A Partnership Model of Intentional Safety for Child Survivors of Sexual Abuse," was built on the foundation of evidence by renown author and social activist, Dr. Riane Eisler. Margaret's research examined Eisler's social transformation theory as reflected in the annual Victory Over Child Abuse (VOCA) Camp program, which Frimoth founded in 1988. Currently, Margaret is the Director of the Lives in Transition and Counseling Programs at Clatsop Community College.

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A Bridge Too Far

AS THE CIVIL WAR IN UKRAINE between the rightist, pro-Western, anti-Russian government in Kiev and ethnic Russian rebels of the Donbass region escalates, the US bipartisan war party threatens to pour gasoline on the flames by arming Kiev. Russia's Vladimir Putin is portrayed as a "neo-fascist" seeking through "aggression" to reclaim territory lost in the 1991 breakup of the Soviet Union. Policy flaks and politicians in liberal and neocon circles compare Putin with Hitler, Russia's reclaiming of the Crimean Peninsula and arming of eastern separatists to Nazi expansionist policies appeased by the West in the 1938 Munich Pact. This is not a new analogy. During the Cold War, British Prime Minister Neville Chamberlain's appeasement of Hitler was conjured up whenever it served America's imperial purpose. US propaganda portrayed Ho Chi Minh as Hitler in the Vietnam War and Saddam Hussein as Hitler in the 1991 and 2003 Iraq Wars. Opposing those wars was likened to the appeasement at Munich.

In reality, Ukraine's agony is the product of Western meddling and not Russian imperialism. This began with Bill Clinton's decision to expand NATO eastward in violation of American promises made to Mikhail Gorbachev following negotiations between the democratizing Russian leader and Ronald Reagan. Following fruitful negotiations between the two men significantly reducing nuclear missile stockpiles, Reagan declared the Cold War over. Gorbachev's desire was for Russia to become a social democracy fully integrated with Europe. But a triumphalist US instead sought an American dominated Europe excluding Russia. Indeed, American strategists sought to bottle up a Russia much weakened from her former Soviet prowess by expanding NATO to the Russian border. Russia objected to NATO's war against its ally, Serbia, culminating in detachment of Serbian Kosovo. But there was little the diminished Russian state could do to prevent

NATO from becoming hegemonic in the Slavic Balkan countries.

NATO expansion and Russia's encirclement by the Western military alliance continued under the second George Bush to the point where former Soviet Republics, Georgia and Ukraine, were slated to come into the Western US-NATO/EU orbit. From the time it was first established to counter Stalin in Berlin and Eastern Europe, NATO has been chiefly an American project, dependent on US arms.



George F. Kennan, chief architect of containment policy toward the USSR in the Cold War, did not, however, approve of NATO expansion following the Cold War. With expansive Soviet communism gone, he thought NATO no longer necessary, and he warned that its eastward expansion would antagonize the Russians by threatening their security.

Harvard's Stephen Walt agrees with Kennan, recently publishing his strong dissent from the neocon-liberal NATO expansionist consensus. Walt blames US elites for wholly misreading the situation they did so much to create, engineering the coup a year ago. The clarion call to arm Kiev against the ethnic Russian rebels in the east, he states, is based on a faulty assessment of the situation. Putin is accused of aggression, but his taking back the Crimean peninsula with its naval base at Sebastopol, a traditional Russian strategic outpost, was a defensive move to prevent NATO from setting up there. Those who would now arm Kiev are

using a "deterrence" model against supposed Russian aggression. Walt states that a correct assessment would see the situation as a "spiral" one, wherein a great power feels its security interests compromised and is reacting accordingly. Rather than arm the right wing Kiev government, whose neo-Nazi paramilitary fighting in the east refuses any truce, Walt recommends recognition of Russia's legitimate strategic interests.

John Mearsheimer, of the University of Chicago, blames US interests for spending billions to undermine the pro-Russian government in Ukraine, setting the coup in motion to bring Ukraine into the Western orbit. "No Russian leader," he states, "would stand idly by while Ukraine is integrated into the West... Geopolitics 101: Great powers are always sensitive to potential threats near their home territory." The US, he goes on to say, does not tolerate distant great powers placing military forces anywhere in the Western Hemisphere, much less on its borders. How would the US react, he posits, were China to construct a military alliance including Canada and Mexico? He recalls that it was through the huge flat expanse of Ukraine that Napoleonic, Imperial German and Nazi German troops launched their invasions and devastation of Russia. NATO expansion and Westernization of Ukraine has been driving Russia toward ever closer cooperation with an increasingly potent China. Walt would defuse the Ukraine crisis by making it a neutral country, as Austria was in the Cold War. A combination of Western and Russian entities including the International Monetary Fund and the EU could then work together to rebuild the shattered economy of a neutralized Ukraine. Détente with Russia could follow, eliciting renewed cooperation in projects like countering terrorism and nuclear proliferation. Coupled with ending Western sanctions and ostracism of Russia, these policies would limit Russian-Chinese alliance.

by Stephen Berk



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Read MESSAGES
every month in hipfish
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SHARING THE COAST CONFERENCE in Newport • March 13 - 15 a conference for the entire coast

FROM PLANKTON TO WHALES, from seabirds to marine debris, this year's SHARING THE COAST CONFERENCE offers a wealth of information about coastal science and natural history. The eighth annual conference, co-sponsored by CoastWatch and the Northwest Aquatic and Marine Educators (NAME), takes place March 13-15 at the Hatfield Marine Science Center in Newport.

The conference's primary theme this year is citizen science. Lectures, workshops and field trips will introduce participants to many ways in which volunteers can assist scientists in gathering important information about coastal and ocean resources. While the conference is designed to provide information and training to CoastWatch volunteers who monitor the shoreline, as well as to those who teach and interpret about the coast and ocean (the members of NAME), everyone is welcome, and anyone who loves the shore and the sea will find much to inform and fascinate them. For the complete schedule, go to oregonshores.org Online registration has now begun: tinyurl.com/STCC2015.

Sharing the Coast commences with a Friday evening COMMUNITY TALK that is free and open to all. Marine mammalogist Sheanna Steingass will discuss efforts by scientists to learn more about our marine mammal populations, including her own research on harbor seals and coastal ecology. Her presentation takes place at 7pm in the Hennings Auditorium at the HMSC.

On Saturday morning, HMSC Director Bob Cowen will kick things off with a keynote talk on "Citizen Science and the Plankton Portal." Saturday's other plenary session speaker will be physician and CoastWatcher Al Dohner, speaking on "The Global Problem of Marine Debris" with a special emphasis on the health impacts of plastics in the ocean.

Break-out sessions will deal with topics ranging from marine mammal and sharks to the recent Cassin's auklet die-off and monitoring for sea star wasting syndrome. Field trips will visit tidepools, mudflats and streams.



Marine mammal researcher Shea Steingass will open the conference on Friday evening.

Sunday speakers include marine mammal researcher Courtney Hann, on a citizen science project involving whales, and the Audubon Society's Paul Engelmeyer, on seabirds and marine reserves. Break-out sessions involve driftline ecology (what's found on the shoreline) and a citizen science project that helps oceanographers track plankton. Field trips will focus on geology and on citizen science practice.

The conference also features a Saturday evening party (5:30 p.m. at the Rogue Brewery in South Beach) that will feature food, libations, a visual tour of our marine reserves and the undersea habitats they shelter presented by Stacy Galleher of the Oregon Department of Fish and Wildlife, and the annual cutthroat trivia game.

Cost of the conference is \$20 (including Saturday lunch) for members of Oregon Shores Conservation Coalition (CoastWatch's parent organization) or NAME, \$40 for members of the public. Conference-goers can join either organization if not already a member and take the discount.

Registration for Sunday only is \$10. For more information, contact Fawn Custer, CoastWatch's volunteer coordinator, (541) 270-0027, fawn@oregonshores.org.

Listening to the Land: General Clark Remembers the Oregon Coast

IT'S BEEN 209 YEARS since the Corps of Discovery reached the estuary of the Columbia River, prompting Captain William Clark to pen the immortal words "Oceania in view! O! the joy." If Clark—General Clark now, retired and back in his parlor in St. Louis—were to reflect on the nearly five months he spent on the northern Oregon coast in the winter of 1805-06, what details would stand out in his memory?

Hear for yourself at "General Clark Remembers the Coast," the third of this year's Listening to the Land programs, on Wednesday, March 18, at 6 p.m. at the Seaside Public Library. Admission is free; refreshments are served.

Clark—reanimated by living history enactor Tom Wilson—will share the podium with Jill Harding, chief of visitor services at Lewis and Clark National Historical Park. They will talk about the landscape and the resources Clark encountered on the northern coast of Oregon during his winter-long stay. Bring your own questions to ask General Clark.

Listening to the Land is a monthly winter speaker series presented by North Coast Land Conservancy and the Necanicum Watershed Council in partnership with the Seaside Public Library and with generous support from the Seaside Chamber of Commerce. This year's Listening to the Land series is focused on the natural and cultural heritage of the Oregon Coast. MORE DETAILS AT NCLCtrust.org.



Tom Wilson is CLARK

Lewis & Clark Trail Run March 21

LEWIS AND CLARK National Historical Park hosts the first of a trail run series on Saturday, March 21 to "bid adieu" to winter at Fort Clatsop and greet the arrival of spring. The Lewis & Clark Trail Series includes three different exhilarating events along beautiful trails through forest landscapes, complete with a welcoming and friendly race atmosphere. All events are open to walkers and runners of all ages and provide the opportunity to experience the northwest coast the way people have done it for thousands of years – on footpaths.

The first event in the Lewis & Clark Trail Series is SATURDAY, MARCH 21 at 10:00 am. Come for either an approximately 5k or 10k course that features the Kwis Kwis Trail. The 10k run will include a two mile stretch of brand new trail! The start/finish line will be at the Fort to Sea Trail parking area off of Fort Clatsop Road. Allow time to park at one of the Fort Clatsop Visitor Center parking lots, check in at the visitor center, and then hike 0.5 miles of the Fort to Sea Trail to the starting point as a warm-up.

Pre-register in person, or register that morning from 9:00 to 9:30, at the Fort Clatsop Visitor Center. The cost to participate is the purchase of a \$10 Annual Park Pass that grants entry into all of the 2015 Lewis & Clark Trail Series Events. Registration is free with any pass that allows entry into our nation's National Parks. Participants younger than 18, also need their parent or guardian to sign the registration.

The Lewis & Clark Trail Series is sponsored by the Lewis & Clark National Park Association, which supports park education and interpretative activities. The other events in the series are scheduled for June 20 and September 26.

The park is open daily from 9:00 to 5:00. Admission is \$3 per adult and free for youth 15 years old and under. Passes to National Park Service sites are accepted.

FMI: call the park at (503) 861-2471.

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This Way Out marks almost 27 years on the air!
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 (no foolin').

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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**.



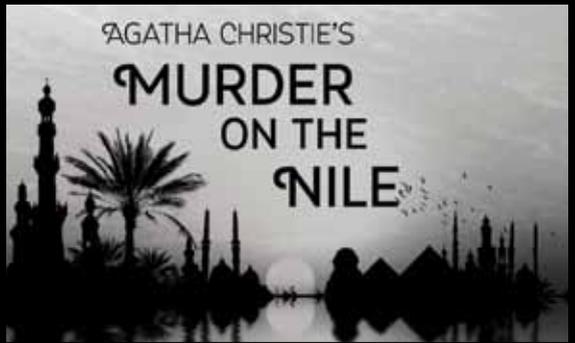
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NEWS

The Committee for Democratic Change at the Port of Astoria

THE COMMITTEE FOR DEMOCRATIC CHANGE AT THE PORT OF ASTORIA has begun collecting signatures for a ballot initiative to elect Port of Astoria Commissioners by District. The ballot initiative would appear in the upcoming May election, if required signatures are collected (approx 2300), or then progress to the next election.

The ballot initiative makes two changes:

1. It implements elections by district within Clatsop County for greater accountability, on the premise that elections by district rather than county wide will make it more likely that voters will be acquainted with the candidates on their ballot, and will make the winner more accountable to the citizens who elected him/her.

2. It calls for all five Port commissioners to be elected at the next regular election in 2017. The Port commission will start with a clean slate, with all new commissioners elected from the county's five districts. The districts are the same as those used in the election of County Commissioners.

Of the five new commissioners elected by subdistrict in the first regular election, the two commissioners receiving the highest number of votes would serve four year terms, the remainder would serve two years.

If a vacancy on the board occurs as a result of failure to nominate and elect board members, the governor may appoint commissioners, and the appointees must be registered electors of the subdistrict represented by the vacant position.

This ballot initiative strives to keep the control of the Port local. The Committee to Restore, Rebuild and Revitalize the Port of Astoria (CR3PA) is leading the effort for the Port of Astoria to become a state port, with candidates selected by Clatsop County elected officials, with positions confirmed by the Governor. In addition to the twelve, any Clatsop County resident may apply directly to the Governor's office for consideration. Five confirmed candidates will serve four-year terms. The CR3PA states "With all five cities and the county involved in the selection of the commissioners, we will realize a cohesive partnership serving the interests of all Clatsop County residents and businesses and will be able to actively engage in the governance of the Port and the commissioners who oversee it."

To learn more or get involved with the newest ballot initiative, go to: keepportcontrollocal.com.

Coalition of over 2,000 Oregonians forms to stop SB 442, Vaccination Law

PORTLAND, Ore—Last week, a large grassroots effort came together to form a coalition in opposition of Senate Bill 442-3, the controversial legislation regarding Oregon's vaccination laws introduced in the Senate Committee on Health Care in February.

The non-partisan political action committee, Oregonians for Medical Freedom (OFMF), formed to serve as a resource for Oregonians who are opposed to SB 442-3, and to help facilitate conversations with legislators as a 'citizens' lobby' effort. In slightly over a week's time, the coalition has grown to over 2,000 members.

The sponsor of the bill, Senator Elizabeth Steiner-Hayward (D-Beaverton), has introduced an amendment that would eliminate all personal belief exemptions from Oregon's school immunization law. Children not receiving every vaccine and

booster mandated by the State of Oregon (today 23 separate vaccines) would be unable to attend public school, private school, and many homeschoolers would also be impacted.

"The problem with this legislation is not at all related to one's beliefs about vaccinations. We agree that vaccinations are very important to public health, and many parents who have joined the coalition fully vaccinate their children," said Bob Snee, an attorney from Portland and the Committee Director of OFMF. "We believe this legislation strips Oregon parents of their fundamental right to medical freedom and informed consent when making medical decisions for their children."

A statewide survey of 557 Oregonians conducted February 26 – February 28 by a Portland-based research firm showed that 61% of Oregonians agree parents have a fundamental right to healthcare choices for their children, whether those choices are based upon scientific research, medical necessity, philosophical beliefs, or religious values.

"This is a civil liberties issue, plain and simple, and Oregonians shouldn't stand

Oregon Shores Coalition Joins Thousands in Criticizing LNG Plans

THE HIGHLY DIVERSE COALITION opposing development of an LNG plant at Jordan Cove on Coos Bay's North Spit, of which Oregon Shores is a member, filed comments with the Federal Energy Regulatory Commission (FERC), taking issue with FERC's analysis of the project thus far.

The Sierra Club and Western Environmental Law Center took the lead in assembling the comments for the coalition. Attorney Courtney Johnson, representing Oregon Shores and the Crag Law Center through Coastal Law Project made substantial contributions to the document.

The coalition's comments joined a stream of anti-LNG comments to FERC from more than 25,000 citizens, including businesses, ranchers, youth, climate activists, property rights advocates, anglers, and a Native American tribe, all opposed to what would be the West Coast's first LNG (liquefied natural gas) export terminal.

The Jordan Cove and Pacific Connector Pipeline Project, proposed by Canadian-based Veresen Inc., would export about one billion cubic feet of LNG per day. The terminal would be built on a sand spit in an earthquake, tsunami and storm surge zone. Gas would be piped to Coos Bay through the Pacific Connector pipeline, running 232 miles through a 36-inch pipeline from an existing hub in the Klamath Basin at the Oregon/California border. The company has stated that target markets for the exported gas include China, Japan and Korea.

The project would have significant environmental impacts. These include logging streamside forests, dumping sediment into waterways that are critical habitat for imperiled salmon, fragmenting important wildlife habitat, and extensive dredging in the Coos Bay estuary. Contaminated soil problems at the site were brought to public attention by a whistleblower who had done contract work for Veresen. The coalition asserts that FERC's examination of these impacts is insufficient, and important aspects of the analysis have not yet been made available to the public. The proposal also raises many safety concerns, including the possibility of spills and explosions.

Supplying the project with gas if it were built would increase fracking, yet FERC chose not to analyze the impacts of accelerated fracking to feed the export terminal. Once Oregon's lone coal power plant closes in 2020, the Jordan Cove gas export terminal would be the state's largest greenhouse gas emitter, but the federal analysis fails to consider the climate impacts of the project.

"FERC needs to consider the fundamental fact that exporting LNG will mean more drilling and fracking, and that means more climate pollution, more risk of contaminated groundwater, and more threats to the health of people who live near gas wells," said Sierra Club staff attorney Nathan Matthews. "FERC should be standing up for the public good, not the interests of polluters."

for it," said Snee. "Our coalition hopes to defeat this bill in an effort to protect the rights of Oregonians."

Many believe the legislation to remove exemption rights is unnecessary because there is insufficient data to support that nonmedical exemptions are an issue in Oregon.

"There is a lot of misinformation and incomplete data surrounding vaccination and exemption rates in Oregon," said Paul Thomas, a Portland pediatrician. "Vaccination rates in Oregon meet or exceed all CDC guidelines for herd immunity when you look at the exemption rate for each vaccine individually. The exemption rates are over-stated because a child who skips even one dose of one vaccine will be classified as 'unvaccinated' and would be barred from all schools under this bill."

- If SB 442 is passed by the Legislature, it will take effect immediately.

On March 9, Oregonians for Medical Freedom host a friendly rally on the Capitol steps. FML: go to: www.noonsb442.com

On the Chopping Block?

A cash-strapped Oregon Department of Forestry looks to increase timber harvests

By Erin J. Bernard

THE OREGON DEPARTMENT OF FORESTRY has unveiled a proposal to dramatically increase timber harvesting in Oregon's Tillamook and Clatsop State forests while curtailing conservation protections.

ODF says the changes may be necessary to improve the State Forests Division's financial health.

Conservationists say it's an unsustainable solution that would permanently alter priceless swathes of Oregon forest, and they're calling on citizens to speak out against the plan.

Proposed changes to the current Forest Management Plan include designating 70 percent of the forests lands as a "production zone" approved for industrial clear cutting, plus an increase in pesticide spraying to foster faster tree growth and increased cutting of older trees. The plan would also redraw conservation areas, enabling clearcuts within some formerly protected forestlands.

The changes are intended to make the current approach to managing state forestlands more "financially viable," according to the ODF proposal.

ODF's State Forests Division relies almost entirely on revenues from timber sales to sustain itself and to manage the lands under the Board of Forestry's jurisdiction, and it gets about a 36 percent cut of net timber proceeds from BOF lands. However, those proceeds have dwindled since the recession, with timber prices dropping in tandem.

The suggested changes are a big step in the wrong direction, says North Coast State Forest Coalition Coordinator Chris Smith.

The NCSFC supports balanced forest management, especially within the Tillamook and Clatsop State Forests, and Smith has trouble seeing ODF's suggestions as anything but lopsided.

"This proposal represents over 75,000 acres that would be open to clear cut that currently aren't open to clear cutting," Smith said. "From a conservation standpoint, it's hard to wrap my head around how that would be an improvement on conservation efforts in the forest."

At a recent meeting, the State Forest Management Plan Revision Subcommittee also expressed its concerns with the proposal and sent ODF back to the drawing board, directing it to pursue a more balanced approach that integrates feedback from forest stakeholders.

Achieving equilibrium is key when it comes to managing the forests, agrees Clatsop County Commissioner Scott Lee, who is a member of the Forest Trust Land Advisory Committee. Lee says he supports a balanced forest policy that creates durable economic and conservation benefits for the entire community, but he's waiting

for more information before deciding how the proposal in question stacks up.

"I do have some concerns with the current forest management plan, but I think its important that we work pragmatically and moderately and get as much information as we can moving forward," he said.

The proposed changes come on the heels of growing calls from the timber industry for the federal government to revise its Northwest Forest Plan, which has protected federally owned old-growth forestland from timber harvesting for the past two decades.

Former Oregon Governor John Kitzhaber, historically a friend of big timber, had publicly advocated for the reform of this and other federal environmental laws and had promised to write up a set of recommendations of his own in 2015. (He didn't deliver on the promise before new Governor Kate Brown, historically friendly to environmental concerns, took the helm.)

NCSFC has already met with the department to express its concerns and to question how the new proposal reflects conservation values, Smith said. During the meeting, the department said the proposal was just a starting point for discussion, which surprised Smith.

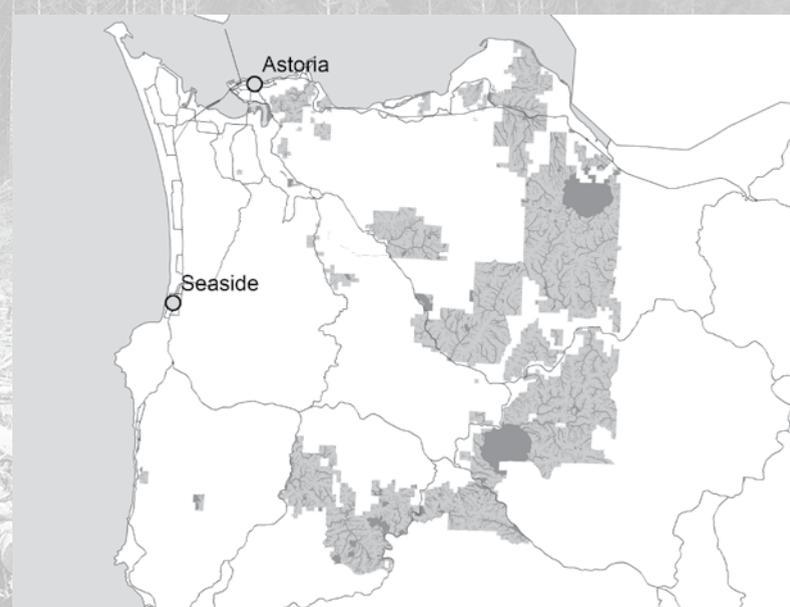
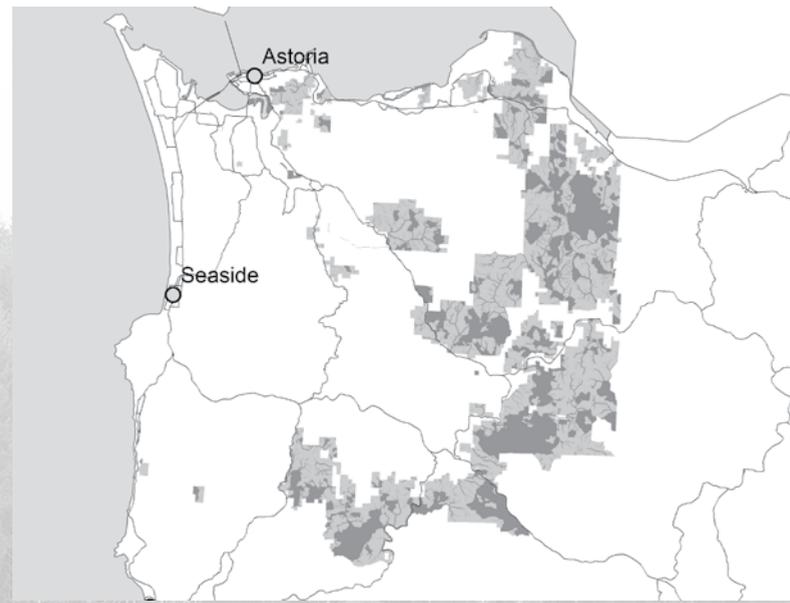
"They stepped back from their initial intent, it seemed," he said.

Smith is hopeful that there's time yet to retool the proposal, especially if citizens make their concerns known to Governor Brown, but he wonders if ODF's funding model might ultimately need to be reconsidered entirely: "Currently the department is entirely funded by timber harvests, and it's managing the resource from which it gets this timber ... it's an inherent conflict of interests and a broken funding model, really."

There may be no magic bullet to ODF's financial woes, Smith admits, but he believes the department should think more creatively when it comes to generating operating dollars: "there are other sources of revenue ... It could be general funds from the Oregon legislature, recreation fees for using the forest, there's been floated the idea of a special stamp if you want to fish those rivers...If you piece a few of these ideas together, then maybe you are able to at least to some extent diversify the department's revenue stream."

Either way, Smith says, trading more trees for more dollars isn't a sustainable solution "In a perfect world, we could increase harvest levels without affecting all of the other non-timber benefits that the forest provides. But the reality is that increasing logging comes with environmental and social costs."

NCSFC is encouraging citizens to contact Oregon Governor Kate Brown to voice their opposition to the project. To find out more, visit: forestlegacy.org



Another image from Google Earth shows a similar image on the state forest land north of HWY 30.

The Astoria District compared under the current plan and under the example plan provided by ODF.

Areas in dark gray identify lands where clearcutting is prohibited.
Areas in light gray identify lands where clearcutting is likely.

The areas in light gray would not be clearcut immediately, but would be managed in conventional rotation forestry, with clearcuts, dense replanting, and herbicide spraying.

A basic analysis of ODF-provided data for their example shows a significant reduction in forest managed for older forests and the associated species, and a major increase in areas managed for clearcutting.

Of the "available acres" (the acres not out of the timber base due to roads, forest practices act rules, etc.) approximately 30% of the district is protected under the current plan, but only approximately 15% of the district is protected in the example plan.

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San Fran Poet Max Blue at KALA, March 20

With Local Poets Ric Vrana and John Cimenello

KALA welcomes North California-based Poet Max Blue, on a Northwest tour with his project Boy Blue. Opening the eve is Astoria's Last Tuesday Poetry host Ric Vrana, and Naselle-based poet John Cimenello, Friday, March 20. Doors open at 7pm, show following at 7:30pm. \$5 admission. All ages welcome.

Max Blue began writing, and subsequently his spoken word project, Boy Blue, in 2010. The work in this project focuses on hardship and hope, and features the musical accompaniment of several artists. As a spoken word artist, Max Blue is heavily influenced by traditional slam and beat style poetry as well as free style hip-hop, being brought up in the Bay Area open mic circuit. Blue is also a visual artist who works in analogue photography and paint, but says, he writes to stay alive, choosing to primarily paint with words upon the mind's eye.

Max Blue was the resident poet at Cafe Gratitude Santa Cruz' monthly Grateful Gatherings event, and is a featured artist and member of the San Francisco based grass-roots production group BlueBack Collective. Boy Blue will be playing a few Northern California shows to support his recent debut EP, as well as a special headlining event at KALA, also featuring fellow Bay Area singer-songwriter act, Andrew Boylan. Titled "Demo," Boy Blue's debut was self recorded in San Francisco, in early February, and features the multi-instrumentation of Aaron Stevens. Demo is a collection of poems written within the last two years, that emphasize the tribulation and passion of youth, love, and personal experience, through a subtle, overarching narrative. It was self released on February 27th on his band-camp page maximumbluethypoet.bandcamp.com. Boy Blue can also be found on Facebook at Facebook.com/boyluethyoungpoet.

Max Blue is currently working on a separate, self-titled project in co-operation with BlueBack Collective.

Ric Vrana moved to Astoria from Portland, where he wrote and performed poetry in many of the live venues there. Before that, he came from New York and Northeast Ohio, (the NeOH) landing in Seattle in his twenties where he and others began a regular poetry series at the Pike Place Market called the Red Sky Poetry Theater. His work has appeared in Ghost Town, Broken Word –the Alberta



Street Anthology, Blown Out: Portland's Indy Poets, Venetian Blind Drunk, several on-line zines such as Work, and Elohi Gadugi and other print and online zines and blogs as well as radio broadcasts and clips scattered around the internet. These days he maps maps for the City of Warrenton and runs a monthly Poetry Open Mic at the Port of Call Bistro and Bar in downtown Astoria.

John Ciminello has appeared in various publications including 'The Sun', Portland Mens Mentor Magazine, North Coast Squid, Columbia River Reader and RAIN. He is the author of Shrine Above High Tide (2009). Originally from New Bedford, MA, John now lives in Naselle, Wa with his wife Patricia.

KALA is located at 1017 Marine Drive in Astoria. 503.338.4878

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 Excerpted from "Rachel Carson and Her Sisters" by Robert K. Muhl



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From Amsterdam The Lasses

THE LASSES, A folk duo from Amsterdam, will be releasing their newest CD "Daughters" at the **Hoffman Center** (594 Laneda Ave. in Manzanita, OR) on Friday, March 13th at 7:30pm. Tickets are available at the door for \$10. The Lasses play **Peninsula Arts Center** (504 Pacific Ave in Long Beach) on March 14, 7pm, \$12 at the door, and see the Lasses at **Fort George** in Astoria, on Sunday, March 15, no cover.

Each Lass plays guitar as well as bodhrán but their voices are instantly recognizable: Margot is the husky alto and Sophie the emotive soprano.

This spring tour will see the release of The Lasses' second album, Daughters, containing a selection of songs about perky girls who might have done better if they had listened to their parents. On this album, Sophie and Margot perform some songs that are more traditional to the United States, as well as stories from Ireland, Scotland and England. The girls pick their songs by gut feeling – if the song feels like home, if a story rings true in their own heart, there really is no other choice but to start singing it. (www.thelasses.wordpress.com)

With their unique harmony singing and their charming style, their performance should not be missed. So come to one of their shows in and around Oregon and find out what daughters do with well-meant advice!

The lovely Kathryn Claire (kathryncloiremusic.com) will be performing with The Lasses. Kathryn's unique blend of original, Celtic and Americana music makes for a captivating and energetic live performance, multi-versed in vocals, fiddle, guitar and songwriting.



Partners for the PAC Celebrate World Organ Day Saturday March 21

PAUL TEGELS of Pacific Lutheran University in Tacoma will play the PAC's historic Estey organ for 'Bach to the Future', a concert presented by the Partners for the PAC, and held on the birthday of Johann Sebastian Bach!

The concert is Saturday March 21 at 2pm, and tickets are \$25 at the door or at Brown Paper Tickets. The concert is a benefit for the historic CCC Performing Arts Center on 16th and Franklin in Astoria. It is the second of three organ concerts that are partially supported by grant from the city of Astoria Arts and Cultural Fund.

Joining Paul Tegels will be violinist Jonathan Galle who is currently concertmaster with the Tacoma Youth Symphony and is enrolled at Pierce College where he will complete high school as well as his associate of arts degree this spring. On the program are works by Buxtehude and Mendelssohn as well as Bach. Paul Tegels, a native of the Netherlands, is Associate Professor of Music, and serves as University Organist at Pacific Lutheran University in Tacoma, WA.



From Finland with Love: Songs of my Great Grandfather

Ruusamari Teppo, piano and Jussi Makkonen, Cello
March 22, 3pm • Liberty Theater • \$15

Post-concert reception sponsored by the Finnish Brotherhood
McTavish Room • Concert Sponsored by Finlandia Foundation
National Sibelius 150 Jubilee Committee and UNESCO

A GREAT FUNERAL PROCESSION through the streets of Helsinki took place to honor Finnish composer and conductor Jean Sibelius, born 1865, and who died in 1957. Students from all the universities were enlisted to partake in this honoring, and one of those students was Gearhart resident Leena Riker, then a medical student at the University of Helsinki. In fact Riker grew up in the same province where Sibelius lived, that of Häme.

She is well-acquainted with the music of Sibelius, as she studied voice and sang Sibelius compositions, an area of music of which he enjoyed composing for, especially the choral tone poem. The Finlandia Foundation initially contacted Leena Riker in regard to the 150th celebration, and through the collaboration with the Astoria Music Festival, the great-great granddaughter of Sibelius, pianist Ruusamari Teppo and Cellist Jussi Makkonen will be playing one of three concerts on the Northwest tour in Astoria. This may be the first time that a full concert of Sibelius music is to be performed here. Astoria's Finnish descendants can celebrate, as well classical music lovers, one of the last and most important composers of the romantic era, and last masters in the grand Beethoven tradition.

Sibelius (whose name does not sound Finnish, because its Swedish, the other official language of Finland) was a nationalistic figure, who was loved by Finns as much as he loved his homeland. His music -literally the backdrop for Finland's eventual and historic independence from Russia - played an important role in the formation of the Finnish national identity.

Sibelius was a prolific composer of symphonies, in addition his best-known compositions include Finlandia, the Karelia Suite, Valse triste, the Violin Concerto in D minor, Kullervo, and The Swan of Tuonela. Other works include pieces inspired by the Finnish national epic, the Kalevala; over 100 songs for voice and piano; incidental music for 13 plays; the opera Jungfrun i tornet (The Maiden in the Tower); chamber music; piano music; Masonic ritual music;[2] and 21 separate publications of choral music. (source Wikipedia).

Leena Riker, who has lived in the US since the late 60's, attests to Sibelius's music 'expressing the sound of Finnish folk music,' as well strong images of the Kalevala, and the natural world of Finland.

Sibelius's last work was the orchestral tone-poem Tapiola. At which at this point he laid his pen down - with 30 years of life remaining. He remains one of the few 20th-century composers to have become a legend within his own lifetime.

Cellist Makkonen comes from a musical family, all of his siblings are professional musicians, and the duo will be playing 2 pieces arranged by Matti Makkonen, brother to Jussi. The country of Finland lays great importance on music. There is a strong emphasis from elementary to secondary. Ruusamari and Juusi will be doing a concert and lecture at the Naselle School the following day; all neighboring schools have been invited.

- D. Urell

ASTORIA MUSIC FESTIVAL MARCH MINI SERIES

Sergey Antonov and the Hermitage Piano Trio

Sergey Antonov, Cello; Ilya Kazantsev, Piano; Micha Keylin, Violin
March 15, 3pm, Liberty Theater

Beethoven, Brahms, Rachmaninov and Schubert

Patrons \$30 (includes post-concert reception with the artists)

General Admission \$20

Students \$5



"Music begins where the possibilities of language end." - Jean Sibelius

RUUSAMARI TEPPA

direct descendant of Jean Sibelius, pianist Ruusamari Teppo began her piano studies at the age of four in her native country of Finland. After completing her studies at the prestigious Sibelius High School, she studied piano in Paris for 3 years. Following that, she was awarded a scholarship by the Finnish government to study piano at the Prague Conservatory and the Franz Liszt Academy of Music in Budapest. She was awarded a two-year artistic certificate from both places. She moved to the United States to study with world renowned pianist and pedagogue Vladimir Viardo and is currently pursuing her Doctoral degree. Ruusamari Teppo has performed as a soloist and chamber musician in the USA, Finland, Germany, France, Czech Republic, Hungary, Italy, Estonia, Belgium, and South Africa. She has won second prize in the Bradshaw and Buono international piano competition and the Petrof piano competition.



CELLIST JUSSI MAKKONEN began to study the cello at the age of seven in the Music Institute of Northern Karelia, Finland. He went on to the Sibelius Academy's Program for the Young Talented in Helsinki, and continued his studies at the Sibelius Academy receiving a master's degree in music in 2005. Jussi Makkonen was awarded first prize in the national EBU Competition for Young Soloists. He has performed throughout Finland and in most European countries, as well as in the USA and Asia. He has appeared in EBU, BBC and YLE (the Finnish Broadcasting Corporation) radio broadcasts and on television. His sponsors include the Finnish OKO bank, the Finnish Cultural Foundation and the Sibelius Academy. He performs on a 1757 Henry Jay cello from England.



Local Artist Sarah Hendrickson is Astoria Visual Arts' First Artist-in-Residence

Astoria artist Sarah Hendrickson has been chosen to be the founding participant in Astoria Visual Arts' Artist-in-Residence Program (AVA a-i-r). Hendrickson, an emerging artist, is already well known locally for her drawings, paintings and sculptures.

She is heavily influenced by her early experience growing up in a small town in the heart of the Cascades, where she spent much of her time exploring flora and fauna found in the wild. She continues these explorations via her work, which takes form at the intersection of nature and imagination, where the "real world" collides with the worlds we see and experience with our mind's eye. Subjectivity and an absence of dictatorial expression define the parameters—so much so that viewers of the same work often walk away with very different, highly personal interpretations of the piece.

"I like to think of my art as falling into the 'choose your own adventure' genre, as oftentimes each viewer of a single piece has a different, yet somehow concrete interpretation of it," wrote Hendrickson in her application essay. "My work is personal, coming from an unavoidable DNA of memories of real places and real feelings; and dream places and dream feelings."

During the three-month residency, which runs April 1st through June 30th, Hendrickson will be able to work unencumbered in an art studio in the Astoria Downtown Historic District provided by Astoria Visual Arts (AVA), with Dots 'N Doodles of Astoria generously providing some needed art supplies.

"Sarah was chosen as AVA's first artist-in-residence based on her creative ability and the artistic quality of the work she submitted. The committee also considered her readiness to engage with and benefit from the residency experience," said Darren Orange, chair of the AVA a-i-r Selection Committee. "The residency attracted a competitive field of very talented artists, so we on the committee had our work cut out for us. But we unanimously agreed that Sarah's work is distinctive, engaging and worthy of our support and are delighted to offer her this opportunity."

AVA a-i-r is designed to encourage the creative, intellectual and personal growth of emerging artists. While no exhibition, publication or performance is required of the selected artist, community responsibility includes a weekend open studio event before the end of each AVA a-i-r session.

AVA was founded in 1989 as a non-profit membership organization to enhance, strengthen and promote the arts in the Greater Astoria Area. For more information about AVA or to learn about upcoming AVA a-i-r dates and application deadlines, visit astoriavisualarts.org.



Garden Dragon, by Sarah Hendrickson

The Haystack Rock Awareness Program celebrates 30 years of opening eyes to the natural world.

It began with the slow yet powerful movement...

OUR HOME on the Oregon Coast was once underwater. The ground we walk on everyday was a "sediment bar" accumulating off the coast of the North American plate. Like a massive puzzle, our earth's surface is made up of oceanic and continental plates. Off the Pacific Coast, a dense oceanic plate slowly dives under the lighter North American plate. As the plates are driven together, the oceanic plate is subducted deeper and deeper, heating up and turning into molten lava. Pressure and heat from this lava build under the North American plate. Approximately 15 million years ago, the crust (known currently as the western Idaho border) burst, spewing molten lava for thousands of years. As this lava hit the cool Pacific Ocean it hardened, creating our diverse coastal landscape of rocky headlands, offshore islands, and sandy beaches.

One lava flow in particular seeped under the crust and flowed southwest to what is now Cannon Beach. Through a soft spot the lava re-erupted creating a huge submarine volcano. Overtime the volcanic activity slowed and the subducting oceanic plate pushed Oregon upward. What once was molten and moving became more stable. Temperatures cooled and lava hardened into basalt. A unique space for life was created! A space we call Haystack Rock.

Anemones, sea stars, and hundreds of other species colonize the hard substrate of this ancient volcano. The water that surrounds the Rock's landscape provides three-dimensional space for animals to grow and move. Fish, crabs, worms, clams, nudibranchs, snails, and birds all utilize the flourishing marine ecosystem around Haystack Rock. Animals like barnacles and chitons eat algae. Predators like sea stars feed voraciously, clearing space for other animals to live. Mussels and barnacles cling densely to rocks creating shelter for other intertidal life. The animals at Haystack Rock, much like ourselves, have developed their own niches, their own place in the environment.

When niches combine they form a complex and beautiful community. But every community faces challenges. Change is inevitable and necessary in our environment.



As individuals we can successfully solve problems and survive, but as a diverse community we are more resilient to change and can thrive. The intertidal community at Haystack Rock faces more challenges than most. Twice a day the tide goes out revealing the base of Haystack Rock and its intertidal community. Intertidal animals and algae have many unique ways to survive without water. Shelled animals close up tightly and hunker down to create a seal. Where mobile animals like fish and hermit crabs find tide pools to stay wet and cool. Sea stars utilize their aquatic surrounding as a means for propulsion. Their water vascular system pumps water in and out of their tube feet allowing them to crawl and climb. Out of the water, a sea star's mobility is limited so they cling tightly to rocks. Many other disturbances also challenge the Haystack Rock community: waves pound the sea life, sand inundates habitat, and temperatures fluctuate. At the same time, competition for food and space is unavoidable and predators are everywhere.

Life in the intertidal relies on an optimum level of disturbance resulting in many individuals and a species rich community. If disturbance is too frequent, individuals and species cannot survive and the community becomes less diverse. Too many sea stars, for example, results in too much disturbance and few individuals of other species. On the other hand, if disturbance is too infrequent, single species tend to dominate. Without



sea stars as predators, mussels may colonize all the rocks in the intertidal at Haystack Rock. One can think of an ecosystem as a ball moving across a teeter-totter. When the ball is in the center the teeter-totter remains balanced. As the ball moves further from the center, the teeter-totter starts to tilt and the ball begins to roll. As the ball rolls the teeter-totter continues to tilt causing the ball to crash to the ground. When the teeter-totter is perfectly balanced with the right level of disturbance, the biodiversity of the community is high and the community stronger. When this balance is disturbed, the ball rolls and biodiversity decreases.

Over the last century, as human visitation increased so did the disturbance at Haystack Rock. Low tides expose the marine ecosystem creating a unique opportunity for people to easily explore and gather food. Humans, most the time unknowingly, have trampled delicate intertidal animals, startled sensitive nesting birds, and over-harvested the intertidal life. In order to protect this habitat, in 1968, Haystack Rock became part of the Oregon Islands National Wildlife Refuge. This refuge is composed of 1,853 rocks, reefs, islands and two headlands. The area above the high tide line at Haystack Rock is off-limits to people, set aside for migratory birds and marine mammals. In 1974, the Oregon Fish Commission required a permit to collect most intertidal animals from the intertidal at Haystack Rock. In December of 1974 the Student Oceanography Newsletter published by the Seaside High School wrote an article title, "Haystack Rock Joins Closure List". They exclaimed, "It is the feeling of this staff that the major effort should be in an educational program to expose people to the delicate balance of our intertidal areas."

In 1983, Neal and Karen Maine were using their spotting scopes to observe birds, and cameras to photograph intertidal life when a group of enthusiastic visitors questioned what they were doing. Neal and Karen had spent many hours at Haystack Rock, and Neal was the biology teacher who inspired his



students to practice science and write the Student Oceanography Newsletter. As Karen answered those visitors' questions an idea grew in her mind. After that low tide, Karen and Neal began rallying friends and other community members to join them in protecting through education. These local activists brought spotting scopes and microscopes to show Haystack Rock visitors the amazing bird and intertidal life. They also talked to visitors about minimizing their disturbance while they explored. Two years later in 1985, with the support of the City of Cannon Beach, the Haystack Rock Awareness Program was established two years later, in 1985. A strong volunteer backbone was supplemented with a small budget for supplies and a few paid interpreters. Outreach efforts led to legal protections for Haystack Rock's intertidal community. In 1991, Haystack Rock's intertidal ecosystem was declared one of the seven protected Marine Gardens on the Oregon Coast. Now the Oregon Department of Fish and Wildlife prohibits the collection of all intertidal animals in a 300-yard radius around Haystack Rock.

As the decade passed, visitation to Haystack Rock continued to increase and state laws were not enough to protect the intertidal from high rates of unintentional human disturbance. More education was needed. The City



increased funding, and in 2004 the Friends of Haystack Rock, a non-profit organization, was established to help support the program. The Friends of Haystack Rock acquired a grant through the United States Fish and Wildlife Service with which they purchased spotting scopes and binoculars for visitors to better view the migratory bird populations. The grant also funded the development of the program's mobile education unit, which now carries and stores supplies needed to conduct hundreds of educational beach programs during the spring and summer.

With the continued support of volunteers and the collaboration between local, state, and federal agencies the Haystack Rock Awareness Program continues to protect, through education, the intertidal and bird ecology of the Marine Garden and National Wildlife Refuge at Haystack Rock.



"Whenever I get too full of myself, when my ego starts to swell, I know a cure that never fails to bring me back to earth. I walk along the seashore, waves at my feet, and gaze upon the vast ocean before me. It gives me perspective, and hopefully just the right touch of humility."
- Craig Davidson, 2014 HRAP Beach Volunteer of the Year

"Help us and the animals of Haystack Rock. Get your feet wet for a good cause!"
- Tom Maertens, Volunteer Coordinator

"I used to avoid going to Haystack Rock because there were so many people there. But while working for HRAP, I realized I could influence people to explore without doing damage, and seeing their excitement at learning about the life in the tidepools made it even more worthwhile. Also, meeting people from all over the world is a real bonus."
- Susan Glarum, HRAP Staff Interpreter and volunteer

"My favorite interactions are the ones with individuals who have never visited the beach before. It's such a privilege to see Haystack Rock anew through their eyes. What is ho-hum for us - ie seeing an anemone or barnacle or even the changing of the tides - is suddenly exciting again because you realize really how amazing this habitat is and how lucky we are to live here and visit whenever we want."
- Claudine Rehn, HRAP volunteer



Pigeon Guillemots are the shy, yet charismatic relatives of the tufted puffin. They nest in rock crevices on the walls of Haystack Rock. (Photo by Susan Glarum)

WORLD OF HAYSTACK ROCK Library Lecture Series

Cannon Beach Library
(131 N. Hemlock Street), 7pm

- Wednesday, March 11th:
Alan Rammer presents,
"Educating Diverse Audiences about
Marine Ecosystems"
- Wednesday, April 8th: Ram Papish presents,
"Seabirds of the Falkland Islands"

Haystack Rock Awareness Program Photo Exhibit
Cannon Beach History Center & Museum
(1387 S Spruce Street)

Opening ceremony will be held on
Saturday, April 18th at 6pm
Display will run thru the end of June

Spring Volunteer Training
Cannon Beach City Hall (163 E. Gower Street),
9am to 2pm, Saturday, April 25th

Summer Volunteer Training
Cannon Beach City Hall (163 E. Gower Street),
9am to 2pm, Saturday, June 13th

Puffin Watch
On the beach in front of Haystack Rock
Friday, July 3rd - Sunday, July 5th, 8am-11am

Summer Potluck & Presentation
Cannon Beach City Hall
Saturday, August 8th

The Beach Program schedule
can be found at:
[www.ci.cannon-beach.or.us/
~Natural/HRAP/hrap-program.html](http://www.ci.cannon-beach.or.us/~Natural/HRAP/hrap-program.html)

Join HRAR on the beach and help inspire stewardship along our coast!
To volunteer contact:
Tom Maertens, Volunteer Coordinator
Phone: 503-436-8095
Email: hrapvolunteer@ci.cannon-beach.or.us

To schedule group visits contact:
Melissa Keyser, Education Coordinator
Phone: 503-436-1581 ext. 1007
Email: visithrap@ci.cannon-beach.or.us

General inquiries and
questions about events contact:
Samantha Ferber, Program Coordinator
Phone: 503-436-806
Email: hrap@ci.cannon-beach.or.us

Astoria Downtown Historic District Association presents ADHDA The 5th Annual Jane Barnes Revue • March 28



YES, GENERAL PUBLIC, it's time again, when civic minded gentlemen of Astoria will abandon all masculinity – well, okay, not all of it. But, nonetheless 20 brave souls will walk in another woman's heels. Nope, it ain't Darcell's, it ain't DRAGALUTION, it's the 5th Annual, awarding-winning Jane Barnes Revue, a cat walk fashion parade that will

leave an indelible mark in your psyche, and a little less in your pocket book, for a damn good cause.

This year, JBR moves to the Event Center, with an expanded catwalk, and collaboration with The North Coast Food Web, and North Coast Distillery. Delish food offerings and potent potables, like the "Painted Jane" and the "Bar Wench" will wet your "cat call."

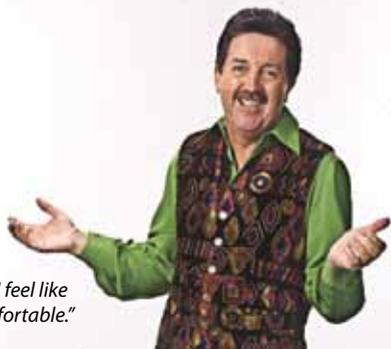
ALSO: A live auction at intermission, will offer creative packages such as, Feast for 10 at North 46 Farm, Hike with Pete Gimre to Saddle Mountain, Nature Trail Hike through Camp Kiawonalong for 10 with lunch by Merianne Meyers, and WALK THE CATWALK - someone will be plucked from the audience, dressed, wigged and cast back out on to the catwalk in the second half of the show.

Reserved seats are \$45 and \$55, which include 2 drink tickets per person. General seats are \$25. 4 VIP tables of 10 are \$800. (only 2 left folks) The VIP tables include 2 drink tkts per person, special, courtesy cocktail waitresses and a special upfront access to the catwalk beauties.

Everyone is encouraged to dress opposite. Doors open at 7. Show starts at 7:30. Tickets will be available at Old Town Framing, 1287 Commercial, or call Alana at 5037417940 to reserve seats. Please cash or check only.



Liberty Theater presents Comedian GEORGE CASEY The King of Blarney March 19



"I tell you, I feel old, even when I'm naked I feel like slipping into something a little more comfortable."
- Comic George Casey

Liberty Theater's Third Thursday Comedy Series begins two days after St. Patrick's Day with an authentic Irish Comedian.

George Casey was born in a remote seaside village on the west coast of Ireland legendary for its storytelling. Growing up in a large family, George saw humor everywhere and honed his skills as a comic at the expense of his brothers and sisters.

George has been entertaining audiences all over the US with his self-deprecating sense of humor and clean jokes and stories.

Some of the acts George has opened for and toured with include Rosemary Clooney, The Osmond

Brothers, Ray Price, Three Dog Night, Brooklyn Bridge, Donald O'Connor and Bobby Vinton. George performed with Bobby Vinton as his Special Guest Comedy Star in Vinton's Blue Velvet Theatre in Branson, Missouri until its close in 2002. He has performed at Caesar's Palace, The Sahara, and is a regular act at The Riviera Hotel and Casino in Las Vegas.

Liberty Theater Box Office 503.325.5922 Ext. 55 or ticketwest.com If you want to see both shows, ask for the Third Thursday Comedy Series discount Comedian, George Casey March 19, 7 pm, Ventriloquist, Lynn Trefzger April 16, 7pm.

BACK TO THE GARDEN A JONI MITCHELL TRIBUTE CONCERT



A familiar musical line from Joni Mitchell pays tribute to the brilliant artist on Saturday March 14 at the Nehalem Beehive, in downtown Nehalem. Join artists: Maggie Kitson, Maia Holliday, Cathy Tippin, Sedona Kelly Marie, Sarah Archer, Lanicia

Dance Your Joy at AAMC ARGENTINE TANGO CLASSES
The AAMC welcomes new instructor Estelle Olivares! Join Estelle every Friday to learn the beautiful art of Argentine Tango (starting March 13th). We also welcome back Zumba instructor Nayelli Dalida!

Monday
5:30-6:30pm Ballet with Trixie Gunn

Tuesday
9:00-10:00am Zumba Fitness with Nayelli Dalida

5:30-6:30pm Lyrical Jazz with Trixie Gunn

6:30-7:30pm Ballroom with Jen Miller

7:30-8:30pm West Coast Swing with Jen Miller

Wednesday
7:00-8:15pm Belly Dance with Jesamyn Grace

Thursday
9:00-10:00am Zumba Toning with Nayelli Dalida

Friday
6:00-7:00pm Argentine Tango with Estelle Olivares (STARTS MARCH 13th)
For current schedule and instructor contact: astoriaartsandmovement.com. 342 10th St. in Astoria

Friday 13

MUSIC

Jennifer Goodenberger. Jazz piano. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Kathryn Claire with The Lasses. 7pm at the Hoffman Center in Manzanita.

Ural Thomas & The Pain. No cover, 7pm at the Sand Trap Pub in Gearhart.

Foreigner. 8pm at Chinook Winds in Lincoln City. 888-MAIN-ACT

An American Forest & Grand Lake Islands. No cover, 9pm at the Voodoo Room in Astoria.

The Pine Hearts. 9pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Savor Cannon Beach Wine & Culinary Festival. Four days of wine tastings, culinary events and a wine walk featuring dozens of Northwest wineries. Festival Passes are \$149, individual event tickets are \$35. At various locations in Cannon Beach. Go to savorcannonbeach.com for schedule.

LECTURE

Oregon Humanities Conversation Project. Lost and Found: Community in the Age of the Internet. With Tod Sloan. Free, 6pm at the Astoria Public Library.

North Coast Forest Coalition Presentation. An update as to what's going on in our state forests. 6pm in the Gallery Room at NCRD in Nehalem.

THEATER

Murder on the Nile. A whodunit. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Social Security. Comedy. 8pm at Theater West in Lincoln City.

Saturday 14

MUSIC

David Drury. Jazz Guitar. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Niall Carroll. No cover. 6 – 8pm at the Wet Dog Café in Astoria.

Back to the Garden. Joani Mitchell Tribute Concert. \$10 suggested donation, 7 – 9:30pm at the Nehalem Beehive in Nehalem.

The Lasses. \$12. 7pm at the Peninsula Arts Center in Long Beach.

Foreigner. 8pm at Chinook Winds in Lincoln City. 888-MAIN-ACT

Billy D & The Hoodoos. No cover, 9pm at Roadhouse 101 in Lincoln City.

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

The Pine Hearts. 9pm at the Adrift Hotel in Long Beach.

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

Sonido Eres De Cornelio Gonzalez. A Mexican community dance. \$10, 9pm 2am at the Astoria Event Center.

ART

Second Saturday Artwalk. Free 5 – 8pm at galleries and businesses in downtown Astoria.

CINEMA

Winter Food Film Festival. Tortilla Soup. Admission by donation, movie-themed small bites available for sale. 9:30pm at the Columbian Theater in Astoria.

FOOD & DRINK

Crab & Oyster Feed. \$32, 3 seatings: 3pm – family friendly, 5:15pm and 7:30pm – 21 and over only. At Norse Hall on Puget Island. Get tickets at Bank of the Pacific in Cathlamet.

Wine Tasting. Wines for St Patrick's Day. 1 – 4pm at the Cellar on 10th in Astoria

Savor Cannon Beach Wine & Culinary Festival. Four days of wine tastings, culinary events and a wine walk featuring dozens of Northwest wineries. Festival Passes are \$149, individual event tickets are \$35. At various locations in Cannon Beach. Go to savorcannonbeach.com for schedule.

South County Pie Day. There will be a pie auction followed by an all-you-can-eat pie and ice cream feast. \$10, 7pm at the Kiawanda Community Center in Pacific City.

HAPPENING

Pi Day Celebration. 2 – 6pm in the Patriot Hall Gym at CCC in Astoria.

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

St Patrick's Day. Half off adult cat adoption fees (\$20). Live Music and refreshments. Noon – 4pm at the Clatsop County Animal Shelter in Warrenton.

Garibaldi Crab Races. Races begin at 11am at the Old Mill Marina in Garibaldi.

LECTURE

History Night. Waldport Cult. T McCracken tells the true story of Waldport's infamous love cult. Get ready for a tale of sex, bigamy, and murder. Free, 7 – 9pm, 21 and over only. At the Merry Time Bar & Grill in Astoria.

OUTSIDE

Walk the Skipanon Peninsula with Columbia Riverkeeper. The walk is a flat and easy 2-3 mile walk, and we will have many stops to learn more about the site and OLN. Meet at 10:45am in the parking lot of the Premarq Center in Warrenton.

Planting Day. Help plant native trees and shrubs to preserve the local habitat. 10am – 2pm at the Agnes Creek Open Space in Lincoln City. 541-996-1224

THEATER

The Real Story of Little Red Riding Hood. Winter Children's Theater. \$10 for adults, \$6 for kids 12 and under. 2pm at the ASOC Playhouse in Astoria.

Murder on the Nile. A whodunit. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Social Security. Comedy. 8pm at Theater West in Lincoln City.

Sunday 15

MUSIC

Brian Johnstone. Jazz. No cover, 11:30am – 2pm at the Bridgewater Bistro in Astoria.

Sergey Antonov and Hermitage Piano Trio. Classical. \$30 Patron ticket includes concert and reception in the McTavish Room after the performance, \$20 for concert only. 3pm at the Liberty Theater in Astoria.

The Katie McNally Band. With Shauncey Ali and Neil Perlman in a Coastal Community Concert. \$20, 6pm at the Pine Grove Community Center in Manzanita.

Moon Grass. 7pm at the Adrift Hotel in Long Beach.

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

Kathryn Claire & The Lassies. No cover. 9pm at Fort George Brewery & Public House in Astoria.

ART

Open Studio. HiH Lights offers tours of the studio and demonstrations of their light making process. 11am – 1pm at HiH Lights in the Lewis & Clark Valley near Astoria. FMI, go to HiHLights.com

FOOD & DRINK

Savor Cannon Beach Wine & Culinary Festival. Four days of wine tastings, culinary events and a wine walk featuring dozens of Northwest wineries. Festival Passes are \$149, individual event tickets are \$35. At various locations in Cannon Beach. Go to savorcannonbeach.com for schedule.

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.

Tillamook Swiss Society Breakfast. \$7, kids 6 and under, free. 8 – 11am at Tillamook Swiss Hall.

HAPPENING

Lynn Trefzger. Comedienne, ventriloquist. \$12, 2pm at the Historic Raymond Theater in Raymond.

Record Swap. Buy, sell, trade. All genres. Noon – 5pm, 21 and over only at the Merry Time Bar & Grill in Astoria.

Garibaldi Crab Races. Races begin at noon at the Old Mill Marina in Garibaldi.

LECTURE

In Their Footsteps Lecture Series. Oregon's Indian Wars. With Gloria R Linkey. 1pm in the Netul Room at the Fort Clatsop Visitor Center near Warrenton.

THEATER

The Real Story of Little Red Riding Hood. Winter Children's Theater. \$10 for adults, \$6 for kids 12 and under. 2pm at the ASOC Playhouse in Astoria.

Murder on the Nile. A whodunit. Drama. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

Monday 16

MUSIC

Moon Grass. 8pm at the Adrift Hotel in Long Beach.

Tuesday 17

MUSIC

Spud & The Snake Skinners. At the St Patrick's Day Celebration. No cover, 6 – 9pm at the Sand Trap Pub in Gearhart.

Moon Grass. 8pm at the Adrift Hotel in Long Beach.

LECTURE

AAUW's 100 Women Who Helped Make Astoria Series. Hear stories of some of these women. 7pm in the Flag Room at the Astoria Public Library.

Wednesday 18

MUSIC

The Carolina Rowdies. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

CEDR Annual Business Awards for Clatsop County. \$25, pre-registration required. 5:30 – 7:30pm at the Seaside Convention Center.

LECTURE

Listening to the Land. General Clark Remembers the Oregon Coast. Portrayed by living history enactor Tom Wilson and Jill Harding. 6pm at the Seaside Library.

Thursday 19

MUSIC

The Carolina Rowdies. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

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

Clatsop CASA Celebration. Join friends of Clatsop CASA to celebrate the powerful work that CASAs do on behalf of abused children. Guests at this benefit event will enjoy music, an array of gourmet small bites, and a lively dessert auction. \$30, 6 – 9pm at the Bridgewater Bistro in Astoria.

Girls Night Out for Film, Fashion & Chocolate. \$10, 7pm at the PAC in Astoria.

Third Thursday Comedy Series. With Irish Comedian George Casey. \$15, 7pm at the Liberty Theater in Astoria.

LECTURE

Ales and Ideas. Hard-Wired to Care: Debunking the Myth that Humans are Innately Violent. With Margaret Frimoth. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

OUTSIDE

Free Admission to WA State Parks. No need for a Discover Pass today!

THEATER

Social Security. Comedy. 8pm at Theater West in Lincoln City.

Friday 20

MUSIC

David Drury. Jazz Guitar. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

Freak Mountain Ramblers. Happy Birthday Sand Trap. No cover, 7 – 9pm at the Sand Trap Pub in Gearhart.

Evening Bell & The Cedar Shakes. No cover, 9pm at the Voodoo Room in Astoria.

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

Western Haunts. 9pm at the Adrift Hotel in Long Beach.

ART

Peninsula Quilt Guild Show. Quilting at the Beach show. Demo and drawing. Free admission at the Columbia Pacific Heritage Museum.

LECTURE

Nature Matters. Pacific Northwest Foraging. With Doug Deur. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

LITERARY

Performance Poet Max Blue. Poet from Northern California Max Blue performs, plus local poets Ric Vrana and John Cimenello. Doors open 7:30pm. \$5 cover. At KALA in Astoria.

OUTSIDE

Nobody Here is From Ireland Golf Tourney. Wear your green. \$60 per player, cart rental \$15 per player. Noon shotgun start at the Gearhart Golf Links.

THEATER

Dead Ringer. Dark comedy. 7pm at the Barn Community Playhouse in Tillamook.

Murder on the Nile. A whodunit. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Social Security. Comedy. 8pm at Theater West in Lincoln City.

Saturday 21

MUSIC

Back to the Future. Estey Organ Concert with Paul Tegels. \$25, 2pm at the PAC in Astoria.

Tom Trudell. Jazz piano. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.

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

Western Haunts. 9pm at the Adrift Hotel in Long Beach.

Dirty Revival Collective. \$5 cover, 9pm at the San Dune Pub in Manzanita.

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

Wing & Claw. No cover, 9pm at the Voodoo Room in Astoria.

ART

Peninsula Quilt Guild Show. Quilting at the Beach show. Demo and drawing. Free admission at the Columbia Pacific Heritage Museum.

FOOD & DRINK

Beachpets Breakfast. Breakfast includes biscuits & gravy or scrambled eggs, ham & pancakes along with juice, coffee and tea. A benefit for the South Pacific County Humane Society. 8am – noon at the Elks Lodge in Long Beach.

Wine Tasting. Sleight of Hand. 1 – 4pm at the Cellar on 10th in Astoria

HAPPENING

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.

BCAC 15th Birthday Celebration. Live music, great food, and silent auction. \$10 for adults, \$5 for children 10 and under. Dinner at 6pm, performances at 7pm. At the Bay City Arts Center.

LITERARY

Manzanita Writer's Series. Author Anna Keesey will read from her book "Little Century". \$7, 7pm at the Hoffman Center in Manzanita.

Writers on the Edge. Poet Judith Barrington will read from her recent work. Open mic session follows. \$6, 7pm at the Newport Visual Arts Center.

THEATER

Dead Ringer. Dark comedy. 7pm at the Barn Community Playhouse in Tillamook.

Murder on the Nile. A whodunit. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Social Security. Comedy. 8pm at Theater West in Lincoln City.

Sunday 22

MUSIC

Richard T & Friends. 11:30am – 2pm at the Bridgewater Bistro in Astoria.

From Finland With Love. Songs of My Great Grandfather with music by Sibelius. \$15, 3pm at the Liberty Theater in Astoria.

Marjorie Lafrenz & Russ Wilson. 8:30pm at Snug Harbor Bar & Grill.

Jamie Leopold & The Short Stories. 9pm at Fort George Brewery & Public House in Astoria.

Listings continued on pg. 19

MORE MUSIC



Moon Grass

Moongrass is six boys raised in the muddy Nooksack delta, tucked away in the Northwest corner of Washington state. They play earnest and heartfelt

music inspired as much by 70s country and pre-war blues as by motown and punk. **March 15 – 17, 8pm, Pickled Fish/Adrift Hotel in Long Beach**



Light Thieves

Beautiful tunes from this Fresno Band. Driven by distortion guitar, spacey synth, tight fuzz bass and even airtighter drummer; producing psychedelic shoe gaze rock with entrancing melodic

and harmonic song composition likened to more rockin' Stereo Lab, replete with a great vocalist. **Friday, March 27, 9ish, Voodoo Room in Astoria.**

The Silent Comedy Helps Mark McMenamins 10th



McMenamins marks the tenth anniversary of the Great Northwest Music Tour, a McMenamins tradition that brings the finest regional and national talent through several of their historic hotels, open to all ages for no admission charge!

This year celebrates with a season full of extra-special talent and extra-special fun. Win prizes, earn Passport stamps and pick yourself up some fancy t-shirts and pint

glasses commemorating this 10th Anniversary Season. The Silent Comedy is San Diego-based group of musicians mixing Americana, Folk and Rock n' Roll, and the Zimmermann Brothers, whose performances have been described as a "whiskey fueled tent revival."

Friday, April 3, 7pm, The Sandtrap in Gearhart.



John Davy, Rikki Reid, Robert Kratz

It's Western Noir at TAPA Dead Ringer Opens March 20

TILLAMOOK ASSOCIATION for the Performing Arts (TAPA) and Cyndi Lewis, Rob Trost Real Estate are delighted to announce the cast of *Dead Ringer*, written by Gino Dilorio and directed by Robert Buckingham.

Opening March 20th, *Dead Ringer* is a dark comedy set in an abstract Wild West. This wickedly twisted curiosity of a play was a winner in the 2005 BBC International Playwriting Contest, and has been called a "winning combination of film noir westerns" by The New York Times. The play centers on Tyrus Cole, a horse trainer, who lives on a ranch with his invalid sister, Mary. Because he can't watch her during the day, Tyrus confines Mary to a root cellar. When Dwight Foley arrives at the ranch seeking help with his horse, he and Mary fall in love and begin plotting the demise of Tyrus and their eventual escape. Their plan escalates and in the end, the three find themselves trapped in a complex web of greed and secrets. This production is intended for mature audiences only.

Starring in this production are Robert Kratz (Tyrus), Rikki Reid (Mary), and John Davy (Dwight).

Tickets will go on sale February 20th and can be purchased by contacting Diamond Art Jewelers, 503-842-7940.

Opening Night Gala Celebration - March 20. Every opening night ticket includes a complimentary beverage of choice and hors d'oeuvres. Additional show dates are March 21st, 22nd, 27th, 28th, 29th, April 3rd, and 4th. Friday and Saturday shows start at 7:00 pm, and Sunday matinees start at 2:00 pm. The doors open 30 minutes prior to curtain.

For more information, email info@tillamooktheater.com, visit us on the web at www.tillamooktheater.com, or find us on Facebook. The Barn Community Playhouse is located at 12th and Ivy in Tillamook.



ASOC KID'S THEATER

The REAL Story of Little Red Riding Hood

THE ASTOR STREET OPRY Company's 7th season of Winter Children's, sponsored by Columbia Memorial Hospital Pediatrics and HIPFISH, "The Real Story of Little Red Riding Hood", book by Judy Wolfman, music and lyrics by David Reiser and published with permission by Pioneer Drama Service, Inc., will open on March 6th 2015 and perform Fridays @ 7pm March 6th & 13th and Saturdays & Sundays @ 2pm March 7th -8th & 14th -15th at the ASOC Playhouse 129 West Bond Street in Astoria.

Everyone has listened to the immortal yarn of Little Red Riding Hood and a hungry wolf. But it's rare we get a chance to get the infamous Wolf's point of view of this popular story. In this hilarious musical, however, our compassionate and sympathetic beast is understandably upset. He's been maligned for generations because of the well-known children's parable. Determined to defend his own good

intentions, he reveals Red Riding Hood's real nature... rarely shown to the outside world. With an abundance of toe-tapping tunes, this side-splitting cuddly tale will show that there are two sides to every story.

Directed by Heather Ramsdell with Music Direction by ChrisLynn Taylor with back stage assistance by ASOC Teen Theater Club, this full length fun Musical Theatre features: Leila Brown, Riley Mitchell, Alisabeth Clark, Nathan Jones, Analee McPherson, Jazmyn Short, Jonah Griffin, Jonathan Clark, Kaden Gasser, Megan Griffin, Kiefer Higginbotham, Maya Evans, Raven Gasser, Matteus Avanozian, Colton McMaster, Emily Bergerson, Lexi Reibold, Mason DeVos, William Miller, Malachi Keefe and Torin Keefe

Tickets are \$10 for Adults and \$6 for kids and are on Sale ONE HOUR before all shows! ***Reservations suggested.

COASTER: Agatha Christie's Murder on the Nile

SIMON MOSTYN and heiress Kay Ridgeway are on their honeymoon on a paddle steamer on the Nile River but all is not roses and champagne. A dark shadow has followed them on their post-wedding travels. Jacqueline de Severac - Simon's jilted fiancé and Kay's former best friend - keeps turning up at every stop on the newlywed's itinerary. Aboard the paddle steamer are a host of characters including Miss Ffoliot-foukes, a rich, opinionated old lady and her niece - the naive Miss Grant, plus Smith - a direct man with Socialist leanings, Dr. Bessner - a German tourist, Canon Pennefather - Kay's guardian and several other memorable characters. While journeying along the river murder and mayhem ensue and it is up to Canon Pennefather to uncover the criminals before they reach their destination. *Murder on the Nile* was written by Agatha Christie in 1946 and is based on her 1937 novel, *Death on the Nile*. Although the book featured Hercule Poirot, she decided not to use him in the play. The play also has fewer characters than the book, and some of them are combinations of two or three characters. The richness of the settings in Christie's novels adds to the reader's enjoyment, as well as the real places she drew upon in each book. Her second husband, Max Mallowan, was an

archaeologist, and their travels throughout the Middle East contributed background to several of her novels and plays. The setting for *Murder on the Nile* came from her own travels on a river steamer in Egypt as well as her fascination for ancient Egypt.

Cast and Crew: Frank Jagodnik (Canon Pennefather), Mick Alderman (Simon Mostyn), Ellen Jensen (Jacqueline De Severac), Josh Loring (Smith), David Sweeney (Dr. Bessner), Jean Rice (Miss Ffoliot-foukes),

Amie Fipps (Christina Grant), Katie Youngs (Kay Mostyn), Liz McCall (Louise), Stewart Martin (Steward) Seth Goldstein (Beadseller 2 / Mcnaught), Karen Martin: (Beadseller 1), Jenni Tronier (Director) Emily Estrada (Stage Manager), Patrick Lathrop (Costumer), Krista Guenther (Set Painter/Designer), Mick Alderman (Lighting Designer), Cindy Karr (Props).

Performances: March 13 - 15, 20 - 21, 22, 26 - 27, 28, April 3 - 4, 10 - 11, 17 - 18, Talkback Thursday: March 26. Thurs, Fri, and Sat performances start at 7:30pm, Sunday performances 3pm. Ticket prices: \$15-\$20 BoxOffice: 503-436-1242coast-theatre.com Performance sponsored by Keith C. Schnip.

AUDITION: Cinderella at PAPA

Saturday March 14, Sunday March 15
2pm - 4:30pm

Location: Fort Columbia Theater, Chinook, WA

Preparation Materials: You will be asked to read a monologue, sing, and try simple movement. Monologues and music will be provided, but you may bring your own! (Accompanist will be present) Directed by Barbara Poulshock.

No Discover Pass required. Show Opens: July 10, Show Closes: August 9, For more information visit www.papatheater.com. To schedule a private audition, call 360-271-2879 All ages are welcome to audition. Children under 16 must be accompanied by an adult.

About Cinderella: The Enchanted Edition

A timeless, enchanting tale meets the imagination and elegance that has become the trademark of a Rodgers & Hammerstein musical in this charming retelling of a young woman who dreams of a better life. With an uncaring stepfamily who neglects her, and the prince's ball just around the corner, will Cinderella be able to find the courage needed to make everything she could only ever imagine come true? Cinderella: The Enchanted Edition will inspire you to chase after your own dreams as you rediscover that indeed nothing is impossible.

Rodgers & Hammerstein Cinderella: The Enchanted Edition

Music by Richard Rodgers
Book and Lyrics by Oscar Hammerstein II
Adapted for the Stage by Tom Briggs
From the Teleplay by Robert L. Freedman



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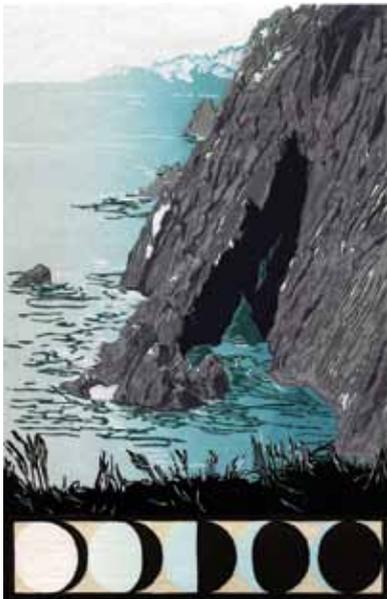
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Making Their Mark: Two Northwest Printmakers at RiverSea Gallery Kelli McConnell and Stirling Gorsuch March 14 – April 7



S. Gorsuch, Phase Dance 2



K.Mac., Madrone

IN COMPLEMENTARY solo exhibitions, RiverSea Gallery presents Kelli MacConnell and Stirling Gorsuch, two young printmakers, each beginning to make their mark on the Northwest art scene. A passion for untamed wild spaces and a love of printmaking is the driving force behind the work of these two artists, and both depict the intersection of civilization with nature in their current work.

In *Timberland*, MacConnell offers a series of relief prints that are meditations on the Northwest landscape. The title of her show was chosen for all the connotations of the word, from wild forest, to harvest, to the civilization built on timber in this region.

MacConnell uses the printmaking process to develop a new and more conscious understanding of the subtleties found in natural spaces. Her chosen medium is linocut, relief printmaking with linoleum blocks.

In 2012, MacConnell achieved her BFA in printmaking at Portland State University and

has exhibited steadily since then in galleries and juried shows throughout the state. Her image, *St. John's Bridge*, was used as the cover of PDX Magazine in November, 2013.

Sediment is a new body of work by Stirling Gorsuch depicting landscape through reduction linocut, monotype, and chine collé (an archival collage technique). Working from visceral memory and a few field sketches, he juxtaposes rugged north coast imagery with collage elements that represent processes reoccurring in nature, such as weather patterns, moon phases, and seasons. Repeating geometric angles and shapes overlay a human interpretation onto the natural landscape and lead the eye to denote the pulse of change.

Gorsuch was raised in Cannon Beach and spent his formative years following forest paths, hiking headland cliffs, and surfing in ice cold tides; the strong imprint of the wilderness from his early years remains a force in his artwork today. He first studied printmaking with Royal Nebeker at Clatsop Community College, where in 2013 he was awarded First Place in the 2-D category and the Juror's Purchase Award at the Student Art Exhibit and the Art Department Student of the Year. He is now in his senior year at Oregon State University where he serves as teaching assistant to noted printmaker, Yuji Hiratsuka. Gorsuch has exhibited regularly in juried shows and galleries over the past several years.

Opening Reception: Saturday, March 14, from 5 to 8pm, Astoria's Second Saturday Artwalk. RiverSea Gallery is located at 1160 Commercial Street, open daily Mon - Sat 11 to 5:30, and 11 to 4pm Sunday. 503-325-1270.

Susan Bish at Luminari Arts

LUMINARI ARTS celebrates the onset of the season with artwork by longtime local Susan Bish in a show entitled "Spring Rush". Known for her watercolors and plein air studies, Bish now experiments painting on Yupo, a very slick, non-porous surface, making the use of watercolors a challenge.

"The paint tends to flow all over, stays wet a long time, and dries in unexpected drips and puddle - this lends itself well to our often rainy springs and rain-drenched flowers," says Bish of the new medium.

Opening Reception: Saturday, March 14, 5-8 pm for the Second Saturday Artwalk. Luminari Arts is located at 1133 Commercial, Astoria, 503-468-0308.



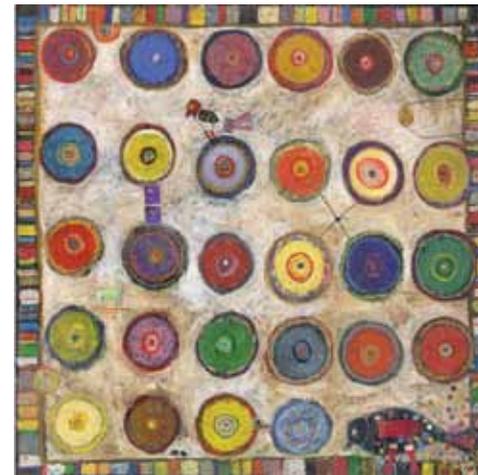
4 Paws, A Crow and A Paper Boat Paintings by Jill Mayberg at IMOGEN

KNOWN THROUGHOUT the Northwest and beyond for her vibrant and whimsical mixed media paintings, Jill Mayberg from Vancouver, WA, brings a fresh collection of paintings for her first show at Imogen. The exhibition opens March 14th for the Astoria Second Saturday Artwalk with a reception from 5 – 8 pm.

Mayberg takes great inspiration from a confluence of traditions, derived from

primitive art, expressionism and abstract modernism, merging with imagery depicting her love of nature, animals, water, color and geometrical design. Utilizing primarily acrylic paint, she incorporates other elements through collage and other mediums to build a sense of dimension. Bold colors pop from the canvas while background shapes and form push forward her imaginative imagery. About her process she states, "An idea is conceived (sort of-it can change) and a tentative paper sketch is affixed to a painted substrate. It is then worked on, added and subtracted, to and from, until it feels right-the result being a textured, dimensional painting."

Mayberg's work has been exhibited across the country and is also included in private collections throughout the United States. She is the recipient of an Artist's Trust



Circles in Birdland

Fellowship award, a non-profit organization supporting Washington State artists, and will be a featured artist to Oregon Public Broadcast's ArtBeat program, airing in April.

Imogen Gallery is located at 240 11th Street. Hours are Mon - Sat, 11 to 5, 11 to 4 Sundays and closed Wed. 503.468.0620.

Lisa Ackerman & John Wecker at LightBox

LIGHTBOX Photographic Gallery will hold an artists reception for local artists, Lisa Ackerman and John Wecker, on Saturday, March 14th from 5-8 p.m., continuing the NUDES Downtown Exhibit. Both artists have paintings displayed as part of the Nudes Downtown celebration and for the night of the reception will be including other work.

Lisa Ackerman is a familiar face to those who pay attention to the Astoria Art Community. Most notably she has been accepted into the "Au Naturel" Show at Clatsop Community College a total of 4 times. Lisa explains about painting the nude, "I feel inspired by painting the nude form as it discloses the human's nature without any disguises."

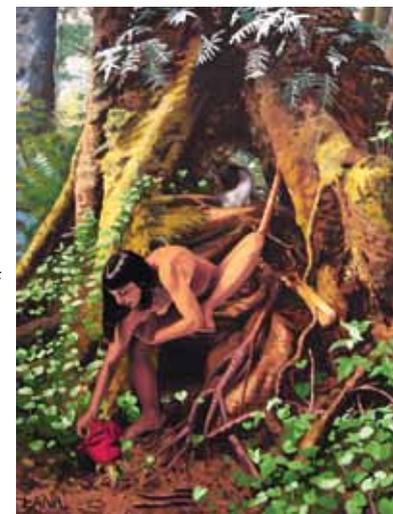
Lisa is presently working on paintings inspired by the 7 chakras. The first chakra, "Muladhara", the foundation of the energy body, with energy circulating from the base of

the spine; symbols of earth and roots with red, is in the Nudes Downtown show at LightBox. Reflecting on her work, she says, "The focus of my paintings is to open myself and others to the world's diversity and expression through building on a collective consciousness of imagery, and to promote an awareness and reverence for the earth and all that inhabits it while also showing respect for the generations that preceded us. I love painting friends in deity form, as it helps provide insight into their own archetypes, and I love including natural landscapes in backgrounds inspired by the local area and various trips. Surrealistic and Post Impressionistic artists influence me the most, although I dislike classifications. I am currently open to do portrait and other painting commissions."

Artist John Wecker is a retired Lutheran pastor who discovered the joy of drawing and painting by studying with Kristin Shauck at Clatsop Community College and says he has also learned much from other local artists who are generous with their ideas and experiences. John focuses on oil paintings on canvas or wood at this time, but has been experimenting with oil on Polymeric film.



John Wecker, At Ease



Lisa Ackerman, Muladhara

John states about his attraction to artistic nudes, "The human figure is particularly fascinating and challenging since every pose and expression is new and the slightest change of a line or value makes a huge difference in the image." LightBox Photographic Gallery opened "The Photographic Nude 2015" last month, the annual international juried exhibit is in the fifth year. This year's exhibit consists of work from photographic artists from around the globe, including accepted entries from Portugal, France, Great Britain, Iceland and Slovakia. The exhibit runs through April 4th 2015.

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

Anna Keeseey: *Little Century* at the Hoffman Center March 21



ANNA KEESEY will read from her book *Little Century* at the Hoffman Center at 7pm on Saturday, March 21, 2015.

Written in the tradition of *My Antonia* and *There Will Be Blood*, *Little Century* follows eighteen-year-old orphan Esther Chambers homesteading in the lawless town of Century, Oregon, in 1900, a time of a battle for water and rangeland between sheep and cattle owners.

"Anna Keeseey's debut novel hums with raw energy: its youthful heroine's, the small town around which the ranches lie, and the new century that's just unfolding....Exhilarating."—*The Boston Globe*

Little Century won the 2013 Janet Heidinger Kafka Prize, awarded each year by the Susan B. Anthony Institute for the

best work of fiction by an American woman published in the preceding year. The award calls attention to the work of a promising but less established woman writer. Previous winners include Anne Patchett, Toni Morrison and Ursula Le Guin before they achieved fame.

Anna Keeseey is a graduate of Stanford University and the Iowa Writer's Workshop. Her work has appeared in a number of journals and anthologies, including *Best American Short Stories*. She is the recipient of a National Endowment for the Arts Creative Writing Fellowship and has held residencies at MacDowell, Bread Loaf, Yaddo, and Provincetown. Keeseey teaches English and creative writing at Linfield College in McMinnville, Oregon.

Following Keeseey's reading and Q&A, we'll have our popular Open Mic where up to nine local writers will read 5 minutes of their original work. The suggested theme for Open Mic is "Frontiers and Pioneers."

Admission for the evening is \$7.

Saturday Workshop: from 1 to 3pm, Keeseey will teach a writing workshop on "Writing Before You Were Born: How to Create Lively Historical Fiction." Keeseey will talk about what historical fiction is, share strategies for research, and provide participants some on-the-spot practice in telling a historical story. Held at the Hoffman Center, the workshop is \$30. Register and pay online at hoffmanblog.org.

BOOK GROUP: Marcia Silver and Gail Young will lead a discussion of Keeseey's book at the Manzanita Library two weeks later on Saturday, April 4, 2-3pm. The Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) hoffmanblog.org

MANZANITA WRITERS' SERIES kicks off crowd funding campaign to finance the printing and launch of the 4th Edition of the North Coast Squid Literary Journal

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 April.

The crowd-funding campaign, through Indiegogo, is just one part of the overall budget. The rest of the expenses are covered through in-kind donations of submission management, design time, editing, and with Squid sales.

Donation amounts range from \$25 to \$500. In thanks for each donation, a perk is available.

Perks vary, from a copy of the Squid with your name on the donor page, a signed print of the cover image, to a literary agent review of your book proposal. You can even have a character named for

you in Phillip Margolin's next novel.

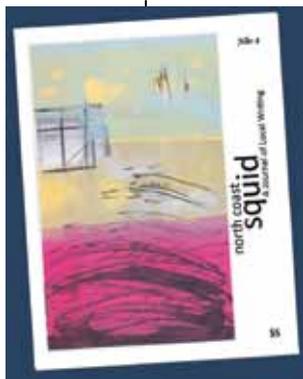
The campaign funding goal is \$3000, with a stretch goal of \$5000. That would allow a few pages of color on the inside as well as the cover of the Squid, to showcase great local art that is included with the writing. Any amount raised past the goal will go to the

next Squid.

Simply go to <https://www.indiegogo.com> and type North Coast Squid in the search box.

The campaign ends at 1159 PST on March 18.

The Manzanita Writer's Series is a program of the Hoffman Center, a nonprofit dedicated to bringing arts, education and culture to the community. Info on all their programs: hoffmanblog.org.



In Their Footsteps • Pacific Indian Wars

In Their Footsteps **FREE** speaker series event presents Pacific Northwest Indian Wars presented by Gloria Stiger Linkey, Sun., March 15, 1pm in the Netul River Room of the Fort Clatsop visitor center.

Gloria Linkey is the secretary-treasurer of the Pacific Northwest Living Historians and a board member of the US Public Health Service Quarantine Station Museum at Knappton Cove. She loves history and has authored, *Native American Women; Three Who Changed History*. She is currently researching and writing her next book on courageous Native American women who attempted to prevent or decrease Indian wars in the Pacific Northwest.

Gloria's earlier book is available at the Lewis & Clark National Park Association bookstore in the Fort Clatsop visitor center. There will be a book-signing at this bookstore following her presentation.

Open Mic Poetry Night Last Tuesdays

JOIN HOST Ric Vrana every last Tuesday of the month for Open Mic Poetry, 7pm at the Port of Call at 9th and Commercial in Astoria. Bring poems . . . each event, there's something a little bit different. Let poetry be your adventure!



4TH ANNUAL GET LIT AT THE BEACH - A Gathering For Readers April 10 - 12 • In Cannon Beach



KeyNote Speaker /Celeb Librarian
Nancy Pearl



Best-seller/coasty, Terry Brooks

GET LIT is back with a passion for great books. Planners are pleased to announce that five prominent authors will participate in the 4th annual event hosted by the Tolovana Arts Colony, a not-for-profit that connects artists with the coast community.

"We're excited to feature another outstanding cast of writers," says **TERRY BROOKS**, best-selling author and local resident who spearheads the proceedings. "I attend literary events all over the world. Few combine this array of talent in such an intimate beautiful setting."

Authors include **KAREN JOY FOWLER**, **GAIL TSUKYAMA**, and **JIM LYNCH**. Each will speak at special sessions on Saturday April 12. Literary enthusiast **NANCY PEARL** will deliver the keynote address at the Surfsand Ballroom on Saturday evening. Pearl's prolific knowledge of books is widely celebrated in *Book Lust*, her best-selling guide for discerning readers. She is the only librarian to inspire her own action figure and regularly appears on public radio.

Karen Joy Fowler is the author of seven novels and several collections of short stories. Best known for her novel *The Jane Austen Book Club*, she recently received the Pen/Faulkner award for her novel *We Are All Completely Beside Ourselves*, which was also nominated for the 2014 Nebula Award and 2014 Man Booker Prize.

Gail Tsukiyama, is the bestselling author of seven novels, including *The Street of a Thousand Blossoms*, *Women of the Silk*, and *The Samurai's Garden*. She is the recipient of the Academy of American Poets Award and the PEN Oakland/Josephine Miles Literary Award.

Truth like the Sun is author Jim Lynch's third novel. It was picked by

NY Times reviewer Janet Maslin as one of her 10 favorite books of 2012. Lynch received the Pacific Northwest Booksellers Award for his first novel, *The Highest Tide*, in 2006. His second novel, *Border Songs*, won the Washington State Book Award for fiction in 2009.

The festivities begin at an author's reception on **FRIDAY EVENING FROM 5 TO 7PM** at the Cannon Beach Chamber of Commerce Com-

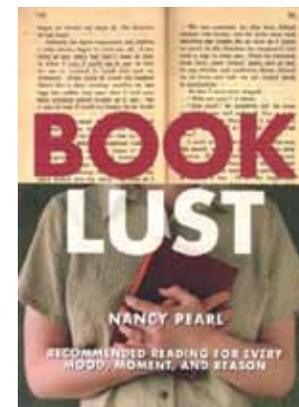
munity Hall. There will be complimentary beverages, hors d'oeuvres, and good talk all around.

On Saturday at the Surfsand Ballroom authors will talk and sign books at various times during the day. The schedule enables participants to attend sessions of all the authors. **Saturday evening features a hosted prime rib banquet at**

6pm with Nancy Pearl as keynote speaker.

ON SUNDAY MORNING, at the Coaster Theatre, Get Lit will conclude with a **Q & A panel moderated by best-selling author Terry Brooks with all authors present at 10am**. There will be complimentary coffee and pastries.

"One of the best things about this event is affordability," says Jeff Womack, a local merchant who serves as president of the Tolovana Arts Colony. "The attendance fee for the whole weekend is just \$85.00, which includes the reception, banquet, Sunday morning goodies, plus all the talks. We're grateful we can hold down costs because of support from the City of Cannon Beach and our sponsors and hotel partners."



Science! 8pm at the Adrift Hotel in Long Beach.

ART

Peninsula Quilt Guild Show. Quilting at the Beach show. Demo and drawing. Free admission at the Columbia Pacific Heritage Museum.

Liberate Your Art. Local artists will be offering their original artworks for sale. Free admission, at the Hoffman Center in Manzanita.

HAPPENING

PNPW Pro Wrestling. \$10, 5pm at the Astoria Event Center.

LITERARY

Book Signing. George Byron Wright will be in the store to sign and discuss his newest novel "In the Wake of our Misdeed". 1 - 3pm at Beach Books in Seaside.

OUTSIDE

Tidepool Excursions. You will be guided through the rocks, sand and pools of water to show you tidepools. Learn to identify the different creatures in the pools. Kids under 14 are free with a paid adult. \$5. Tours begin at 8:15am at Harborview Inn & RV Park in Garibaldi. 503-322-3251

THEATER

Social Security. Comedy. 2pm at Theater West in Lincoln City.

Murder on the Nile. A whodunit. Drama. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

Monday 23

MUSIC

Science! 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Festival of Illusions. Join the magic and mayhem this Spring Break with magic-minded day camps for the kids and evening magic performances for the whole family. In Lincoln City. www.oregoncoast.org/festival-of-illusions

Magician Joe Black. \$10 for adults, \$ for youth 5 - 18, free for kids 4 and under. 7pm at the Lincoln City Cultural Center.

OUTSIDE

Tidepool Excursions. You will be guided through the rocks, sand and pools of water to show you tidepools. Learn to identify the different creatures in the pools. Kids under 14 are free with a paid adult. \$5. Tours begin at 9am at Harborview Inn & RV Park in Garibaldi. 503-322-3251

Tuesday 24

MUSIC

Science! 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Festival of Illusions. Join the magic and mayhem this Spring Break with magic-minded day camps for the kids and evening magic performances for the whole family. In Lincoln City. www.oregoncoast.org/festival-of-illusions

Magician Henrik Bothe. \$10 for adults, \$ for youth 5 - 18, free for kids 4 and under. 7pm at the Lincoln City Cultural Center.

OUTSIDE

Tidepool Excursions. You will be guided through the rocks, sand and pools of water to show you tidepools. Learn to identify the different creatures in the pools. Kids under 14 are free with a paid adult. \$5. Tours begin at 10am at Harborview Inn & RV Park in Garibaldi. 503-322-3251

Wednesday 25

MUSIC

Battlehooch. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Festival of Illusions. Join the magic and mayhem this Spring Break with magic-minded day camps for the kids and evening magic performances for the whole family. In Lincoln City. www.oregoncoast.org/festival-of-illusions

Magician Steve Hamilton. \$10 for adults, \$ for youth 5 - 18, free for kids 4 and under. 7pm at the Lincoln City Cultural Center.

OUTSIDE

Tidepool Excursions. You will be guided through the rocks, sand and pools of water to show you tidepools. Learn to identify the different creatures in the pools. Kids under 14 are free with a paid adult. \$5. Tours begin at 11am at Harborview Inn & RV Park in Garibaldi. 503-322-3251

Thursday 26

MUSIC

Battlehooch. 8pm at the Adrift Hotel in Long Beach.

LECTURE

Ales & Ideas. Speaker TBA. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

LITERARY

Book Release. Hoffman Center hosts author Phyllis Mannan at her book release party. Her memoir "Torn Fish: A Mother, Her Autistic Son, and Their Shared Humanity." Free admission, 4 - 6pm at the Hoffman Center in Manzanita.

THEATER

Murder on the Nile. A whodunit. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Social Security. Comedy. 8pm at Theater West in Lincoln City.

Friday 27

MUSIC

Jennifer Goodenberger. Jazz piano. No cover, 6 - 8:30pm at the Bridgewater Bistro in Astoria.

Bruce Smith & The Bods Boyz. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

The Stomptowners. \$12, 7pm at the Cannon Beach History Center & Museum.

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

Tom VandenAvond. 9pm at the Adrift Hotel in Long Beach.

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

The Cave Singers & Special Guest. At the Fort George Birthday Party. Music starts at 9pm at Fort George in Astoria.

ART

Peninsula Arts Association Spring Show. 10am - 5pm at the Long Beach Depot Building.

HAPPENING

Festival of Illusions. Join the magic and mayhem this Spring Break with magic-minded day camps for the kids and evening magic performances for the whole family. In Lincoln City. www.oregoncoast.org/festival-of-illusions

Magician Louie Fox. \$10 for adults, \$ for youth 5 - 18, free for kids 4 and under. 7pm at the Lincoln City Cultural Center.

FOOD & DRINK

Swiss Society Fish Fry. All you can eat, adults \$12/kids 6 and under are free. 4:30 - 7:30pm at the Tillamook Swiss Hall. 503-812-7186

THEATER

Dead Ringer. Dark comedy. 7pm at the Barn Community Playhouse in Tillamook.

Murder on the Nile. A whodunit. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Social Security. Comedy. 8pm at Theater West in Lincoln City.

Saturday 28

MUSIC

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

Tom Trudell. Jazz piano. No cover, 6 - 8:30pm at the Bridgewater Bistro in Astoria.

Ara Lee & Chris Hayes. Blues. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Ages and Ages. No cover, 8pm at the Sou'wester Lodge in Seaview.

Anne Marie Sanderson. No cover, 9pm at the Voodoo Room in Astoria.

Curtis Interrupt Us. 9pm at Snug Harbor Bar & Grill in Lincoln City.

Tom VandenAvond. 9pm at the Adrift Hotel in Long Beach.

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

The Tommy Hogan Band. 9pm at Roadhouse 101 in Lincoln City.

ART

Peninsula Arts Association Spring Show. 10am - 5pm at the Long Beach Depot Building.

FOOD & DRINK

Wine Tasting. Oregon Pinot Noir, Part 1. 1 - 4pm at the Cellar on 10th in Astoria

HAPPENING

Jane Barnes Revue. A cross-dressed fashion show. Food, drink, and live auction. \$25 - \$55. 7:30pm at the Astoria Event Center.

Spring Farm & Flea. 9am - 4pm at the White Clover Grange, Mohler.

Springtime Variety Show. \$5, 7pm at the NCRD in Nehalem.

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

Mini Maker Fair. Free family event open to all ages with scientific challenges and creative projects. 2 - 5pm at the Driftwood Public Library in Lincoln City.

OUTSIDE

SOLVE Spring Beach Cleanup. Help clean up your local Oregon beaches. Register at solveoregon.org/what-we-do/solve-spring-oregon-beach-cleanup

THEATER

Murder on the Nile. A whodunit. Drama. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

Dead Ringer. Dark comedy. 7pm at the Barn Community Playhouse in Tillamook.

Social Security. Comedy. 8pm at Theater West in Lincoln City.

Sunday 29

MUSIC

David Drury. Jazz Guitar. No cover, 11:30am - 2pm at the Bridgewater Bistro in Astoria.

Ara Lee. 8pm at the Adrift Hotel in Long Beach.

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

Lee Gallagher & The Hallelujah. 9pm at Fort George Brewery & Public House in Astoria.

ART

Peninsula Arts Association Spring Show. 10am - 5pm at the Long Beach Depot Building.

HAPPENING

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

THEATER

Dead Ringer. Dark comedy. 2pm at the Barn Community Playhouse in Tillamook.

Monday 30

MUSIC

My Darling Clementine. 8pm at the Adrift Hotel in Long Beach.

Tuesday 31

MUSIC

My Darling Clementine. 8pm at the Adrift Hotel in Long Beach.

Wednesday 1

MUSIC

Sweetwater String Band. 8pm at the Adrift Hotel in Long Beach.

Thursday 2

MUSIC

Sweetwater String Band. 8pm at the Adrift Hotel in Long Beach.

LECTURE

Science on Tap. Speaker TBA. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

LITERARY

Last Thursday Poetry Open Mic. With host Ric Vrana. Sign up onsite for a short time slot to read your own poems or a poem you like. 7 - 9pm at Port of Call in Astoria.

Friday 3

MUSIC

The Silent Comedy. No cover, 7pm at the Sand Trap Pub in Gearhart.

Ghost Towns. 9pm at the Adrift Hotel in Long Beach.

Woolen Men & Landlines. No cover, 9pm at the Voodoo Room in Astoria.

ART

Show Opening. 5th Annual Crayon Your Winter Blues Away show opening. 6pm at NCRD in Nehalem.

THEATER

The Real Lewis & Clark Story. (Or...How the Finns Discovered Astoria!) \$11 - \$16, 7pm at the ASOC Playhouse in Astoria.

Dead Ringer. Dark comedy. 7pm at the Barn Community Playhouse in Tillamook.

THEATER

Murder on the Nile. A whodunit. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

WEEKLY

Friday

MUSIC

TOM TRUDELL. Jazz piano. No cover, 6 - 9pm at the Shelburne Restaurant & Pub in Seaview, WA.

ASLEEP AT the Switch. Blues, Country, 40's, & 50's. Free (donations accepted), 6 - 8pm at the City Hall in Garibaldi. JACKSON ANDREWS & Dave Quinton. Blues/Folk/Rock. No cover, 6pm at Sweet Basil's Café in Cannon Beach.

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

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

FAMILY SKATE Night. The Shanghaied Roller Dolls host a family friendly Open Skate Night. There's also Shanghaied Roller Doll merchandise available to purchase and concessions if you need a snack during all the fun! Come on Friday and see if your favorite Doll is there. \$2 at the door and \$3 for skate rentals. 5 - 9:00pm at the Astoria Armory.

Saturday

MUSIC

MUSICIAN'S JAM. Free, 2 - 4pm at the Tillamook Library. OPEN MIC. Starting October 18. 3 - 6pm at the Beehive in Nehalem. 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 Bizznez mixing the latest dance music with old favorites. No cover, 1pm at Twisted Fish in Seaside.

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.

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 seaside-library.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.

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

Jam Session. Hosted by Richard Thomasian. No cover, 7 - 10pm at the Port of Call 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.

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.

Live Music. Thursday Night Gigs, 6pm at the Cannon Beach Gallery.

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

Two Crows Joy. 6 - 8pm at the Sand Dollar Restaurant & Lounge in Rockaway Beach.

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 useless (or possibly useful) facts. 6pm at the Ship Inn in Astoria.

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

MOVIES & MUSINGS

by Les Kanekuni

CHAPPIE (March 6) Director Neil Blomkamp, who proved he had a knack for social commentary with his debut *District 9* and his followup *Elysium*, is back with another sci-fi for his third effort. Set in Johannesburg in the very near future where law enforcement has been turned over to robots, Chappie tells the story of one robot who is different. Re-programmed by robotic expert Deon Wilson (Dev Patel), the robot dubbed Chappie (Sharlto Copley) can think and feel like a human being. Like any child, Chappie develops a personality and learns about the world and human behavior. Like many human children who are different, Chappie faces rejection and becomes seen as a threat by law enforcement, particularly brutish Police official Vincent Moore (**Hugh Jackman**) and his boss Michelle Bradley (**Sigourney Weaver**). When Chappie leads an uprising against the robotic police state, Moore sees this as an opportunity to unleash his human-controlled killer robot to destroy Chappie and crush the rebellion. Blomkamp was recently announced as the director of a new *Alien* sequel.

DANNY COLLINS (March 6) **Al Pacino** plays over-the-hill rock star Danny Collins, a man coasting on his reputation who hasn't written a new song in 30



years. While Danny still packs 'em in during his concerts, his audience is social security-aged. It wasn't always like this. When Danny was a young man he had talent and a lot to say before money and success changed him. Even John Lennon recognized Danny's promise. So when Danny's manager Frank Grubman (**Christopher Plummer**) finds a 40-year-old undelivered letter from Lennon to Danny filled with encouragement from the ex-Beatle, Danny decides to change his ways and make over his life. He travels to New Jersey to reconnect with a son Tom (Bobby Cannavale) who he never had time for as a child and has never met as an adult.

UNFINISHED BUSINESS (March 6) **Vince Vaughn**, who made his name in Hollywood as a motor-mouthed manchild attempts to show a more mature side in *Unfinished Business*. Vaughn plays Dan Trunkman a St. Louis family man who works in the mineral sales industry. Fed up with his ball-breaking boss Chuck (Sienna Miller), Dan strikes out on his own, starting his own firm with all of two sad sack employees – too old Tim (Tom Wilkinson), and friendly but lunkheaded Mike (Dave Franco). Dan seems on the verge of cashing in when his company is about to be acquired by the huge Benjamin



son Group, but when Dan learns the deal is a sham designed to put him in direct competition with his old boss he and his employees fly to Berlin to stop the deal from happening. Plot is really an excuse for typical Vaughn gross/funny scenes like the one in a gay club's bathroom, dimwitted Mike trying out exotic sexual positions and getting them wrong, and the nearly 70-year-old Wilkinson cursing like a teenager. Word of mouth has been bad.

CINDERELLA (March 13) Disney remakes their classic 1950 animated film with a live action version directed by **Kenneth Branagh** (*Thor*). Lily James (**Downton Abbey**) plays Ella, a 10-year-old who loses her mother early and keeps pet mice. Ella grows up to be a luminous, golden-tressed young woman. But when her father (Ben Chaplin) remarries, imperious Lady Tremaine (**Cate Blanchett**) and her nasty daughters Drisella (Sophie McShera) and Anastasia (Holliday Grainger) move in. When her father dies while away on a business trip, Ella is forced to work as a scullery maid and given the demeaning nickname Cinderella by her step sisters. Although hewing closely to the original story, in this version Cinderella meets her prince before the ball. One day while out riding she crosses paths with a hunting party led by the Prince (Richard Madden). Although neither disclose their true identities to the other, they are clearly smitten. Ella, who lives by the credo of kindness to all living things, convinces the Prince to spare the deer he's hunting. Of course, they're fated to meet again. Helena Bonham Carter plays an eccentric Fairy Godmother.

RUN ALL NIGHT (March 13) He may be 61 years old, but **Liam Neeson**, eight years after *Taken* made him an action star late in his career is still going strong with his third collaboration with director Jaume Collet-Serra. Official synopsis: Brooklyn mobster and prolific hit man Jimmy Conlon (Neeson), once known as *The Gravedigger*, has seen better days. Longtime best friend of mob boss Shawn Maguire (Ed Harris), Jimmy, now 55, is haunted by the sins of the past—as well as a dogged police detective who's been one step behind Jimmy for 30 years. But when Jimmy's estranged son, Mike (Joel Kinnaman), becomes a target, Jimmy must make a choice between the crime family he chose and the real family he abandoned long ago. With Mike on the run, Jimmy's only penance for his past mistakes may be to keep his son from the same fate. Now, with nowhere safe to run, Jimmy has just one night to figure out exactly where his loyalties lie and to see if he can finally make things right.

DIVERGENT SERIES: Insurgent (March 20) The second entry in the *Divergent* trilogy appears with cast regulars Shailene Woodley, Theo James and primary cast returning with cast additions Octavia Spencer, Naomi Watts, Daniel Dae Kim and others joining them. Official synopsis: As she searches for allies and answers in the wake of the uprising, Tris (Shailene Woodley) and Four (Theo James) are on the run. Being hunted by Jeanine Matthews (Kate Winslet), the leader of the Erudite faction, Tris and Four will race against time as they try to figure out what Abnegation sacrificed their lives to protect, and why the Erudite leaders will do anything to stop them. Haunted by her past choices but desperate to protect the ones she loves, Tris faces one impossible challenge after another as she unlocks the truth about the past and ultimately the future of her world.

FURIOUS 7 (April 3) *Furious 7* is the final film of actor **Paul Walker**, who played Brian O'Connor in the previous six films. After Walker was killed in a car accident halfway through shooting, the filmmakers retired the character and finished the movie using stand-ins and CGI for Walker's character. *Furious 7* picks up after the events of *Fast & Furious 6* leave off. Synopsis: After defeating Owen Shaw and his crew, Dominic Toretto (Vin Diesel), Brian O'Conner (Paul Walker) and the rest of the crew are able to return to the United States and live normal lives again as they had wanted. However, Owen's older brother, Deckard Shaw (Jason Statham), is after Dom and his crew, seeking revenge for his brother's death and putting the entire crew in danger once more. After learning of Han's death, the crew sets out to find the man who killed one of their own, before he finds them first.

WOMAN IN GOLD (April 3) In this based on true events story, **Helen Mirren** plays a Holocaust exile who fought for the return of a Gustav Klimt painting stolen from her family by the Nazis and later underhandedly acquired and exhibited by the Austrian



government. After her sister's death in 1998, Maria Altmann (Mirren) discovers documents linking the theft of Klimt paintings from her family's home in Vienna to the Nazis. One holds particular interest for her – a gold leaf portrait of her aunt Adele Block-Bauer a/k/a *The Woman in Gold*. Claimed by the Austrians and displayed in the Belvedere Palace in Vienna since World War II, the government had ignored the paintings history. Setting out to reclaim the stolen painting, Maria teams up with struggling young lawyer Randy Schoenberg (Ryan Reynolds) to reclaim the painting and preserve her family's heritage.

girls nite out!



ON THURSDAY, MARCH 19, you'll want to get your sweet selves over to the Performing Arts Center at 16th and Franklin in Astoria for an entertaining evening designed expressly with you in mind! A night of fashion and fun may be yours—just what's needed with the kids home from school for spring break soon—for the price of a ticket (\$10 at the door). Doors open at 7:00

First, there'll be a showing of the 1963 film classic, "Charade." Then, you'll sip bubbly and eat chocolate during intermission! Get glamorous before you arrive too, as there'll be prizes for "best ensemble" in the audience. Dust off those tiaras, get out the evening gloves, it let it shine.

The Film

At 7:30 sharp, *Charade* will cast its spell on the big screen in sumptuous living color. "Charade" is a classic cat-and-mouse, "Hitchcockian" romantic comedy and enigmatic thriller all-in-one from director Stanley Donen, known more for his musicals (*Singing in the Rain*, *On the Town*, etc.). The plot twisting, witty and suspenseful film is a sophisticated, yet off-balanced combination of thrills and comedy," gushes one on-line writer at Filmsite.org.

A sixties gem—an early example of the spoofs and caper movies so popular during the decade—*Charade* stars the effervescent Audrey Hepburn. As widow Regina Lampert, Hepburn spends most of the movie looking for money her character's late husband filched and romancing Cary Grant who, as Peter Joshua, is a distinctly suspicious character however devastatingly handsome he might be.

You'll relish the delightful repartee in store—the sort of banter you've come to expect with this genre (think Hitchcock's "The 39 Steps").

Hepburn's character is clearly attracted to Grant's mysterious hero but that doesn't stop her from mocking him—for his gray hair, failing eyesight, and his famous chin cleft. "How do you shave in there," she asks. About his general untrustworthiness, she sasses, "You won't be able to lie on your back for a while," she quips. "But then you can lie from any position can't you?" (Dissolve.com)

A cadre of miscreants remains on their trail throughout—looking for the money as well-played by popular actors George Kennedy, and Walter Matthieu (as a private investigator.)

While not exactly fluffy, *Charade* is not to be taken too seriously plot wise. Instead, we're meant to thrill to a star-driven, international adventure. The action moves from one gorgeous location to another—from a ski lodge in the Alps in Haute-Savoie France to the glittering streets of Paris at night, to an outdoor Punch and Judy puppet show in the Jardin des Champs Elysees.

In conclusion

Don't miss this movie, if only for the clothes; the two leads and strong supporting cast; the locations; and, of course, the memorable music of composer Henry Mancini (words by Johnny Mercer) who took home the movie's only Oscar for his wonderfully evocative score and haunting title song, "Charade"). This event is at the PAC for the PAC, which means it's being sponsored by Partners for the PAC to raise money for the continued operation of the facility as a venue for affordable public arts and educational offerings. www.supportthepac.org



FREE WILL ASTROLOGY

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March

ARIES (March 21-April 19): Do you have an entourage or posse ARIES (March 21-April 19): In the old Superman comics, Mister Mxyzptlk was a fiendish imp whose home was in the fifth dimension. He sometimes sneaked over into our world to bedevil the Man of Steel with pranks. There was one sure way he could be instantly banished back to his own realm for a long time: If Superman fooled him into saying his own name backwards. You might think it would be hard to trick a magic rascal into saying “Klptzyxm” when he knew very well what the consequences would be, but Superman usually succeeded. I’d like to suggest that you have a similar power to get rid of a bugaboo that has been bothering you, Aries. Don’t underestimate your ability to outsmart the pest.

TAURUS (April 20-May 20): In 1637, mathematician Pierre de Fermat declared that he had solved the “Last Theorem,” a particularly knotty mathematical problem. Unfortunately, he never actually provided the proof that he had done so. The mystery remained. Other math experts toiled for centuries looking for the answer. It wasn’t until 1994, more than 350 years later, that anyone succeeded. I think you are on the verge of discovering a possible solution to one of your own long-running riddles, Taurus. It may take a few more weeks, but you’re almost there. Can you sense that twinkle in your third eye? Keep the faith.

GEMINI (May 21-June 20): Your upcoming efforts might not be flawless in all respects, but I suspect you will triumph anyway. You may not even be completely sure of what you want, but I bet you’ll get a reward you didn’t know you were looking for. Cagey innocence and high expectations will be your secret weapons. Dumb luck and crazy coincidences will be your X-factors. Here’s one of your main tasks: As the unreasonable blessings flow in your direction, don’t disrupt or obstruct the flow.

CANCER (June 21-July 22): As soon as a baby loggerhead turtle leaves its nest on a Florida beach, it heads for the ocean. It’s only two inches long. Although it can swim just one mile every two hours, it begins an 8,000-mile journey that takes ten years. It travels east to Africa, then turns around and circles back to where it originated. Along the way it grows big and strong as it eats a wide variety of food, from corals to sea cucumbers to squid. Succeeding at such an epic journey requires a stellar sense of direction and a prodigious will to thrive. I nominate the loggerhead turtle to be your power animal for the coming weeks, Cancerian.

LEO (July 23-Aug. 22): In 1961, 19-year-old Bob Dylan began doing solo performances of folk songs at New York clubs. To accompany his vocals, he played an acoustic guitar and harmonica. By 1963, his career had skyrocketed. Critics called him a creative genius. Pop stars were recording the songs he wrote, making him rich. But he still kept his instrumentation simple, relying entirely on his acoustic guitar and harmonica. That changed in 1965, when he made the leap to rock and roll. For the first time, his music featured a full drum set and electric guitar, bass, and keyboards. Some of his fans were offended. How dare he renounce his folk roots? I wonder if it might be time for you to consider a comparable transition, Leo. Are you willing to risk disorienting or disturbing those who would prefer you to stay as you are?

VIRGO (Aug. 23-Sept. 22): “Whoever travels without a guide needs 200 years for a two-day journey.” That’s an old Sufi saying sometimes attributed to the poet Rumi. I don’t think it’s accurate in all cases. Sometimes we are drawn to wander into frontiers that few people have visited and none have mastered. There are no guides! On other occasions, we can’t get the fullness of our learning experience unless we are free to stumble and bumble all by ourselves. A knowledgeable helper would only interfere with that odd magic. But right now, Virgo, I believe the Sufi saying holds true for you. Where you’re headed, you would benefit from an advisor, teacher, or role model.

LIBRA (Sept. 23-Oct. 22): There’s a meme rolling around Tumblr and Facebook that goes like this: “Everyone wants a magical solution for their problems, but they refuse to believe in magic.” Judging from the astrological omens, I think this Internet folk wisdom applies to your current situation. As I see it, you have two choices. If you intend to keep fantasizing about finding a magical solution, you will have to work harder to believe in magic. But if you can’t finagle your brain into actually believing in magic, you should stop fantasizing about a magical solution. Which will it be?

SCORPIO (Oct. 23-Nov. 21): I have taken a passage from a letter that Henry Miller wrote to Anais Nin, and I have chopped it up and rearranged it and added to it so as to create an oracle that’s perfect for you right now. Ready? “This is the wild dream: you with your chameleon’s soul being anchored always in no matter what storm, sensing you are at home wherever you are. You asserting yourself, getting the rich varied life you desire; and the more you assert yourself, the more you love going deeper, thicker, fuller. Resurrection after resurrection: that’s your gift, your promise. The insatiable delight of constant change.”

SAGITTARIUS (Nov. 22-Dec. 21): One of your important assignments in the coming weeks is to get high without the use of drugs and alcohol. Let me elaborate. In my oracular opinion, you simply must escape the numbing trance of the daily rhythm. Experiencing altered states of awareness will provide you with crucial benefits. At the same time, you can’t afford to risk hurting yourself, and it’s essential to avoid stupidly excessive behavior that has negative repercussions. So what do you think? Do you have any methods to get sozzled and squiffed or jiggled and jingled that will also keep you sane and healthy?

CAPRICORN (Dec. 22-Jan. 19): Singer Gloria Gaynor recorded the song “I Will Survive” in 1978. It sold over two million copies and ultimately became an iconic disco anthem. And yet it was originally the B-side of “Substitute,” the song that Gaynor’s record company released as her main offering. Luckily, radio DJs ignored “Substitute” and played the hell out of “I Will Survive,” making it a global hit. I foresee the possibility of a similar development for you, Capricorn. What you currently consider to be secondary should perhaps be primary. A gift or creation or skill you think is less important could turn out to be pre-eminent.

AQUARIUS (Jan. 20-Feb. 18): I’m tempted to furrow my brow and raise my voice as I tell you to please please please go out and do the dicey task you’ve been postponing. But that would just be a way to vent my frustration, and probably not helpful or constructive for you. So here’s my wiser advice: To prepare for that dicey task, lock yourself in your sanctuary until you figure out what you first need to change about yourself before you can accomplish the dicey task. I think that once you make the inner shift, doing the deed will be pretty easy.

PISCES (Feb. 19-March 20): In the fairy tale “The Ugly Duckling,” the young hero suffers from a peculiar case of mistaken identity. He believes that he is a duck. All of his problems stem from this erroneous idea. By duck standards, he is a homely mess. He gets taunted and abused by other animals, goes into exile, and endures terrible loneliness. In the end, though, his anguish dissolves when he finally realizes that he is in fact a swan. United with his true nature, he no longer compares himself to an inappropriate ideal. Fellow swans welcome him into their community, and he flies away with them. Is there anything in this story that resonates with you, Pisces? I’m guessing there is. It’s high time to free yourself from false notions about who you really are.

[Editor: Here’s the homework:]

Homework: If you could be any other sign besides the one you actually are, what would it be, and why? Testify at FreeWillAstrology.com.

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

By Margaret Hammitt-McDonald

Let Us Now Praise ODOT!



ANYBODY WHO TRAVELS the same road every day becomes familiar with the resident potholes. These unwelcome tenants of the macadam proliferate on the shoulder, and I’ve come to know them well. Thus I was startled when, on getting ready to signal my entrance into the automotive lane to avoid an infamous eater of bike tires, I found my old adversary patched with a dab of new asphalt. The alert folks at ODOT had discovered my peril and saved the day.

Those who ride the rough shoulders of our rural roads lament the lack of a truly bike-friendly infrastructure: wider bike lanes, separated from motor vehicles, going in both directions, with smooth pavement that’s cleared frequently of fallen branches and orange peels. We’re distressed that so little of the transportation budget is allocated to our pollution-free, fitness-promoting means of getting around. Yet my ride to work also gives me ample occasion to be thankful for the unsung heroes of the blacktop, the ODOT workers who do their best to make the roads safer and more pleasant for all users.

At the end of winter, the shoulders accumulate drifts of cinders used to combat our infrequent ice, tree limbs, and stuff jettisoned from cars, from six-packs to bolts I hope weren’t holding together anything crucial. I’m grateful for the street-sweeping crews who periodically blast this stuff off the road, eliminating a slick and bumpy layer and revealing dry, even pavement once again.

The vanquishing of that monster pothole isn’t the only such rescue my anonymous saviors have performed. From time to time, I’ve noticed yawning gaps thoughtfully filled by these

noble dentists of the road. Construction projects have taken us into account wherever snug budgets allow, as with a wider bike lane on one rebuilt bridge on Route 26, or on ones that remain narrow after being shored up, nifty buttons cyclists can press to turn on a flashing light indicating their presence on the roadway to motorists. Sometimes there are well-intentioned but unhelpful fixes fashioned by non-cyclists, such as a ramp onto a skinny sidewalk on another Route 26 bridge, best suited to skateboarders. The thought counts, even if the unusable ramp doesn’t. When construction projects have been underway, I’ve gotten to know the flaggers and other workers, and they invariably hold back other road users for those extra minutes so I can get through peacefully. When the project ends, I miss our chats at the portable stop sign.

Then there are the wonderful “Bicycles on Roadway” signs these kind folks installed just for me and my spouse! When we moved to the coast from the greater Portland area, we called to inform them that we’d be riding regularly on the highway and asked if they could put up signs. They put up not just one but four! They’ve helped to create that extra awareness among drivers that has made our trips safer, and I hope they’ve benefited other riders too.

Engineers and construction companies have much work to do to redesign roads that welcome all users—pedestrians, cyclists, skateboarders, drivers, and who knows, maybe hot-air balloonists? Even so, I appreciate what the folks at ODOT do to improve accessibility and safety on our existing travel corridors. To the ladies and gentlemen in the yellow trucks, thank you! We appreciate you!

WORKSHOPS/CLASSES

Basic Paper Making. March 21. With Lam Quang and Kestrel Gates. We will cover an overview of the history of handmade paper, explaining Eastern and Western techniques. You will learn: the process of beating the pulp with the Hollander beater, to use of the mold and deckle to create sheets of paper, and more. You can expect to make between 3-5 12" x 20" sheets. \$35, 3 - 5pm at the HiH Highlights studio near Astoria. To register, send an email to light@hihlights.com

Welcome to the World of Weaving: Learn to Weave. May 2 - 3. Presented by the Clatsop Weavers and Spinners Guild and the Astoria Fiber Arts Academy. \$25 includes registration and materials. Registration closes April 1. 9am - 4pm at the Astoria Fiber Arts Academy. Contact 503-325-9285 or 360-485-2497 for more information.

Wheel Throwing Workshop. March 27. With JS Hauer. \$30, 10am - 1pm at the Hoffman Center in Manzanita. Register online at hoffmanblog.org

FIBER ARTS. NCRD is hosting the North Coast Fiber Arts Group on Mondays from 1-3 pm in the Riverbend Room. If you do handwork of any kind...knitting, crocheting, weaving, macramé, needlepoint, etc. You are welcome to come and join like-minded folk. Bring your knitting problems on the 3rd Monday of the month and get help from knitting instructor Lou Stine. The group will be working on charity projects in the future such as Warm Up America or Carewear. Email Jane for further information. knappgj@yahoo.com

Writing Workshop. Pitches and Proposals. March 21. Taught by literary agent Holly Lorincz. Writers who are ready to get their scripts in the hands of agents and publishers will learn to develop a pitch, query the right people and write a professional proposal. \$55, 1 - 3pm at Beach Books in Seaside. Register by emailing to holly@macgregorliterary.com Spice 101 Class. March 25. With Pat Milliman. All about flavor, going beyond salt and pepper, and using herbs and spices in your cooking. Free, 6pm at Pat's Pantry in Astoria.

Introduction to Internet Browsing. March 21. This class is for computer novices who need help learning how to use the Internet. The instructor will cover the most important features of a browser, how to use an Internet address, and will also discuss first steps for easier use. Attendees should also be comfortable using a computer mouse. Free, 11am at the Seaside Library. Register at the front desk.

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.

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

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

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

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

YOGA • NCRD. Celebrating 20 years of community yoga, and offering ongoing year-round classes as follows: Monday, Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Monday, Vinyasa, 2:00 - 3:30 pm, instructor Charlene Gernert; Tuesday, Mixed Levels, 4:00 - 5:30 pm, instructor Monica Isbell; Wednesday, Yoga Stretch, 8:00 - 9:30 am, instructor Lucy Brook; Wednesday, Restorative Yoga, 2:00 - 3:30 pm, instructor Charlene Gernert; Thursday, Yoga of the Heart, 8:15 - 9:45 am, instructors: Lorraine Ortiz and Lucy Brook (no drop ins); Thursday, Level 1, 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/

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. Free. Easy relaxing exercise & meditation qigong class. Helps arthritis & fibromyalgia, reduces stress, Helps balance. Tues & Thurs, 9am to 10am, Astoria Methodist Church, 1076 Franklin Ave. Enter 11th St door 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.

ZUMBA. Low Impact Fitness for many ages. Licensed instruction. Tolovana Community Hall 3779 S. Hemlock, Cannon Beach, Call Joy: 503.738.6560

ZUMBA. Come join the Zumba party at North County Recreation District in Nehalem, Oregon. Winter class runs through March. Attire: Loose gym clothing, non-gripping sneakers, a water bottle & lots of energy! Rosa Erlebach - instructor. Ncrd. 36155 9th Street Nehalem, Or 97131 (503) 368-4595 Rerlebach@gmail.com

SPIRITUALITY

CONVERSATIONS WITH MOTHER MARY. Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Sunday Jan 11, 2015, 10:30 to 12:30ish. In Seaside, Oregon. Call or email for directions: 503-717-4302 beach-house11111@gmail.com. Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

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. MOVING to Clatsop Community College on Tuesdays @ 6-7:30pm, starting Sept 30. Registration is required at CCC. Class# is F7085054, Rm 209 Towler Hall. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: ronmaxted@westsky.net

MEDITATION/PAINTING FOR WOMEN. Fridays, February 27 - March 20. With Linda Wiebenson. These classes are a series of four quiet mornings of meditation, reflection and silent painting. The paintings will be your private response to the reading and meditation. Neither experience with meditation nor painting is necessary. All supplies will be furnished. \$20/ 4-week session. 9:30am - 12:30pm at the

Center for Contemplative Arts in Manzanita. Register at 541-231-0136

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

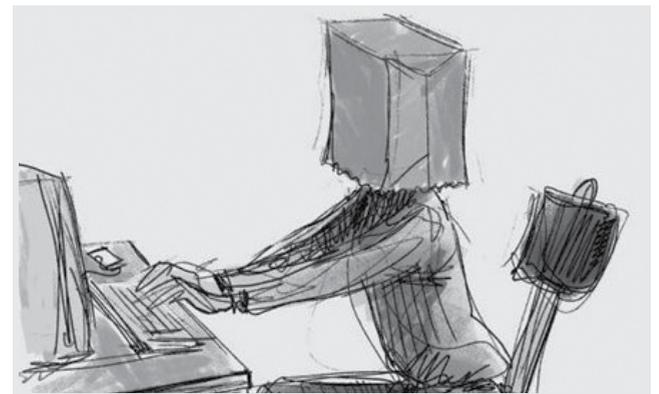
Clatsop Care Center is looking for volunteers to assist in our Quality of Life Department. Your presence could make a difference in their lives. Volunteer roles can be customized to fit your schedule & preferences in terms of type of activity and time commitment. Volunteer roles include visiting & building friendships with individuals, reading aloud to residents, playing music, singing with residents, assisting on outings, conducting a movie night activity, assisting in craft activities, games, cooking activities & other activities. Volunteers will need to pass a criminal background check & a TB screening test. For more information, call Brandy at 325-0313 Ext. 220 or Rosetta at ext. 222.

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

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



INTRODUCTION TO INTERNET BROWSING CLASS AT SEASIDE PUBLIC LIBRARY

The Seaside Public Library will offer an Introduction to Internet Browsing Class on Saturday, March 21, 2015 at 11:00 a.m. The class will be held in the public computer area of the library but space is limited so you must sign-up and can do so at the circulation desk or by phone.

This class is for computer novices who need help learning how to use the Internet. The instructor will cover the most important features of a browser, how to use an Internet address, and will also discuss first steps for easier use. Attendees should also be comfortable using a computer mouse.

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

phone, and may also help with answering mail requests and other tasks as needed. For more details, contact Suzanne at 503-325-6311 or stop by to pick up a volunteer application.

OPEN MICS

THE BEEHIVE IN NEHALEM is hosting an open mic from 3-6 every Saturday afternoon. For more information and/or to get your name on the list contact Mick Taylor at micktaylorappraisal@gmail.com

LAST TUESDAY poetry open mic. Port of Call, 9th & Commercial, Astoria, 7 to 9pm, Jan 27. Sign up onsite for a short time slot to read your own poems or a poem you like. Host: poet Ric Vrana.

WEEKLY JAM SESSION happens every Wed eve. from 7 to 10 at the "Port of Call" in Astoria (used to be the Shipyard). A 3 piece host band to jam with any one who wants to sit in. Peter Unander on keys and/or bass, Tom Peake on drums and Richard Thomasian on guitar and/or bass. Jazz, Blues, Funk, Country, Reggae, Rock, Folk, etc. All players welcome.

MEETINGS AND MEET-UPS!

PFLAG NORTHCOAST. Parents and Friends of Lesbian, Gay, & Bisexual, Queer people, meets every third Thursday of the month. This month Dec 18. 6:30-8:30pm. At the First Lutheran Church, 725 33rd Street, Astoria OR.

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."

TILLAMOOK PILOTS ASSOCIATION. A non-profit organization, meets the first Saturday each month at the Airbase Cafe (Tillamook Air Museum) at 9am for their regular business meeting and to promote general aviation. Next meeting is August 2nd and breakfast is available. If you are interested in learning to fly, or are simply interested in general aviation why not come to the meeting and meet similar-minded folks? The TPA owns a Cessna 172 available for members to rent for instruction or for general use for licensed pilots who are members of TPA. Check out tillamookpilots.org for more information.

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

The Magic Pill

HOW OFTEN have you thought of a magic pill for whatever ails you? We want relief from stress, discomfort and pain but more often than not we reject the real truth to these problems. Many people try to avoid their pain and drink or drug their way to some artificial state of bliss. Others earnestly work on themselves going to the gym and sculpting their truth into the flesh. Our society provides a multitude of outlets to deal with stress and pain but is it working? Our body tells us something is wrong long after

the emotional alarms ring. The work that gets avoided had to do with what we feel. Most people feel at a deep level but are not taught how to express and deal with the emotional body. Subsequently they stuff, avoid or act out inappropriately and the body takes the impact. Bam! A perfect example is knee pain or a stiff neck that gets blamed on the Zumba class. But the deeper issue is the disappointment of a failed promotion at work. This disappointment gets shoved down into the area of support.

The knees not only represent support but also our ability to move forward in life. When we avoid our feelings a magic pill could come in handy but the truth is feeling our feelings, processing them and releasing them is the homework humanity shares. Choosing a magic pill over the real human experience is like saying you're going camping but instead you stay in a luxury cabin in the woods. What are we afraid of? It is our feelings which bring up a host of emotions like grief, abandonment, rejection and more creating an overwhelming experience that can time travel us back to childhood and those very feelings. Paralyzed like a deer in headlights we ask the question: 'how can I get out of this?' Numbing to the various addictions is the usual remedy but what if you allowed yourself to feel those feelings? What if you allowed yourself to accept they are a part of your pallet of emotions you choose from daily? What if you simply breathed into the pain and accepted it rather than resist it? You might go to the other side of pain and discover it doesn't have the power you have given it all these years. That your physical pain is so tied to

your emotional pain you actually feel better. Oops did I say feel better? That's the power of your human experience; you are at the helm painting the pictures of your life with this incredible pallet of paint called emotions. Let's parent the inner child and love them, giving them what we feel we didn't get growing up. Then let's take the victim out of our experience for it's your life and you are creating every moment.

For over thirty years, author and Mystic Healer, Sonja Grace has been offering her international clientele, immediate stability, clarity, and guidance. Sonja is an energy surgeon who works with the physical, emotional, mental and spiritual bodies. She helps clients process emotional wounds, clear karma and gain inner peace. Her new documentary 'Spirit Traveler' is being filmed in England and you can follow her @spirittraveler on twitter. Her new book 'Become and Earth Angel' Advice and Wisdom for Finding your Wings and Living in Service is available through Findhorn Press. Her companion film series 'Earth Angel' can be found on her website www.sonjagraces.com <<http://www.sonjagraces.com>>

word and wisdom

By Tobi Nason

A Time of Quiet

EVERY ONCE IN A WHILE, my life falls into a sad place. You know that James Taylor song where he sings, "I could not find a friend"? It's that kind of place, where you want to connect and laugh and have an urge to reconcile with estrangement, or just hang out with those that make you laugh, people that seem to "get you." I don't like feeling more alone than usual. I get anxious and sad, terribly sad.

Maybe you do too. What do you do, when reality seems unusually harsh?

I find I have to remind myself that this feeling is most likely temporary. I take the dearth of human warmth and go deeper into my world, psychologically and physically. I nest. I read, work on knitting socks, and do my best to weather this barren landscape.

I believe it is harder these days to soul-search. FaceBook facilitates the glib, the easy-going, sometimes the trite. Deep soul-searching has little place on social media.

It is hard to say, "Yes, I feel alone." and "No, there's nothing you can do, really."

We are social animals. To feel alone and outside of the circle is simply a reflection of our need for others. So why, periodically, do I find myself floundering, bereft, feeling nakedly alone and vulnerable?

I'm thinking that it's a way a psyche has of refocusing attention from a superficial busy, busy world to one of self-examination. I found I had this urge to write a gratitude list, just to remind myself that my life is actually pretty good. Doing what I can and must do to keep my boat on a steady keel is my job until I work my way out of the psyche fog.

I'm also labeling it psyche fog. When you are forced to take stock, despite a painful resistance, you are asked to take one step at a time, take a break, and take another step. I think it's a time for reflection - a forced meditation, of sorts. The world karma conspires to help the process, and no one is available for diversion, chit-chat, or consolation. No relief to be found in a phone call.

I'm aware that this sounds deadly serious, and those of you that know me may want to call me immediately. Please don't. I'm willing to spend some time alone, introspective and yes, uncomfortable. I know there is a reason for it, that something is bubbling underneath that needs to surface. This quiet time helps get it right.

This column is written for you, the reader. Invariably I end up sorting through my own stuff in the process of writing it.

Let's learn from each other. If you have ways to allow yourself time for self-discovery, let me know. If I've addressed something that makes you uncomfortable, let me know that, too. Our society doesn't like uncomfortable stuff. Yet change requires uncomfortable moments. Change can happen via our own purposeful desire, or change can be imposed upon a person, such as a job loss for example. Or, change can be internal. That kind of change, internal, is from deep inside, an unfolding of something that needs to be brought to light. A cosmic shift of view, a revelation, an "ah-ha!" moment.

Word up, Reader: Life ebbs and flows - good times, bad times, comfortable, not comfortable. Happy, miserable, it's perfectly okay and fine to be a little bit lost sometimes. It's part of the journey that we call LIFE!

Tobi Nason is a counselor in Warrenton. Occasionally I have my quiet moments. This is one of them. Call (503) 440-0587 if you've had past periods of time that reflect an uncomfortable state of change. I know you have . . .

VOLUNTEER AT THE ANIMAL SHELTER



Can you donate a few hours a week to help the dogs and cats at the Animal Shelter? CAA needs help! The work's not hard and it's terrifically rewarding.

For more information, call the Clatsop County Animal Shelter at 503.861.0737 between noon and 4 pm, Tues. through Sat. Must be sixteen or older unless accompanied by an adult.



THE LOWER COLUMBIA CLINIC

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Shelter Moods



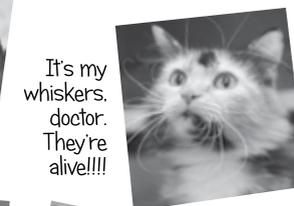
There are days I just can't participate in life.



OMG!



I've told you before. I don't DO shelters!



It's my whiskers. doctor. They're alive!!!!



We've been framed!!!



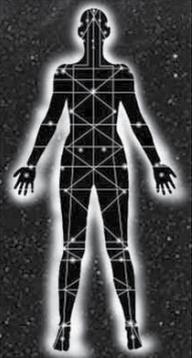
Dear self today you will shine!!

Clatsop County Animal Shelter
1315 SE 19th in Warrenton
Phone: 503-861-0737
Hours: noon to 4 pm, Tues. thru Sat.



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bodies in balance

Five Cheers For Feet!

CAN YOU THINK OF A PART of the body that takes more physical use and abuse than our feet?! They carry us through many of the activities of the day. They are structural and sensual. They connect us to the earth as we walk our way over mountains and along beaches. The biggest issues I see when facing foot health are pain (plantar fasciitis, bone spurs, gout and neuropathy), skin/nail issues (namely fungus and ingrown nails) and swelling. These can have a variety of consequences for our comfort and mobility. So take a few minutes to rest those dogs and read on about foot health.

I should begin with a disclaimer that I am not a foot specialist. There is, in fact, a whole medical speciality called podiatry which is dedicated to keeping the feet in good health. My lay knowledge is intended to outline some foot concerns and strategies but this article is by no stretch of the imagination a substitute for proper medical care when needed.

Plantar fasciitis is basically an inflammatory issue affecting the tendinous tissue that connects the heel to the balls of the feet. If you think about the pressure the plantar fascia takes on to maintain the arches of our feet and keep the spring in our step, it is no wonder this wears over time. Now granted I mostly see women, but I find this condition incredibly common in perimenopausal women. This in fact is a time when the as the estrogen lessens the elasticity of the tissues throughout the body stiffen, including the plantar fascia. First line treatments can include proper calf stretches, the use of a tennis ball for massaging the tight fascia, epsom salt foot soaks and of course good arch support.

Bone spurs most commonly affect the center of the heel, again where the plantar fascia attaches to the heel. As the fascia stiffens (or weakens) it can pull on the heel attachment. The body seeks to compensate for this by laying down bone to keep the attach-

ment strong and thus a bone spur forms. Therapies which may assist in softening the spur would be ultrasound, topical castor oil and heat, and of course addressing the above issue as it is commonly the root of the problem.

Neuropathy is a problem of nerve origin. The nerves can be inflamed, pinched or damaged from injury or more systemic disease like diabetes. Symptoms that may resonate for some of you would be numbness, tingling, hot/cold sensations or just outright pain in specific areas of the footbed, although most commonly affecting the toes. It should be of note that gout is another very common condition causing pain at the root of the big toe. This is a topic I have



already addressed in a previous article, however. One of my first go tos when addressing neuropathy is B vitamins. They are quite nourishing to the nervous system and neuropathy can be one sign of B vitamin deficiency, so worth a try. Fungus...the foot's arch nemesis.

Both the skin and nails of the feet are susceptible to this type of infection. On the skin it most commonly manifests as athlete's foot, which is typically located around and between the toes, but especially virulent cases can spread throughout the footbed. It can be red, blistery, have peeling or even torn bleeding and oozing skin, and most annoying, be super itchy. The nails are another susceptible area, which can lead to minor discoloration or more invasive nail involvement where the nail thickens

Dr. Tracy Erfling is a naturopath physician in the Lower Columbia Region.

Questions?
erflingnd@hotmail.com



and pulls away from the nailbed. Thankfully nail involvement is fairly asymptomatic yet for many an unsightly sign of dis-ease in the feet. Treatments options range from simple home/hygiene like making sure you wash regularly, clean or even bleach socks between each use, give feet quality air time and make sure showers are well maintained. Tea tree oil is my first

natural go to. This essential oil can be a bit harsh directly onto the skin but diluted in some type of carrier oil is worth a try. Over the counter medicines are an obvious suggestion and then of course there are also pharmaceuticals to use either topically or internally. Nail fungus can be particularly stubborn and one must employ patience when attempting to treat this infection.

Ingrown toe nails are for some a very chronic and debilitating condition. I see this issue increase with age as we become less able to care for the basic needs of our feet. Footwear can sometimes be to blame as well...again make some quality air time for the feet! Regardless of the reason, ingrown toenails are one of those structural/anatomical conditions that are best solved by a nail professional. Podiatrist, nail technician, or elder-

care specialists can all be very adept at addressing and maintaining this issue.

Swelling is the final foot issue that deserves addressing. Swelling from inflammatory concerns like those listed above or injury is one possibility. However, the feet are the gravitational pooling area of the body, and when it comes to swelling (a.k.a. edema), the feet are a bit of a window into our cardiovascular function. The fluid balance of the body is a well coordinated event between the blood vessels, lymphatic system and surrounding tissues. There is delicate balance of osmosis which governs whether fluid is higher in one system vs. another. This balance is influenced by hydration, nutrients, hormones, blood pressure and inflammation (to cover the basics); and therefore the solution(s) can be complex. Clearly making sure there is adequate hydration and movement will ensure that some of the basics are covered. Also addressing blood pressure is a worthwhile pursuit. Bottom line is to accept that some swelling from time to time can be a reflection of stress to the system but ongoing swelling (even if it comes and goes) should be brought to the attention of your health care professional.

GIVE FIVE CHEERS for your feet, be thankful of their ability to carry you, and reflect on ways to care for them today, tomorrow and for years to come. As always... DO something you love, BE with someone you love, EAT your vegetables, DRINK clean water, BREATHE deeply and MOVE your body EVERYDAY!!

CSA Season is Here

Stake your share in the Bounty

By Cathy Nist

DO YOU YEARN to make fresh, local, sustainably grown food a part of your diet yet don't have the time or ability to grow food or can't make it to a farmers market, you may want to consider Community Supported Agriculture (CSA). Those who have not yet experienced the delicious convenience of a regular share of farm goodies (that you don't have to shop for) may be curious about the CSA experience. Hipfish recently had the chance to catch up with Acupuncturist, Lynn Potter who has subscribed to Green Angel Gardens' CSA for six years.

CSA is a grassroots method of food distribution wherein subscribers receive shares of seasonally available vegetables and/or fruit from a farm or network of farms within a local area. CSA members share the economic risks with farmers by prepaying for a predetermined number of weekly boxes of food, the contents of which are influenced by seasonal availability of particular foods and success of the harvest. Prepayment prior to the onset of planting helps farmers offset the costs of seeds, soil amendments, water, and other expenses.

Generally CSAs are operated by small single-family farms and are distributed locally, minimizing shipping costs. The food is generally grown using organic or biodynamic methods, but often, the expensive and time-consuming process of obtaining organic certification is not cost-effective for small farms. Since CSA customers generally become acquainted with the farmers who grow their food, a level of trust develops when subscribers can observe how their food is grown. Thus, organic certification of a farm is not strictly necessary in these circumstances.

Gearhart resident and acupuncturist by trade, Lynn Potter cites interest in her own health and a desire to contribute to the local farm economy as the reasons that inspired her to sign up for a CSA. "As a part of my philosophy for eating, I believe in the benefits of local, fresh, non-GMO vegetables that are grown without pesticides or chemicals. I also wanted to help local farmers. Larkin [Stentz, owner of Green Angel Gardens and Sustainability Center] is a friend of mine. I think what he's doing is worthwhile and I wanted to support that."

Knowing where her food comes from is important to Potter. "I believe in eating whole foods. I cook simply. I'm not a great chef,



Gearhart resident Lynn Potter is a happy and longtime CSA customer to Green Angel Gardens.



but I like to let food speak for itself. Being a CSA member gives me a sense of community. I know Larkin, and we're friends. I've been to his farm I know where the food comes from. When I eat that carrot, I think, 'Oh, this came from Larkin's farm.' It's really wonderful to eat food grown by people that I know, and I like to know that my food has been tended to with love and care."

Learning to completely utilize a CSA share can be a challenging process. "Sometimes it just comes down to making soup," said Potter. "I make a lot of borsht, which I love. You have to be aware that you are not picking and choosing what you get. It forces you to think outside the box, but it

is so worth it." She estimates that the CSA supplies 50% of the produce that she eats.

A weekly CSA share typically consists of enough produce to meet the needs of an omnivorous family of four for a week and costs around \$25 - \$35. Most of the items are usually grown on the farm operating the CSA. Sometimes, other products like eggs, meat, honey, or flowers may be included in a weekly share or can be added for an additional fee. In our coastal climate, cool-season crops such as greens, berries, potatoes, carrots, radishes, lettuce and brassicas thrive. Greenhouses, hoop houses and row covers can enable North Coast farmers to extend the growing season and offer warmer-climate items such as tomatoes and peppers.

CSA season will soon be upon us. Stake your share in the bounty by signing up with a farm (or fishery) near you!

CSA LISTINGS

Stockhouse's Farm's CSA subscription season runs from May through the first week in November. Pick up shares at the farm (located on Puget Island in the Columbia River, near Cathlamet, Washington), in Knappa, or in Astoria. Sign up at stockhousesfarm.com, email botman@centurytel.net, or call 360-849-4145.

Fred's Homegrown is in Naselle, Washington. Their CSA season lasts 20 weeks, early June - October. Shares can be picked up at the farm, in Astoria, or in Long Beach. Sign up at: fredshomegrownproduce.com, or email fredshomegrownproduce@gmail.com, or call 360-484-3345.

Green Angel Gardens & Sustainability Center is located in Long Beach, Washington. Subscribers may sign up at any time of the year. CSA shares are available for pick up at the farm, in Astoria, Gearhart, and Seaside. Register at: greenangelgardening.com, email at: farm@greenangelgardening.com, or call 360-244-0064.

Lazy Creek Farm is in the Lewis & Clark Valley near Astoria. Their CSA season will run approximately from early July- Halloween. Pick up/drop off locations will be arranged on an individual basis. Contact Lost Creek Farm by calling 503-325-4510, or email rgsunderland@charter.net

Honest Harvest, near Astoria offers shares, June - September. Pick up and delivery options can be arranged with the farmers. Contact: Vicki Bergerson at 503-470-5530 or Kathy Whitsett, 503-338-3882

R-evolution Gardens, along the North Fork of the Nehalem River, offers four consecutive 6-week subscriptions, May - October. Shares may be picked up in Rockaway Beach, Wheeler, Nehalem, Manzanita, Arch Cape, Cannon Beach, and Seaside. Register online at: revolutiongardens.com, email to revolutionginger@gmail.com or call 503-368-3044.

Kingfisher Farm, is also located on the North Fork of the Nehalem River. Their CSA season runs 22 weeks, starting in the first week of June. CSA members can pick up their shares in Astoria, Cannon Beach, Seaside, Manzanita, Rockaway Beach, and Tillamook. Sign up by calling 503-368-6763, or email kingfisherfarm@nehalemte.net

Coyote Moon Farms of Tillamook offers an 18 weeks CSA subscription, June - October. Pick up at the farm on Tuesdays, between 1 and 5pm. Email: Sharon@coyotemoon.net or call 503-812-9120.

Corvus Landing Farm of Neskowin The CSA season runs 19 weeks, from mid-June through late October. Pick up shares at the farm, in Neskowin, or in Lincoln City. For more information, visit corvuslanding.com online or email carolina@corvuslanding.com.

Skipanon Brand Seafood in Warrenton offers a Community Supported Fishery (CSF) program that supplies a weekly subscription of locally caught seafood. Pick up is at the Astoria Co-op. Email mark@skipanonbrand.com or call the cannery at (503) 861-8277. Visit them online at skipanonbrand.com

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Beers To Your Health

YOU ARE WHAT YOU EAT: how women's food choices today are affecting future generations.

Astoria Co-op Grocery's monthly lecture focuses on OHSU study

"EAT HEALTHY," you hear it all the time; doctors, media, and friends encourage us to eat better for our health. It is easy to say, but it is not always easy to do. A group of community members participated in a project; taking pictures of things that help them eat healthy as well as things that make it harder.

Oregon Health and Science University's Oregon Rural Practice-based Research Network recently finished a research project on what affects maternal nutrition in Clatsop County. This was a "Photo Voice" project where 10 women took pictures of their food environment, in an attempt to identify the barriers and facilitators to good nutrition.

OHSU Research Assistant and Community Liaison Julia Mabry, is taking the resulting presentation around Clatsop County to those interested in food, medicine, and health. She will be the speaker at Astoria Co-op Grocery's lecture this month.

"The results are moving, compelling and personal. The women's stories about healthy eating are important for the public to hear," Mabry said.

The presentation will cover why it's important to study maternal nutrition and its effect on epigenetics, or chronic illness in the future. It will also address how personal behavior fits into the larger context of our environment. How our society's food environment could change for the better will be up for discussion.

THURSDAY MARCH 12: Beers to Your Health, Astoria Co-op Grocery's monthly food and wellness lecture happens Thursday March 12 at the Fort George Brewery Lovell Showroom, located at 14th and Exchange Street in downtown Astoria. Doors open at 6 p.m. and the talk starts at 7 p.m. This event is free and open to all ages.

CHEW ON THIS!

by Merianne Myers



THERE HAVE BEEN TIMES when I was proud to be an American. Almost never for very good reasons. There's something about an over-developed sense of adventure, brash impatience, unsupportable confidence and optimism despite reality that makes me feel better about... well, me.

Long ago, I was enamored of our seemingly endless capacity to invent spiffy and even

necessary stuff, to set our sights high and meet them. Then I grew up and took a look around. What seemed so shiny to me as a kid looks pretty dingy to me now. It's true that corruption, abuse and dysfunction are the very pillars of any government and ours has never been an exception. However, I can't remember a time during my life when we've been so stubbornly defensive of behavior that is clearly beyond the pale.

A pale, by the way, was the word folks in the 1300's used for pointy sticks, the kind used to

build fences. So, beyond the pale was a way of saying something was decidedly out of bounds.

Lately, pointy sticks seem like a viable choice in dealing with a recalcitrant government.

As a country, we're still very young. Maybe there's hope that we will outgrow this pitch-a-screaming-fit-in-the-grocery-store phase and learn to disagree in a graceful, respectful way.

Maybe we, the citizens, will take responsibility for our collective place in the world instead of plugging in our ear-buds and humming loudly enough to keep reality at bay. Maybe we can learn to temper our passion for money the way a child learns that candy isn't everything. Maybe we'll teach big business to mind its own business and leave the governing to us. Maybe we'll learn to share and stop thinking we know better than everyone everywhere.

Or maybe, we'll grow up to be just like every other civilization. Yeah, that's more likely. We'll try and fail. We'll occasionally shine but, more often, run off the rails. We'll be the most-likely-to-succeed until some other country is.

Oddly, I am grateful to live in this crazy, wonderful, ill-behaved, out-of-control country. Despite frequent bouts of dismay and embarrassment about our behavior, I would not choose to live elsewhere.

Humankind, the world around, is wondrous, quirky, cruel, kind, generous, miserly, bold, skittish and generally change-averse. Evolution is inevitable. And, really slow. Political shenanigans may leave us feeling like Sisyphus, pushing the boulder up the hill only to have it roll down again. But, what if the continual boulder pushing wears down the hill? Maybe we just have to keep trying

until erosion prevails. Then we can we can do what we do best. Push that boulder right over the edge.

All this thinking has left me exhausted and hungry. Excuse me while I put in my earbuds, set the player on 'shuffle' and crank up the volume until I can't hear the news.

Pasta is a ginger peachy winter dish. What better time to cook up something luscious, lusty and alluring? Something that makes the kitchen smell like heaven and your loved ones feel like they've died and gone there? Legend once had us believing that Marco Polo brought pasta from China to Europe, thereby introducing the Italians to Italian food. Once again, history got it wrong. No problem. We'll fix it all. Someday. Today, we eat!



BEYOND THE PALE MAC AND CHEESE

1 pound pasta - elbow macaroni, penne or rotini
6 ounces each - swiss, cheddar, mozzarella, shredded

3 ounces roquefort or any bleu cheese (optional)

1 quart whole milk
7 Tablespoons butter
5 Tablespoons flour
2 or 3 dashes hot sauce
1 1/2 cups fresh bread crumbs or Panko
Salt & Pepper

Preheat oven to 375. Butter a 13x9 baking dish.

Bring a large pot of water to a boil with a liberal dash of salt. Cook the pasta just until al dente. You will be baking it, so don't overcook at this stage. Drain and return to the pot. Warm the milk but do not let it boil.

Melt the 5 Tablespoons of the butter in a saucepan, add flour and whisk for 2 or 3 minutes.

Whisk in the warm milk and stir until thickened. Off the heat, stir in the cheeses, mixing until melted. Season with hot sauce, salt and pepper. Fold in the pasta.

Toss breadcrumbs or Panko with the remaining 2 Tablespoons of melted butter and sprinkle over the pasta. Bake for 20 to 30 minutes until breadcrumbs are toasty and the cheese sauce is bubbly.

Leftover mac and cheese can be sliced and sautéed, topped with an egg for breakfast or a grilled sausage for lunch.

Free Cooking Classes for Youth!

This is the sixth year that youth will have the opportunity to join the 4-H After School cooking class offered in Seaside. The youth will be cutting, chopping, learning nutrition, and competing in an Iron Chef cook-off. The After-School classes will run for four weeks on Wednesdays from April 1 to April 22 at the Seaside High School Culinary Arts Room from 2:30 to 5pm. Transportation will be provided from Broadway Middle School to the High School. The classes are taught by OSU Extension faculty, staff, and 4-H volunteers. The class is for middle school youth in grades 6-8 with space being limited to 15 youth. To sign up, call 503-325-8573.

High School Horticulture Scholarship

Clatsop County high school seniors interested in horticulture or related fields are encouraged to apply for a \$1000 scholarship from the Clatsop County Master Gardener Association. Deadline is April 10th. Applications are located at the OSU Clatsop County Extension Office or online at: <http://extension.oregonstate.edu/clatsop/gardening/ccmga>



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