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MONTHLY

alternative press serving the lower columbia pacific region • april 2015 • vol 16 • issue 195

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in the L&C Valley
kicking up the locovore**

Building

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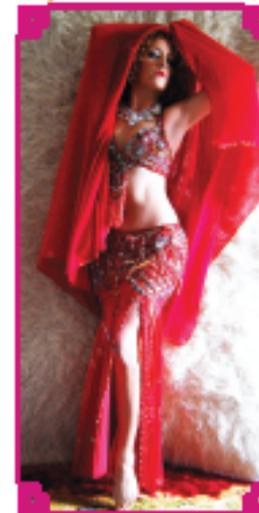
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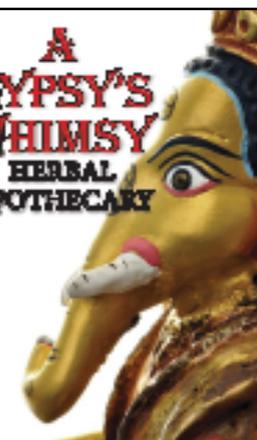
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Primal Mates Chamber Jazz at KALA april 17



FOR OVER 30 YEARS Chris Lee (vibes) and Colleen O'Brien (cello and voice) have been performing as the eclectic chamber jazz duo (and sometimes trio) Primal Mates. They combine the attention to composition and form of chamber music & art songs with the freedom and improvisational interplay of jazz.

From re-imagined standards where mysterious hidden layers and meanings are revealed to writing lyrics to some of the most intriguing compositions of recent years.

Growing up about a mile from each other in Portland, Oregon, they met in 1980 when Colleen asked Chris to play drums in a quartet she was forming. The meeting of kindred musical spirits is always a fortunate encounter and the two soon realized they had even more in common as 'anam cara' as the Irish say, or soul mates.

Along the way they formed the Chris Lee / Colleen O'Brien Group, have raised a son, spent a year in Alaska where the vibe, cello and voice duo was born, recorded projects of original music for quintet that featured Art Lande and Paul McCandless of the group Oregon, performed at the Mt. Hood jazz festival, Festival Internacional de Jazz in San Miguel, Mexico as well as being featured on the Denver PBS series Artist Profile.

In 1989, they formed the eclectic chamber jazz trio Primal Mates in which they joined forces with guitarist Khabu DougYoung. This

began their 5 year journey as the trio Primal Mates. They performed locally & toured nationally and produced 2 recordings.

Chris and Colleen continue to tour and perform as a duo evolving the spirit of Primal Mates in their chamber music as well as integrating their songs, and poetry project into the body of their works.

Music in Poetry Poetry in Music

Look for this performance to feature from their "Music in Poetry" project; compositions from the collaboration of Paul Bowles and Tennessee Williams, Zen/Beat poet Gary Snyder, American poet Robert Creely whose poems have been set to music by jazz artist Steve Swallow, several original compositions set to Japanese and Chinese poems by Li Po, and Toshiyuki.

KALA presents Chamber jazz artists Primal Mates on Friday, April 17. Doors open at 7:30, and music at 8pm. \$10 cover. KALA is located at 1017 Marine Drive.



**Coast Community Radio presents The von Trapps
Friday, May 1, 2015 - Doors open 7 p.m., Concert at 7:30
Liberty Theater, 12th & Commercial, Astoria, OR
Tickets are \$25 and are available at:
Liberty Box Office 503.325.5922 Ext. 55**

MEET THE VON TRAPPS, the next generation. Siblings Sofia (26), Melanie (24), Amanda (23) and August (20), the great-grandchildren of the Captain and Maria von Trapp, are reinventing the legacy of their birthright for the modern age.

Their performances make room for melodicas and ukuleles, lyrics that can unspool in ten languages, twinges of Appalachia and Portlandia, some shout-outs to the Mamas & Papas, all filtered through the DNA of the most beloved musical ever, The Sound of Music. They have toured extensively, from Beijing's Forbidden City to the Sydney Opera House, performed with major symphonies across the country, appeared on Oprah, and recorded with artists such as Wayne Newton and Rufus Wainwright.

For the past few years, The von Trapps have been frequent guest performers with Pink Martini. The two groups collaborated on Pink Martini's eighth studio album, Dream a Little Dream, released in March 2014, which has sold over 20,000 copies in the US alone, and was featured on NPR's Weekend Edition.

The siblings sought out a kindred spirit, approaching Israel Nebeker, the lead singer and songwriter of Blind Pilot, to produce their latest album, Dancing in Gold. Nebeker gets right to the heart and soul of the matter: "Their sound is an open collage, unafraid of combining disparate style and sentiment. Most importantly to me, it communicates honestly and is sung from the heart."

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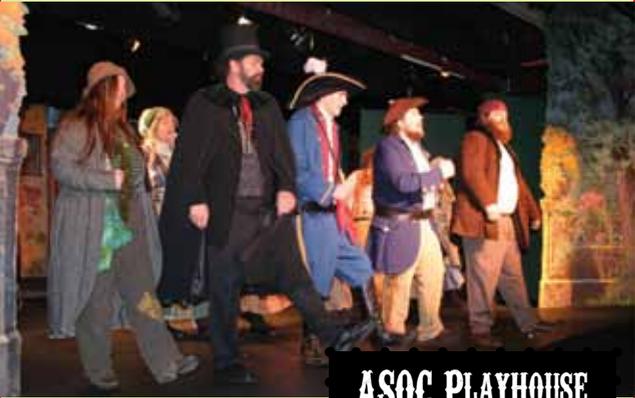
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Portland's Miss Massive Snowflake SO SWEET

Friday, April 24 at KALA

MISS MASSIVE SNOWFLAKE is a charismatic and playful band based in Portland, OR who enjoys playing live and has performed over 500 shows in 10 countries. Front man and songwriter, Shane de Leon was a member of experimental rock band Rollerball for a decade and has collaborated with 31 Knots, Black Heart Procession, Solex, Steve McKay, Rainstick Cowbell, and OVO. With an emotive voice and compelling lyrics, de Leon is a storyteller at heart and is often compared to David Byrne, Guided by Voices, Jonathon Richmond, and the Flaming Lips.

The band started as a solo recording project in 2006. Jeanne Kennedy Crosby joined on bass in 2007, and shortly after Andy Brown (Jessamine, Fontanelle) joined on drums.

On Miss Massive Snowflake's fourth album, SO SWEET, Shane de Leon weaves stories of heartbreak, loss of trust, family, and social media into eight songs that take us through an exploration of how love can sometimes walk a fine line of pain. The album's first single "Hard To Know" is an upbeat song showing that it's not always easy to know where to go when



you can't quite figure out where you're at. So Sweet shows a moodier side of Miss Massive Snowflake and features the Nina Simone cover "Turn Me On".

KALA@HIPFISHmonthly joyfully celebrates a long awaited return engagement of one of Portland's most spirited creative/with opening band Cloven Fruit. Doors open 7:30pm. \$5 Cover. Cocktails. 1017 Marine Drive in Astoria.

Mona Superhero at kala



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

KALA continues the work of Mona Superhero for Astoria's 2nd Saturday Artwalk, April 11, 5pm - 8pm. She'll be showing work selected from recent shows, also available in prints. Also: Sid Deluca, Sterling Gorsuch, Roger Hayes. 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.



Teppo and Makkonen at the Liberty

From Finland with love

SUNDAY, MARCH 22ND was a great day for the Astoria Finnish community and the Astoria Music Festival. 250 audience members were mesmerized by the hauntingly beautiful music of Sibelius, performed by great, great granddaughter of Finland's beloved early 20th Century composer, pianist Ruusamari Teppo and award-winning cellist Jussi Makkonen.

Intimate and powerful, the duo performed pieces not specifically written for cello and piano, but arranged for this pairing due to Makkonen's desire to play Sibelius. Thus, the cello and cellist Makkonen interpreted themes and melodies inherent to Sibelius compositions; minimalistic, resonating and revealing the composer's very essence. Teppo, an unusual virtuoso, expressive pianist, a storyteller at the keys. A first full concert of Sibelius in Astoria, and to many ears and hearts, one of the most beautiful concerts ever performed. Makkonen's Finnish-style humor and impeccably edgy dress, from his stove-pipe tux pants to his spiked patent leather shoes spoke tellingly to the independently creative culture and artistry of Finland.

The fabulous complimentary smorgasbord following the concert and lovingly prepared by Astoria's Finnish Brotherhood Lodge, the perfect cadence to this music affair.

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the locovore movement

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HIPFISHmonthly is located at 1017 Marine Dr in Astoria. By Appt.

ADVERTISING INQUIRIES - 503.338.4878

Send general email correspondence: hipfish@charter.net. HIPFISH is produced on the web at:

www.hipfishmonthly.com

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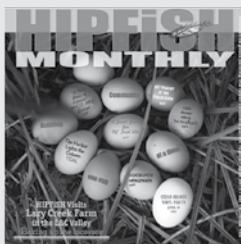
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Cover: Design & photo by Dinah Urell. Lazy Creek chicken egg hideout.

LETTERS



Chew Chew ... on this!

Hello HIPFISH!

Although I no longer live in the area (I lived in Gearhart for 20 years) my work often brings me back to the coast. The first thing I look for is Hipfish...what a great publication. I feel like I can get back into the swing of things with all your information concerning events and local lore.

I must confess it is Merianne Myer's article [Chew On This] that I scour first. Merianne, you have such a great sense of humor. The history you bring to your articles always teaches me something new (not to mention how wonderfully tasty your recipes). I am always transported somewhere else...your last article "Beyond the Pale" (March 2015), I read three times!

Thank you for all your efforts in creating truly wonderful reading.

Liz Davis/Portland, OR.

TimeBanking for Wellness Workshops coming up

TIMEBANKING? The term's becoming familiar and sounds a bit like another name for "sharing". Coming up April 18 and 25 are two chances to find out what it is and how it can help make you healthier.

Clatsop Community College and the Lower Columbia TimeBank offer "Time-Banking for Wellness", a Saturday workshop from 10 am to 4 pm. The class will be offered twice, in Astoria April 18 and in Seaside April 25.

Wellness: an active process of gaining awareness, making healthy choices. TimeBanking: a way of giving and receiving while building supportive networks and strong communities. Wellness and TimeBanking join to create a pathway to healthier living using networking, not money. This 1-day workshop includes a panel with health care professionals, instruction in basic self-health screenings, access to free resources, quick 'n' healthy recipes and more.

TimeBank members will be presenting information and leading activities. It's a great chance to learn about TimeBanking and sign up, learn about local activities and resources. Leslie Morgan, certified health coach, will be facilitating.

Class will include a potluck lunch and foods discussion. Participants should bring a dish to share or a sack lunch. Snacks will be provided.

SATURDAY, APRIL 18, the class will be on the Astoria campus of Clatsop Community College campus, Towler Hall, Room 310, and, SATURDAY, APRIL 25 at the South County campus, 1455 N Roosevelt (Highway 101) between Diamond Heating and Human Bean.

The class is free and open to everyone. For more information, email Leslie at leslie_mor@msn.com. To sign up, contact Mary Kemhus-Fryling, Community Education Coordinator for the college mfryling@clatsopcc.edu or 503-338-2408.



North County Meeting For Helping Hands A Reentry Program for Homelessness

TILLAMOOK HELPING HANDS Reentry Program has scheduled a meeting in North Tillamook County for Monday, April 13 at 6:00 PM in the North Coast Recreation District (NCRD) building, 36155 Ninth Street in Nehalem. Tillamook Helping Hands has formed to establish a homeless service center in Tillamook County to serve the almost 400 persons who are currently displaced. Fundraising and the selection of a location are two of the most important topics to be discussed. This will be an informational meeting as well as a regular planning meeting. All interested persons are welcomed to attend.

RUMMAGE SALE: The group will be having a fundraising Rummage Sale on April 18 at St. Mary's By the Sea Catholic Church in Rockaway Beach from 9 AM to 2 PM, with a bag sale at 2:00. Those wishing to donate items for the Rummage Sale may drop them off at the church on Friday, April 17 between 1 and 5 PM. They will also be accepting clean tarps, coats, and sleeping bags at the sale for distribution to those in need in our community. New socks and toiletries will also be welcomed.

Tillamook Helping Hands will also be participating in a Poverty Summit at the Tillamook Bay Community College on April 22, 2015.

Established in 2004 in Seaside, Oregon, Helping Hands Reentry Program currently provides 109 beds in Clatsop, Yamhill, and Lincoln Counties for those needing support to rebuild their lives. Helping Hands is looking forward to serving those in need in Tillamook County as well. For more information about the Tillamook Helping Hands Reentry Program, please call Gary, Ruby, or Carla at the Tillamook County Pioneer Museum, 503.842.4553.

Clatsop Cultural Coalition Seeks Public Input

THE CLATSOP COUNTY CULTURAL COALITION administers the awarding of grant funds from the Oregon Cultural Trust to citizens of Clatsop County each fall. According to its by-laws, the Cultural Coalition goals and funding priorities must be submitted for review by the community every four years. Current goals and funding priorities are printed below. Clatsop County residents can submit their input by completing an online survey at www.surveymonkey.com/s/JPNJNHG, emailing their feedback to information@clatsopculturalcoalition.org, calling 503-325-2431 or 503-325-0590, or attending a public forum at 7 P.M. on Monday, April 27, at the Warrenton Community Center, 170 SW 3rd, in Warrenton.

Clatsop County Cultural Coalition Goals and Funding Priorities include:

- Raise awareness of culture in the areas of visual and performing arts, heritage, and humanities.
- Support the preservation, functionality and/or sustained usage of physical facilities for visual and performing arts, heritage, and culture within the county.
- Act to strengthen the overall health of existing non-profit organizations, schools, individuals, or businesses related to visual and performing arts, heritage, and culture.

The Clatsop County Cultural Coalition also seeks volunteers to join the group to assist in organizing the yearly activities of the Coalition, reading and evaluating grant proposals, and participating in discussions to award funds. This is an approximately twenty hour commitment per year, more if one serves on the executive committee. Coalition members usually represent culture in the areas of visual and performing arts, heritage or humanities and there are also two at large positions open. For more information and a short application, contact co-chairs Janet Bowler and Charlene Larsen at information@clatsopculturalcoalition.org or call 503-325-2431 or 503-325-0590.

Clatsop County Cultural Coalition seeks input to review funding priorities

Attend Public Forum:
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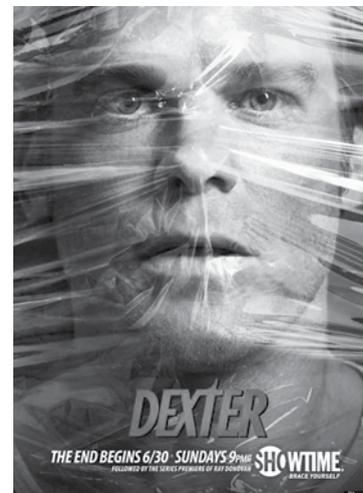
The Appeal of the Marginal

INTELLECTUALS look at trends in popular culture as a way to ascertain what drives ordinary people. In 1966, as the Vietnam War was igniting rebellion among the young, sociologist Charles Keil published *Urban Blues*. He saw the black bluesman, marginalized, given to hallucinogens or narcotics, free form improvised music, and alienation from suburban consumer pieties, as a model with increasing appeal. While minorities were purposely excluded from the acquisitive American dream, more privileged others, alienated from war and the rat race, often dropped out, assuming the hip marginality of the bluesman. They invented their own values and countercultural lifestyles. Thus, following the beat writers, hippies of the Woodstock generation traded deferred gratification for immediate pleasure, and cold war nationalism for peace, tolerance, and self exploration.

As corporate capitalism commodified and marketed the affect of protest, monied elites reacted against the sixties rebellions, ultimately creating the extreme capitalism that has given all power to the one per cent and marginalization to the masses. In today's low wage economy of overwork and trailer parks, ruling one per centers live in a bubble unexposed to the rabble. Exploited workers become the mercenaries fighting continuous wars for the profits of the ruling caste. Propaganda-news directs the anger of the impoverished multitudes downward against migrants created by global corporate rule, or outward against countries or entities challenging US global domination.

And pop culture is again reflecting the sense that official institutions are stacked against the masses, and survival entails living outside the system. We can see this reflected in the reappearance of the antihero in many of the TV stations specializing in the dramatic series. Serial television on HBO, Showtime, AMC, and Sony TV is now attracting some of the best writing talent. The original series of this nature, *The Sopranos*, depicted a neurotic mobster trying to live the

dream in New Jersey suburbia, while coping with rebellious children, business reverses and the ever-present threat of the law. Tony Soprano's appeal was in good part his struggle for "success" that could only come outside normal social channels. More and more Americans identify with that struggle. Mob characters are continuously appealing, including real life racketeers of the prohibition era, another time of massive wealth



inequality and labor impotence.

The series format enables writers and directors to fully flesh out the personalities and motivations of these marginal figures. In *Board Walk Empire*, one of the lesser known bootleggers, Enoch "Nucky" Thompson runs playtown Atlantic City in the twenties. As dramatized in flashbacks, Nucky and his brother Eli grew up poor, with an abusive, alcoholic father. Nucky escapes early to nearby Atlantic City, then in its nascent form as beach resort, run by a corrupt boss. And he rises like a Horatio Alger hero to his own boss status. Nucky is chiefly the business man making it, and he lacks the inner rage of the psychopathic mobster. Thus he is ultimately supplanted by the much more brutal

Lucky Luciano. Nucky appeals because of his success at working the system while existing outside it. His ultimate undoing is also something with which most Americans can now identify.

The most compelling and tragic of the new antiheroes is *Dexter*. A man addicted to serial killing, whose code, given him by his deceased police detective father, is to kill other serial killers. The police in multiethnic Miami are often hamstrung by these addictive murderers slipping away or being released too early from prison. Dexter had been traumatized at age three by witnessing the chainsaw killing of his mother in a metal shipping container. After hours sitting in a pool of blood, he is rescued by Harry, the police detective, who adopts and raises him with his younger daughter. Both Dexter and his sister Deb end up on Miami Metro, Dexter a blood spatter specialist and Deb a detective. Trauma has dissociated Dexter from his feelings, which he generally has to fake. Detecting the tendency to kill in young Dexter, Harry had taught him to restrict his lethality to those who addictively kill the innocent. His scientific job skills repeat his blood fixation while keeping him in safe objective mode.

Dexter too wants to live the dream. He loves children as innocents, marries wholesome blonde Rita, with two children, divorced from an abusive husband. And they have their own child, Harrison. But "normal" suburban life eludes him, as Rita is killed by another serial killer Dexter is covertly tracking. With the older children visiting grandparents in Orlando, Dexter comes home to find his wife dead in a bathtub of bloody water and Harrison sitting in a pool of blood in the kitchen, thus repeating Dexter's experience. Dexter's "dark passenger" of addictive bloodletting mirrors that of America. His attempts at normality are inevitably frustrated as he finds himself compelled to live outside the system. Deviant antiheroes, living outside a closed system, have become popular in this violent land of dispossession.

by Stephen Berk




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Biodiversity Begins with a B[ee] Nature Matters • April 16

Most people can name a handful of different kinds of bees, but did you know that there are actually 4,000 species of native bees in North America and probably several hundred in the North Coast area?

Most bees are tiny, don't bother people and are vital to the ecosystem as pollinators. Join Jerry Freilich as he discusses how these important insects fit in with the larger topic of biodiversity on Thursday, April 16.

The 7 p.m. Nature Matters presentation takes place at the Fort George. The event is free, open to the public, and will take place in the Fort George's Lovell Building showroom. Doors will open at 6 p.m. for those wanting to purchase dinner or beverages at the George before the event.

Freilich notes it's challenging to learn many species even if one is comfortable with long Latin names, but he will illustrate how the diversity of bees are related to other insects and will give some understanding of bee lifestyles as a thoughtful way of encouraging further study. There are a number of reasons why we don't know and speak about these many bee species. The simplest and most obvious reason is because most are small (1/2 the size of a honey bee), fast moving, and inconspicuous. They pollinate the many species of flowering plants so important to our ecosystems, but they don't sting people and in general they don't interact with us. Beyond this, the anatomical differences among the species require careful examination under the microscope, which in turn requires knowledge of bee anatomy ... with all of its own complications. Bee species may differ, for example, in details of their wing veins, the claws and "spurs" on their legs, or in the placement of tiny body hairs.

Freilich, an entomologist working as research coordinator at Olympic National Park, has been with the National Park Service since 1978, working at six national parks all across the country. He got his start in science as a youngster – Freilich was a student and curatorial assistant at the Academy of Natural Sciences in Philadelphia when he was 10 years old. He has a master's degree in Environmental Education (Cornell University) and PhD in Entomology (U of Georgia). His chief interests have always been the wonders of nature: marine seashells, aquatic insects, birding, desert tortoises and now ... bees.



NCLC • Listening to the Land: Oregon's "crown jewels" conserved with Doug Duer • April 15

ON the eve of the Great Depression, Oregon's founding state parks supervisor managed to preserve some of the most spectacular sites on the Oregon Coast for public benefit. Join Douglas Duer, PhD, for "Protecting Oregon's Crown Jewels," the fourth of this year's Listening to the Land programs, on Wednesday, April 15, at 6 p.m. at the Seaside Public Library. Admission is free; refreshments are served.

Between 1929 and 1950, Samuel Boardman assembled most of the state park system that we have today. His efforts focused especially on what he called the "jewels" of the north coast, with Oswald West State Park at the center of his plan. Many elements of Boardman's original blueprint did not come to fruition. Yet his vision for the north coast continues to inspire Oregonians dedicated to conserving some of the north coast's most precious places.

Duer is a scholar and activist who serves the National Park Service, Northwest tribes and others as an ethnographic and ethnohistorical researcher. He is on the faculty of Portland State University and the University of Victoria and is currently at work on a book examining Sam Boardman's legacy.

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.

In Their Footsteps Pacific Northwest Foraging • April 19

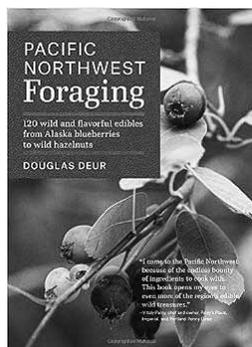
Lewis and Clark National Historical Park, Fort Clatsop announces Pacific Northwest Foraging presented by Dr. Douglas Duer on Sunday, April 19, at 1pm. in the Netul River Room of the Fort Clatsop visitor center.

A research professor at Portland State University, Duer has worked with tribes and national parks throughout the western United States, western Canada and Alaska, documenting traditional Native American environmental knowledge and practices. Duer's 2014 book, *Pacific Northwest Foraging*, distilled some of the lessons relating to plant harvest the Northwest. This book, the focus of this Footsteps presented on the Best Seller List, is largely a guide, it was guidance of seeks to philosophical foraging for ence; as one attested, "Pacific Northwest Foraging may change the way you see the world."

Dr. Duer's 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 his presentation.

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

This season of In Their Footsteps will conclude with the May 17 presentation, Lewis and Clark and Cataclysms on the Columbia, by Jim O'Connor, a geologist with the U.S. Geological Survey. FMI call the park (503) 861-2471.



Lower Nehalem Watershed Speaker Series April 9 • Pine Grove Community House

How we use data on ocean conditions to forecast returns of adult salmon to the Columbia River with discussion of the potential impact of the "warm Blob" on salmon returns over the next couple of years.

JOIN LNWC to explore how ocean condition data is used to predict salmon returns to the Columbia River. Dr. Bill Peterson, Senior Scientist and Oceanographer, National Oceanic and Atmospheric Administration, will discuss his research on the correlation between physical and chemical ocean conditions, plankton biomass and species composition, and adult Chinook and coho counts at Bonneville Dam. Recent ocean temperatures in the North Pacific have been anomalously warm with extreme salinity and zooplankton characteristics. What will this mean for salmon runs in 2015? *If conditions continue, could we be facing a major environmental disaster in the upcoming years?*

There is an extensive and on-going, (about 20 years), time series of temperature, salinity and dissolved oxygen, along with biomass and species composition of the plankton and krill at seven stations across the continental shelf and slope off Newport, Oregon. These data have been collected twice-monthly since 1996. The physical and biological data along with data on the state of the Pacific Decadal Oscillation and El Niño-Southern Oscillation characterize "ocean conditions" off Washington and Oregon. The measurements are significantly correlated with counts of adult Chinook and coho salmon passing upriver through Bonneville Dam. Thus, data on "ocean conditions" during the spring/summer, during which time juvenile salmon enter the ocean, can be used to forecast returns of adult salmon 1.5 (coho) to 2 years (spring Chinook) in advance of their return to the Columbia River. For the past 18 months, the North Pacific Ocean (35-55°N) has been anomalously warm (up to +4.5°C above average) with values during summer 2014 that were 1.5°C warmer than ever observed. In late September 2014, this warm water mass, referred to as "the blob", moved onshore, flooding the continental shelf with waters that were + 2°C about normal. Based on the 20 year time series of data collected in continental shelf waters off Newport OR, the temperature, salinity and zooplankton characteristics were more extreme than those observed during the most recent major El Niño event (1997-98) yet the blob is completely independent of an "El Niño" forcing. In essence we are now experiencing a major "El Niño-like" event. NOAA's climate models predict that the warm water will remain in place through at least summer/autumn 2015, thus we should expect the coastal ecosystem to

respond as if a major El Niño were upon us. Bottom Line: we would be looking at a major environmental disaster this year and next.

Dr. Peterson received a B.A in Biology and Chemistry at Pacific Lutheran University. He earned a Master in Oceanography at the University of Hawaii and Ph.D. in Oceanography at OSU in 1980. He then left Oregon for a faculty position at the State University of New York at Stony Brook, on Long Island, from 1980-1989. During that time, Dr. Peterson took leave for two years (1987-1989) as a Senior Research Officer at the University of Cape Town in South Africa – which he refers to as "my magical years". In 1989 he returned to the US and joined NOAA as a Supervisory Physical Scientist at the Center for Ocean Analysis and Prediction in Monterey CA. Dr. Peterson returned to the East Coast in 1992 for a post at NOAA-Fisheries Headquarters in Silver Spring Maryland where he served as Program Manager and Director of the Interagency Program Coordination Office of the U.S. GLOBEC program. U.S. GLOBEC was a multi-million dollar program that had a 20 year run and which studied effects of climate variability on ecosystem response in George Bank (off Massachusetts), the Antarctic, in the northern California Current off Oregon and in the Gulf of Alaska near Seward. International GLOBEC programs were also established by many European nations as well as China, Japan and Korea.

Dr. Peterson returned to Oregon (to Newport) in 1995 and has been here ever since. In 2010 he was honored with a promotion to the highest rank possible for a NOAA scientist, a Senior Scientist.

To learn more about Dr. Peterson's research and return predictions for salmon to the Columbia River, visit http://www.nwfsc.noaa.gov/research/hottopics/salmon_forecasts.cfm, then click on "Annual Salmon Forecasts".

• LNWC April meeting follows the presentation! This month a special presentation from Kate Skinner, District Forester for the Oregon Department of Forestry, about the development and status of the agency's Forest Management Plan.

At the Pine Grove Community House, 225 Laneda Ave, Manzanita. Doors open at 6:30pm. Presentation begins at 7pm. LNWC regular business meeting follows. Refreshments and snacks will be served. This event is FREE and open to the public.

THIS WAY OUT

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

This Way Out marks almost 27 years on the air!

Our first program was distributed on April 1, 1985, (no foolin').

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

This Way Out leads off each week with NewsWrap, a summary of some of the major news events in or affecting the lesbian/gay community, compiled from a variety of publications and broadcasts around the world.

If you have a local news story you'd like us to report, please let us know!

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



KMUN 91.9 ASTORIA
KCPB 90.9 SEASIDE
KTCB 89.5 TILLAMOOK

Winter 2015 **Food Film Festival**

A Delicious Way to Support Local Food

Admission by donation, all proceeds benefit North Coast Food Web's Community Kitchen Fund

The Coaster Theatre Playhouse Presents

AGATHA CHRISTIE'S
MURDER ON THE NILE

MARCH 13 - APRIL 18, 2015

TICKETS \$20 OR \$15
PERFORMANCES BEGIN AT 7:30 P.M.
ALL SUNDAY SHOWS BEGIN AT 3:00 P.M.
TALKBACK — THURSDAY, MARCH 26TH
SPONSORED BY KEITH C. SCHNIP

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

No LNG NEWS

Columbia Pacific Common Sense monthly meeting

April 16 - Astoria
3 Cups Coffee House
279 W Marine Dr.
6:00 potluck snacks and delicious coffee (THANKS to Columbia Coffee Roaster!)
6:30 meeting

- Updates on the OR LNG issues now before the Warrenton Planning Commission
- Plans for a no LNG rally in Salem
- Prepare for the hearings on ORLNG before the city of Warrenton in May
- Role for city of Astoria
- What YOU can do to get involved and make a difference!

Warrenton Planning Commission

Discussion and vote on vehicle access to the proposed terminal site on Skipanon peninsula via King Street and the impacts of transportation. Public testimony will not be taken (the record is now closed), the Planning Commission will discuss the issues and vote on a recommendation to the Warrenton City Council. Your presence will let ORLNG and the decision makers in Warrenton know that we are concerned, engaged and committed!!

April 9 - Warrenton
7:00 pm
Warrenton City Hall
225 S Main Ave.
Warrenton

Astoria City Council

The City of Astoria will consider a motion to become an "intervener" in the FERC siting of ORLNG. This is fancy talk for the city of Astoria filing paperwork with the Federal Energy Regulatory Commission stating the city will be affected by an LNG terminal and pipeline and would like to participate formally in the decision making process. This is a significant and positive step by Astoria!! You can show your support for this motion by attending the meeting and wearing your Red Shirt!

April 20th - Astoria
7:00 pm
Council Chambers
1095 Duane St.

Paper Shredding Party CARTM

April 18

AT THE REQUEST of many many community members, CARTM is sponsoring a paper shredding party on April 18. This is a community service event (not a fundraiser!) so the fee will be set to cover our costs. The more paper shred, the lower the cost for everyone! If 50 boxes are collect, the cost is \$10/box. If 100 boxes are collected the cost drops as low as \$5/box.

To help set the fee appropriately, it would be very helpful to know how many bankers boxes & paper grocery bags are hiding in file cabinets, attics, crawl spaces, and garages. Businesses and households are happily accommodated!

Don't have much on hand? Go together with your neighbors! Your taxes will be newly done - why hang on to years-old archives? Recover valuable storage space and celebrate Earth Week at CARTM.

15 boxes are pre-committed for this event - a great head start! Email to Karen Reddick Yurka at CARTM, ed@cartm.org, how many boxes you plan to bring on April 18. Can't deliver to CARTM? They can be arranged for pick up from you the week before the event.

Volunteers Needed at Cascade Head Preserve

Saturday, April 18th

THE NATURE CONSERVANCY invites anyone interested in preserving Cascade Head Preserve to participate in a volunteer work party taking place on Saturday, April 18th. Located near Lincoln City, Cascade Head is a coastal promontory overlooking the Pacific Ocean that provides critical habitat for native prairie grasses, rare wildflowers, the threatened Oregon Silverspot butterfly and the Cascade Head catchfly. Volunteers will be helping to control blackberry at this work party. The work party includes a four to five-mile roundtrip hike with elevation gain and may require volunteers to hike off trail and stand on uneven ground while working. Please bring hiking shoes, a daypack, lunch and snacks, a full water bottle, layers of clothing to be prepared for any weather—including raingear and a hat and sunscreen. Also bring gloves, if you have them—if not, we have gloves for you to borrow.

Registration is required. For more information or to register, please contact (503) 802-8100, orvolunteers@tnc.org or the alternate contact; Debbie Pickering at (541) 994-5564.

Tourism Industries Association: Transient Lodging Tax money is tourism industry money, and should be overseen by tourism industry professionals.

Metaphor: If Tillamook County taxed local milk producers for the purpose of reinvesting that money in the dairy industry, would it be reasonable to expect the dairy industry receive a meaningful voice on how those funds would be reinvested? TIA believes so, but that is not what is occurring with the use of Transient Lodging Tax monies.

From the perspective of the Tourism Industries Association, the entire process of managing the Transient Lodging Tax funds has been grossly mismanaged by the Tillamook County Board of Commissioners, and urges tourism industry business owners to beware and be aware.

"The reasonable expectation that tourism industry professionals be included in a meaningful way to oversee TLT funds has simply not occurred," points out TIA President Marcus Hinz. "It was explained to Commissioner Labhart last year that forming the Tourism Advisory Committee moving into Summer, when tourism business owners had the least opportunity of participating, was a big mistake. Now Lab-

hart and the other County Commissioners have abruptly pushed for the release of two rounds of TLT grant funds over this coming Summer. Bad move, bad form." Hinz states.

"Despite two separate votes by the Tourism Advisory Committee to hold off until September, something in the background is pushing this grant process to happen sooner," explains Tom Flood, TIA Board Member and Co-Owner of The Schooner Restaurant and Lounge in Netarts.

According to TIA, options exist for the County to oversee Transient Lodging Tax funds. A Tourism Commission structure could be adopted, similar to what the cities of Rockaway and Garibaldi have created, a separate 501 (c) 6 could be created to manage the monies, or a county-wide structure could be adopted similar to what Lane County or Washington County have in place.

"There is very little to figure out here when it comes to managing these funds, so why are we attempting to reinvent wheel"

questions Hinz, "this might be new to Tillamook County but it's not new to the rest of the world." Washington County's lodging taxes are stewarded by the Washington County Visitor's Association, and Lane County's are stewarded by Eugene, Cascades and Coast. Each have very strong representation from the tourism industries.

Washington County's lodging taxes are stewarded by the Washington County Visitor's Association, and Lane County's are stewarded by Eugene, Cascades and Coast. Each have strong majority representation from the tourism industry. "While the limited geography of smaller cities sometimes make it difficult to secure tourism industry representation, there is no excuse for the lack of representation in a county-wide collection of TLT funds," offers Flood.

TIA urges tourism business owners to step up, become vigilant in protecting and advocating for their industry and to get involved in ways they never have before.

FMI: contact: Marcus Hinz, TIA President
503-866-4808 E-mail: info@TravelTillamookCounty.org
TravelTillamookCounty.org

**Astoria Public Library presents
Chayag Andean Folk Music and Dance
All ages are invited to attend
this free workshop and performance**



Astoria Public Library-450 10th Street, presents Chayag Andean Folk Music and Dance on SATURDAY, APRIL 18 from 2-4pm. The program includes a dance workshop and presentation followed by Caminos del Ande (Andean Trails), a performance of Andean folk music and dance. Admission is free and all ages are welcome.

Chayag has been sharing and preserving the ancestral music, dance and culture of the indigenous people of the Andes for more than 20 years. The group was founded in Quito, Ecuador, and has traveled extensively worldwide, participating in many festivals celebrating multiculturalism. In 2001, Chayag member Alex Llumiquinga settled in the US, where he began performing in venues such as schools, public libraries, and music festivals. Chayag's current musicians and dancers come from Ecuador, Bolivia, Mexico and the US.

During the workshop portion of Saturday's program, Chayag combines a lecture that focuses on the ethnic diversity of Peruvian culture with a panoramic illustration of the different musical and dance styles. Participants then will focus on a traditional dance from Cuzco, Peru, called Valicha. Warm up exercises will place the body into the specific postures required and accustom the ear to the beat. Steps will be learned individually to later be adapted to couple and group combinations. Improvisation is encouraged. Dance alone, dance with a partner, dance with joy, and dance for fun!

Following the workshop, the Caminos del Ande performance is a beautiful representation of the Andean world from the pre-Columbian times to colonial era, featuring music and dances inspired by the Quechua culture of the ancient Inca Empire, oral traditions and folkloric representations of the Inca empire. In the performance, Chayag uses a wide variety of authentic instruments, including the Charango (ten string lute), El Bombo (Andean drum), Quena and Zamponas (Native South American Flutes), guitar among others. The performance is bound to envelop the listeners and take them on a memorable journey to the Andean Mountains and Latin America.

The Astoria Public Library is a department of the City of Astoria, providing tax-supported services to all residents living within the city boundaries. Guided by the mission statement "Explore ideas, engage minds, excite imagination", the Astoria Public Library is an active and responsive part of the community. For more information about library programs and services, contact library staff at 503-325-7323 or comments@astorialibrary, or visit the Astoria Public Library at www.astorialibrary.org.

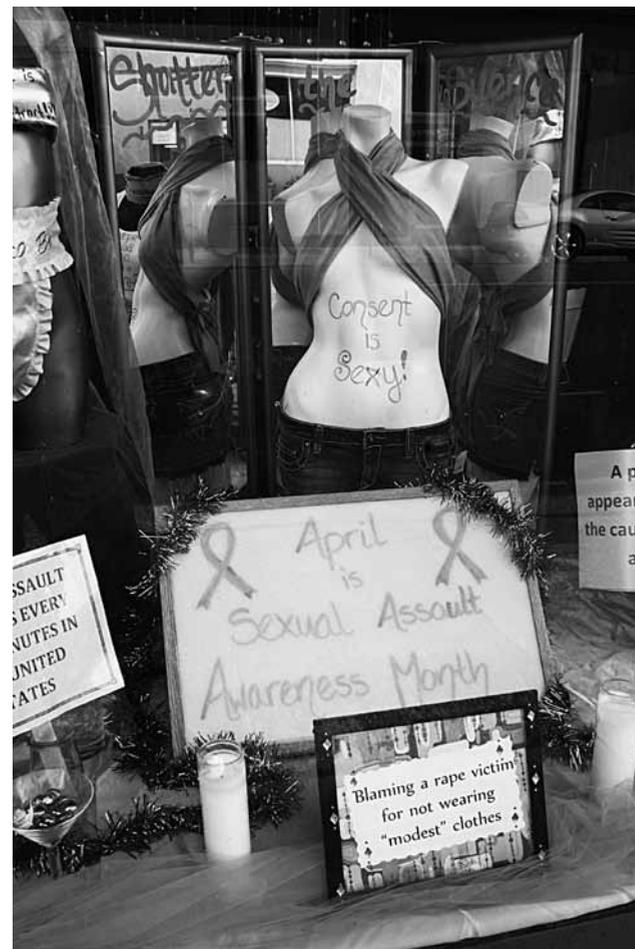
APRIL is nationally recognized as Sexual Assault Awareness Month

THE OCCURRENCE of sexual violence, including rape, incest, child sexual abuse, intimate partner violence, sexual exploitation, human trafficking, unwanted sexual contact, sexual harassment, exposure, and voyeurism, is widespread. One in six boys and one in four girls experience a sexual assault before the age 18. One in five women and one in 71 men will be raped at some point in their lives. These crimes continue to occur regularly in our community, but sexual violence can be prevented. Community members can work to prevent sexual violence by establishing healthy and positive relationships that are based on respect, safety, and equality. Additionally, community members can take action to raise awareness among others, speak out against all forms of sexual violence, and encourage the positive actions of others including seeking help.

The Astoria Column will be lit with teal lights throughout April in observance of Sexual Assault Awareness Month. Community members are encouraged to reflect on ways that we can personally promote healthy relationships and build a supportive community for survivors.

On Friday, April 3rd a lighting ceremony took place at the Astoria Column sponsored by the City of Astoria, Clatsop County Domestic Violence Council, and The Harbor.

To find help locally, contact The Harbor 24/7 at 503-325-5735, or for more information about the national Sexual Assault Awareness Month campaign go to: <http://www.nsvrc.org/>



Volunteers at The Harbor's Peer Center compose a strong and clear message in the current window display.

Combined Sexual Assault and Child Abuse Prevention Awareness Walk

4:00pm - April 30th, 2015
Clatsop County Court House –
Front steps on Commercial street

A COMMUNITY COMES TOGETHER to promote awareness around the need for increased prevention efforts of sexual violence and child abuse, both of which have negatives impacts on all Clatsop county residents. It is time that we start examining the intersection between these two issues and increase the ways service providers collaborate to ensure children and youth are safe. Please stay tuned to media for more information to come.

17th Annual Trash Art Show: New Venue Provides Backdrop for Inspired Art Made With Recycled/Repurposed Materials



NEHALEM—“TRASH ART” is the moniker that stuck 17 years ago when this unique show was first birthed at CARTM. The “trash” artwork, made with all recycled materials, was hung in close proximity to the trash in those days and now, fast forward to 2015—the year Trash Art finally gets its due and will be shown in a real gallery, with real lighting and style.

The show opens at NCRD Gallery, 36155 9th Street in Nehalem on Friday, May 1 with a ticketed preview and celebration with the artists from 5:00 - 7:00 p.m.. The \$25 advance purchase ticket includes snacks and beverages, mingling with the artists and first chance to purchase the unique creations made with all recycled materials.

The show continues its run, free and open to the public, Saturday, May 2, from 10 a.m. - 4 p.m. and Sunday, May 3, from 10 a.m. - 1 p.m.

The Trash Art Show is a beloved tradition on the North Coast and creative fundraiser for CARTM—a unique trio of services: reuse, refuse and recycling. CARTM accepts over 40 different materials for recycling at no charge and is home to the inspiring and creative reuse mecca, The Refinery. For more information about the 17th Annual Trash Art show contact carlvandervoort@mac.com. FMI: CARTM, visit www.cartm.org. CARTM is a 501(c)(3) non-profit organization and is a registered partner with the Oregon Cultural Trust.

Call for Entries—Seeking Inspired Art Made With Recycled/Repurposed Materials

Get out your cool junk—it's time to make trash art. CARTM's 17th annual Trash Art Show is all about working with that irresistibly interesting stuff you've been collecting and wanting to create something with. All the rules are made to be broken when creating trash art. From beautiful mosaics made from broken dishes, to kinetic sculpture created with broken lawn mower parts to—everything is fair game.

The Trash Art Show is a unique local tradition and creative fundraiser for CARTM. This year's event, our seventeenth, will be at the Gallery at NCRD, the show's new permanent location in Nehalem, with lots of open and well-lit space for your art, and plenty of parking for art lovers.

Artists may submit up to three pieces of work for the show. There is no entry fee and the only stipulations are that all artwork must be created with recycled, repurposed or reused materials and must fit through a standard size door. The work must be for sale. Sales receipts are split evenly between the artist(s) and CARTM. Each submitted piece must have a title and be ready with appropriate hardware for hanging or display. For more information contact carlvandervoort@mac.com.

Tenor Guitars Return to Astoria, Oregon for TENOR GUITAR WEEKEND



WHAT STARTED SIX YEARS AGO, the brainchild of the late KMUN programmer Gordon “Gordo” Styler and tenor guitar enthusiast, myself, Mark Josephs, has turned into a heartfelt four day annual event which will start Thursday May 28th at the 39th Street Pier Rogue Alehouse Banquet Room for a day of workshops and concerts and end Sunday evening May 31st for a grande finale concert featuring world class musicians at the Astor Street Opry Company Playhouse.

Friday morning, if you're down by the Columbia around 11am, you can watch the Astoria Riverfront Trolley ride by full of musicians playing instruments, mostly tenor guitars, and singing. Climb aboard and sing a long if you can find space. Then at noon the Bridgewater Bistro is hosting their annual tenor guitar luncheon with live music. You need to RSVP with the Bridgewater if you plan to go. After lunch, if you keep your radio tuned to our local station KMUN 91.9 fm, and you should because it's such a great station, you'll hear tenor guitars play live from 3pm to 4pm on Arts Live and Local. And if you've ever wanted to get a “back stage pass” to meet performers up close and personal, you can on Friday night when the RiverSea Gallery opens its doors (but you do need a ticket) to a very special evening of tenor guitar players who've traveled

from all parts of the country to be in Astoria for this year's amazing gathering that features over twenty musicians and thirteen workshops.

Michael Ward, who wrote the book “Stan Jones, The Singing Ranger-Ghost Riders in the Sky” and Keeter Stuart, related to Stan Jones, will be on hand as the Tenor Guitar Foundation inducts the late Stan Jones to this year's Tenor Guitar Hall of Fame! Be prepared to sing Ghost Riders in the Sky at the end of the Thursday night concert!

We are fortunate in Astoria to have so many wonderful, diverse, and unusual events land at our door. The Tenor Guitar Gathering is the only festival of tenor guitars in the world and it only happens once year, and it happens right here in Astoria, the unofficial Tenor Guitar Capital of the World! This is a great opportunity to show these musicians and workshop teachers from Nashville, Philadelphia, Seattle, Portland, Canada, Los Angeles, Fresno, New York and New Mexico how much our community appreciates the great distances they have traveled, by supporting them with our attendance.

There is much going on this year at the 6th Annual Tenor Guitar Gathering and, since venues are small and intimate, best to get all details and purchase tickets to events by visiting www.TenorGuitarFoundation.org

- Mark Josephs

Shanghaied Roller Dolls vs. the Jefferson State Roller Girls Astoria Armory • April 18

ON SATURDAY, APRIL 18, the Shanghaied Roller Dolls will compete with the Jefferson State Roller Girls of Mount Shasta, CA at the Astoria Armory-407 17th Street, Astoria. Doors open at 5:00 PM and the bout begins at 6:00 PM. Admission is \$10 and all ages are welcome. SRD encourages fans to purchase advance tickets at brownpapertickets.com, Astoria Armory, Coldwater Surf & Skate, Gimre's Shoes, or Tsunami Sandwich. Limited tickets will be available at the door.

Proceeds from the event will benefit Shriners Hospitals for Children, whose mission includes providing the highest quality care to children with neuromusculoskeletal conditions, burn injuries and other special healthcare needs without regard to race, color, creed, sex or sect, disability, national origin or ability of a patient or family to pay. For more information about Shriners Hospitals for Children, visit shrinershospitalsforchildren.org

Shanghaied Roller Dolls, founded in 2011, is Clatsop County's flat-track women's roller derby league. SRD is a non-profit organization powered by a community of adult and junior league skaters, officials, and other dedicated volunteers. The mission of SRD is to empower people of all shapes, sizes, and skills to be braver, kinder, smarter, and stronger through the sport of roller derby. To learn more about SRD and roller derby, visit shanghaiedrollerdolls.org or like the Shanghaied Roller Dolls on Facebook.

Join us for an EARTH DAY/OPEN GARDEN at Gray School

- Meet and greet for Community Gardeners
- Tour the beds
- Meet your neighbors
- Fun for kids
- Resource tables

**785 Alameda
in Astoria
Sunday, April 19th
11am-2pm
ALL WELCOME!**

For questions or more information, call Jessica at (503)931-6631

Astoria
PARKS & RECREATION
Enriching Generations of Community

Thank you to our donors:
Astoria City Lumber • Rotary Club • Arbor Care NW • Costco • Steve Siler
Hamptom Lumber Mills • Brim's Farm & Garden • Recology

First Night in Town

MATT LOVE excerpt from *A Nice Piece of Astoria: A Narrative Guide*

IT WAS A DARK AND STORMY NOVEMBER NIGHT. I was new to Astoria. In fact, I had moved from Newport that very afternoon, in the kind of relentless Emily Dickinson (slant) rain that I exalted in my book, *Of Walking in Rain*.

I hardly exalted rain during the move when it rained and I carried boxes of the rain book that contained lines from “Box of Rain” by the Grateful Dead. There’s a word for that sort of cosmic confluence, but I have no idea what it is.

We completed the move and I took the crew to Fort George Brewery for food and drink. We had a grand time in a booth by the window and I tasted the Vortex IPA for the first time. Interesting, I thought. I could get to enjoy this beer. I sort of like the idea of craft malt liquor.

A petite server wearing a trucker hat came over and took my credit card. A few minutes later she returned and said, “Thanks for changing my life, Matt Love.”

What? I had never seen this woman in my life. The server went on to explain that my memoir of being caretaker of the Nestucca Bay National Wildlife Refuge, Gimme Refuge, had compelled her to quit her job at the brewery and move into the woods near Manzanita to pursue a dream. She was moving in a week. I thanked her for the compliment and left a big tip. It was nice to think that I had at least one reader in Astoria, but, sadly, she was now leaving.

After the crew hit the road, it was just me and Sonny the invalid 15-year-old husky, and a house in total disarray. I was exhausted and wanted to watch an action movie so I drove to Video Horizons, a real, old-fashioned, non-chain video store of the variety almost disappeared from the American cultural landscape.

Newport had recently seen the demise of a Blockbuster franchise. This constituted an insignificant loss to movie buffs because the store was stocked with mostly candy, posters, shooter video games and meth-fueled moron clerks. Toward the end, Blockbuster also began inexplicably broadcasting Fox News and not films that people actually might rent and thus earn revenue for the franchise. There’s a word for this sort of cosmic malicious absurdity; I have no idea what it is.

It was pushing 10:00 p.m. on a November Saturday night and I was the only customer in the store. I browsed the selections and was astounded by the number of VHS tapes available to rent. I watch a lot of new old movies on VHS, so this heartened me; I was not alone in my fondness for tape and tracking.

I brought a DVD of *Die Hard* to the counter. I hadn’t seen it in decades and something from my past hypnotized me to rent it. It was her, my ex wife, the most mysterious, fascinating and ethical woman I’ve ever met in my life. She was also easily the best mimic I’ve ever encountered. I will never forget seeing *Die Hard* in a theater with her on a date long before we were married. We walked out onto the street and she began perfectly mimicking all of Bruce Willis’ preposterous macho lines. Of course you marry a woman who can do that!

A woman in her 40s worked the counter. She appeared pleasant, meth-free and most likely was a movie buff. I told her I was new to town and wanted to open account and watch a film after a tiring day of moving.

As I talked, I noticed Video Horizons had a dot matrix printer—no!—two of them! They must have been a quarter century old; they couldn’t possibly work.

“Do you have anything with your Astoria address on it?” she said.

“No. I don’t.”

“I’m sorry, but I can’t rent to you without verification of your residence.”

She glanced away from me, out to the street where rain sandblasted everything in its path. I suddenly felt more forlorn and fatigued than I had in years, but I had to rally. This was my first night in Astoria.

“I’m asking you to break the rules. Actually, I’m begging you to. I’m asking you to trust me. My last name is Love.”

It was sort of a speech and it sounded pretty good. Maybe I should run for political office, Commissioner of Rain or something. Imagine the potential for graft!

She looked at me and said nothing.

“Please.”

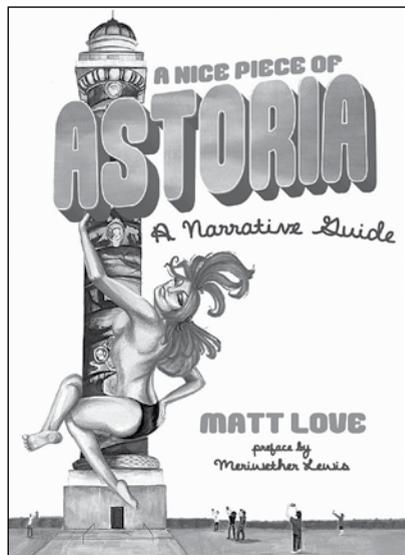
She pondered.

“Okay. I’ll rent it to you.”

“Thank you.”

I filled out the rental agreement and she processed it through an ancient DOS application with its blinking green text and cursor. I handed her two dollars, she pushed a few buttons, perhaps pulled a lever, and one of the dot matrix printers chugged to life. The machine was printing my receipt and I could not believe my eyes or ears. I love the sound of dot matrix printers in the evening; they sound like victory.

I was in Astoria, renting from the last video store on the planet with a functioning dot matrix printer, and I was listening to the comforting sounds of that printer and, of course, rain, and knew I would fit in here just fine.



My Genesis as Writer

In 1998 I discovered *Hipfish* while serving as caretaker of the Nestucca Bay National Wildlife Refuge near Pacific City. I read the magazine and instantly knew I wanted to contribute and improbably launch my writing career. At the time, I was 34 years old and hadn’t written a word for publication.

I wrote a profile/review of a dive bar in Pacific City named the Sportsman Pub and Grub and my first sentence for *Hipfish* went: “When I drink in a bar or tavern I often play a parlor game where I imagine which dead alcoholic American writer would feel most comfortable there.” That launched my “Let it Pour” column which ran for several years and I went on to write hundreds of pieces for the magazine over the next 15 years, including the “On Rain” feature.

I owe a substantial debt to *Hipfish*’s indomitable publisher, Dinah Urell. She gave me a start and let me develop a unique editorial voice for Oregon. I only hope she’ll take me up on my next editorial idea: a sports column for *Hipfish*, and just in time for the cultural farce that is University of Oregon football.

MATT LOVE lives in Astoria and is the author/editor of 13 books about Oregon, including *A Nice Piece of Astoria: A Narrative Guide*. They are available at coastal bookstores and through www.nestuccaspitpress.com.

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**Have a Healthy, Happy
 & Prosperous 2015.
 Year of the Ram**

Cosmic Country Cedar Shakes THIS WESTERN ROAD Record Release Show • April 10

By Dinah Urell

KALA@HIPFISHMONTHLY invites you to come celebrate a record release for coastal cosmic country duo Cedar Shakes, Friday, April 10. "This Western Road," on the new label WHATBANG RECORDS, out of Port Townsend, WA, was recorded in Austin, TX the winter of 2013, and now it's a pretty piece of black vinyl, and a first full-length recording for Cedar Shakes' Travis Champ and James Greenan.

Highly infectious honkytonk styling would be a true description of what you'll hear when you lay the needle down on "This Western Road," and that's what we aim to do. Nehalem's Cedar Shakes will play a set, with Astoria-based act Dry Coffee Black Toast opening. Singer/songwriter Champ, and steel guitar player Greenan recorded with a full band of Austin musical associates at Estuary Recording – an all analog recording. So, we'll be able to hear the songs paired down LIVE, and then get the full highly danceable, highly analog version too, as we spin the vinyl that eve.

WHATBANG Label Owner Royal Graves will be in-the-house to help us celebrate too. The WHATBANG label founded in 2013 is an all vinyl recording arm for the high level of talent operating on the underground fringe of Cosmic American Music; honky-tonky, Texas two-step, country western, old timey and dub is its specialty.

In addition to the Shakes album this year, Graves has recorded Austin artist Leo Rondeau (a 2-time SXSW performer and Pickathon), and highly popular Austin band The Lonesome Heroes. 2015 will see the recording of Olympia band, The Pine Hearts.

When the Shakes first got together James Greenan was a drummer who decided to take up the bass for the band when they first were a trio. Over the course of 3 or 4 years he has become a respectable steel guitar player, and he'll tell you, after a show, "It's not an easy instrument," and he's not bragging. But, he should because he really makes the instrument sing, and there aren't too

This Western Road, was recorded over five days; three days of tracking, one day of vocal dubs, and one day of mixing, all analog equipment, to analog tape, and on to the vinyl lathe, the digital download is ripped from the vinyl master. Even some old-school echo and reverb techniques were used. All the musicians were in one room, playing live together, except for

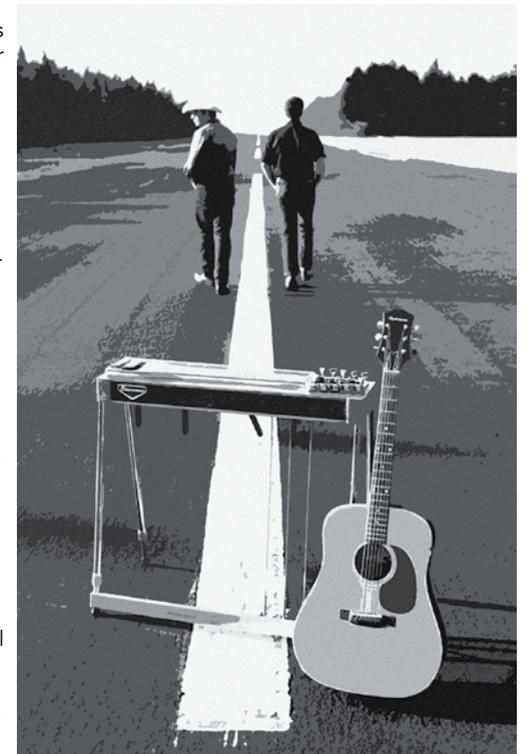
Champ in the ISO booth, which is a standard.

The other musicians all belong to too many Austin recording projects too numerous to name, but they are Bryan Mammel (piano, Rhodes, organ, vocals), Aaron Goeth (bass), David Longoria (elec guitar, vocals) and Matt Simon (drums).

This Western Road is a sweet and dandy collection of arrangements, great players, and memorable tunes that sink right into your heart and soul. If there were an album of the year on the coast it would be the contender. One should love good music, not styles of music; one should love Cedar Shakes, "This Western Road."

Friday, April 10, doors open 7:30pm. \$5 Cover. With Dry Coffee Black Toast, Shakes play 8:30pm to 9:30pm, Record listening and

dancing follows. Real Good Chili and Cocktails available. KALA is located at 1017 Marine Drive, Astoria.



many people willing to be that particular instrumentalist.

While on the coast, Champ and Greenan stick to the duo. Well-known as a poet/writer, grown up in the Nehalem area, and vintage letterpress book printer, Champ's poetry makes for rich, gritty and arty honky-tonky lyrics. Record albums are great because they traditionally contain lyric sheets, and you'll want to read along when you get this album, because Champ will move you, as will his rambling and rather tricky style of phrasing and melody.

The medium tempo Don't Always Aim To Please . . . /sometimes true love sends postcards to the ocean/sometimes you'll wish true love was overseas/it can be a brick to your good knee/a flesh-eating disease/no it don't always aim to please/but when you are in need/it will lift you from the deep/

. . . sounds satirical but when Champ sings it to you, it hits you in the heart in a Champ kind of way.

THE CEDAR SHAKES



THIS WESTERN ROAD

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 Hotel
 and Oyster Farm

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. . . in Malibu, Washington on Garibaldi Road, just south of Bay Avenue overlooking Whidbey Bay

"I would have been content to the environmental movement and our understanding of ecology show its earliest stirrings and simple beginnings in the 19th century" Excerpted from "Rachel Carson and Her Sisters" by Robert K. Muhl



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Lazy Creek Farm Building Community one egg, one chicken, at a time.

By Cathy Nist



"Growing" is the operative word for the Sunderlands of Lazy Creek Farm, hearty vegetable crops and a new enterprise in licensed pasture-raised eggs, might up your local breakfast dining to an organic high!

WITH SPRING AT FULL THROTTLE and Easter still in the rear view mirror, one can't help but consider the egg, an ancient symbol of rebirth and resurrection.

Gary Sunderland of Lazy Creek Farm posits that the Easter Egg Hunt, aside from religious connotations, is a symbolic reenactment of daily egg collection, an old-timey farm chore that was often the responsibility of children. Chickens that are allowed to range freely sometimes lay eggs in hidden spots outside of the coop. With a little stretch of the imagination a daily search for food can evolve into a ritualized holiday treasure hunt for children.

That this is not blatantly obvious to all of us is a symptom of our culture's current disconnect with where our food comes from. The Sunderland family who own and operate Lazy Creek Farm in the Lewis and Clark Valley near Astoria are doing their part to heal the breach.

Lazy Creek Farm (operated by Gary Sunderland, his son Frank, and his wife Ruth) has recently been certified as an Egg Handler by the state of Oregon. They are currently the only licensed Egg Handler in Clatsop County. This is a game changer because Lazy Creek Farm can now legally sell eggs to retail stores and restaurants and is the only farm in the county able to do so.

Lazy Creek Farm has been a regular vendor at the River People's Farmers Market in Astoria since the market's inception four years ago. The Sunderlands began selling eggs at the market last summer, but they are also known for their vegetables, especially

for their broccoli, multi-colored carrots, and unusual varieties of potatoes.

The Oregon Department of Agriculture issues and manages The Egg Handlers Licenses.

State regulations (OAR 632.022) require a certified Egg Handler to use certain procedures and equipment to wash, grade (for size and quality), package, and store eggs for resale. Egg Handler facilities are subject to periodic inspections in order to main-



The coop awaits the Lazy Creek hens, a mixture of Golden Sex Link, Rhode Island Red, and Barred Rock breeds - pasture-raised, and their watchful keeper Ruth Sunderland, farm-raised.

tain certification. In order to qualify for the license, the Sunderlands constructed an egg room in their garage.

An unlicensed egg producer can sell direct to individual consumers at farmers markets, by delivery, or from the farm. An unlicensed producer can also sell ungraded eggs to a dealer. The Sunderlands are currently the only egg dealers in Clatsop County. This means that North Coast egg farmers can now sell their eggs to Lazy Creek Farm, where they will be cleaned, candled, graded and packaged for resale. Soon, area restaurants will be able to buy fresh, local pasture-raised eggs from Lazy Creek Farm.

When the Sunderlands purchased the property that is now their farm, they discovered that they had lucked into incredible soil. "We have 18" of organic matter, which is quite unusual. Stuff just grows great in it," said Gary.

A few years ago, Gary was taking a management class at Clatsop Community College. One of his assignments was to start a small business. "He just ran with it," said Frank. By then, the Sunderlands had already started a small kitchen garden under the guidance of Ruth who grew up on a farm. The prior gift of a renovated tractor from Ruth's Father enabled a jump-start into commercial farming. Lazy Creek Farm began selling produce at the River Peoples Market four years ago.

"Every year since then we have expanded," said Ruth, "We went from a small raised bed garden to a big garden then put up a deer fence and added the potato garden. Two years ago, we added a winter squash garden, and last year we doubled it. We have put in a drip irrigation system and two hoop houses."



"I was actually against the chickens to begin with," said Ruth wryly. "But last year, Gary brought home chicks for my Valentine's Day present. What could I do but take them in and love them? You can't return chickens."

"After that, every time Gary would pass by Brim's, he would stop in and get three more," Frank said with a chuckle, "we had to sneak them in."

The Lazy Creek hens, a mixture of Golden Sex Link, Rhode Island Red, and Barred Rock breeds are pasture-raised. Along with all the bugs and grass they can find on their own, they are given organic feed, spent beer grain from Fort George, food scrap compost and any weeds culled from the garden.

The Sunderlands divide up the farm labor in a manner that complements their individual skills and interests. Ruth, a kindergarten teacher at Astor Elementary School, brings knowledge and experience from her upbringing on a farm to the vegetable garden. She does the direct seeding and much of the weeding. She looks forward to when she can retire from teaching and will be able to farm full time. "Our real bread and butter is still the vegetables," she stated, "I'd like to get our hoop houses running year round."



Lazy Creek Cont. →





Egg man Frank Sunderland in the egg room.

Frank is mechanically inclined; he specializes in the farm infrastructure. He built the egg room and takes care of the chickens and eggs. All three Sunderlands help with the market booth. This year, they plan to vend at the Seaside Farmers Market as well as the River Peoples Farmers Market.

Gary a retired school administrator grows and transplants all of the vegetable starts. He also wrangles and composts the chicken manure, which for the first time this year, will fertilize the garden. Gary stays busy; he is a substitute teacher, and is Grange master at the nearby Netel Grange. Young KMUN listeners are familiar with his voice as he is one of the hosts for Bedtime Stories and also dons the role of the troll at the monthly Troll Radio Review.

The Lazy Creek Farm flock is small, around 20 hens. Currently, all the eggs they can produce are spoken for, selling either to the Blue Scorcher Bakery and Café or to a few individual customers. Gary said, "I've got two people so far who will sell me eggs, six or seven more would be great. We're looking to expand our sales, particularly to restaurants. If we start getting enough eggs, we could also expand our individual sales. We want to be able to help local restaurants supply their customers with fresh, delicious pasture-raised eggs, and to provide a market for people who are producing them."

Vegetables and eggs will be offered at the Lazy Creek booth at both the Seaside and River Peoples Farmers Markets this summer. Get there early for broccoli, carrots or eggs. These popular items tend to sell out quickly

Lazy Creek Farm is looking for a few good eggs. If you are pasture raising your birds according to organic principles, your flock produces more than you can use, and you are interested in selling your surplus, contact Gary Sunderland at 503-325-4510 or lazycreekfarm@charter.net

Decoding Egg Carton Terminology

NORMALLY, laying hens are packed in barns by the thousands, closely imprisoned in battery cages in an environment manipulated to maximize profits by forcing them to lay as many eggs as possible as quickly as possible. Such a life, if you can call it that, is very hard on a chicken and is not long. Cartons of conventionally produced eggs have the simplest terminology, listing size and grade and that's about it.

Egg carton labels can be confusing if you decide to venture beyond conventionally-produced factory farm eggs. This more-complicated terminology informs consumers about both the lifestyle and diet of the chickens, but the connection between term and reality may not be obvious.

The term Cage-Free means that the hens are raised in barns, but they are not caged and can move about. This allows them experience some of the things chickens like to do: flap their wings, scratch at the floor, take dust baths, get a little exercise.

"Free Range" as read on an egg carton doesn't really mean that chickens get free access to the great outdoors. The US Dept. of Agriculture requires only that the birds have access to outside

part of the day, yet allows producers to label these eggs as free-range. Anything more generous than that is up to the farmers.

Much of the terminology printed on egg cartons refers to how the hens are fed. Chicken eggs that are labeled as being high in omega 3 fatty acids are from hens that are fed a diet containing poly-unsaturated fats and kelp meal. "Vegetarian diet" refers to chickens that are not fed any meat, meat-by products, or petroleum-enhanced feed.

Organic eggs, with the USDA organic symbol on the carton, are from hens that are fed only organic vegetarian feed and are also allowed some access to the outdoors.

Pasture-raised hens, allowed to forage for some of their own food, (the true natural diet of chickens is grass and bugs) tend to produce eggs that are several times higher in vitamins and omega 3 fatty acids than standard factory eggs. Their eggs are superior in taste, quality, and nutrition when compared to conventional eggs. Eggs from pasture-raised hens cost \$5 - \$8 per dozen here on the North Coast. The superior flavor and nutrition of pasture-raised eggs is well worth the extra expense.

9th Annual Tokeland Northcove Studio Tour Saturday April 18th 10:00-5:00

In the tradition of Laguna Beach and Big Sur California, Tokeland Washington is becoming known as a grass roots arts colony. For decades artists of all ages have chosen to live and work here, with a concentrated increase in recent years, creating a vibrant arts community.

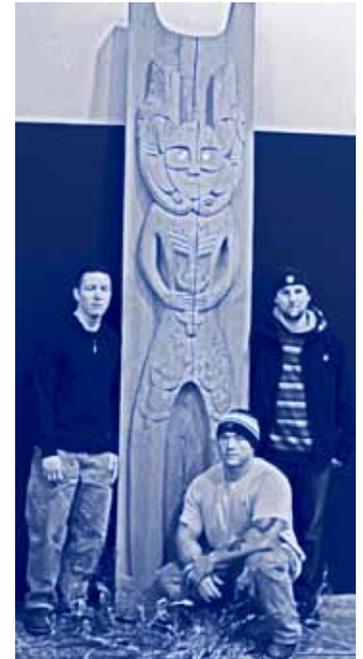
A diverse offering of painting, ceramics, jewelry, sculpture, wood carving, photography, and glass blowing can be seen at four locations within Tokeland: the Shoalwater Bay Tribal Center, The Tokeland Hotel, Bayshore RV Park, Nelson Crab and Gift Gallery.

The working studios of Wally Mann, Judith Altruda, Jeffro Uitto, and Elements Glass will be open and displaying recent works. The Shoalwater Bay Carving Apprentice program, spearheaded by Earl Davis, will offer a rare glimpse into tribal carving in all facets, from raw logs to finished carvings.

A total of 22 artists will be participating, with a camera obscura demonstration by Marcy Merrill, and glass blowing at Elements Glass in nearby Northcove.

This free event takes place on Saturday, April 18th from 10:00-5:00. Free maps with all locations and artist info will be available before the event at the Tokeland Hotel.

Sponsored by the Tokeland Northcove Chamber of Commerce.



The Shoalwater Bay Carving Apprentice program, spearheaded by Earl Davis

New Massage Therapy Practice features Art: Amy Finn & Michelle Malin at 42 Seventh Street, Suite 103-in the old Fisher Bros. building across from Buoy Beer, open a new massage practice. Celebrate their Launch Party during Artwalk and Book a Massage! Recycled Decor and Furnishings were constructed by The Salvage Chic-Amy Finn, at the Salvage Studio and Displayed Art for sale by Local Artists-Kari Young, Rodney Martinez, and Amy Finn and Artist, Kathleen Carrillo from Puerta Vallarta, Mexico, Mother In Law of Michelle. Food and refreshments starting at 5:30pm.

"PDX 40" at LightBox

LightBox Photographic Gallery's appreciation of the Portland photographic community is recognized in the 4th annual "PDX 40 Exhibit". This group exhibit opens with an artists' reception on Saturday, April 11th, from 6-9 pm.

During April, Portland celebrates the photographic arts with a series of exhibits and events known as Portland Photo Month. LightBox wishes to honor the Portland Photo Community by bringing this celebration to Astoria, showcasing the work of 40 talented fine art photographers from Portland with each contributing one print for the show. Portland resident, Blue Mitchell, the founder of One Twelve Publishing and publisher of Diffusion Magazine, served as juror for this exhibit.

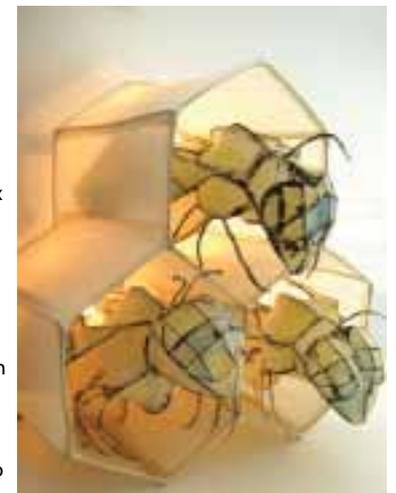
"The PDX 40 Exhibit" will be on display at the gallery through May 5th. If you are not able to make it to the reception, visit the gallery during the month to see the collection of work. Also in the gallery, new work from LightBox Darkroom Members, presenting archival fiber silver gelatin prints. Complete show info is on the LightBox website at <http://lightbox-photographic.com/shows/>.

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

April 12 from 11am -1pm High art wizards, Läm and Kestral at HiiH hold a Monthly Open Studio at HiiH Barn Studio and Showroom. Come see the HiiH process of making handmade paper lights. Every Second Sunday after Art Walk. 89120 Lewis and Clark Rd, Astoria. More info at www.HiiHLights.com



Raina Stinson, Alluring



Beehive, handmade paper light

Clatsop Community College

10-Day Cultural Exchange

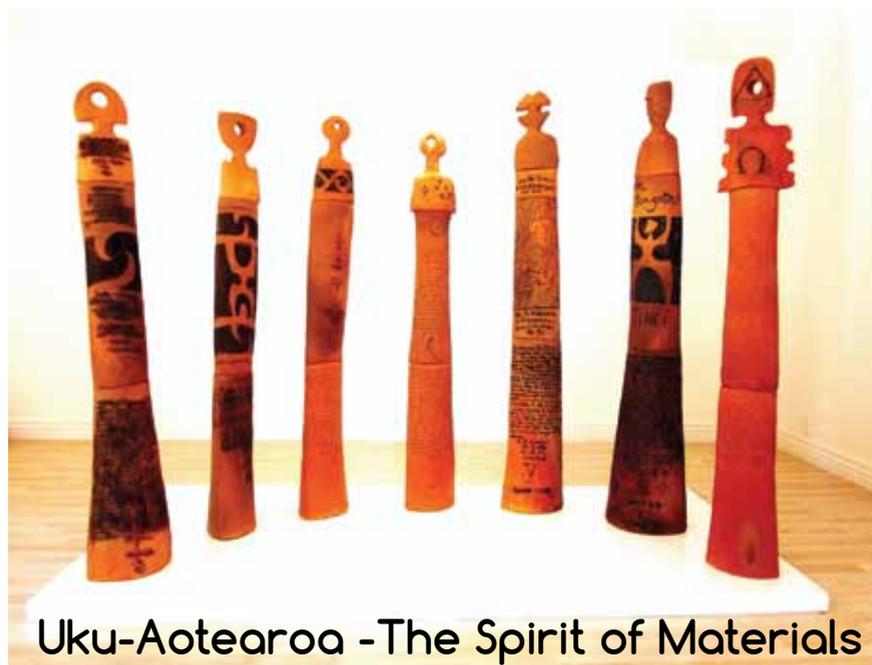
MAORI CLAY ARTISTS

CLATSOP COMMUNITY COLLEGE is honored to present: *Uku-Aotearoa-The Spirit of Materials*, a ten-day cultural exchange with six visiting indigenous Maori clay artists from Aotearoa (NZ).

Invited artists include Colleen Waata Ulrich, Baye Riddell, Dorothy Waetford, Todd Douglas, Carla Ruka, and Rhonda Halliday. These highly respected artists are supported by New Zealand Maori Art organizations, Creative New Zealand and Toi Maori Aotearoa to act as cultural representatives, like many of their artists, to communities around the world. The exchange will feature a series of events in the Astoria community that will give us a rare opportunity to interact with people from a unique indigenous culture. The cultural exchange is centered on the broad potential of the arts and humanities and will cultivate the rural North Coast community's knowledge of post-colonial indigenous identity and creativity.

The events will include sharing of stories and meals, challenging dialogue, cultural/collaborative art-making workshops, and educational outreach. Community members will have an opportunity to learn about and consider the traditional and evolving meaning of oceanic arts. We also hope that the community will develop relationships through intimate interaction and examination of shared values. This exchange represents another opportunity to continue the rich cross-cultural history that has existed at mouth of the Columbia for thousands of years.

THURSDAY MAY 7: A special exhibition of Maori clay artworks will be held in the CCC Art Gallery from May 7th to July 30th. This exhibit will open with a welcoming of the artists on Thursday, May 7th at 6:00 PM. The Maori artists will be in attendance and available to share their connections to their work and/or its surrounding mythological and historical origins with the attending community.



Uku-Aotearoa -The Spirit of Materials

FRIDAY, MAY 8: The artists will also give a presentation at the Performing Arts Center in Astoria called, *Uku-Aotearoa-The Spirit of Materials* on Friday, May 8th from 6:00 PM to 8:30 PM. This presentation will include a conversation that will engage the community by examining critical issues surrounding cultural landscape, collective and individual vision, and the value of myth and memory. Nancy Cook, CCC Writing Instructor, will lead artists in a discussion on the spirit of materials and related relevant questions.

CLAY WORKSHOPS: CCC Art Center invites artists, students and community members to participate in two all day hands on clay workshops led by the Maori artists that will take place on Friday, May 8th and Saturday, May 9th from 10:00 AM to 3:00 PM for both days in the CCC Art Center Ceramics Studio. Seating is limited for this event; please contact rowland@clatsopcc.edu for additional information. The community is invited and welcome to attend all the above events.



• Paihau
Dorothy Waetford
Paihau (fin of a fish)
2012

• Deliah Series – Halloween 3
Carla Ruka
Deliah Series – Halloween
tall hinaki 4

• Colleen Waata Ulrich
Kapowai Series:
Dragon Fly Lake
2007



COLLEEN WAATA URlich, who is leading the traveling Maori collective with Baye Riddell, has been sculpting, molding and nurturing Maori art for years. She is a Maori clay artist and senior foundation member of the National body of Maori clay workers. Colleen has since been involved with various Maori art initiatives. She is a founding member and coordinator for the Maori contemporary clay artists' movement that began in the 1980s.

Colleen, along with Manos Nathan, Maori clay artist, participated in the Pacific Rim Exhibition in 2012, an indigenous gathering of artists from around the Pacific Rim that took place at CCC in Astoria.

"Our return to Astoria with a group of younger clay artists, who have yet to experience the warmth and hospitality offered to us on our first visit, has been keenly anticipated. Our regret is that Manos Nathan has been unable to join us but all the current participants worked with Richard Rowland (Ceramic Artist and CCC Instructor) in January 2014, during the International Indigenous Artists Gathering "Kokiri Putahi," in Kaikohe at Kohewhata Marae – a traditional meeting place – which brought together some 145 indigenous artists from Alaska to Australia."

"These gifted artists have been selected by the Maori to honor and keep the life of their ancestors and their communities alive. Clatsop Community College has brought another educational and cultural experience that can impact our blended and evolving global community."

- Richard Rowland, 3-D Art, Clatsop Community College

ANNE FRANK: A HISTORY FOR TODAY

At the Oregon
Jewish Museum
and Center for
Holocaust Education
thru April 14

A TRAVELING EXHIBIT from The Anne Frank Center USA – provides a moving experience to visitors and serves as a springboard for community dialogue about the effects of intolerance in the past and today. The exhibit also provides an opportunity to address the positive values of diversity and tolerance.

Regular exhibition gallery hours are Tuesday and Thursday from 10:30 a.m. – 4 p.m., and Wednesday from 10:30 a.m. – 8:00 p.m., Friday from 10:30 a.m. – 3 p.m. and Saturday and Sunday from 12 p.m. – 4 p.m. Admission is \$6 for adults, \$4 for students and seniors, and free for members and children under 12 accompanied by a parent or guardian.

For the duration of the Anne Frank exhibit, the Museum will have extended hours on Wednesdays, of 10:30 a.m. – 8:00 p.m.

WHO IS ANNE FRANK?

Born on June 12, 1929, Anne Frank was a German-Jewish teenager who was forced to go into hiding during the Holocaust. She and her family, along with four others, spent 25 months during the Second World War in an annex of rooms above her father's office in Amsterdam, the Netherlands. After being betrayed to the Nazis, Anne, her family, and the others living with them were arrested and deported to Nazi concentration camps. In March of 1945, nine months after she was arrested, Anne Frank died of typhus at Bergen-Belsen. She was 15 years old.

Anne Frank's diary, saved during the war by one of the family's helpers, Miep Gies, was first published in 1947. Today, her diary has been translated into 67 languages and is one of the most widely read books in the world.

ABOUT THE EXHIBIT

Visitors learn about the Holocaust through the perspective of Anne Frank and her family and the historical events that governed their lives. In particular, the exhibit introduces visitors to the history of the First and Second World Wars. The enormity of the government-sponsored killings of Jews, Sinti and Roma (Gypsies), disabled persons, Slavs and other "undesirables" is shown. The importance of individual action – then and now – is a key component of the exhibit. Emphasis is placed on the distinction between individuals who chose to join the Nazi Party and become perpetrators, those who remained bystanders, and the select few who resisted Nazi tyranny.

Anne Frank: A History for Today encourages visitors to learn more about scapegoating, antisemitism, racism, ethnic cleansing, and genocide as well as human rights, democracy, and conflict resolution. The exhibit challenges visitors to engage with current events and to take an active role in their communities and government. The final exhibition panel tells the stories of ordinary persons, from all walks of life, who have experienced racism, intolerance, and discrimination on a daily basis. These stories allow visitors to question how differences between individuals are addressed and inspire visitors to work toward a more just and inclusive society.

A small exhibit of pastel drawings by the PAINTER HENK PANDER, called Hiding, will also be on view. These rarely displayed works depict Pander's childhood in Haarlem, barely ten miles from Anne Frank's hiding place.

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GoingsOn: APRIL '15 day-by-day

in the columbia pacific

Dance Theatre of Harlem April 25 • Liberty Theater



DANCE THEATER OF HARLEM is making their first ever appearance at the Liberty Theater, in a rare west coast tour. Founded in 1969 by Arthur Mitchell and Karel Shook, and now led by former DTH principal star dancer, Virginia Johnson. Dance Theatre of Harlem has grown into a multi-cultural institution with an extraordinary legacy and repertoire. This legendary company will perform a boldly contemporary program by such exceptional choreographers as Ulysses Dove, Tanya Wideman and Thaddeus Davis.

Saturday, April 25, 7:30pm. Tickets: \$60, \$40, \$25. CALL the Liberty Theater Box Office to reserve now! Tuesday - Saturday from 2pm - 5:30pm. 503.325.5922 ext.55

Liberty Theater presents

The vocal illusions of Lynn Trefzger

Comedy Ventriloquist

April 16



LYNN, a self-taught ventriloquist, brings together amazing figure manipulation and exceptional vocal skills to create a fascinating comedy act which delights young and old throughout the country. Writing and developing her own original and endlessly inventive routines, Lynn thrives on her interaction with the audience.

Lynn has been amazing audiences since 1977. Her agile brain, and even quicker fingers, allows her the ability to individualize her performance for each group she entertains. Dummies, puppets, inanimate objects, and unsuspecting by-standers become part of the wild world that Lynn Trefzger and her comical partners create.

Her vocal illusion talents were first brought to national audiences on TV's popular "Star Search" and she has since performed with artists including Jeff Foxworthy, Ray Romano, Drew Carey, and Faith Hill. Her off-the-wall audience interplay is riotously funny, and her performances are tailored for both family and adult audiences. Lynn (and her many voices) has appeared on ABC, TNN, A&E and Lifetime television

Thursday, April 16, 7pm. Tickets \$15 Gen, \$12 Stud/Sen/Mil, \$5 Kids. Box Office 503.325.5922. ext.55.



Photo: Soire Kline

Daylight's Dance Explosion w/DJ Gray Matter • May 2

"**AFTER OUR** April showers, Daylight and her children burst with fragrance, color and desire!!! Anya Allnight teases the crowd with her sexy witty ways, as only she can do! Moonshine continues her apprenticeship with a lovely love song. And, Daylight's protégé (und Tochter), Ginger Vitus, will

be making her solo debut!!! **A BIG** opening number and a crowd pleasing closer - all the while being teased and pulsed across the dance floor by the sexy sweet beats of DJ Gray Matter - rids you of any spring fever you may have incurred. A girl couldn't wish for more! Grab a costume! Express yourself and come explode with the Daylight troupe at the AAMC on May 2!!!

Daylight's Dance Explosion with DJ Gray Matter Saturday May 2nd, 9:30pm at the AAMC! Slip into your most kissable costume and join AAMC for Drag performances, daring debuts, saucy dance beats & LOVE, LOVE, LOVE! \$5 / bar / 21+ FML: astoriaartsandmovement.com



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. AAMC also welcomes 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 Jes-samyn Grace

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

Friday
6:30-7:30pm Argentine Tango with Estelle Olivares (no class April 10). For current schedule and instructor contact: astoriaartsandmovement.com. 342 10th St. in Astoria



Conversations with Mother Mary

Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach.

Every Second Sunday 10:30 to 12:30.
In Seaside, Oregon.
Call or email for directions:
503-717-4302
beachhouse11111@gmail.com.
Suggested donation \$15

The gathering includes a healing circle, channeled conversation with Mother Mary, snacks and sharing. (Bring finger food if you feel so inclined.)

JAZZ KING



NANCY KING is described as having "A supple voice, a flawless ear and the instincts of a true jazz improviser." The Oregonian Nancy King is one of Oregon's greatest natural resources. At seventy-two years of age, she is as active as the market will allow a Jazz singer to be. She received the third "Jazz Master" award from the Portland Jazz Festival in February, joining pianist/composer/singer Dave Frishberg and trumpeter/composer Thara Memory.

Born and raised in Springfield, she attended and got booted out of the University of Oregon...dismissed for too much civil rights activity and way too much fraternization with African-Americans. It was there that she met bassist Glen Moore and guitarist Ralph Towner, who went on to international fame with the group "Oregon."

She'll be performing with her long-time pianist collaborator Steve Christofferson. Known as one of the greatest scat singers of all time, using her voice as though it were an instrument, singing notes rather than words, although she is also one of the best interpreter of lyrics in the world.

Sunday, May 2, 2pm in the McTavish Room at the Liberty. Ben Hunt presents - "A series of Seasonal Concerts presenting the best of Portland's Jazz Artists in the intimate atmosphere of the Liberty Theater's McTavish Room" Tickets: \$25 - \$20. FMI on seating and tickets: liberty-theater.org

Wednesday 8

LECTURE

The World of Haystack Rock. Seabirds of the Falkland Islands with Ram Papish. Free, 7pm at the Cannon Beach Library.

LITERARY

Driftwood Poets Open Mic. Poetry Reading. Free, 6 - 8pm at the Driftwood Public Library in Lincoln City.

HAPPENING

Night of All Knowledge Trivia Tournament. A team trivia competition. Free, 6pm at the Seaside Library.

Thursday 9

ART

Annual Art Student Exhibit. Opening Reception 6pm at the Art Center Gallery at CCC in Astoria.

Gogh Party. With Stephanie Huckestein. Discover your inner Van Gogh at a fun evening of wine, art and friends. The evening includes instruction, creation of your own canvas masterpiece to take home with you, and one glass of wine. \$35, 6pm at the Astoria Event Center. Register at <https://squareup.com/market/columbia-bar-productions-llc/gogh-party>

HAPPENING

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

LECTURE

Beers to Your Health. Starvation Alley Farms with Jared Oakes & Jessika Tantisook. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

Lower Nehalem Watership Council Speaker Series. How we use data on ocean conditions to forecast returns of adult salmon to the Columbia River with discussion of the potential impact of the "warm Blob" on salmon returns over the next couple of years. With Bill Peterson. Free, 7pm at the Pine Grove Community House in Manzanita.

Friday 10

MUSIC

Albatross. No cover, 7pm at the Sand Trap Pub in Gearhart.

I've Got the Music in Me. An Evening with Brenna Sage featuring music and stories of

the 60s and 70s. \$20 includes appetizers and a drink. 7pm at TAPA in Tillamook.

Holiday Friends. 9pm at the Adrift Hotel in Long Beach.

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

ART

Artist Reception. In the Details, works by Colleen Hickey and Buff Medb Neretin. 5 - 7pm at the Lincoln City Cultural Center.

LITERARY

Get Lit at the Beach: A Gathering for Readers. With guest authors Karen Joy Fowler, Gail Tsukiyama, Jim Lynch, Nancy Pearl, and Terry Brooks. Presented by the Tolovana Arts Colony in Cannon Beach. tolovana-artscolony.org

HAPPENING

Comedy at the Coast. Geoff Young with Special Guest. 21 and over. \$15, 8pm at the Uptown Café in Warrenton.

THEATER

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

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

Saturday 11

MUSIC

Dan Weber. Folk. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Hiroya Tsukamoto. Guitar. \$16, 7pm at the Lincoln City Cultural Center. 541-994-9994

I've Got the Music in Me. An evening with vocalist and pianist Brenna Sage featuring music and stories of the 60s and 70s. \$20, 7pm at TAPA in Tillamook.

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

Holiday Friends. 9pm at the Adrift Hotel in Long Beach.

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

Let it Roll. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

Bar K Buckaroos. No cover, 9:30pm at the Voodoo Room in Astoria.

ART

Art Opening. The Book Unbound, A Sculptural Installation and Art Show. All art

pieces, with the exception of a selection of paintings, are made from components of books. Reception 4 - 7pm at Polaris Gallery in Manzanita.

CINEMA

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

FOOD & DRINK

Wine Tasting. Oregon Pinot Noir, Part 2. 1 - 4pm at the Cellar on 10th in Astoria

HAPPENING

Spring Into Gardening. Spring garden show. Food, Glorious Food. Meet Your Farmer event, plants, classes, demos, vendors, advice, raffle, and more. Free admission, 8:30am - 2pm at the Clatsop County Fairgrounds in Astoria. Schedule at northcoastfoodweb.org/wp-content/uploads/2015/03/Spring-into-Gardening-2015.jpg

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

Twelve Days of Earth Day. Events and activities in and around Cannon Beach. twelvedaysofearthday.com

Arbor Week at the Tillamook Forestry Center. Tree Walks, tree planting and activities. Tree walks at 10:30am & 12:30pm. Tree plantings at 11:30am and 2:30pm. Create tree art and crafts. Try your hand at a tree scavenger hunt to win a prize, plant a tree and take one home. At the Tillamook Forestry Center east of Tillamook.

Tillamook Anglers Fin Clipping Day. 400 volunteers are needed in order to clip all the fins. Fin clipping, garage sale, silent auction, raffle, BBQ. Starting at 8am at the Whiskey Creek Fish Hatchery near Tillamook.

Grand Opening of the Tillamook Air Museum. Live music & guest speakers. 11am - 12:30pm.

Legacy Ball. 6:30pm at the Tillamook County Fairgrounds in Tillamook.

LECTURE

Native American Wars in the Pacific Northwest. With Historian Gloria Linkey. Free, at the Seaside Library. Call 503-738-6742 for time.

LITERARY

Get Lit at the Beach: A Gathering for Readers. With guest authors Karen Joy Fowler,

Gail Tsukiyama, Jim Lynch, Nancy Pearl, and Terry Brooks. Presented by the Tolovana Arts Colony in Cannon Beach. tolovana-artscolony.org

Great Speaker Series. Author Deborah Lincoln will be discussing her historical fiction novel Agnes Canon's War. Free, 1pm at Tillamook County Pioneer Museum in Tillamook.

OUTSIDE

Photo Hiking. Hike with professional photographers Bob Gibson and Jeri Knudsen and learn basic techniques. \$20, 9 - 11am at the Connie Hansen Garden in Lincoln City. 541-994-3405

THEATER

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

Joseph and the Technicolor Dreamcoat. Musical. \$15, 7pm at the PAC in Astoria.

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

Sunday 12

MUSIC

Joel Fan. Classical. \$25, 3pm at Camp Winema north of Neskowin.

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

Tim Snider. Violin Virtuoso. 9pm at Fort George Brewery & Public House in Astoria.

ART

Open Studio. 11am - 1pm at HiiH Lights in the Lewis and Clark Valley near Astoria. HiiHLights.com

HAPPENING

Twelve Days of Earth Day. Events and activities in and around Cannon Beach. twelvedaysofearthday.com

Arbor Week at the Tillamook Forestry Center. Tree Walks, tree planting and activities. Tree walks at 10:30am & 12:30pm.

Listings continued on pg. 21 - 23

MORE MUSIC



Anita Margarita & The Rattlesnakes

Local legends, Turtle VanDemarr (Dan Hicks & His Hot Licks, Jim Kweskin Jug Band), David Reisch (Holy Modal Rounders, Michael Hurley), Jon Koonce (Johnny & The Distractions) and Dan Haley (Ed & The Boats), are joined by newcomer to the Portland music scene, Jasmine Lee VanDemarr.

This band is "too much fun", covering everything from Johnny & June to Ella & Louis, Doris Day, Louis Prima & Keeley Smith, etc. - with added hilarious stage banter.

Fri/Sat April 17-18, get thee to [pickled fish] in Long Beach. 9pm. No Cover.



Will West & The Friendly Strangers

Carolina-born songwriter Will West performs with a rotation of acoustic musicians called The Friendly Strangers, featuring an array of fantastic Portland players on banjo, cello, mandolin,

horns, percussion and other surprises.

Fri, April 24 at the Sandtrap in Gearheart. 7pm, No Cover.



The Jicks

Big Ass Rock and Beer Party

Fort George celebrates OVER-DUB IPA, collabs with TAP OP Magazine, and four of Portland's most raucous melodics: Stephen Malkmus and the Jicks - consisting of Mike Clark, Joanna Bolme, Jake Morris, and Stephen Malkmus (the main singer and songwriter behind the influential 1990s indie rock

band Pavement) + The Minders, Sun Angle, and Summer Cannibals.

Saturday, April 25 at The Columbian Theater. Just 8 cash buckaroos. 8pm. Doors open 7:30pm, 21+.

April 10 - 18

AT THE COASTER



March of the Harakte: Left to right - Frank Jagodnik, Katie Youngs, David Sweeney, Jean Rice, Ellen Jensen, Mick Alderman, Josh Loring, and Arnie Fipps.

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-ffoukes, 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-ffoukes),

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: April 10 - 11, 17 - 18, Thurs, Fri, and Sat performances start at 7:30pm, Sunday performances 3pm. Ticket prices: \$15-\$20 BoxOffice: 503-436-1242. coastertheatre.com Performance sponsored by Keith C. Schnip.

Voi Kauhea!!!

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

THE ASOC'S 5TH ANNUAL historical, hysterical, musical melodrama, "The Real Lewis and Clark Story or How FINNS Discovered ASTORIA" sponsored by Pacific Coast Medical Supply, HIPFISH, Merry Time Tavern, Columbia Veterinary Hospital, Holly McHone Jewelry and the Riverszen Yoga and Resistance Studio opened Friday April 3rd and runs to April 19th Friday and Saturday nights at 7:00pm (doors opening at 6:30pm) with Sundays Matinee on April 12th & 19th 2015 at 2:00pm (doors opening at 1:30pm) at the ASOC Playhouse West 129 Bond Street Astoria.

This historically accurate, family friendly, performance from the Astor Street Opry Company is long over due! Based on a fantastic 2001 important pioneer journal uncovered in the Uniontown area of Astoria, this story comes directly from the pages of that mysterious manuscript of an original Clatsop County pioneer, Tovo Swenson. Based on his true tale of his personal adventure, struggle and fortune, ASOC turned this amazing long lost piece of historical legend into a piece of fine theatre stage craft that will work its way into your heart and memory. Come see as our cast of characters right out of the pages of Tovo's diary come alive through re-enactment, song, dance and of course, bad jokes in this socially significant original melodrama, which proves that the Finns were here first!

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

Witness our courageous heroes forge their way with dedication and commitment from Saint Charles

Missouri to the Oregon Pacific Coast suffering great tragedy at the hands of evil foes while battling the wilds of nature, including run-ins with several unidentifiable creatures, all without ever losing their beer supplies! Watch with awe how they come to the gallant rescue of Captains Meriwether Lewis & William Clark and the Corps of Discovery (well actually it was Finnish girls) to reach the end of the Pacific Trail first and settle the city they christen "ASTORIA" in honor of their relative, John Jacob Svenson-Astor.

Directed by Nate Bucholz and written Judith P. Niland, with original music by Dr.'s Stanley Azen and Joyce C. Niland of Pasadena, California and Professor Philip Morrill of Astoria, Oregon, with music direction by ChrisLynn Taylor, choreography by Carleta Lewis Allen, the 2015 cast includes: Tim Murphy, Steven Nice, Jordan Griffin, Bill Carr, Elsa Nethercot, Jon Osborn, ChrisLynn Taylor, Arlene Holmes, Stephanie Rowe, Nate Bucholz, Connie Cisneros, May Loya, Rosalina Fallin, Pamela Dahl, Jared Resinger, Ashley Cate,



ASOC's own Lewis & Clark Expert Park Ranger Cadet Judith P. Niland

Justin Germond, Karah Griffin, Zachary Sandoval, Bob Goldberg, Josiah Haynes, Tom Bird, Jasmine Watson, and to assure quality, professionalism, and historical accuracy the ASOC own Lewis & Clark Expert Park Ranger Cadet Judith P. Niland will be present to oversee the show authenticity.

So, don't miss out on this latest discovery of true Astorian history! Tickets are only \$8.00 to \$15.00 with great discounts for kids, senior and groups. And if that isn't enough for ya...ASOC is please to announce, The New "Family Fridays" night are only \$5.00 for Kids (12 and under) and \$10 for Adults!

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



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Cynthia Lahti My Land at IMOGEN

ARTIST CYNTHIA LAHTI has held a long time love affair with her home state of Oregon. Since childhood on she has immersed herself in it's landscape, searching out places that instill an affirmation of the grand landscape that makes Oregon what it is. The exhibition, *My Land* is an homage, a love letter so to speak, to the landscape Lahti calls home. The exhibition opens Saturday, April 11th 5 – 8 pm with a reception for Lahti, who will be present and available to answer questions about the series. Light bites and drink will be provided by Astoria Coffeehouse and Bistro. *My Land* will be on view through October 8th.

Cynthia Lahti, known and respected for her mixed media three dimensional ceramic work, holds a strong affinity for the land, especially areas of Clatsop County where her grandparents immigrated to in 1909 from Finland. For her second exhibition at Imogen, Lahti brings a series of mostly plein aire paintings, (work created on site as opposed to within the comforts of a studio) depicting places of personal importance to her. She, through quick and immediate gesture portrays areas both natural and man-made that have become places of importance to her own history. Lahti takes us to Caldera in central Oregon, to Oregon City, down the coast to Proposal Rock and back to Clatsop County where she shares views of Saddle Mountain and Spruce Run. She invites the viewer to travel with her throughout the state to places etched in her own memories, but revisited to acquaint with present day.

Lahti's painting style shows an immediacy and sincerity to the power of the landscape,



her own history embedded within each brushstroke or drawn line. Her work reflects a desire to go deeper into the ability of mark making, creating metaphor in the construct of landscape. Her use of different materials, colors and marks are all vehicles for describing and expressing elements included in the landscape. They contrast and complement each other, creating a sacred place that reflects the land itself and her emotional connection to it.

Lahti, who is represented by PDX Contemporary Gallery in Portland, was awarded a Hallie Ford Family Foundation fellowship in 2013, for her contribution to Oregon visual arts. She most recently was a recipient to a Bonnie Bronson Fellowship Award.

WORKSHOP: Lahti will be conducting a workshop at Clatsop Community College's art department. The workshop, Eclectic Marks will be held at CCC's Art Center April 10th, 10:00 – 3:00 pm and is open to the public for a \$20 fee. For further information and registration contact Kristin Shauck at 503 338-2472 or kshauck@clatsopcc.edu. *Imogen Gallery is located at 240 11th Street. Open Mon - Sat, 11am to 5pm, 11am to 4pm Sunday, closed Wed. 503.468.0620.*

The Book Unbound at Polaris Gallery

J. SCOTT WILSON, local artist and owner of Polaris Gallery in Manzanita, has announced an exciting new art show opening April 11. Proceeds from the show benefit North Tillamook Library in Manzanita.

The show is titled "The Book Unbound, A Sculptural Installation and Art Show." Featured will be a collection of sculpture including book art, book folding, and offerings including origami creations evoking bowls, birds, vases, mobiles, wall art, simple surface sculpture, a cityscape, wreaths and furniture. All art pieces, with the exception of a selection of paintings, are made from components of books. All art works will be for sale.

The show opens on April 11, with a special reception planned from 4pm to 7pm. This event runs in conjunction with National Library Week, April 12-18. The show itself will continue through the end of the month. Art lovers as well as bibliophiles are encouraged to attend.

Wilson, a book lover, published writer and well-known artist in the community, has lived in Manzanita for four years, where he previously owned Seagrass Gallery. He relocated his gallery last September, renaming it Polaris Gallery. The light and space (and storage!) is conducive to many events, shows and projects he has in mind for the future.

Scott's inspiration for "The Book Unbound" came from the title of the 2002 book, *Cradle to Cradle: Remaking the Way We Make Things*, by Michael Brungart and William McDonough. *Cradle to Cradle's* design model is a switch from the cradle-to-grave pattern, emphasizing up-cycling as an alternative to the more usual down-



cycling approach to recycling. With "The Book Unbound", Scott found a creative way to up-cycle books that might otherwise be discarded into the waste stream, while at the same time benefiting the local library.

North Tillamook Library in Manzanita is a special partnership between the community and the county. The books, employees and technology are supplied by the Tillamook County Library System. The building, land and maintenance are the responsibility of the North Tillamook Library Friends. Thus, contributions from the community become critical as the building ages. Please help keep the Library a strong community resource. Join us in April at Polaris Gallery and celebrate the book in all its many forms.

Polaris Gallery: 457 Laneda Avenue, Manzanita, www.polarisgallery.com. Opening reception: April 11, 4pm-7pm. Show dates: April 11 - 30

Luminari Arts Celebrates Year 1!

JOIN LUMINARI ARTS in joyous celebration of one year of great business!!! Time to party with music by Maggie and the Cats, and a children's art auction and fundraiser for Head Start!

New artwork featured by locals Michael deWaide, wood carver; Patti Breidenbach, felted portraits; Jay Hinman, cement works; Portland artists Linn Haak, giclee on wood; Richard Hazelton, watercolors; Jewelry by Sandi Hilton, Takobia, Joseph Brinton, Claire Beau; bags by Maruka and a great collection of art cards and paper goods.

Luminari Arts is a working studio/ gallery at 1133 Commercial. The festivities start at 5 pm. Maggie and the Cats: Maggie Kitson, Ray Coffey, Richard Thomasian and Dave Quinton. Snacks and beverages, fun and frolic til 8 pm!



Michael deWaide

Toys in the Attic

Roger McKay and Jill McVarish at RiverSea

IN TOYS IN THE ATTIC, Astoria artists, Jill McVarish and Roger McKay offer a series of curiously charming paintings of favorite toys, evoking memories of childhood play and adventure in a show at RiverSea Gallery from April 11 through May 5, 2015.

A show unveiling and preview party with themed refreshments will be held on Friday, April 10, from 6:00 – 8:00, and is open to all who would like to meet the artists and get an early look at the show. A second reception will be held on Saturday, April 11, from 5:00 – 8:00 during Astoria's Second Saturday Artwalk, with music by the Beerman Creek String Band.

In this two person show McVarish and McKay work separately within a shared theme to explore far flung realms of childhood imagination, mixing in historic and contemporary cultural references in all manner of improbable scenes. Together, they've come up with a wickedly clever mix of paintings that capture the absurdity implied by "toys in the attic," a euphemism for insanity, while also tugging at remnants of impossible dreams and imaginary tales left over from childhood.



Jill McVarish

Working in oil on linen or burlap, McVarish enlivens each painting with the glowing color and complex, layered depth seen in works by 17th century Dutch masters, evidence of her post-graduate schooling in Amsterdam where she studied the painting styles that continue to influence her work. McVarish has been exhibiting as an artist since graduating with a BFA from the San Francisco Art Institute in 1993. She is a represented artist at RiverSea where she has exhibited since 2012. *Toys in the Attic* is her third show at the gallery. Currently she has a solo exhibit at the Portland International Airport through June. Locally, her series of commissioned paintings with a quirky take on iconic films is on view at the Riverwalk Inn.

In this latest series of oil paintings longtime Astoria artist Roger McKay turns his attention to fine detail while venturing into absurdly delightful subject matter and poking fun at a few social mores combined with a passion for all manner of old collectibles.

His background combines a formal art education from Portland's Museum Art School in the early 1960's with many years spent as a wood carver, sign maker and muralist. McKay is perhaps best known locally for his commissioned murals,

which can be found at the Astoria Aquatic Center, Fort Astoria Park and the Heritage Museum. He has previously has a solo show at RiverSea where he has been a represented artist for many years.

RiverSea is located at 1160 Commercial Street. Open Mon - Sat, 11 to 5:30 and Sun 11 to 4:00. 503-325-1270.

ALSO Roger Crosta, a glass artist from Manzanita, will be featured in the Alcove at RiverSea Gallery in a solo show titled, *Zen* and the Art of Scavo, with a new series of blown glass ikebana vessels, miniatures and floats. In conjunction with Art Walk, April 11 - May 5.



Roger McKay

Manzanita Writers' Series POETRYFEST Saturday, April 18th



Andrea Hollander

The Manzanita Writers' Series will once again hold Poetry-Fest, a day-long event dedicated to the joys of poetry, on Saturday, April 18.



Matthew Dickson

There will be two workshops led by noted poets Andrea Hollander and Matthew Dickman.

Join Andrea Hollander from 10am

to noon for a workshop to generate new writing called "Image and Imagination." In this workshop, students will begin with the notion of image and take the kind of risk that has the potential to unleash the imagination in unanticipated ways. Come with an open mind and a willingness to let go of control.

An award-winning poet and essayist, Andrea Hollander is author of four full-length poetry collections—most recently, *Landscape with Female Figure: New and Selected Poems, 1982 – 2012*, finalist for the 2014 Oregon Book Award in Poetry. She is also the editor of *When She Named Fire: An Anthology of Contemporary Poetry by American Women*. Her first poetry collection, *House without*

a Dreamer, won the Nicholas Roerich Poetry Prize. Her poems and essays have appeared in many anthologies, college textbooks, and literary journals, and she has been featured at writers' conferences and festivals throughout the United States, as well as in England and France. Hollander spent 22 years as the Writer-in-Residence at Lyon College, where she was awarded the Lamar Williamson Prize for Excellence in Teaching. Now a resident of Portland, Oregon, she teaches writing workshops at both The Attic Institute and Mountain Writers Series. Her website is andrehollander.net.

Matthew Dickman will lead a workshop from 1 to 3 p.m. called "Revise Your Life! Well, at least your poem..." In this workshop students will be using old drafts of poems to start a conversation on what to do when revising: how do we reimagine something we have lived with for a while? How do we reclaim a space for vision after the pen is put down and the paper put away? Share ideas and borrow from French Surrealists, up to current favorite poets. This will be a very hands-on couple hours and a lot of fun!

Matthew Dickman is the author of *All-American Poem*, *50 American Plays* (co-written with his twin brother Michael Dickman), and *Mayakovsky's Revolver*. He is the recipient of The Honickman First Book Prize, The May Sarton Award from the American Academy of Arts and Sciences, the Kate Tufts Award from Claremont College, and the 2009 Oregon Book Award from Literary Arts of Oregon. His poems have appeared in *McSweeney's*, *Ploughshares*, *The Believer*, *The London Review of Books*, *Esquire Magazine* and *The New Yorker* among others. Matthew Dickman is the Poetry Editor of *Tin House Magazine*. He lives in Portland, Oregon.

At 3:15 pm, Andrea Hollander and Matthew Dickman will read from their latest collections and sign books. Tuition for the workshops is \$30 each, or \$50 for both. Readings and book signings are open to the public.

To register for the workshops, go to hoffmanblog.org

Celebrate North Coast Squid Literary Journal • Saturday, April 18

MANZANITA WRITERS' Series celebrates the launch of the 4th Edition of the North Coast Squid Literary Journal at 7pm on Saturday, April 18. The event will be held at the Hoffman Center in Manzanita. Admission is free.

The fourth North Coast Squid literary magazine showcases work of writers and artists who live on the north coast or have a strong connection to the area. Sixty-six writers submitted 140 pieces. Thirty-five were chosen by outside judges. Lindsay Hill judged poetry, Deborah Reed judged fiction and Lauren Kessler judged non-fiction.

This year's new category for young writers was judged by the editors of *Tattoo Magazine*, a national award-winning high school literary and art publication based in Shoreline, WA, and advised by Andy Barker, a member of the North Coast Squid editorial team.

The Squid includes 19 pieces of art and photography from local artists as well. (24 artists submitted 74 pieces).

This edition was partially funded by a crowd-funding campaign on Indiegogo. The rest of the expenses are covered through in-kind donations of design time, and with Squid sales.

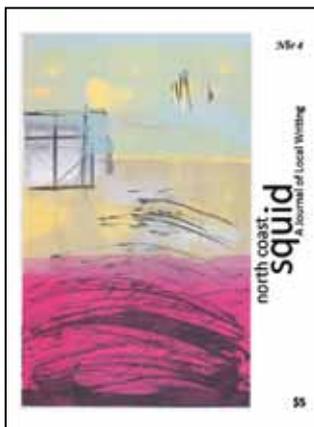
The campaign-funding goal was \$3000. Support from local fans as well as friends and family of Squid volunteers and submitters raised \$3600.

The release event will feature selected author readings from the North Coast Squid, as well as a

gallery showing of some of the photography and art published in the magazine. There will be refreshments—including cake!

The North Coast Squid will be available for purchase at the event, as well as at every Manzanita Writers' Series event throughout 2015. A number of retail outlets along the coast will also carry it. Proceeds of the \$5 cover price go to produce future editions of the magazine.

The Hoffman Center will be announcing another great project for local writers and artists during the evening's activities.



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 - 5 Best Selling Authors An annual gathering for readers and writers April 10 -11 Cannon Beach



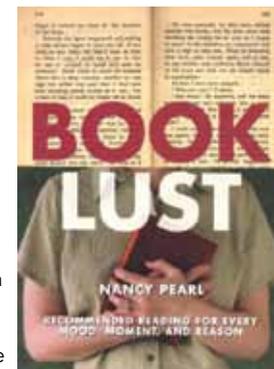
Best-seller/coasty, Terry Brooks

BEST SELLING and award winning authors will gather in Cannon Beach, Oregon April 10-12, 2015 for the annual literary event, Get Lit at the Beach. Attendees will have the opportunity to meet these prominent authors and attend presentations and signings, as well as a keynote dinner presentation by best-selling author and literary critic, Nancy Pearl. This year's guest authors will include Karen Joy Fowler, best known for her novel, *The Jane Austen Book Club*; best-selling author

of *A Hundred Flowers* Gail Tsukiyama; and Jim Lynch, whose third novel, *Truth Like the Sun*, was picked by NY Times reviewer Janet Maslin as one of her 10 favorite books of 2012. Weekend activities begin with an authors' reception Friday evening. Saturday includes authors' presentations, book signings and keynote dinner presentation. Sunday morning, there will be a question and answer session moderated by New York Times Best Selling author Terry Brooks, who will be in attendance at events and book signings throughout the weekend.

There are three ticket packages available including a complete package to all Get Lit events for \$85 and individual tickets for the Friday evening Author Reception for \$30 and the Saturday evening Prime Rib Dinner & Keynote for \$65.

This event is presented by the Tolovana Arts Colony. For more information and tickets, call (206) 914-1255 or visit www.getlitatthebeach2015.eventbrite.com.



BOOKS & BREW

Astoria Event Center
Local Authors
Thursday April 16,
4pm – 8pm



Author Gloria Linkey

BOOKS & BREW is a gathering of authors for an evening dedicated to celebrating the written word! Oregon and Washington is home to a variety of great authors, many of whom live here on the North Coast. Books & Brew is an opportunity to meet authors and find some great deals on gently used books. 3 Cups Coffee and Columbia River Roasters are featuring their best java brews for coffee lovers and Port of Call Bistro & Bar is sponsoring beer for the brew lovers.

Participating authors include Chris Dewey, Matt Love, Gloria Linkey, Honey Perkel, Suzanne Grant, Tim Murphy, Dale Brandenburger, Gazebo Gardens Publishing, Gregory Zschomler, Melissa Ausley, Jan Bono, Jeva Singh-Anand and Michelle Walch.

There is still room to participate! For information on how to be a vendor email AstoriaEventCenter@gmail.com. We welcome authors or craftspeople with products for book lovers and writers. FREE Event.

Tree plantings at 11:30am and 2:30pm. Create tree art and crafts. Try your hand at a tree scavenger hunt to win a prize, plant a tree and take one home. At the Tillamook Forestry Center east of Tillamook.

LITERARY

Get Lit at the Beach: A Gathering for Readers. With guest authors Karen Joy Fowler, Gail Tsukiyama, Jim Lynch, Nancy Pearl, and Terry Brooks. Presented by the Tolovana Arts Colony in Cannon Beach. tolovana-artscolony.org

THEATER

The Real Lewis & Clark Story. (Or...How the Finns Discovered Astoria!) \$11 - \$16, 2pm at the ASOC Playhouse in Astoria.

Joseph and the Technicolor Dreamcoat. Musical. With the North Coast Chorale. \$15, 7pm at the PAC in Astoria.

Monday 13

MUSIC

Miss Lonely Hearts. 8pm at the Adrift Hotel in Long Beach.

Calamity Cubes. No cover, 7pm at the San Dune Pub in Manzanita.

HAPPENING

Twelve Days of earth Day. Events and activities in and around Cannon Beach. twelvedaysofearthday.com

North County Meeting for Tillamook Helping Hands. All interested persons are welcomed to attend. 8pm at NCRD in Nehalem.

Tuesday 14

MUSIC

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

FOOD & DRINK

Beer Pairing Dinner. The chefs and brewers of Buoy Beer Company will present a unique menu of five courses pairing local fare and Buoy Beer brews. Tickets & reservations at the Buoy Beer Taproom in Astoria. 6 - 8pm. 503-325-4540

HAPPENING

Twelve Days of Earth Day. Events and activities in and around Cannon Beach. twelvedaysofearthday.com

Historical Society Downtown Walking Tour. Wear comfortable shoes and be prepared for the weather. Meet at Hoquarten Slough in Tillamook at 11am.

LECTURE

Why Buy Local Food. With Andy Fisher. At the Tillamook Library. 503-842-4792

Wednesday 15

MUSIC

The Horsenecks. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Twelve Days of Earth Day. Events and activities in and around Cannon Beach. twelvedaysofearthday.com

LECTURE

Listening to the Land. Protecting Oregon's Crown Jewels. With Douglas Deur. Free, 6pm at the Seaside Library.

Thursday 16

MUSIC

The Horsenecks. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

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

Book & Brew. Vendors, craftspeople. At the Astoria Event Center.

Third Thursday Comedy Series. With Comedian Ventriloquist Lynn Trefzger. \$15 adults, \$5 children, 7pm at the Liberty Theater in Astoria.

Twelve Days of earth Day. Events and activities in and around Cannon Beach. twelvedaysofearthday.com

THEATER

Friday 17

MUSIC

Primal Mates. Where Words and Music Meet. Chamber Jazz. \$10, 3pm at the Hoffman Center in Manzanita.

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

Travis Tritt. 8pm at Chinook Winds in Lincoln City. Call 541-994-3070 for tickets.

Anita Margarita & The Rattlesnakes. 9pm at the Adrift Hotel in Long Beach.

Eelgrass. No cover, 9:30pm at the Voodoo Room in Astoria.

HAPPENING

Twelve Days of Earth Day. Events and activities in and around Cannon Beach. twelvedaysofearthday.com

Great Oregon Coast Garage Sale. Over 60 garage sales throughout the Lincoln City Area.

OUTSIDE

Herb Tarlek Day Golf Tourney. \$60 per player, cart rental \$15 per player. 1pm shotgun start at the Gearhart Hotel.

THEATER

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

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

Saturday 18

MUSIC

Chayag Andean Folk Music and Dance. Includes a dance workshop and presentation. Free, 2 - 4pm at the Astoria Public Library.

Jesse Lee Falls. CD Release Party. A ticketed event (tickets available through Ticket Tomato). At the Astoria Event Center.

Noah Beck. No cover, 8pm at the Sou'wester Lodge in Seaview.

Travis Tritt. 8pm at Chinook Winds in Lincoln City. Call 541-994-3070 for tickets.

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

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

Anita Margarita & The Rattlesnakes. 9pm at the Adrift Hotel in Long Beach.

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

ART

Tokeland North Cove Studio Art Tour. 10am - 5pm, headquartered at the historic Tokeland Hotel and nearby private art studios.

FOOD & DRINK

Wine Tasting. Reininger (Walla Walla). 1 - 4pm at the Cellar on 10th in Astoria.

Winemaker's Dinner. Reininger (Walla Walla). 6pm at the Cellar on 10th in Astoria. 503-325-6600

HAPPENING

Razor Clam Festival. Live music and entertainment is offered, beer garden, raffles, clam related vendors, and prizes. In Long Beach. razorclamfest.com

Twelve Days of Earth Day. Events and activities in and around Cannon Beach. twelvedaysofearthday.com

Exhibit Opening. In conjunction with the Haystack Rock Awareness Program's 30th anniversary, a photo exhibit exploring the Tide pools of Haystack Rock through the eyes of the HRAP's volunteers will open at 6pm at the Cannon Beach History Center and Museum.

Rummage Sale. 9am - 2pm at St Mary's By the Sea Catholic Church in Rockaway Beach.

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.

Family Fun Night. Bring friends, family to an evening of playing in the gym, blocks for toddlers and games for all. Community is welcome to join in on all the fun! Food will be for sale in case you need a snack. This is a free event. 7:30pm at the Tillamook Adventist School.

Spring Plant Sale. 9am - 4pm at the Connie Hansen Garden in Lincoln City.

Great Oregon Coast Garage Sale. Over 60 garage sales throughout the Lincoln City Area.

Earth Day Festival. Educational booths, kids' activities, arts and crafts, a farmers market, locally-made beer, and live music. Free admission, 11am - 2pm at the Lincoln City Cultural Center.

LITERARY

Poetryfest/Manzanita Writer's Series. A day-long event dedicated to the joys of poetry. Poets Andrea Hollander & Matther Dickman will read from their latest collections and sign books. 3:15pm. At 7pm there will be a launch event for the 4th Edition of the North Coast Squid Literary Journal. At the Hoffman Center in Manzanita.

OUTSIDE

Devil's Lake Paddle. This family friendly event includes fun and games, and good old fashioned paddling. All human-powered watercraft are invited. 9 - 11am at Regatta Park in Lincoln City. 541-994-5646

THEATER

Joe Weigand as Theodore Roosevelt. Free, 6:30pm at the Lincoln City Cultural Center.

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

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

Sunday 19

MUSIC

North Coast Symphonic Band. The Sousa Tradition. \$15, 1:30pm at the Liberty Theater in Astoria.

Primal Mates. Where Words and Music Meet. Chamber Jazz. \$10, 3pm at the Hoffman Center in Manzanita.

Eric John Kaiser. 8pm at the Adrift Hotel in Long Beach.

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

Future Historians. Indie Folk & Roll. No cover. 9pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

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

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

HAPPENINGRazor Clam Festival. Live music and entertainment is offered, beer garden, raffles, clam related vendors, and prizes. In Long Beach. razorclamfest.com

Twelve Days of Earth Day. Events and activities in and around Cannon Beach. twelvedaysofearthday.com

Great Oregon Coast Garage Sale. Over 60 garage sales throughout the Lincoln City Area.

LECTURE

In Their Footsteps Lecture Series. Pacific Northwest Foraging with Douglas Deur. 1pm in the Netul River Room at the Fort Clatsop Visitor Center, Warrenton.

The Next Tsunami: Living on a Restless Coast. Author Bonnie Henderson will discuss the history and impact of tsunamis on our Northwest Coast. Free, 7pm at the Cannon Beach History Center & Museum.

THEATER

The Real Lewis & Clark Story. (Or...How the Finns Discovered Astoria!) \$11 - \$16, 2pm at the ASOC Playhouse in Astoria.

Monday 20

MUSIC

Quartetto Gelato. 7pm at the Don Whitney Auditorium at Tillamook High School. 503-842-2078

Eric John Kaiser. 8pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

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

HAPPENING

Twelve Days of Earth Day. Events and activities in and around Cannon Beach. twelvedaysofearthday.com

Tuesday 21

MUSIC

Claude Bourbon. Medieval & Spanish Blues. \$13. 7pm at the Lincoln City Cultural Center.

Eric John Kaiser. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Twelve Days of Earth Day. Events and activities in and around Cannon Beach. twelvedaysofearthday.com

Wednesday 22

MUSIC

Pipedance. Celtic. Free, 6pm at the Driftwood Public Library in Lincoln City.

Hip Hatchet. 8pm at the Adrift Hotel in Long Beach.

Sweet Virginia Brewer's Dinner. A five-course bacon themed dinner paired with small-batch Sweet Virginia Series beers. \$65, 6 - 9pm at Fort George in Astoria. Reserve your seat at fortgeorge.com

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 Coconut. 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.

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.

HAPPENING

Twelve Days of Earth Day. Events and activities in and around Cannon Beach. twelvedaysofearthday.com

Red Cross Blood Drive. 12:30 – 6:30pm at the Lincoln City Cultural Center.

OUTSIDE

Free admission to WA State Parks.

Thursday 23

MUSIC

Hip Hatchet. 8pm at the Adrift Hotel in Long Beach.

LECTURE

Ales & Ideas. Paris, Florence, Rome: The Allure of Travel in Art History and Today. With Kristin Shauck. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

LITERARY

Book Reading. Author Peter Laufer will present from his book "Organic: A Journalist's Quest to Discover the Truth Behind Food Labeling." Free, 7pm at the Seaside Library.

Friday 24

MUSIC

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

Miss Massive Snowflake. Portland's venerable art poprockers rock the house. \$5 Cover. 9pm at KALA in Astoria. Doors open 8pm.

Gayle Ritt & Mike Soto. \$12, 7pm at the Cannon Beach History Center & Museum.

Will West & The Friendly Strangers. No cover, 7pm at the Sand Trap Pub in Gearhart.

Laura Gibson. 9pm at the Adrift Hotel in Long Beach.

Anna Tivel & Hip Hatchet. No cover, 9:30pm at the Voodoo Room in Astoria.

FOOD & DRINK

Crab, Seafood & Wine Festival. \$10 admission, 4 – 9pm at the Clatsop County Fairgrounds near Astoria. oldoregon.com/news/2014/astoria-warrenton-crab-sea-food-and-wine-festival

OUTSIDE

Devil's Lake Dash. Jet ski races for all ages and skill levels. At Regatta Park in Lincoln City. oregoncoast.org/devils-lake-dash

Saturday 25

MUSIC

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

North Coast Big Band. Jazz and the American Songbook concert. \$10, 2pm at the PAC in Astoria.

Jazz Guitars 4 Peace. Gypsy Jazz. Free, 6pm at the Astoria Public Library.

Big Band Dance. With the Lincoln Pops Orchestra. 7pm at the Lincoln City Cultural Center. 541-994-9994

Doug Smith with Judy Smith. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Tribute to Hank Williams. Tickets are \$10 which includes a Jambalaya dinner starting at 6pm and music beginning at 7pm. At the Bay City Arts Center.

American Keys & Spanish Strings. \$15 \$20, 7:30 at the Coaster Theater in Cannon Beach.

Chica Y Los Gatos. No cover, 8pm at the Sou'wester Lodge in Seaview.

Dedic Clark & The Social Animals. 9pm at the Adrift Hotel in Long Beach.

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

Still Water Vibe. 9pm at Roadhouse 101 in Lincoln City.

Will West & The Friendly Strangers. \$5 cover, 9pm at the San Dune Pub in Manzanita.

FOOD & DRINK

Crab, Seafood & Wine Festival. \$10 admission, 10am – 8pm at the Clatsop County Fairgrounds near Astoria. oldoregon.com/news/2014/astoria-warrenton-crab-sea-food-and-wine-festival

Wine Tasting. Patricia Green Cellars. 1 – 4pm at the Cellar on 10th in Astoria.

Winemaker's Dinner. Patricia Green Cellars. 6pm at the Cellar on 10th in Astoria. 503-325-6600

HAPPENING

Fort George/Tape Op Overdub IPA Release Party. 9:30pm at the Columbian Theater in Astoria.

LITERARY

Writers on the Edge. Poet Willa Schneberg will read from her work. Open mic to follow. \$6, 7pm at the Newport Visual Arts Center.

OUTSIDE

Beach Clean Up Day. Meet organizers at any major beach approach on the Long Beach Peninsula at 9:30am to sign in and pick up bags. Soup feed for volunteers included after clean-up. 9:30am – noon.

Black Lake Fishing Derby. Free kids-only derby; ages 0-14. Free pancake breakfast 7am; fishing starts at 7am. Pre-register online, at Ilwaco City Hall, or at Derby. 7 – 11am at Black Lake in Ilwaco.

Bark for Life – Relay for Life. Enter your dog in it's own Bark for Life Relay. Don't have a dog, that's OK, Tillamook Animal Shelter will have some of their adoptable dogs on hand for you to "rent" for the Relay. 10am – 2pm at the Tillamook County Fairgrounds.

Devil's Lake Dash. Jet ski races for all ages and skill levels. At Regatta Park in Lincoln City. oregoncoast.org/devils-lake-dash

Sunday 26

MUSIC

Dedic Clark & The Social Animals. 8pm at the Adrift Hotel in Long Beach.

Moore Bush Project. 8:30pm at Snug Harbor Bar & Grill in Lincoln City.

Bart Budwig/Matthew Zeltzer. Country/Americana. No cover. 9pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

Crab, Seafood & Wine Festival. \$10 admission, 11am – 4pm at the Clatsop County Fairgrounds near Astoria. oldoregon.com/news/2014/astoria-warrenton-crab-sea-food-and-wine-festival

OUTSIDE

Devil's Lake Dash. Jet ski races for all ages and skill levels. At Regatta Park in Lincoln City. oregoncoast.org/devils-lake-dash

Tuesday 28

MUSIC

Emily Asher's Garden Party. Jazz. \$14, 7pm at the Lincoln City Cultural Center.

Thursday 30

LECTURE

Philosopharian: The Tempest of Temporality. With Seth Tichenor. 7pm in the Lovell Showroom at Fort George in Astoria.

Pacific Northwest Spring Wildflowers Seminar. With Fred Bowen. An informative seminar on the beauty, history, and usefulness of some of Oregon's loveliest flowers. 7pm at Chapel By the Sea in Lincoln City.

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 May 1

MUSIC

Rock n' Roll Cowboys. No cover, 9pm at Roadhouse 101 in Lincoln City.

The Ghost Ease. 9pm at the Adrift Hotel in Long Beach.

Jenny Don't & The Spurs. No cover, 9:30pm at the Voodoo Room in Astoria.

ART

Spring Unveiling Arts Festival. At various locations in Cannon Beach. cbgallerygroup.com/wp-content/uploads/2015-Spring-Unveiling-Schedule-4.pdf

Trash Art Show. Ticketed preview and celebration with the artists. \$25, includes snacks and beverages and first chance to purchase the art. 5 – 7pm in the Gallery at NCRD in Nehalem.

HAPPENING

Birding & Blues Festival. In Pacific City. birdingandblues.org

THEATER

Mixed Emotions. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 2

MUSIC

Indalo Wind. \$7, 7pm at the Hoffman Center in Manzanita.

Creative Music at the Scorcher. H/O/B (Paul Hoskin, Mark Ostrowski, Angelina Baldoz). ALTO! Trio with Derek Monypeny. Existence Habitat (Gregg Skloff and Roger Hayes). Donations encouraged, 8pm at the Blue Scorcher in Astoria.

Franco & The Stingers. No cover, 9pm at Roadhouse 101 in Lincoln City.

Jenny Don't & The Spurs. 9pm at the Adrift Hotel in Long Beach.

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

Hey Lover. No cover, 9:30pm at the Voodoo Room in Astoria.

ART

Spring Unveiling Arts Festival. At various locations in Cannon Beach. cbgallerygroup.com/wp-content/uploads/2015-Spring-Unveiling-Schedule-4.pdf

Trash Art Show. Free. 10am – 4pm in the Gallery at NCRD in Nehalem.

Resident's Show & Tell. 1pm at the Sitka Center for Art & Ecology north of Lincoln City.

FOOD & DRINK

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

Winemaker's Dinner. Andrew Rich. 6pm at the Cellar on 10th in Astoria. 503-325-6600.

NCBB Presents Jazz And The American Songbook April 26

The North Coast Big Band presents "Jazz and the American Songbook" at 2 P.M. on Saturday, April 25th, at the Performing Arts Center at Sixteenth and Franklin in Astoria. Admission is \$10 and all proceeds go to supporting the Performing Arts Center.

Lee Stromquist leads this popular band that will present the familiar music of Glenn Miller, Jerome Kern, Duke Ellington, Count Basie, Doc Severinsen, Jimmy Van Heusen, Irving Berlin, Wingy Malone, Cootie Williams and Don Menza.

Featured performers include Bob Joiner on "All The Things You Are," Dee Wooley on "Polka Dots and Moonbeams," lead trumpet Terry Dahlgren on "What's New," Mike Evans on "Round Midnight," Dave Drury on "Here's That Rainy Day," drummer Ken Kirby on "Zoot Suit Riot," and Peter Hinsbeek on a Buddy Rich tune called "Groovin' Hard." Other great familiar tunes include "Moonlight Serenade," "C Jam Blues," "Tuxedo Junction," "Satin Doll," "Smoke Gets In Your Eyes," "New York, New York," "Girl Talk," and many more.

Two selections are original compositions by members of the North Coast Big Band. Composer/arranger Dave Robertson wrote a straight ahead jazz selection called "Fughettabout It" and saxophonist Peter Hinsbeek wrote "Miro' On The Wall." The North Coast Big Band is made up of the finest jazz musicians on the North Coast and has been in existence for over thirty years. Members travel from Portland, Rockaway, Manzanita, Clatskanie, Ocean Park, Seaside and Astoria to rehearse together and perform great music from the past and present. The NCBB delights audiences wherever they perform.

At The PAC Saturday, April 26, at 16th 7 Franklin in Astoria.

Astoria Public Library After Hours presents Jazz Guitars 4 Peace • April 25

ASTORIA PUBLIC LIBRARY and Astor Library Friends Association present Library After Hours, a free series of cultural events that take place at the library after regular hours of operation. The series continues on Saturday, April 25 at 6pm, with a gypsy jazz concert by Jazz Guitars 4 Peace. Admission is free and light refreshments will be provided.

Jazz Guitars 4 Peace (JG4P) is a modern gypsy jazz group from Portland, OR comprised of Tommy Houston and Tim Morgan on manouche guitars, and Jim Delaney on upright bass. Upbeat swing, Latin, and jazz music influenced by the gypsy guitar master Django Reinhardt is featured. JG4P inspires peace and harmony through the fire and magic of music.

ALSO at The Library: Chayag Andean Folk Music and Dance on Saturday, April 18 from 2-4pm. The program includes a dance workshop and presentation followed by Caminos del Ande (Andean Trails), a performance of Andean folk music and dance. During the workshop portion of Saturday's program, Chayag combines a lecture that focuses on the ethnic diversity of Peruvian culture with a panoramic illustration of the different musical and dance styles. Participants then will focus on a traditional dance from Cuzco, Peru, called Valicha. Warm up exercises will place the body into the specific postures required and accustom the ear to the beat. Steps will be learned individually to later be adapted to couple and group combinations. Improvisation is encouraged. Dance alone, dance with a partner, dance with joy, and dance for fun! Admission is free and all ages are welcome.

Sean Davies is "Joseph" in North Coast Chorale's Presents "Joseph and the Amazing Technicolor Dreamcoat"

WITH ITS FAMILY-FRIENDLY storyline, universal themes and catchy music, the North Coast Chorale's upcoming production of "Joseph and the Amazing Technicolor Dreamcoat" at the CCC Performing Arts Center is sure to be a crowd pleaser, on Saturday, April 11 at 7:00 pm and Sunday, April 12 at 2:00 pm. Under the direction of Chorale Director Dr. Denise Reed, the cast is a mix of chorale and community members. Tickets are \$15, with children 12 and under free accompanied by an adult.

The role of Joseph will be played by Astorian Sean Davies. A stage veteran, Davies made his first appearance in the footlights at the PAC at the tender age of four. He's since performed at the now defunct River Theater in Astoria, Cannon Beach's Coaster Theater and played the lead in "Joseph" his senior year at Astoria High School. As a member of the Portland Boys Choir (PBC) for three years, this accomplished young performer has appeared regularly at various Portland venues, touring with the PBC to Utah. Having graduated from high school in 2011, Davies is currently pursuing a degree in theater

"Joseph" is a must-see as the very first musical that was performed publicly (in 1968) coming out of the legendary partnership of lyricist Tim Rice and composer Andrew Lloyd Webber.



Author Bonnie Henderson The Next Tsunami: Living on a Restless Coast CB History Center • April 19

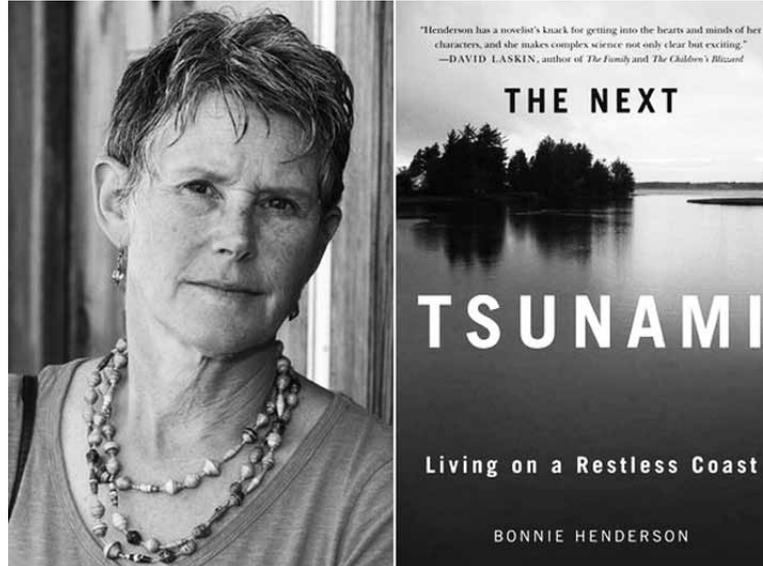
OREGON AUTHOR BONNIE HENDERSON presents her latest book at the Cannon Beach History Center & Museum on Thursday, April 19, 2015 at 7:00 p.m.

The Next Tsunami: Living on a Restless Coast is the gripping story of the geological discoveries and the scientists who uncovered them - that signal the imminence of a catastrophic tsunami on the Northwest Coast.

Henderson will talk about the fateful tsunami that occurred on a March evening in 1964. She will share the stories from locals like a ten-year-old Tom Horning who awoke near midnight to find his yard transformed. A tsunami triggered by Alaska's momentous Good Friday earthquake had wreaked havoc in his Seaside, Oregon neighborhood. It was, as far as anyone knew, the Pacific Northwest coast's first-ever tsunami.

More than twenty years passed before geologists discovered that it was neither Seaside's first nor worst tsunami. In fact, massive tsunamis strike the Pacific Coast every few hundred years, triggered not by distant temblors but by huge quakes less than one hundred miles off the Northwest Coast. Not until the late 1990s would scientists use evidence like tree rings and centuries-old warehouse records from Japan to fix the date, hour, and magnitude of the Pacific Northwest coast's last megathrust earthquake: 9 p.m., January 26, 1700, magnitude 9.0 - one of the largest quakes the world has known. When the next one strikes - this year or hundreds of years from now - the tsunami it generates is likely to be the most devastating natural disaster in the history of the United States.

Bonnie Henderson will share the stories of scientists like meteorologist Alfred Wegener, who formulated his theory of continental drift while gazing at ice floes calving from Greenland glaciers, and geologist Brian Atwater, who paddled his dented aluminum canoe up coastal streams looking for layers of peat sandwiched among sand and silt.



Henderson's compelling story of how scientists came to understand the Cascadia Subduction Zone - a fault line capable of producing earthquakes even larger than the 2011 Tohoku quake in Japan - and how ordinary people cope with that knowledge is essential reading for anyone interested in the charged intersection of science, human nature, and public policy.

Join us for a compelling discussion on what will be and how to be prepared. This presentation is FREE and open to the public. *"In The Next Tsunami: Living on a Restless Coast, Bonnie Henderson has given us not only the geological history of our coast, but also the stories of the many men and women who have spent their lives discovering this history. This is a must-read for those of us who have chosen the coast to be our home and gives us knowledge to deal with the uncertainty we face here. And as long as Tom Horning lives here, I feel, I too can make it."* —Karen Emmerling, Beach Books, Seaside, Oregon

College Library Showcases New Art Books

The Clatsop Community College Library, 1680 Lexington Avenue, Astoria, will celebrate the addition of new art books to its collection with a public reception, Thursday, April 9, 4pm – 6pm. Light refreshments will be available as you peruse new books and discover new inspiration.

Each year the library receives free art books from Art Resources Transfer, an organization that distributes "materials on art and cultural issues to public, school and alternative libraries in rural and inner city areas through the Distribution to Underserved Communities Library program."

You will be able to continue your evening of 'Art on Campus' by attending the opening reception for the annual juried Art Student Exhibit beginning at 6pm in the CCC Art Center Gallery, 1799 Lexington. Student work in graphic arts, basic design, drawing, painting, ceramics, photography and printmaking is included. The evening includes a talk by juror Eleanor H. Erskine.

Please direct media inquiries to: Candice Watkins, 503-338-2460; cwatkins@clatsopcc.edu

GREAT SPEAKER AT PIONEER MUSEUM

The Tillamook County Pioneer Museum will be hosting local author Deborah Lincoln on Saturday, April 11, 2015 at 1:00 PM as part of their Great Speaker Series. Ms. Lincoln will be discussing her historical fiction novel Agnes Canon's War, a story of the Civil War and how it influenced the routine lives of those surrounded by the war.

Deborah reports that she is ... "fascinated by the way events—wars and cataclysms and upheavals, of course, but the everyday changes that wash over everyday lives—bring a poignancy to a person's efforts to survive and prosper."

This program is free and open to the public. For more information, please call the Museum at 503.842.4553 or visit www.tcpm.org

Kathleen Dudley
Seaside, OR

Edge - Rider

I am the edge - rider,
a lingerer on sills
a dripper on lids
droplets on
languishing leaves
in autumn before
that final gust before
my host, drops
to the ground.

I am the juice
that sustains all—
the oceans, rivers, lakes, and
their dependents
who pray to keep me away
in ignorance
I am the edge, the center,
the heart - rider
I am rain.

Fish Taco Cook-off. Free, 11am – 2pm at the Culinary Center in Lincoln City.

Benefit Dinner & Auction. \$50, 6pm at the Lincoln City Cultural Center. 541-994-9994

HAPPENING

Loyalty Day Events. At various locations on the Long Beach Peninsula. loyaltydayslongbeach.com/

Rhododendron Tour. Lecture & Breakfast, \$15. Tour \$10. On the Long Beach Peninsula. watermusicfestival.com

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

Daylight's Dance Explosion with DJ Gray Matter. Slip into your most kissable costume and join us for Drag performances, daring debuts, saucy dance beats. \$5, 21+. 9:30pm at the AAMC in Astoria.

Birding & Blues Festival. In Pacific City. birdingandblues.org

THEATER

Mixed Emotions. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 3

MUSIC

Nancy King & Steve Christofferson. Jazz. \$20 - \$25, 2pm at the Liberty Theater in Astoria.

Karkawaska Duo. Chamber music. \$25, 3pm at the Camp Winema Chapel north of Neskowin.

Jenny Don't & The Spurs. 8pm at the Adrift Hotel in Long Beach.

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

ART

Spring Unveiling Arts Festival. At various locations in Cannon Beach. cbgallerygroup.com/wp-content/uploads/2015-Spring-Unveiling-Schedule-4.pdf

HAPPENING

Loyalty Day Events. At various locations on the Long Beach Peninsula. loyaltydayslongbeach.com

Trash Art Show. Free, 10am – 1pm in the Gallery at NCRD in Nehalem.

Birding & Blues Festival. In Pacific City. birdingandblues.org

THEATER

Mixed Emotions. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

Monday 4

MUSIC

Luke & Kati. 8pm at the Adrift Hotel in Long Beach.

OUTSIDE

Surf Perch Derby. On the Long Beach Peninsula. surfperchderby.com

Tuesday 5

MUSIC

Luke & Kati. 8pm at the Adrift Hotel in Long Beach.

Wednesday 6

MUSIC

Luke & Kati. 8pm at the Adrift Hotel in Long Beach.

Thursday 7

MUSIC

Ray Ottoni. 8pm at the Adrift Hotel in Long Beach.

ART

Opening Reception. Uku-Aotearoa-The Spirit of Materials Art Exhibition featuring indigenous Maori Clay artworks. 6pm at the Art Center Gallery at CCC in Astoria.

HAPPENING

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

LECTURE

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

Friday 8

MUSIC

Love Gigantic. 9pm at the Adrift Hotel in Long Beach.

ART

Uku-Aotearoa: The Spirit of Materials Slide Show & Lecture. 6pm at the PAC in Astoria.

THEATER

Mixed Emotions. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 9

MUSIC

Left Coast Country. \$5 cover, 9pm at the San Dune Pub in Manzanita.

HAPPENING

Family Fun Night. Bring friends, family to an evening of playing in the gym, blocks for toddlers and games for all. Community is welcome to join in on all the fun! Food will be for sale in case you need a snack. This is a free event. 7:30pm at the Tillamook Adventist School.

Tattoo Festival. \$10 per day or \$25 per weekend pass. At Chinook Winds in Lincoln City.

MUSIC

Love Gigantic. 9pm at the Adrift Hotel in Long Beach.

ART

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

FOOD & DRINK

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

HAPPENING

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

Tattoo Festival. \$10 per day or \$25 per weekend pass. At Chinook Winds in Lincoln City.

THEATER

Mixed Emotions. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach. THEATER

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.

by Les Kanekuni



THE LONGEST RIDE (April 10) Scott Eastwood and Britt Robertson star in the latest screen romance from The Notebook author Nicholas Sparks. The *Longest Ride* is another dual romantic couple story, except there are two different couples – one contemporary and one set in the '50s. Official synopsis: Former bull-riding champion Luke (Eastwood) and college student Sophia (Robertson) are in love, but conflicting paths and ideals threaten to tear them apart: Luke hopes to make a comeback on the rodeo circuit, and Sophia is about to embark on her dream job in New York's art world. As the couple ponder their romantic future, they find inspiration in Ira (Alan Alda), an elderly man whose decades-long romance with his beloved wife withstood the test of time.



EX MACHINA (limited April 10) Screenwriter Alex Garland (*28 Days Later*) makes his directing debut with sleek scifi that like the recent *Her*, although much chillier, deals with human/android romance and all its implications. Domhnall Gleeson (cast in the coming *Star Wars* movie) plays Caleb, a young computer geek for a global Internet company who wins a company lottery for a weeklong stay at his computer genius boss Nathan's (Oscar Isaac) retreat in Alaska. Soon after being dropped at Nathan's futuristic estate, Caleb realizes he's expected to help Nathan test his newest creation, a female android named Ava (Alicia Vikander). The jocular Nathan pushes Caleb into administering a test on Ava to determine if she is human or a machine. But Ava "tests" Caleb by flirting with him, trying to convert him to her side in a robot revolution against her creator. Eventually it becomes a fight for survival with Caleb caught between Ava and the dominating Nathan, neither of whose motives are 100% clear.

CHILD 44 (April 17) Tom Hardy stars as a Soviet security officer in this Cold War-era serial killer thriller. Set in 1952, Hardy plays Leo Demidov, a war hero and dedicated State Security agent. As a Communist true believer, Demidov enjoys all the perks of his station – security, position, material comforts. In Stalinist Russia crime does not officially exist, in this workers paradise there is no such thing. But crimes against the State are punished with an iron fist. It is Demidov's job to find those suspected of treason and punish them. When Demidov finds himself denounced and demoted, he and his

wife Raisa (Noomi Rapace) must go on the run. When children begin turning up dead with similar markings on the bodies, Demidov realizes that a serial killer is on the loose. Hunted by the authorities, stonewalled by government functionaries who will not even admit the killer exists, his marriage cracking under the strain, Demidov must find the child murderer before he loses everything.

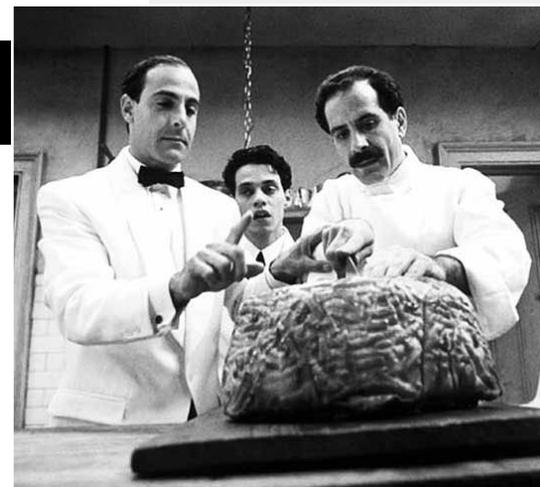


THE AGE OF ADALINE (April 24) Blake Lively stars in this fantasy romance about a woman who for decades remains the age of 27. In 1935, Adaline (Lively) is rendered immortal after a car accident and lightning strike. For decades she lives a loveless existence, never allowing anyone close for fear of revealing her secret, known only by her now-age daughter (Ellen Burstyn). "It's not the same when you have no one to grow old with," Adaline says. But Adaline's passion for love and life is reignited when she meets philanthropist Ellis Jones (Michiel Huisman). Harrison Ford plays a rare romantic part when he unexpectedly turns up as an old (literally) love of Adaline's.

AVENGERS: AGE OF ULTRON (May 1) Sequel to the 2012 blockbuster. James Spader plays the robot villain Ultron. Official synopsis: With S.H.I.E.L.D. destroyed and the Avengers needing a hiatus from stopping threats, Tony Stark jumpstarts a dormant peacekeeping program, Ultron: a self-aware, self-teaching, artificial intelligence. However, his plan backfires when Ultron decides that humans are the main enemy and sets out to eradicate them from Earth, leaving it up to Iron Man, Captain America, Thor, the Hulk, Black Widow and Hawkeye, along with support from Nick Fury and Maria Hill, to stop him. Along the way the Avengers encounter the powerful twins Pietro and Wanda Maximoff, as well as the familiar Vision.

NCFW FOOD FILM FESTIVAL

BIG NIGHT
for Cooking UP
Community
Big Night
Dinner at
FULIO'S



BIG NIGHT IS an award winning film about a failing Italian restaurant's last glorious banquet. It is also the grand finale of NORTH COAST FOOD WEB'S FOOD FILM FESTIVAL, one part of a capital campaign to fund a teaching kitchen to benefit anyone in the community who longs to learn to cook, has health-related dietary challenges, needs an infusion of enthusiasm for the art of cooking or is looking to create fabulous meals on a tiny budget.

Mark your calendars for Saturday, April 1 and bring a friend to Astoria's historic Columbian Theater to enjoy this classic food film starring Stanley Tucci, Tony Shaloub, Isabella Rossellini and the meal you will never forget. Donations at the door and proceeds from special movie-themed appetizers will benefit the construction of the kitchen at NCFW's new home at 577 18th St in Astoria.

With the completion of the kitchen this Spring, NCFW will launch *Cooking Up Community*, a series of classes aimed at polishing skills, discovering the bounty of fresh ingredients to be found locally, improving our collective health and igniting a passion for cooking from scratch. The project was recently awarded a \$35,000 Grassroots grant from Meyer Memorial Trust. The funding will

support the first year of hands-on classes designed to address a wide range of needs and age groups. As part of the Big Night celebration, PETE ROSCOE, chef/owner of FULIO'S PASTARIA AND TUSCAN STEAKHOUSE in Astoria will be cooking a special Big Night dinner. When Big Night first premiered in 1996, Roscoe was inspired to host weekly re-creations of the film's elaborate banquet meal at his renowned Portland restaurant, Cozze. In support of NCFW's work, Roscoe is hosting a full Big Night banquet at Fulio's with a portion of the proceeds ticket sales going to the kitchen project. Seating is limited and reservations are required. Tickets are \$60 each and can be reserved by calling Fulio's at 503-325-9001.

The ultimate 'Dinner-And-A-Movie' night out begins with dinner at Fulio's at 5pm, a stroll through downtown Astoria's 2nd Saturday ArtWalk and ends with a 9:30 showing of the film at the Columbian Theater, 11th and Marine Drive, Astoria. A film-specific special cocktail will be featured in the Columbian's VooDoo Room cocktail lounge prior to the show and themed small bites will be offered by NCFW's Accidental Catering team. For more information about North Coast Food Web and the *Cooking Up Community* project, visit www.northcoast-foodweb.org

SPRING'S SURPRISE HORROR HIT

IT FOLLOWS (April 3) Surprise horror hit *It Follows* may be the ultimate bad date movie. Long on atmosphere and short on gore, reviewers have called it so scary it could be a generational horror film. Story follows a murderous entity that spreads from person to person through sex like a disease. The staple idea equating fear/death with sex has been around since the '70s but lately has lapsed into parody. *It Follows* plays it straight. Pic follows 19-year-old Jay (Maika Monroe) who lives in a typical bland pretty suburb (filmed around Detroit). Jay has a new boyfriend Hugh (Jake Weary), and when they have sex for the first time, Hugh passes a malevolent entity onto her. It can be anonymous, literally anyone but also a nightmarish impossible-to-miss apparition.

But the rules become clear: It will kill you and then the person who passed it on to you. After the initial attack on Jay, Hugh disappears. The police are no help and her friends are skeptical about her explanation as only she can see the entity in whatever form it takes. Eventually, though, they feel the physical force of the entity and join forces to help Jay and fight back against the murderous force. Director David Robert Mitchell, who grew up in a Detroit suburb, said the idea for the film "came from a nightmare I had as a kid – this basic idea of being followed by something that can look like different people and only I could see it. It was very slow and always coming for me." Unlike horror movies that revel in boatloads of blood and gore, Mitchell says the fear in his movie is really the "anxiety of waiting."





FREE WILL ASTROLOGY

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April

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.

Bike Madame

By Margaret Hammitt-McDonald

Happiness . . . is a first bike!

WHAT could be more entertaining than watching a child enjoying his or her first human-powered, wheeled conveyance, whether it's the classic tricycle, the plastic-wheeled mini-behemoths that announce his/her approach from a block away, a pint-sized bicycle with training wheels, or one of those "pre-bikes" that the rider straddles and runs with rather than pedaling?

My daughter Luthien adores her toddler-sized cruiser, with its purple frame and training wheels. Her legs aren't long enough to pedal yet, so she alternates between being rolled around on it while she steers and dismounting so she can pull it around by the headset. So enthusiastic is she about her first ride that one morning, while we were getting



ready to ride to work with her, she asked to "ride my very own bicycle" instead of getting into her trailer. I'm not sure she understood that riding twelve miles on a toddler bike would take all day, since her description of its purpose is to "go down steep hills very fast."

Whatever style of bike, trike, or proto-bike you choose for introducing the child(ren) in your life to freewheeling fun, it's never too early to include the helmet. It needs to protect the child's forehead. (I often see children wearing helmets far back on their heads, a rare area to strike against the ground when falling off a bike.) Little ones frequently balk at the prospect of donning the dreaded helm, and if you pinch their skin while securing the clasp on the chin strap, they will remember the offense forever. To avoid pinching, you can teach them to tilt their heads back to keep chin skin clear of the buckle. That works for Luthien; afterward, she declares, "Yes, no pinching!"

The bike or trike needs to be fitted properly to the child's frame...a process you'll have to repeat as he/she grows. Some bike-fit faux pas I've spotted include seats that are too low (the child's knees should never straighten completely, but they also should not have their knees around their ears while seated) and handlebar sizes that make the child reach too far. (You can sometimes adjust the angle, but this poor fit might also mean the whole bike is too big.) Your best bet is to work with a bike shop. Even if your child received the bike as a hand-me-down rather than a purchase from that shop, a professional bike mechanic has the experience to check, and fix, the bike's ergonomics.

As with learning how to drive a car, learning how to ride a bike happens best in a low-traffic area with as smooth and flat a surface as possible, few to no obstacles, and no need for tight turns. A parking lot that's not being used at the time (for example, a church parking lot on a weekday) is an ideal location. As the child gains more confidence, you can use the painted parking-space lines as objects to steer around and lanes to try to stay inside. When it comes time to take off the training wheels, your practice area should offer a long enough "runway" for you to jog alongside, let go at the appropriate time, and follow the child on a relatively straight course until he/she gains confidence on his/her own two wheels.

To foster a lifelong habit of regular exercise, as well as to enjoy pleasant, easily planned outings, ride along with the child once he/she is capable of a sustained jaunt. Soon enough, he/she will be ready to conquer the neighborhood from the saddle!

WORKSHOPS/CLASSES

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.

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

The Hoffman Center Clay Studio. Manzanita. Drop by studio to reserve or e-mail hoffman-claystudio@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.

OCCUPATIONAL CERTIFICATE CLASSES AT CCC

FLAGGER TRAINING. This class prepares those employed or employable as flaggers to train or retrain for certification in Oregon, Washington, Idaho and Montana. Alerts participants to dangers and pitfalls inherent in the work place, provides them with the information they need to be safe and prepare a safe environment for coworkers, drivers and pedestrians. Students must register and pay at least two days before class. Taught by Dee Bolden, class is held on Saturday, April 11, from 8:00 am - 4:30 pm at the CCC Astoria campus. Cost is \$80.

CPR FOR HEALTH PROFESSIONALS. The American Heart Association Basic Life Support for Health Care Providers is designed to provide health professionals training to recognize several life-threatening emergencies, provide CPR, use an AED and relieve choking in a safe, timely and effective manner. Students must register and pay at least two days before class. Taught by Stacy McCoy on Tuesday, April 14, from 8:00 am - 12:00 pm at the CCC Astoria campus. Cost is \$40 for registration and \$20 to instructor at class for book.

CPR/FIRST AID. Participants will develop the skills necessary to overcome any reluctance to act in emergency situations and care for life threatening emergencies such as respiratory or cardiac problems, sudden illness or injury. Instruction on using an AED is included. Students will receive the American Heart Association First Aid/CPR/AED two-year card. Students must register and pay at least two days before class. Taught by Stacy McCoy on Tuesday, April 14, from 1:00 - 1:00 pm at the CCC Astoria

campus. Cost is \$40 for registration and \$20 to instructor at class for book

BODY WORK•YOGA•FITNESS

YOGA NAMASTE. Level 1&2 90 minutes Yoga classes. Monday 8a.m., Wednesday 6:30p.m., Friday 6:30a.m. and 8:30a.m. \$16 walk-in. Community yoga Wednesday 5:15p.m. \$12 walk-in. 342 10th street, Astoria. Check website for weekend workshops. www.yoganam.com. 530 440 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 Str. Astoria. 503-440-3554. Over 30 classes, for Strength, Stamina or Yoga Flow, Levels 1, 2 & 3 offered from early morning to evening, 7 days a week. 1/2 price for new students first month and locals residents first day free. Free parking and a handicapped ramp is available. http://riverszen.com or Facebook.com/RiversZen.

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

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

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.

T'AI CHI. The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

AMERICAN KENPO KARATE. Adult Private Lessons, Ocean Park WA. Teaching the Ed Parker System. For FREE INTRODUCTORY LESSON. Contact Black Belt / Instructor Jon Belcher at: Phone: 360-665-0860E-mail: jbgroove2@crecomm.net.

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. Every Second Sunday, 10:30 to 12:30ish. In Seaside, Oregon. Call or email for directions: 503-717-4302 beachhouse1111@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.

Art & Mindfulness. With Amy Selena Reynolds. Once a month, 2nd Saturdays. First session, Saturday, April 11, 1-4 pm. Deepen your connection with your heart, mind, and spirit, play with creativity, find out where are and meditation begin.

No previous art or meditation experience is necessary. Bring a journal and your favorite pen. All other supplies will be provided. Class fee: \$30 (Note: No one will be turned away for lack of funds. Please contact Amy if you have a financial hardship but want to take a class.) Call Amy at 503-421-7412 or email amyseleena88@gmail.com

GREAT VOW ZEN MONASTERY. The Insight of Not-One, Not-Two - A Retreat in the Tradition of Thich Nhat Hanh. Thursday, May 7 to Sunday, May 10. During this retreat, through the continuous practice of mindfulness in each activity, create a stable ground of presence and acceptance to get deeply in touch with ourselves, our loved ones, and the Earth. Silent Retreat. Retreat registration is \$200 with scholarships available. The retreat registration only covers the cost of holding the retreat at the monastery. The Teacher, Michael Ciborski, is paid through your donations at the retreat. www.zendust.org/event/thich-nhat-hahn-2015

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 F.T085054, Rm 209 Towler Hall. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: ronmaxted@wwestsky.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 pri-

vate 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.clatsopcountygenealogy@gmail.com or call 503-325-1963 or 503-298-8917.

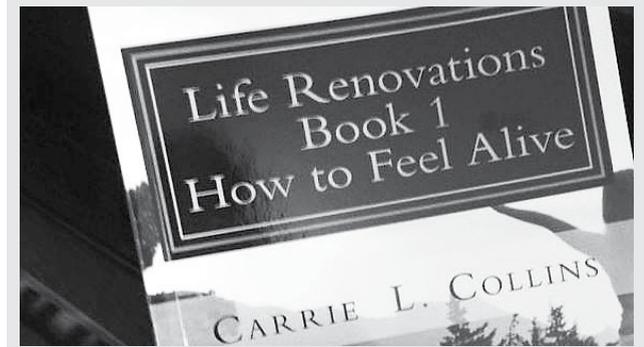
VOLUNTEER AT THE CANNERY MUSEUM. The Hanthorn Cannery Museum on Pier 39 in Astoria is housed in the oldest cannery building on the Columbia, and preserves the history of the cannery workers and the canneries that made the city famous. The museum is open year-round at no charge and attracts thousands 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 seatosummitpm@gmail.com

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

OPEN MICS

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



THE RIVERSZEN YOGA and Ki-Hara Studio at 399 31st Street Astoria on the Riverwalk, is sponsoring a Life Renovations Workshop with Carrie Collins on Sunday April 12 from 2 to 5pm.

Learn how to discover your purpose and create a happy and healthy life with Carrie Collins at Rivers Zen Yoga. Life Renovations workshop includes Ki-Hara Resistance Stretching, a revolutionary technique that utilizes a person's own resistance in the strengthening and elongating of muscles, along with Meditation and Guided Journaling to help you write the blueprint for a vibrant future.

Carrie will be offering this exclusive seminar on Sunday April 12 from 2-5 pm. The cost is only \$45 and includes a signed copy of her book, "Life Renovations: How to Feel Alive" (\$19.95 value). Participants should dress in comfortable clothes for stretching. Register online at RiversZen.com or call 503-440-3554. And learn more about how her experiences as a music teacher, performer and body-worker combined to form her ultimate philosophy as written in Life Renovations.

to jam with any one who wants to sit in. Peter Unander on keys and/or bass, Tom Peake on drums and Richard Thomas on guitar and/or bass. Jazz, Blues, Funk, Country, Reggae, Rock, Folk, etc. All players welcome.

MEETINGS AND MEET-UPS!

VETERANS FOR PEACE. Meeting on Thursday, April 9. NCRD, 36155 Ninth Street, Nehalem. Please feel free to join us! You don't need to be a veteran to participate -- men and women, veteran and non-veteran, all are welcome to attend. The gathering is in the NCRD Riverbend Room at 6:30 for a social half-hour (refreshments provided) and at 7:00 for a short meeting. Offering support for Tillamook County veterans and planning for the Peace Fest are the main topics. We will also solidify plans for the April 22 memorial for Robert Wood, a local veteran who was a World War Two prisoner of war. betmcmahon@yahoo.com

ENCORE. Join us for the ENCORE Lunch Bunch on Tuesday, April 7, 2015, 12:30 PM at the Portlight Café at Camp Rilea (on your left next to the PX after you enter the base), Warrenton. Questions about Lunch Bunch? Call Reta Leithner 503-717-2297. ENCORE is a membership organization for people age 50 and older who are interested in life-long learning opportunities. ENCORE is sponsored by Clatsop Community College, and offers classes in a variety of subjects, social events, and occasional educational trips. For more information, please refer to our website: www.encorelearn.org or contact Mary Kemhus-Fryling, Clatsop Community College Community Education Coordinator, 503-338-2408, or toll free at 1-855-252-8767.

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

History

WE CREATE A LIFETIME of choices that clearly steers us down a road that defines our life. What determines our decisions? Is it how we feel at the time, or how we think it might end up after all is said and done? History is a great tool we can learn from. Our own history often reveals a family pattern or trait that has been passed down through generations. You often hear people say 'that's just a saying we have in our family'. When it comes to actual events and what really happened we might experience something different. When history is not recorded properly then we might miss a valuable lesson intended for the collective consciousness. Would we respond in a different way if

history had been recorded as it really happened? Are we still making split decisions weighing what is right or wrong based on a knowledge that could be changed if we knew the truth? Looking at a different history can cause the mind to swoon and eyes to lose focus. We might feel ungrounded and a bit sick to our stomachs for the very foundation of what we have known and believed might not be accurate. What exactly does this mean? It means history has been recorded based on the religion, politics and belief systems of the time. Archeologists can determine how old something is through carbon dating and speculate on what happened and why but the truth is they are making a

calculated guess. Geologists have studied the rocks and land formations speculating on when the tectonic plates shifted last and when we are due for the next big earthquake. The history of the planet has been left to historians and scientists to shape the unknown. Many of these people view what has happened through their own lens of belief systems. For example the first recorded history of the Khafre Pyramid was by Egyptian historian Manetho who recorded Khafre ruled 66 years. That is all he said. Obviously he was careful and unfortunately he left us without enough information. But 2000 years later Greek historians Diodorus and Herodotus reported that Khafre was cruel and did many things that were not approved of by his people. How did he rule? Was he so downtrodden by his father he became a tyrant? What was going on politically and culturally that had these historians reporting 2000 years later the abusive nature of this ruler? Even today we record in our minds, diary or blog the current events that are shaping tomorrow's history. If we don't have critical thinking we no longer question what is the truth, we simply settle for what we read on line or in a history book. We believe everything that is

written and we blindly change our view if it crosses our religious beliefs, political views or cultural practice. Allowing our minds to open and be willing to look at history from a new point of view can give us all the freedom we desire. There are many events on earth that have not been recorded accurately or have been kept secret, if we stop investigating what is the truth; we run the risk of continuing the illusion and being the victims of our own creation.

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 @spiritraveler 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.sonjagrace.com <<http://www.sonjagrace.com>>

word and wisdom

By Tobi Nason

Short & Sweet !

IF GIVEN but a short time to be, what would you Be?

IF GIVEN a limited number of words, what would you Say?

IF LIFE were Short and Sweet.... what would it look like?

I'VE HAD periods of personal growth, that in retrospect I would describe as short and sweet. College days... my first single apartment... my first home.... the years when the kids were babies. I have those times to remember, the ones that put a smile on my face as I think of them. I remember doing well with decision-making. Yes, this college is for me. I like this apartment. Yes, to husband and kids. Then things change. I change. We all change.

I STILL make good decisions, I believe. This last year was a year of upheaval, many changes - in lifestyle, thought, desires, life plan. One little change in behavior has a domino affect on other behaviors and on

other people in your world. I'm feeling like a new sort of person. Free to be... whatever. Now I get to be ballet dancer, writer, stand-up comedian, messy person, short-tempered (or not). I'm suddenly not defined by much. My history has been diverse. Suddenly, life is simple and sweet. I PLAN on keeping it that way.

WHAT WILL I be? Living day to day, appreciative of rain, a hot cup of coffee, and a good conversation.

WHAT WILL I say? I'll say, "Thank you" and "I love you" as often as I can.

WHAT WILL it look like? A series of smaller moments, connected by smiles and hugs

and gratitude. My soul will settle down and realize that what I desire will come sometime. In the meantime, I get what I need.

FOR YOU the Reader: Make it simple, short and sweet. Uncomplicate what you can. Settle an issue or two. Take on less unless it means something to you... if its something you are passionate about, then take the ball and run with it.

TOBI NASON is a Warrenton resident and counselor. I recently downsized my life on all levels and it feels like a rich adventure into the soul. Call (503) 440-0587 for an appointment or to share a story or two with me.

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 503-325-9131 between noon and 4 pm, Tues. through Sat. Must be 18 years or older unless accompanied by an adult.



THE LOWER COLUMBIA CLINIC

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

Shelter Moods



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



OMG!

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



The my whiskers doctor. They're about!



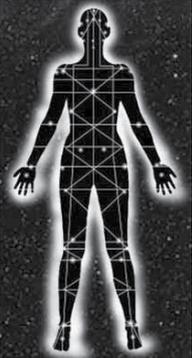
We've just arrived!



Dear self today you will sing!

Clatsop County Animal Shelter
1315 SE 14th St Warrenton
Phone 503-541-8737
Hours: 10am to 4pm, Tues. thru Sat.

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(BRIEF INTRODUCTION AT 3PM)

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bodies in balance

Pain is just a four letter word

PAIN is one of the primary motivators getting people to go see their healthcare providers. Pain is a difficult complaint because it can occur anywhere, for many reasons, and is a completely subjective experience. Sometimes pain itself is the problem and sometimes it is a symptom of the problem. In this article I would like to briefly explain the physiology of pain and suggest some natural treatments for a few types of pain.

The sensation of pain is received by specialized nerve cells called nociceptors. These receptors are located throughout the body in varying concentrations. For example, the skin has a higher concentration and variety of receptors; it therefore feels pain more precisely than say the spleen. Once the stimulus is received, a message travels through the nerves via the spinal cord to the brain relaying the source and type of pain. Pain can be acute or chronic, generated from outside (like getting burned) or from within. It can feel sharp, dull, burning, aching, intermittent or constant, and again is often unique to the person experiencing it.

Inflammation is one of the more common causes of pain from within. Any type of 'itis' signifies an inflammation (i.e. tendonitis, otitis, gastroenteritis, phlebitis). In its most general definition inflammation is due to a sequestration of red and white blood cells causing swelling and subsequent pain. Some itis's indicate an infection from an outside invader like a bacteria or virus. An example would be pharyngitis or sore throat; sometimes this sore throat is simply the first sign of a basic cold, but sometimes this area can be infected with Streptococcus and antibiotics may be needed. Some inflammatory issues can become severe and are best diagnosed and treated by a healthcare professional. Then others are more simple inflammations which can be self treated.

Following are some basic treatments that are a good go to for self-care or as a complement to proper medical care.

When dealing with any type of musculoskeletal swelling

the following is a great home remedy. Initially with an injury like a twisted ankle or a fall that creates swelling I would suggest ice. Ice will reduce the sequestration of the blood and therefore slow the swelling process. BUT as the injury continues to heal we want to bring blood to the area so that all the important cells who clean and repair tissue damage have access. With this phase the use of alternating hot and cold water will promote blood flow. This is a 3-3-3 treatment, 3 minutes hot, 30 seconds cold, repeated 3 times. You may use wash clothes or a removable showerhead to focus on the affected area. For inflamma-



tion of any area the use of castor oil packs can be terrific (you can get the details with a simple Google search). I like it for musculoskeletal healing as well as abdominal or pelvic pain. It reduces inflammation by working on the lymphatic flow, an important partner of the vascular system. It is something you can do at home when you're relaxing in the evening before bed, I advise 30-60 minute treatments.

A second treatment is the use of digestive enzymes and herbs to reduce the swelling. The makeup of inflammatory fluids are proteins, fats and basic sugars (our inherent building blocks) which are not unlike what we consume in food sources. Digestive enzymes taken away from meals can be utilized beyond our food to digest this unwanted inflammatory fluid. Bromelain is an enzyme found in pineapple which is ideal for this job. I love this remedy for acute injuries as it really helps to reduce the time

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



of recovery. Topical applications of Arnica which can be found in gel or cream form can also be a wonderful initial go to after an injury to lower chances of bruising and swelling. For more long-term inflammation which may be of a more

systemic source but also useful with general musculoskeletal swelling is turmeric. This yellow herb often identified as the color associated within curry is a terrific systemic

anti inflammatory; as with any herbal remedy it is important to dose regularly and often to get its full effect.

Thinking of pain when it has an obvious source like injury is generally pretty straightforward. It is those issues where there is pain of a seemingly unknown source(s) that can cause a lot of confusion on the part of both the individual experiencing it, and the health care providers attempting to heal it. For some of this deeper, chronic, systemic pain it often takes a more comprehensive approach to attempt to control its source. There are many foods which promote inflammation (like sugar as one example). Thinking about what we are eating and how it could be affecting our pain is a great starting point. Deficiencies in Vitamin C, D, iron, B12, thyroid or adrenal function, and sleep are each places to start when exploring chronic pain. There are of course a laundry list of autoimmune conditions (i.e.

lupus, celiac, hashimotos) or chronic infections (i.e. Lyme, SIBO, Epstein barr) as well that can be the cause and therefore worth exploring. And finally it cannot be ignored that sometimes pain is the physical manifestation of emotional trauma.

When exploring treatment options related to chronic pain it often takes a team approach in order to achieve success. Enlisting providers that can not only look into the diagnostic aspects but also give a variety of therapeutic tools is key. Yes for some this may involve the use of pain medications. There are many wonderful providers out there who specialize in pain and pain management who are worthwhile seeking out especially when pain medications are in the treatment plan. Also being able to add the nutritional support both dietarily and through supplemental nutrients is important. For many the use of some hands on therapy like massage, acupuncture, manipulation, cranio-sacral, or reiki (to scratch the surface of options) is worthwhile. For others the use of a more mental emotional spiritual support like counseling, hypnotherapy, meditation, or exploring use of creativity may be advisable. This type of pain is again challenging as the source and experience is so unique to the person, and therefore takes an open mind and approach to conquer.

The next time you or a loved one is in pain use your toolbox of home remedies and qualified professionals to create the approach necessary for successful pain management and healing.

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

2015 Spring into Gardening

Saturday, April 11

Clatsop County Fairgrounds

FREE • Suggested Donations to Clatsop County Foodbank

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.

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 artisan 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.

FAMILY FUN ACTIVITIES - Hands on art, crafts and fun garden learning activities will be available for parents and children.

"FOOD GLORIOUS FOOD!" 2015 SPRING INTO GARDENING

- 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

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NCFW Cooking Program awarded Neighborhood Grant from MMT

North Coast Food Web News Kitchen Completion Kickstarter



Photo: Collin Smith

LEARNING TO COOK a simple, healthy meal from scratch can be a life-transforming experience. For local non-profit North Coast Food Web, teaching people to cook taps into the power that food has to unite community and foster good health through the experience of cooking and eating a meal together. That approach to community health has just been given an enormous boost with the recent award to NCFW of a \$30,000 **Neighborhood Grant from Meyer Memorial Trust** to launch LETS GET COOKING, a new project where local cooks and chefs share food preparation, processing and cooking skills along with recipes for delicious healthy meals in a series of year-round classes to be taught in a commercial kitchen being constructed at NCFW's new home in Astoria.

Teaching cooking skills has always been close to the heart of NCFW's work promoting local food and community health through food and agriculture. For the last five years, volunteers for the non-profit for have been partnering with local organizations such as Clatsop Community Action Regional Food Bank to help bring national programs like Cooking Matters—a structured 6-week skills building cooking course for food bank clients—to Clatsop County. Food Web cooking instructors have also worked with Clatsop County Extension's 4-H program to teach cooking skills to kids during the summer months. An opportunity for NCFW to move into its own building at the end of 2014—and begin construction on a teaching kitchen next to planned meeting space and offices—gave NCFW board member Merianne Myers the green light needed to apply for the grant from Meyer Memorial Trust.

LETS GET COOKING is about more than just teaching people to eat well on a tight budget though. Classes addressing specific health challenges like diabetes and hypertension are also planned, as are classes that highlight cultural heritage foods, cooking with fresh, seasonal ingredients, and classes where people can learn to make weekly meal plans,

stocking their freezer with healthy make-ahead meals to re-heat.

Class schedules can't be set until the kitchen construction is completed, however. NCFW is in the midst of a capital campaign to raise funding to help pay for the commercial kitchen's construction costs, hosting a monthly Food Film Festival event at the Columbian Theater through April, with a crowd funding campaign kicking off mid-April to push the final funding goal through. "The support from the community for this project has been wonderful," said NCFW board president Pat Milliman. "We can't wait to put aprons on and get cooking later this spring."

The grant funding from Meyer Memorial Trust will provide a year of funding to get the Lets Get Cooking program established. Additional funding will come from class fees—a robust scholarship program will ensure accessibility for all community members—and from income from NCFW's Accidental Catering service, a catering project that will operate out of the new kitchen. Volunteer instructors are already lining up to be trained, and Myers is looking forward to building a strong team of community cooks who can share their skills and knowledge with people who want to learn.

At the end of each class she teaches comes the moment that Myers believes to be the most important part of the whole lesson, where students and teachers all sit down to share the meal they just cooked together.

"That's where community gets built," she says. "Friendships are made, barriers are broken down, and we're all just hungry people enjoying good food and good conversation together."

NCFW is hosting monthly open house events at their new building during Astoria's Second Saturday Artwalk events, and a volunteer orientation meeting is scheduled for Tuesday April 20th. For more information about upcoming events, programs or volunteering visit www.northcoastfoodweb.org or call 503 468-0921.

**Beers To Your Health
Modern Farming Pioneers Launch
Washington's First Organic Cranberry Farm**
STARVATION ALLEY farmers speak at Astoria Co-op's lecture

THE FARMERS of Washington state's first and only certified organic cranberry farm will be the speakers at Astoria Co-op Grocery's monthly lecture Beers to Your Health at Fort George Brewery. Jared Oakes & Jessica Tantisook of Starvation Alley Farms will tell their story of transitioning their bogs to organic and helping others do the same.



Starvation Alley encompasses a total of 10 acres in Seaview Washington and Long Beach. The couple took over the farm where Oakes grew up in 2010. They wanted to farm cranberries organically, but were told by farmers and other experts that it wasn't possible. They explored that assumption and eventually gained organic certification for their farm.

"It is hard, especially in the beginning because we didn't have any support. If you want to learn to grow organic apples you could probably find enough stuff on line, call universities, or get advice from professionals. That wasn't available for cranberries. As new farmers transitioning to organic we lost a lot of production for the first two years, hence the value added products," Tantisook said.

Starvation Alley created a brand of juice that attracted the attention of the emerging craft cocktail industry. The farmers sell their product to 70 accounts, mostly bars in Portland and Seattle. They sell their juice and cranberries at farmers markets and locally at Astoria Co-op. The juice is raw, unsweetened and undiluted

cranberries. It is not heated or pasteurized which Tantisook says enhances the health benefits and taste.

Starvation Alley Farms is building its research database with a goal of spreading sustainable farming and educating consumers about the food system and the importance of supporting local farmers. They are working with two other cranberry growers on the Long Beach Peninsula to transition to organic certification. There are currently only about 300 acres of organic cranberry farms in the U.S. out of 39,000 total acres of producing cranberry bogs.

Tantisook and Oakes, the owners and farmers of Starvation Alley, will present at Beers to Your Health at the Fort George Lovell Showroom (14th and Duane St. in Astoria) on Thursday April 9, starting at 7pm. Doors open at 6pm. The talk is free and open to all ages. This presentation had been previously scheduled in December; however was postponed due to a storm.

**"ORGANIC"
with Award Winning Author Peter Laufer
AT SEASIDE PUBLIC LIBRARY**

Seaside Library welcomes Peter Laufer, April 23, award winning author of "Organic: A Journalist's Quest to Discover the Truth Behind Food Labeling" at 7pm in the Community Room, with book sales and signings.

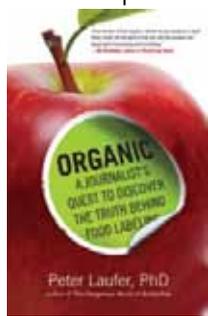
Part food narrative, part investigation, part adventure story, "Organic" is an eye-opening and entertaining look into the organic label. It is also a wakeup call about the dubious origin of food labeled organic. After eating some suspect organic walnuts that supposedly were produced in Kazakhstan, veteran journalist Peter Laufer chooses a few items from his home pantry and traces their origins back to their source. Along the way he learns how easily we are tricked into taking "Organic" claims at face value.

With organic foods readily available at supermarkets, confusion and outright decep-

tion about labels have become commonplace. Globalization has allowed food from highly corrupt governments and businesses overseas to pollute the market with food that is anything but. The organic environment is like the Wild West: oversight is virtually nonexistent, and deception runs amok. Laufer investigated so-called organic farms in Europe, South America, and in his own backyard in the Pacific Northwest.

Peter Laufer, winner of major awards for excellence in reporting, is an independent journalist, broadcaster and documentary filmmaker working in traditional and new media. He is the James Wallace Chair in Journalism at the University of Oregon School of Journalism and Communication.

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



CHEW ON THIS!

by Merianne Myers



SOME PEOPLE judge the arrival of Spring by the calendar or the weather or the break

from school. For me, if there's rhubarb, it's Spring and not a minute before.

I am aware that there are as many of you who hate rhubarb as there are those of us who can't wait to see it appear in our gardens or green grocers. On the surface, that appears to be a serious character flaw. But, like all apparent human failings, there is probably a real life experience that led you to this particular sad and ill considered opinion. I'm guessing it was one of two things:

1. You're not big on the two most common preparations of this ruby treasure; those being rhubarb pie or sauce. Take heart, there is much more to rhubarb than this.

2. You're the sort of person who makes decisions about food you've never tasted based on looks or food group or the opinion of someone else. You're silly and also really mean to yourself. Stop reading this column right now, I'm not talking to you.

Before we go a sentence further, I'd like to make an announcement on behalf of Rhubarb. "The leaves and roots are jam packed with oxalic acid. Do not eat them!"

That is information we have to share amongst ourselves. Rhubarb slyly puts gorgeous, ruffly leaves atop each stalk that look ever so much like braising greens. Then when you eat them, they make you sick. I suspect it's a private joke rhubarb hopes to play on those who would impugn its integrity.

Rhubarb is mostly water which makes it really low calorie, a condition we remedy by adding a ton of sugar. In our defense, the sugar is what transports rhubarb from a puckerfest to 'please sir, may I have some more'.

The Chinese have been revering Rhubarb for thousands of years as both a food and a medicine. It was given as a tribute gift, offered as a dubious cure for everything from The Plague to The Clap and withheld from export to recalcitrant foreign governments.

Rhubarb made its way to Europe early on and found a comfy spot in the temperate climate gardens there as well as the kitchens and apothecaries across the continent.

I found the original recipe for this cake in the Albertina Kerr cookbook, Albertina's Exceptional Recipes. As recipes will, the original has morphed over the years to accommodate the lack of an ingredient and the subsequent substitution or simply to satisfy my personal taste.

If you already like rhubarb, you're going to love this cake. If you don't like rhubarb, you're going to love this cake. Eat it warm, topped with whipped cream or ice cream or creme fraiche. Slice it the next day, pop it in the toaster oven until slightly browned and enjoy with a smear of butter. Chunk it up and layer it in a trifle. Let the leftovers go stale and use them in your favorite bread pudding recipe.

Savor it in the morning with a cup of coffee, in the afternoon for tea or in the evening with a dram of brandy. Whenever you have a bite, think kind thoughts about rhubarb.



RIGHTEOUS RHUBARB CAKE

Preheat oven to 350

TOPPING

- 1/2 cup brown sugar
- 1/2 cup chopped walnuts
- 1 Tablespoon melted butter
- 1 teaspoon cinnamon

Mix together and set aside

CAKE

- 1 cup firmly packed brown sugar
- 1/2 sugar
- 1/2 cup soft butter
- 1 egg
- 2 cups flour, sifted
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup buttermilk
- 1 teaspoon vanilla
- 2 cups rhubarb, chopped (I slit the stalks

lengthwise at least once and cut the strips into 1/2" chunks

Cream sugars and butter, add egg and beat until smooth and satiny.

Sift together flour, baking soda and salt. Alternate with buttermilk when blending into the creamed mixture. Fold in rhubarb.

Scoop into a buttered 9 X 13 pan and sprinkle with topping.

Bake for 45 minutes, then test for doneness.

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Easter is Sunday, April 5!
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 Vinyl Party. "This Western Road." Doors open 7:30
 Dry Coffee Black Toast opens. \$5 Cover
 Chili Basket Specials • Two Step to Vinyl

PRIMAL MATES - April 17
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MISS MASSIVE SNOWFLAKE - April 24
 Portland's Venerable Pop Rockers!!!!!!
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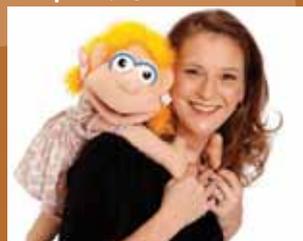
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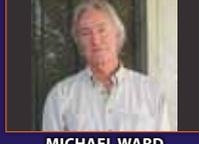
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