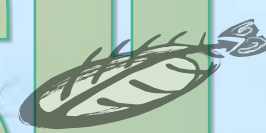


HIPEFISH MONTHLY



Slow Flowers

the art of
Kathleen Barber

Minding the Adolescent Mind & Body pg 8

Jim Dott • A Glossary of Poems pg15

TENOR GUITAR GATHERING
Full Schedule pg11

QuarterFlash Rocks! pg4

NO LNG Court Victory pg10

RIVERSEA GALLERY

contemporary works of art

Leslie Lee

Metaphor to Magic

May 9 to June 9



1160 Commercial Street Astoria, Oregon
open daily 503.325.1270 riverseagallery.com

finnware

Ultima Thule
Tapio Wirkkala
Designer • 2015 Centenarian

iittala



discover scandinavian design

facebook/ finnware.com • 503.325.5720

Sunday Winter Hours 12pm - 4pm

1116 Commercial St., Astoria Hrs: M-Th 10-5pm/ F 10-5:30pm/Sat 10-5pm



Imogen Gallery contemporary works

240 11th street, astoria, or • 503.468.0620
mon - sat 11 to 5:30, sun 11 to 4 • www.imogengallery.com



Reclaim your Health Vitality
& Wellness Naturally!

Restorative Spinal Care: offering gentle specific neurological work restoring function to the body and its ability to heal.
- affordable plans & also billable to insurance as Chiropractic care -

Re-Organizational Healing: our specialty & premium service
- serving our community & humanity at the juncture of healthcare & personal development!

Since 2004

Dr. Dawn Sea Kahrs, DC
gracefulwaves@gmail.com
(503) 368-WELL (9355)



Graceful Waves Chiropractic

Forsythia
home & garden ARTS

- artisan decor for home and garden
- traditional toys



1124 Commercial St • Astoria, OR Open Mon - Sat 11 - 5:30, Sun 12 - 4

Wellness through
Natural Practices

Angela Sidlo

Licensed Reflexologist
Certified Holistic Aromatherapist
in Astoria

503.338.9921
Lic. # RF60411242

reflexology_works@yahoo.com

NORBLAD

N

hotel & hostel

443 14th street

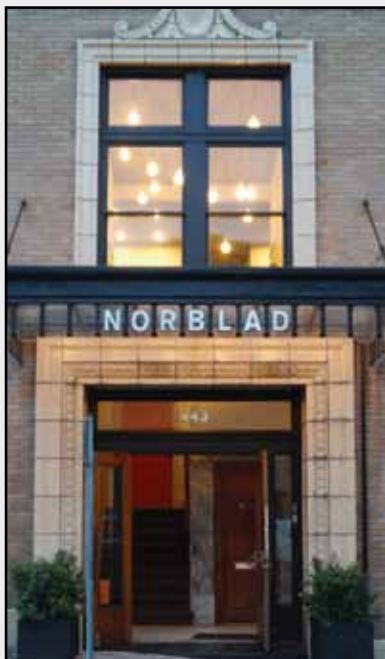
Astoria

503-325-6989

www.norbladhotel.com

We offer: suites, cabins,
bunks, apts, laundry
and shared kitchen.

Secure Building,
with bike storage



Soft, cool hues blend with subtle warm tones to create
a soothing escape from the everyday hustle and bustle.

Spring fashions...

4 SEASONS
CLOTHING



arriving
at our new
location!

1405 commercial & 14th • sizes 2-18 • closed mon



La Luna Loca

Global Treasures
to Adorn Body & Home

Now in Downtown Astoria, too!

382-12th St. in the Liberty Theater Building
107 N Hemlock St. across from the Coaster Theatre
503.468.0788 Astoria • Cannon Beach 503.436.0774

www.LaLunaLoca.com

BELLY DANCE
WITH
JESSAMYN



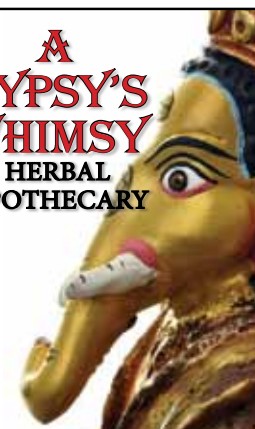
Wednesdays, 7pm to 8:15pm
at the AAMC, \$10 drop-in
342 10th St (2nd Floor).
Your first class is free!

* All genders, ages, and
levels are welcome.

* Coin belts, zills,
veils, & music are
provided.

For private lessons, performances:
astoriaartsandmovement.com
503.791.5657

GYPSY'S
WHIMSY
HERBAL
APOTHECARY



Enter into the
Gypsy's Caravan

- exotic teas and herbs
- unique fair-trade imports
- nutritional remedies
- natural body care & aromatherapy

Relax, Explore, Enjoy!

503.338.4871

Hrs: Tue - Sat 11am - 6pm
closed sun - mon

1139 Commercial St.
Astoria, OR 97103

LIVING THE AMERICAN NIGHTMARE

Surviving a game where the outcomes are fixed

Emeritus Professor US History
Cal State Long Beach
1970-2004
Adjunct Professor
Clatsop Community College



BERK PG 6

An Evening Conversation with HIPFiSH Columnist Steve Berk

Wednesday May 20 at KALA • 6pm • \$8 at the door.

Sponsored in part by Pat's Pantry in Astoria.

6pm • Join us for a complimentary APPETIZER BAR featuring a glorious sampling of Selected Salts from Pat's Pantry. Meet Pat & Tom.

Berk Presentation 7:15pm.

"Come explore one of the oldest known spices to be used, the spice that's the base of something very important to all of us "Salary"! Just when you think you know all about it, here's a chance to learn even more!"

PAT'S PANTRY SPICES & MORE



TOM LEINER & PAT MILLIMAN
STORE: 503 468 0583
WWW.PATSPANTRYASTORIA.COM
"A NOT-JUST-FOR-PROFIT BUSINESS"

Open M-S 10am to 6pm,
Sundays 10am to 3pm

Pacific Pro Realty

Professional Real Estate Services

- Local Knowledge
- National Exposure
- Attention to You

503-468-0915

www.PacificProHomes.com

207 12th St., Astoria, Oregon



TEST DRIVE
OUR NEW
FRAMED
MINNESOTA
EAT BIKE



11th and Marine Drive in Astoria

503.325.2961 • OPEN DAILY • www.bikesandbeyond.com

ZIP LINE TOURS



ENJOY A
TOUR OF 8
ZIP LINES IN
A BEAUTIFUL
SETTING!



OPEN YEAR
ROUND!

OVER A MILE OF ZIPPING!

92111 High Life Road
Warrenton, OR 97146

Reservations Required
www.highlife-adventures.com
503-861-9875



HiiH Lights

custom handmade paper lights

the function of light
the craft of paper
the art of sculpture

HiiH barn studio + showroom open by appointment

May 9th Open Studio / May 15th Art Opening
with guest artists Judith Altruda and Jeffro Uitto

Astoria 503.493.4367 www.HiiHLights.com

The Harbor Volunteer Training Program

LEARN ABOUT OPPRESSION, DOMESTIC VIOLENCE, SEXUAL ASSAULT, ADVOCACY SKILLS, AND MORE.

Interested applicants call:
Chris Wright (503) 325-3426

The Harbor
1361 Duane St. in Astoria
www.harbornw.org




ASOC Teen Theatre Troupe presents



The Sleeping Beauty

By R. Eugene Jackson Music by Patsy Pollard



Opens Friday May 8 Tickets: \$11 Adults, Kids \$7
May 9, May 15 - 17 Sponsored by
Fri/Sat 7pm, Sun Mat 3pm CMH Pediatrics and ARC Arcade

SHANGHAIED IN ASTORIA AUDITIONS on Monday
May 11th, 6pm to 8pm for new comers to the
award winning Broadway-Style Musical
Melodrama and on **Tuesday May 12th, 6pm to**
8pm for all our Veteran Performers from
this 31 year tradition! (17 and older please).

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

QUARTERFLASH : Three Decades of Solid Music

By Wes Andrews



At The Liberty • May 22

L to R: Mel (Melanie) Kubik, Doug Fraser (w/stocking cap), Denny Bixby, Rindy Ross, Gregg Williams, Marv Ross

IT'S THE OLDEST STORY OF WOE in the American music industry: a couple of young bucks strike it big with a basket of hit songs, watch in horror as their record label implodes, and find themselves trying to grow an enduring career in the shadow of their own success. Many artists get buried under their early singles and give in to the tantalizing easy money of schlocky reunion tours and theme nights. Others take the hard path and forge an evolved identity.

Quarterflash took the hard way.

You might not know their name off the top of your head (unless you were in high school circa 1982) but you absolutely know their biggest chart-topper "Harden My Heart." This still-catchy number sent them careening to the heights of fame and international touring and helped define the 80s as the era of the sax solo. Look it up if you have to. You'll be humming it all day.

Quarterflash is the musical partnership of Marv and Rindy Ross, pop's most adorable married couple. They met in college, dreamed a dream of music stardom, and then *actually pulled it off* and stayed together all the while. Rindy, often compared to greats like Pat Benatar, doubled on lead vocals and lead sax as the voice of Marv's compositions.

Their debut album as Quarterflash (after developing their sound under the locally-known name Seafood Mama) proved to be their most commercially successful and sent multiple singles into the Billboard Top 40. They did two albums with Geffen and a third with Epic. In 1990, Sony purchased Epic, and Quarterflash got tossed overboard in a round of layoffs that included Cheap Trick and Aimee Mann, among many, many others.

"There was a time when we didn't do the hits," Marv Ross said in an interview, "for a long time we ran away from those songs."

The Sony purchase was a true debacle. Their album *Girl In The Wind* was only released in Holland and Japan and remains incredibly difficult to acquire (At the time of this writing, a used copy was \$70 on Amazon).

Marv and Rindy split up the ensemble, moved from LA back to Portland, and resolved to stay independent forever.

Their projects spanned a wide field of genres. There was *The Trail Band*, originally a concept project about the history of the Oregon Trail, and *The Ghosts of Celilo*, a musical staged at The Portland Center for the Performing Arts.

And then, one day about four years ago, they were practicing and they played one of the old tunes, just for kicks, fully 30 years after they conquered the world.

"We were like, God, it's been a long time!" says Marv. They band had developed a new kind of rock sound, influenced by world music and featuring newly mature vocal harmonies and chord voicings. Maybe they just felt ready.

Marv adds, "We've made peace with our 80s stuff, but we can't live there, we're not those same people." They needed to find a new way to play the hits and introduce their crowds, eager for a nostalgic good time, to their exciting new avenues of creativity.

Fans at their upcoming performance at Liberty Theatre in Astoria will enjoy a genre-hopping experience with plenty of rocking up-tempo, a gooey center of down-tempo acoustic, and everything in between.

Quarterflash has two saxophone players now; Rindy and Mel Kubik join forces to

create a mini-horn section as well as swapping solos. They are also joined by Doug Frasier, show-stopping guitar soloist; Greg Williams, drummer for Sheryl Crow and Producer for Blitzen Trapper and the Dandy Warhols; and other tremendous regional talent.

Their new album *Love Is A Road* promises an exciting trip around the world. Perusing just the title track impresses the listener with its confident Mediterranean opening and whisker-tight vocal harmonies. Rindy's voice still swaggers across the track but is newly tempered by a certain jaguar's growl that beckons the listener to come closer. It's mature stuff that doesn't ignore their platinum status but doesn't need it either.

Quarterflash has wandered so many musical landscapes in its decades of success that Marv must sometimes woodshed his way back into his old state of mind. In the 80s, "I used tunings to make my guitar sound like Steely Dan's piano," he says, "big fat extended chords, and I haven't used those tunings in a while." There's also the small matter of extended guitar solos that need re-learning on the 8-minute epic "Williams Avenue."

What does a young artist do with sudden and fleeting success? 30 years later, Quarterflash is still answering that question, live on stage, for all of us to enjoy.

QuarterFlash play at The Liberty Theater, Friday, May 22, 7pm.

Tickets: \$35/\$27/\$22.

TicketsWest.com

or the Liberty Theater

Box Office: Tue-Sat 2pm-5:30pm
503.325.5922

Inside the Month:

Cover Story: by Cathy Nist pg 13
Kathleen Barber Flower Artist

JIM DOTT - NEW POEMS

Glossary of Memory . . . Sage pg15

Nature Events pg7

Adolescent Mind & Body Seminar . . .
Hofseth pg8

Election Time . . .Goldberg pg9

TENOR GUITAR GATHERING

Full Schedule pg11

Lesbian Artists Ariel Gore/Summer Osborne
pg 12

NO LNG VICTORY/ACTIONS pg10

Day by Day Calendar
pg 17, 21-23

CULTURAL EVENTS SECTION
PG 17 - 23

COLUMNS

Steve Berk . . . 6

THEATER . . . 18

ART HAPPENS . . . 19

WORD/Literary EVEnts . . . 20

FLASHCUTS KANEKUNI 24

BIKE MADAME . . . HAMMITT-MCDONALD . . 25

FREE WILL ASTROLOGY . . . BREZNY 26

NETWORK COMMUNITY LISTINGS . . . 26

SONJA GRACE MESSAGES . . . 27

BODIES IN BALANCE. ERFLING ND 28

WORD & WISDOM . . . NASON 27

FOODGROOVE NEWS . . . 29

CHEW ON THIS . . . MYERS 30

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

EDITOR/PUBLISHER:

Dinah Urell

GRAPHICS:

Buggy Bison
Les Kanekuni
Dinah Urell

CALENDAR/PRODUCTION

Assistance/StaffWriter:

Cathy Nist

MAGIC WEB WORKER:

Bob Goldberg

KALA VISUAL ARTS CURATOR:
Agnes Field

Astoria Sunday Market

In its 15th Season • Opens May 10

ASTORIA SUNDAY MARKET OPENS May 10 bringing its familiar and anticipated burst of color and aromas to historic downtown Astoria. Astoria Sunday Market has been “getting fresh” with people for just over fifteen years offering produce, art and goods direct to you from the producer. The season opens Mother’s Day with the Northwest Dragon and Lion Dancers weaving their magic through the market starting at 10 am. “We began inviting them to opening day a few years ago and it has quickly become a beloved tradition,” noted Market Director Cyndi Mudge. Rose colored glass coins created by Fernhill Glass will be given away while supplies last. The Astoria Kiwanis Club will also be offering free Market coins to the first 100 customers at its annual pancake breakfast taking place at The Elks Lodge opening day of the Market. The coins are good for discounts at any Market vendor.

Each year Astoria Sunday Market has a mix of returning and new vendors providing a sense of the familiar with the excitement of change. Among the returning vendors include Packer Orchards and Bakery, DeA-sis Farms, Lucky Farms fresh cut flowers, Zola’s Sunrise Cedar, Nehalem Bay Winery and Brevin’s Solid Gold Fudge among others. Kettle Corn is returning with a new owner whose family began selling kettle corn here in 2008 before turning their operation over to Whatz Poppin. Steve’s Boot Scootin Kettle Corn promises to offer fan favorite flavors originally created by Whatz Poppin. Also returning after a brief retirement is artist Bill Dodge who will vend the first Sunday of each month beginning with opening day. Columbia River Maritime Museum sponsors Bill’s booth and features puzzles made from his original art. New vendors this season include Keli’s Hawaii Plate Lunch, Bernard’s Country BBQ, Café de la Rue serving savory and sweet items wrapped in puff pastry and Café Moka – Frozen Sunrise in the Food Court. “We’re especially excited to have Starvation Alley Farms joining us this year with their locally grown cranberries,” added Mudge.

Artist Robert MacKenzie will also at the Market opening day. He creates colorful paintings on metal and was commissioned for the Market’s 2015 poster.

Steel Wool kicks things off in the Food Court opening day - a harmony powered, acoustic world, folk-rock, seriously upbeat and happy band. Steel Wool is simply danceable-original folk-rock fun!

Astoria Sunday Market was founded in 2000 as a non-profit organization dedicated to revitalizing historic downtown Astoria and supporting artists, farmers and other small producers and businesses. Another important piece of its mission is to create a vibrant community gathering place. Astoria Sunday Market has donated nearly \$170,000 to a variety of downtown projects and events over the years including Liberty Theater Restoration, the Chinese Park, construction of the public restrooms located on 12th & Exchange Streets, downtown beautification projects and Astoria Downtown Historic District Association. The most recent grant was \$2,000 in October 2013 for the Friends of the Armory. Astoria Sunday Market operates a Young Entrepreneur’s Club in partnership with Clatsop County 4-H offering kids an opportunity to vend at the Market starting in June of each year. Astoria Sunday Market also organizes vendors for the Cruise Ship market located at the Port of Astoria for each visiting ship.

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



From North Coast Forest Coalition

Protect Old Growth on the Nehalem River Contact the Oregon Department of Forestry



The Department of Forestry is currently taking comments on their 2016 timber sales. Among the many activities the Department has planned is the “Homesteader” timber sale, which is a series of clearcuts in the Clatsop State

Forest. The Homesteader sale includes some of the best old growth habitat left on the north coast. Trees over 130 years old and 200 feet high—relative giants for the area—along the Nehalem River would be logged if this sale goes forward.

The North Coast Forest Coalition would like the Department to seek an alternative to this sale. Areas nearby need thinning or selective harvest. Earlier drafts of the sale included thinning operations. As the Board of Forestry explores a “zoned” approach to managing the Tillamook and Clatsop state forests, areas like the Homesteader should make up the backbone of a conservation zone: they should not be clearcut.

For a detailed look at the fundamental ecological and social benefits of the areas included in the Homesteader Timber Sale see the Oregon Sierra Club website: <https://orsierraclub.files.wordpress.com>. To send comments to the Oregon Department of Forestry go to the NCFC site: <http://salsa3.salsalabs.com>.



It’s a bird.... it’s a plane..... it’s you on the River Walk this June 13th!

The Healing Circle will be putting on our 2nd annual “Heel to Heal” race on June 13th, 2015 to raise funds for our 28th year of VOCA (Victory Over Child Abuse) camps. The theme for this year’s race is Superheroes (and She-roses), so grab your cape, wand, crown, or invisible lasso and be a champion for local kids! The event will include both a 5k & 10k this year, and will be starting at 10am in the parking lot by the 6th Street pier. Pre-register at www.vocacamp.org to make sure you get a sweet Superhero t-shirt in your size. For more information visit our website or call 503-325-2761.

Winnifred Byrne LUMINARI ARTS

Art Cards, Artisan Crafts,
Gallery & Working Studio
1133 Commercial St. Astoria, OR 97103
503.468.0308

Planet-Forward Fashion for Women & Men



unfurl
manzanita

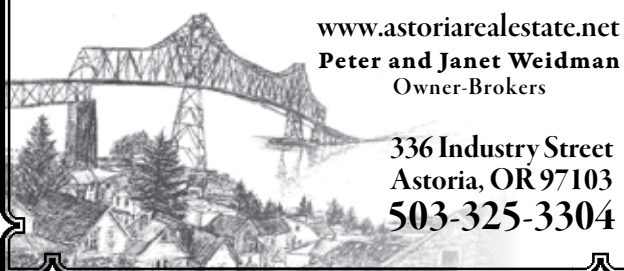
hemp
organic cotton
bamboo
shoes
jewelry

Open daily • 447 Laneda Ave. • Manzanita • 503.368.8316

Astoria Real Estate

Your Locally Owned Real Estate Office for all Your Real Estate needs!

Buying • Selling • Investing



www.astoriarealestate.net
Peter and Janet Weidman
Owner-Brokers

336 Industry Street
Astoria, OR 97103
503-325-3304

Why Suffer?
call us today!

- Auto Accidents
- Work Related Injuries
- Sports Injuries
- Second Opinions

covered by most insurance



ASTORIA CHIROPRACTIC

Dr. Ann Goldeen, D.C. • Dr. Barry Sears, D.C.

503-325-3311

2935 Marine Drive • Astoria

Alternative Natural Health Care Since 1981

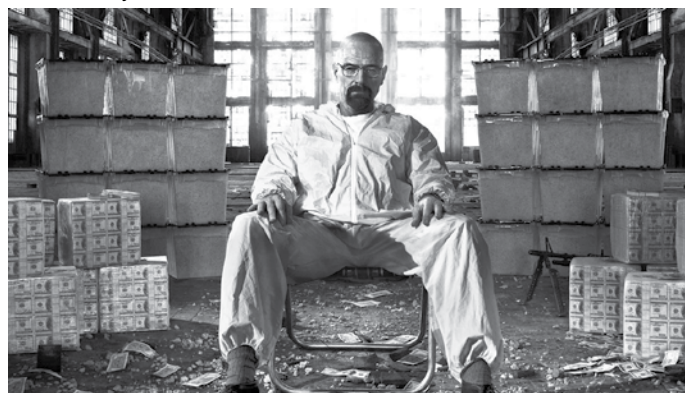
Family Values Run Amok

IN LATE TWENTIETH CENTURY AMERICA, "family values" replaced the older ideal of the good of the whole. New Deal liberalism had elaborated the constitutional mandate of promoting the general welfare. Thus government was a recourse for the needy and a means of curbing the excesses of wealth and power. But as the concept of ensuring vulnerable members of society against the predations of the well-off went out of fashion, the breadth of moral concern shrank from society-at-large to the individual family.

Family values, catchwords of the evangelical right generalized to the culture at large, meant prime focus on taking care of our own. The idea was that if parents provide well and nurture their children, then the social order as a whole will benefit. Unfortunately this diminished vision ignores deep structural iniquities and established privilege that makes some families what George Orwell might have called a lot more equal than others.

In today's America of minimal social concern, providing for one's own is the chief locus of social responsibility. The logical extension of such myopic values is the mentality of mob families. The Sopranos aptly portrayed this fact of American life circa 2000, as we see Tony commuting daily to work from his upscale suburban neighborhood and financing his daughter's education at Columbia, so that his family too could gain almighty prestige. What rackets Tony and his employees engage in and the necessity of having someone "whacked" now and then to keep his position is different only in degree from the behavior of those at the top of the American food chain who get their way legally through tax loopholes and war which kills far more people than Tony has whacked.

If The Sopranos uses the mob as a way to satirize the American obsession with making it by advancing family standing, the more recent series, Breaking Bad, is even more darkly satirical in its portrayal of a man's odyssey from high school chemistry teacher to genius behind the development of uniquely high grade methamphetamine. The series opens with a frustrated Walter White straining to teach bored, distracted students. One learns early on that Walt, with advanced degree and brilliant mind, had,



with an associate, started a company called Gray Matter, which had pioneered a highly innovative, lucrative chemical process. What the process was exactly is not spelled out, and it is also left vague as to why Walt ends up out of a company in which his former partner would make billions as Walt sank to low status school teaching.

With his creative potential and what he sees as his all-important role as provider frustrated, Walt breaks with the strictures of polite society when diagnosed with lung cancer that has metastasized to his lymph nodes. If he took only the treatment offered through his HMO, he was stuck with maybe a year to live. Walt's uber-rich former partner, now a nabob of charitable largesse moving in rarefied social circles, offers to fund the best treatment available. After all, he says

to Walt, "It's your money." This offends Walt's wounded ego, rubbing his nose in his failure to thrive. Walt tells his wife, Schuyler, he could never accept, and he spits out the word, "charity." He then sets out in American entrepreneurial style to finance his own treatment. This decision leads him into the dark world of illicit drugs, together with a former student who cooks and sells low grade meth. Jesse Pinkman had done poorly in Mr. White's chemistry class, but he learns

fast from his new mentor, who emerges as the fabulous "Heisenberg," designer of ultra-meth. Taking the name from the discoverer of quantum physics, Walt seeks to rehabilitate his sense of his own genius outside of acceptable society.

Manufacturing their product inevitably leads Walt and Jesse into the dark world of drug kingpins and lethal turf wars. Upon discovery of what her husband is doing, Schuyler, in the midst of a late pregnancy, initially throws him out of the house, but her vulnerability ultimately leads her to enable him. Drawn ever deeper into associations with cold

blooded psychopaths, Walt remains the doting father to teenage son and new baby girl. His situation rapidly becomes untenable partly because his brother-in-law is a DEA agent. The risks of Walt's life lead to its unraveling, and its stresses bring the return of his cancer. Isolated and hunted as criminal, a dying Walt salvages self-respect by coercing his former Gray Matter partner to accept millions in drug money to set up a trust fund for his now alienated son. In a final scene with his wife, Walt confesses that he had enjoyed his life as "Heisenberg" because it had given him back a sense of accomplishment. So ends the life of a talented scientist driven by the socially destructive values of an America where self and family aggrandizement are all that matter.

by Stephen Berk



[pickled fish]

visit adifhotel.com
for menus + live music schedule
360.642.2344

- locally inspired menu
- classic craft cocktails

live music weekly

Show times are 9pm to 11pm on
Fridays and Saturdays, 7pm to 9pm on
weeknights (including Sundays). For more
information please contact Ezra Holbrook

@ adrift hotel
360.642.2344



Sonja Grace
Mystic Healer

www.sonjagrace.com
Read MESSAGES
every month in hipfish
pg 23



Listening to the Land: Naturalist asks 'What do we hear?'

Neal Maine • May 20

our eyes with a presentation entitled "The Art of Seeing." This year he continues that conversation, sharing his photographs and thoughts about how this adventure of listening to the land contributes to our quality of life.

After a 30-year career as an award-winning biology teacher at Seaside High School, Maine became the first executive director of North Coast Land Conservancy. Since his retirement in 2010, he has pursued his passion to make deeper connections to the coastal system, using photography to record some of his experiences and to develop greater public appreciation of living in what he considers paradise.

Listening to the Land is an annual winter speaker series presented monthly 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. MORE DETAILS AT NCLCtrust.org.

JOIN NEAL MAINE of PacificLight Images for a conversation in words and photographs about art, science, conservation, and quality of life in a presentation titled "What Do We Hear?" at 6 pm on Wednesday, May 20, at Seaside Public Library. It is the final program in this year's Listening to the Land speaker series. Admission is free; refreshments are served.

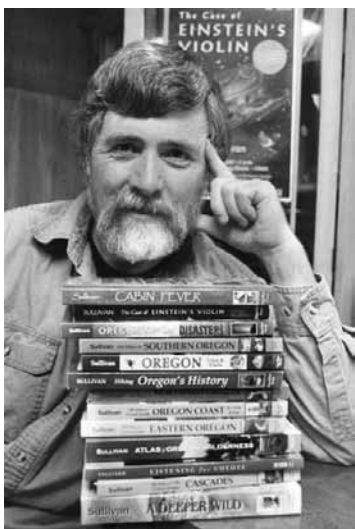
How do we listen to the land, and when we begin to hear the land's messages, what do we do? These are questions Maine has been asking himself—as an educator, naturalist, and photographer—for many years. Last year he opened



The North Coast Watershed Council names Brooke Duling new Watershed Council Coordinator

The North Coast Watershed Association hired Brooke Duling to be the new Watershed Council Coordinator. Brooke grew up in Astoria and returned here after completing her degree in 2007 in Environmental Philosophy & Policy at Wesleyan University in Connecticut. She is excited to bring her love of the North Coast landscape and the people who live here together in this new position. Brooke has worked as an organic farmer, herbalist, and small business owner. She is available by email at northcoastwatershedcouncils@gmail.com, on the phone at (503)468-0408, and in her office on the waterfront in Astoria. Please feel free to introduce yourself to Brooke or ask her any questions about current watershed happenings. You'll be hearing more from her soon!

Author William Sullivan Odd Hikes and Travel Destinations May 14



DON'T MISS THE SEASON finale of the Cannon Beach History Center & Museum's free monthly lecture series on Thursday, May 14 at 7:00 p.m. Each month the museum welcomes authors, historians, scientists and archaeologists from all over the Pacific Northwest. This May they welcome acclaimed Oregon author William Sullivan for a presentation on Oregon's oddest hiking and travel destinations. Expect off-the-beaten-path tales of history and geology, as told in Sullivan's latest collection of short stories, "The Oregon Variations."

Sullivan has hiked every trail he could find in this state for his popular "100 Hikes" guidebooks, a series that he updates continually. He has also written four novels and many nonfiction books about Oregon, including "Hiking Oregon's History," "Oregon Favorites,"

and "The Case of D.B. Cooper's Parachute." His journal of a 1000-mile hike he took across Oregon, "Listening for Coyote," was chosen by the Oregon Cultural Heritage Commission as one of Oregon's "100 Books," the 100 most significant books in the state's history.

Sullivan's latest is a celebration of the state's quirks with an entertaining collection of slides on Oregon's most unique locations. The event is free and open to all ages. The season finale of the History Center's lecture series has been made possible by a generous donation from the Lands End at Cannon Beach.

The Cannon Beach History Center & Museum is located at 1387 South Spruce Street in Cannon Beach, Oregon. They are open Wednesday through Monday from 1:00 to 5:00 p.m. Admission is by donation. For more information visit www.cbhistory.org.

Geology Shapes the Character of the Lower Nehalem River Lower Nehalem Watershed council welcomes Mackenzie Keith May 14

The Lower Nehalem Watershed Council will welcome U.S. Geological Survey (USGS) Hydrologist Mackenzie Keith during their upcoming Speaker Series event on May 14th at 6:30 pm. Please join us as we explore how the geology of the North Oregon Coast influences how our rivers look, flow, and function. The presentation will be held at the Pine Grove Community House, 225 Laneda Ave, Manzanita. Doors open at 6:30 pm for refreshments. Presentation starts at 7:00 pm. The Council's regular business meeting and project updates will follow.

Oregon's geology plays an important role in how our rivers look. Different geologic landscapes contribute different amounts and strengths of sediment to streams. The variation in sediment supply, sediment breakdown, and stream power can create stream reaches that flow on bedrock or gravel. The Nehalem River is shaped by the contrasting Coast Range sedimentary and volcanic geologies, and the resulting variation in channel character has implications for restoration.

Mackenzie Keith joined the Oregon Water Science Center geomorphology team in 2009. She received her B.S. in Geology from Oregon State University in 2006 and M.S. in Geology from Portland State University in 2012. She was a key part of the USGS assessments of Oregon coastal rivers, including the Nehalem River, from 2010-2012. Ongoing projects include an assessment of the upstream geomorphic response to the removal of Marmot Dam on the Sandy River, mapping the floodplain geomorphology on the Wil-



Salmonberry looking DS at the confluence with the Nehalem

lamette River, and assessing aggradation potential on the North Fork Stillaguamish River downstream of the SR530 landslide in Washington.

To learn more about USGS Oregon Water Science Center's research on the coast and around the state, visit <http://or.water.usgs.gov/>.

Refreshments and snacks will be served. This event is FREE and open to the public. Find more information on our speaker series on our Facebook page (<https://www.facebook.com/lwnc1>).


May Council meeting following the presentation - a summary of the Council's current and future projects! Pine Grove Community House (225 Laneda Ave, Manzanita, Oregon) Doors open at 6:30 pm. Presentation begins at 7pm. LNWC regular business meeting follows.



the
Cloud & Leaf
Bookstore

148 Laneda Ave.
Manzanita, Oregon
Special Orders
Recommendations
Telephone: 503.368.2665
www.cloudandleaf.com

A store with **BOOK** sense.

THIS WAY OUT  SM

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, 1988, (no foolin').

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

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

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



KMUN 91.9 ASTORIA
KCPB 90.9 WARRENTON
KTCB 89.5 TILLAMOOK

The Coaster Theatre Playhouse Presents



Mixed Emotions
By Richard Baer

May 1-24, 2015

TICKETS \$20 OR \$15
PERFORMANCES BEGIN AT 7:30 P.M.
ALL SUNDAY SHOWS BEGIN AT 3:00 P.M.
TALKBACK — THURSDAY, MAY 14TH
SPONSORED BY BECKER CAPITAL MANAGEMENT

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

The Clatsop Teen Wellness Coalition presents

alarming statistics and care on healthy adolescent sexuality produces:

The Adolescent Mind and Body Seminar

May 8 • 9

By Erin Hofseth

HOW MANY OF US CAN REMEMBER what we learned in our high school sex-ed class? My guess is that most of us cannot remember a single fact. We may remember how uncomfortable we felt: embarrassed, annoyed, distracted, and possibly even more confused after the course than before. It doesn't have to be this way. We, as adults, can do better by our teens. We can offer more relevant information, more guidance, and more opportunities for open dialogue. Knowledge is freedom, and this is something that the Clatsop Teen Wellness Coalition understands well.

The Coalition, organized by Meredith Payton, Clatsop County's Prevention Specialist and Upward Bound Counselor at Clatsop Community College, is comprised of concerned local folks including community members, parents, public health officials, and social services workers. Their mission: "To distribute to educators and parents evidence-based information on health, wellness and safety for teens in an increasingly complex culture." The coalition began congregating to plan the Adolescent Mind and Body Seminar, which will take place on May 8th and 9th at Clatsop Community College, after the statewide ASC (Adolescent Sexuality Conference) was cancelled for the spring of 2015. That conference had been taking place in Seaside for over 20 years. The mission of The Oregon Teen Pregnancy Task Force Board, the organization responsible for planning the ASC is focused on, "facilitating communication and awareness about healthy adolescent sexuality." The target audience for the conference had always been adult leaders working with, or around, teenagers. This includes educators, administrators, parents, clergy, healthcare workers, counselors, and social workers. Selected teenagers under the age of 18 had been allowed to attend the conference under strict guidelines that they obtained a parental signature and attended only under the supervision of an adult chaperone. Although the mission of The Oregon Teen Pregnancy Task Force Board remains strong, several factors contributed to the cancellation of the 2015

conference. This includes a history of local opposition to the conference, as well as a controversial KOIN 6 news story that aired after the 2014 conference.

Payton has her sights set on the future. While she was upset to see the ASC canceled, she is excited to watch the local momentum gather here in Clatsop County. "We had a meeting with the sheriff and with some of the [local] people who were really vocal in opposition to the ASC, just to see where they are at, and to respond

Seminar are diverse. Of note, two topics that were special -requested at the meeting were Abstinence Education and Media Literacy. Payton, along with Providence Seaside Hospital health professional, Dr. Greco, will be conducting a workshop on the topics of abstinence and sex education in schools. Romy Carver, Outreach and Education Coordinator at the Tillamook County Women's Resource Center, will be presenting on safety and privacy for teens using technology, including cell

phones, email, internet, and social media. The Harbor, a resource center in Astoria that offers secure housing, clothing, food, childcare, transportation and counseling to victims of abuse, will offer a workshop on current trends in dating and sexual coercion. Their curriculum is intended to give adults tools to educate youth about safe dating and forming healthy relationships. Presenters from The Oregon Chapter of GLSEN (Gay, Lesbian and Straight Education Network) and PFLAG (Parents, Families and Friends of Lesbians and Gays) will discuss gender identity, gender expression,



Coalition members (L - R) organizer Meredith Paxton, citizen coalition member Andrea Mazzarella, Chris Wright of The Harbor.

and sexual orientation. They will also offer information on how to create a safe climate for LGBTQ (Lesbian, Gay, Bisexual, Transgender, and Queer) students. The keynote speaker at the seminar will be Dr. Glen Maiden, Certified Sex Addiction Therapist-C, Author, International Speaker, and Pastor. Dr. Maiden is a 25-year addiction specialist, having earned his doctorate in Addictive Systems. He will be speaking on how to connect with youth in order to have positive, healthy conversations about sexuality. He will also help listeners comprehend the neurobiology and modern breakthroughs in recovery of sexual obsession, which offers a foundation of hope for professionals, leaders, and clinicians. Also included in his presentation will be information on sex addiction, treatment, assessment options, and porn blocking software.

Coalition member, Andrea Mazzarella, is happy to have Dr. Maiden on the schedule as key-note speaker, "It's nice to see someone like him coming in with both backgrounds. He's a pastor, and he has these beliefs, but he also believes that be-

ing really rigid about sexuality can cause damage.” Mazzarella has been active in organizing the upcoming seminar and believes that open communication is imperative to helping teens make healthy choices, “People are really uncomfortable with the words sexuality and teenagers in the same room. So, if we could just get parents and teachers and community members educated and give them some tools on how they can talk to their kids and students, then that’s a step in the right direction.” To respond to this need for quality, evidence-based education, the coalition has invited prominent members of Clatsop County to serve at the seminar as panelists. Members of the panel are: Brian Mahoney from Clatsop County Public Health, Liz Covey, Child and Adolescent Therapist, Ron Brown, Assistant DA, Drew Herzig of the Lower Columbia Diversity Project, and other local community members. Three questions regarding the importance of teenage health and sexual education will be presented to the panelists in order to foster open dialogue and obtain valuable information based on each panelist’s experience and profession.

“We’re at a new space where we can feel empowered about our sexuality because sexuality isn’t like drugs or alcohol, everyone is a sexual being,” says Payton. “We can do certain things about drugs and alcohol; we can have those conversations, but to not have those conversations about sexuality is silly.” This is why the Coalition has been hard at work preparing the upcoming seminar with the intention to educate and offer resources to those who hold a position of authority in the lives of teenagers here in Clatsop County. Whether you’re a parent, teacher, counselor, doctor, nurse, social worker, or just a

concerned community member, come support the efforts of the Coalition in creating healthy dialogue with the goal of fostering positive choices in the young minds of our local teens.

The Adolescent Mind and Body Seminar is a free conference that will be held at Clatsop Community College, on Friday, May 8th from 6pm – 8:30pm in Columbia Hall 219, and Saturday, May 9th with workshops beginning at 10am and continuing on until around 4pm. All workshops on May 9th will take place on the third floor of Towler Hall. There will be a break from 12pm- 1pm, and light refreshments will be provided. Pre-registration is encouraged as space is limited, to reserve a space pre-register online at: www.surveymonkey.com/s/TBK8VBW. Detailed information about the conference can also be found at the Harbor’s website, www.harbornw.org, or on the Facebook event page, at www.facebook.com/events/443758122458544.



Oregon Health Teens Survey

(not all Clatsop County youth participated in this study)

- Have you ever been physically forced to have sexual intercourse when you did not want to? Clatsop county 11th graders ranked 4.4% higher than state average at 9.9%. (county: 9.9 state:5.5)
- During your life, has any adult ever had sexual contact with you? Clatsop county 11th graders ranked 5.8% higher than the state average at 13.1% (county:13.1 state: 7.3)
- In Clatsop County, of those surveyed, 18.1% said they felt they had no one to protect them. The state average is 18.1%.
- In Clatsop County, of those surveyed, 13.6% of 8th graders have had sexual intercourse. That is 2.9% higher than the state average. Of 11th graders 58.4% have had sexual intercourse, which is 13.2% higher than the state average.

Student Wellness Survey

- In the 2013-2014 school year Clatsop County 84% of 11th graders receive harassment or bullying within a given 30 day period.
- In the 2013-2014 school year Clatsop County 88.7% of eighth graders were bullied in a given 30 day period for being gay, lesbian, bisexual, or transgender. In the same survey 95% (above state average) of eleventh graders said that they bullied for the same reasons.

The Harbor

- Since April 2014 31 teens have come into The Harbor to seek help in dealing with sexual assault.
- In Clatsop County 11th graders experience sexual assault twice as much as the state average.

Conference Schedule

The conference will open on May 8th from 6:00- 8:30pm in Columbia Hall 219. It begins with a panel discussion with the following participants: Brian Mahoney from Clatsop County Public Health, Liz Covey a child and adolescent therapist, Drew Herzig of the Lower Columbia Diversity Project along with other local community members. This will be followed by our keynote speaker, Dr. Glen Maiden, a certified Sex Addiction Therapist-C, author and international speaker on recovery. Glen will be speaking about how to connect with youth to have positive, healthy conversations about sexuality. He will also cover how to comprehend the neurobiology and modern breakthroughs in recovery of sexual obsession, which offers a foundation of hope for professionals, leaders, and clinicians. He will touch upon sex addiction, treatment and assessment options, as well as porn blocking software.

On May 9th all workshops will take place on the third floor of Towler Hall from 10am to 4pm, with a break from 12pm- 1pm. Light refreshments will be provided. Workshop speakers and topics include:

- 10:00am Dr. Greco and Meredith Payton - Abstinence and Sex education within school
- 11:00am The Harbor - A workshop on current trends in dating and sexual coercion. They will cover their curriculum which educates youth about safe dating and creating healthy relationships
- 1:00pm Romy Carver - Learn the basics of safety and privacy for teens using technology, including cell phones, email, internet, and social media. Gain resources to help teens navigate the cyber world in a healthy and safe way!
- 2:00-4:00pm- Presenters from GLSEN and PFLAG will discuss gender identity, gender expression, sexual orientation, and gain understanding how to creating a safe school climate for LGBTQ students.

It's Election Time Again (Wake Me When It's Over) Special Service District Elections May 19 in Clatsop County

By Bob Goldberg

CONSIDERING ALL THE HOOPLA surrounding the Port of Astoria, Clatsop Community College, the bus system, and the various school districts in Clatsop County, you’d think that the upcoming special district elections, ending May 19, would be a hot topic at the water cooler, in the bars and on the street. But take a look at those ballots (mailed out April 29, so you should have one by now), if you haven’t already, and you’ll see that there aren’t a lot of choices for the above boards and commissions, or any of the other special service district races (including health, fire, sewer, water, recreation and law enforcement) that are on the ballot in the county. Special districts are financed through property taxes, fees for services, or a combination of both. Most special districts are directed by a governing body elected by the voters within the district’s geographic boundaries.

In countywide races – for the Port of Astoria, the Sunset Empire Transportation District and Clatsop Community College – there are no contested races, though the Clatsop County Democrats, according to their chairman, Larry Taylor, attempted to recruit some challengers. When contacted about their efforts to recruit candidates for the special district election, Blair Bobier of the Pacific Green Party said, “More Greens should run in non-partisan, local elections. It can cost almost nothing to run and there’s a decent chance of winning. Once you’re in office it’s a great way to learn about governing and serving your community – not to mention an opportunity to put Green values to work.” All races are non-partisan, but political parties often recruit their members to serve in these important positions.

At the Port, the three candidates running are Bill Hunsinger, Robert Mushen and John Raichl. Mushen and Raichl were appointed to fill out terms of port commissioners that resigned last year. You might recognize these names, since both were previously county commissioners, unsuccessfully attempting to take their appointments to the voters. Interestingly, Mushen and Raichl are LNG supporters, whereas Hunsinger was originally recruited for his stance opposing the proposed LNG terminal in Warrenton, subleased now to Oregon LNG through the Port.

In the leadup to the upcoming elections, two proposals have been bandied about to change the way port commissioners in Clatsop County are chosen. One proposal would have the mayors of the major cities in the county pick the commissioners. This proposal seems stalled, after opposition arose due to the indirect election methods. The other proposal has gotten more traction lately, and would elect port commissioners by sub-district, similar to the election of county commissioners. A group calling itself the Committee for Democratic Change at the Port of Astoria has started circulating a petition that would implement the sub-district voting along the same geographic boundaries as the county commission sub-districts, end the terms of all currently serving port commissioners by the next special district election in May 2017

(so that all positions on the port commission would be up for election), and allow the governor to appoint replacements instead of the sitting commissioners (as is the case currently). Current plans are to put the petition to the voters in September of this year. You can get more information about this proposal at the group’s website at keepportcontrollocal.com.

Remember Jeff Hazen? The incumbent, he was defeated by Scott Lee in a hotly contested race for county commissioner five years ago. In September 2014, Hazen was appointed the executive director of the Sunset Empire Transportation District by its board of directors, which will remain largely the same after this election. In early 2014, he was appointed to the board of the Clatsop Care Center Health District, and is now running to keep the seat. Janet Miltenberger is challenging Hazen in one of the very few contested races on the ballot.

Murray Stanley has a challenger for Position 1 on the Wickiup Water District board, but when contacted to see what the situation was, Stanley was unaware that a challenger had entered the race. “I have been on the board for five years and wanted badly to give it up but it would have put even a bigger burden on the remaining three,” said Stanley. Another position in that district also has two candidates, making it the only special district in the county with more than one challenged race in this election.

Rounding out the contested races are one each in the Astoria and Warrenton school districts. In Astoria, Jan Horning, former administrative assistant at the middle school, is once again running, this time against Jenna Rickenbach, who was appointed in March. And in Warrenton, Dennis Warren will face off against incumbent Joe Talamantez, who was appointed last year. Interestingly, no candidate has filed for Position 3 on the Jewell School Board.

Several fire districts will be appointing board members or going without, with the Olney-Willuski district winning the prize for no candidates for any of the three positions up for election. And the county rural law enforcement district has a blank slate for three positions on its board.

There’s still time to write in your (qualified) candidate of choice for any race that has no candidates (or of course for any race). There’s a good chance they’ll get the bow. For more information about the election and the candidate slate, see Clatsop County’s elections page on their website at <http://www.co.clatsop.or.us/clerk/page/may-19-2015-special-district-election>.

Note: the situation is about the same in Tillamook County, with the exception of two challenged races for the Port of Nehalem board. Get more information at <http://www.co.tillamook.or.us/gov/Clerk/Elections%202015/2015May19ElectionResults.htm>.

Ballots mailed April 30 and the last day to return the ballots is May 14. Election day is formally May 19th.



Rally to Protect Our Home Tuesday, May 26th 11:30 am Capitol Steps, Salem, OR

OREGONIANS are preparing for big action this May to protect our home from what would be the largest fossil fuel export project on the west coast. With two LNG export proposals in Oregon, the time for statewide unity and action is NOW! We need you to speak out in Salem on May 26th to ask Governor Kate Brown to help defend our state from LNG. LNG, Liquefied Natural Gas, is super cooled methane gas that requires massive amounts of energy and freshwater to produce. Canadian energy companies have been working for years on two proposals for massive fracked gas pipelines and LNG export terminals in northern and southern Oregon. Exporting North American natural gas to overseas markets comes at a steep price for consumers, jobs and Oregon's climate.

Gas companies stand to gain billions in profit, leaving Oregon to suffer the consequences:

Climate: Fugitive methane emissions from the pipeline and emissions from power plants used to power the terminals would make these projects the largest source of climate changing Co2 potent at trapping heat in the atmosphere than coal emission in the state.

Property rights: Hundreds of homeowners, ranchers and farmers are threatened with the use of eminent domain for the pipeline right of way.

Increased energy costs at home: Exporting natural gas would cause domestic gas prices to compete on the world market, raising our gas prices by up to 50%.

Safety: Oregon is overdue for major earthquake putting communities on the pipeline route and near the export terminals at serious risk.

Public Lands and water ways: The pipeline will

require a 95' swath clear cut through public and private land and old growth forests. The pipeline will also cross under hundreds of rivers and streams and through several watersheds.

With Federal and state agencies currently reviewing permits for this project, the time to demonstrate widespread opposition to these projects is now. You can help by engaging in peaceful action in Salem to stop these projects before they start! Join us on the capitol steps in Salem on Tuesday May 26th at 11:30 am for a rally and march. Hear from tribal leaders, impacted land owners and a key note speech from Waterkeeper Alliance President Robert F. Kennedy Jr..

Time to go to Salem!!

Travel with the estuary activists and join the rest of the state to tell Governor Brown we need her to support our local land use laws. We need her to stand up for us against multi-national companies who care nothing about our safety, our rights, our river.

Let's fill the bus!!

Tuesday, May 26

Columbia River Maritime Museum parking lot

Leaving at 7:30am, returning at 6:00pm

\$10.00/ person (scholarships available)

Reserve your seat, contact Cheryl:

ted067@centurytel.net or 503-458-6910

State Appeals Board Agrees With Clatsop County's Decision That An Lng Pipeline Would Threaten Public Safety, Harm Salmon

Oregon Land Use Board of Appeals upholds Clatsop County's decision denying gas pipeline for proposed Columbia River liquefied natural gas terminal

April 29, 2015 (Salem, OR) — A state appeals board agreed with Clatsop County's decision that a liquefied natural gas (LNG) pipeline would threaten public safety and improperly harm protected rivers and farmland. Today the Oregon Land Use Board of Appeals (LUBA) ruled in favor of Clatsop County, upholding the County's decision to deny a key permit for the Oregon LNG pipeline. Without the critical land use permit, the proposed LNG pipeline cannot be built, as state law prohibits the LNG company from securing state environmental permits or certifications without county land use permits.

"We are thrilled that LUBA chose to respect our county's decision to deny Oregon LNG's proposed natural gas export pipeline," said Laurie Caplan, an Astoria resident and local activist representing Columbia Pacific Common Sense.

In today's decision, LUBA ruled that Clatsop County properly decided that the LNG pipeline violates local laws designed to protect public safety and salmon. The County found that the pipeline operates with pressurized flammable and explosive gases that present a well-documented safety risk to nearby residential uses. The County also found that Oregon LNG's plans to bore the pipeline under salmon-bearing rivers violated the requirement to "protect" the Columbia River estuary, an area at the center of regional and national efforts to recover endangered salmon.

"Today's decision marks a significant turning point for LNG on the Columbia River," stated Brett VandenHeuvel, Executive Director for nonprofit organization Columbia Riverkeeper. "The people of Clatsop County want clean water, safe communities, and strong salmon runs. LNG development would take us in the wrong direction."

LUBA's decision comes after years of legal wrangling by the LNG company. In October 2013, the Clatsop County Board of Commissioners voted 5-0 to reject the Oregon LNG pipeline. The County Commissioners concluded that Oregon LNG's proposed 41-mile long, high-pressure gas pipeline violated the county's land use laws on dozens of grounds. Oregon LNG claimed the Commission-

ers were biased, but the Oregon Court of Appeals rejected that argument.

The Oregon LNG company proposes building an LNG terminal in Warrenton, Oregon, and exporting North American natural gas to overseas markets. Among the project's many impacts, the company proposes dredging a massive hole that spans 135 acres of the Columbia River in Youngs Bay—roughly the size of 102 football fields—for a turning basin to accommodate LNG tankers that would dock at the terminal. This area is the heart of what has historically been the most popular sport and commercial salmon fishing area on the Columbia River. Oregon LNG's dredging alone would destroy critical habitat for twelve stocks of endangered and threatened salmon and steelhead. The project also requires taking private property using eminent domain to build the gas pipeline from the U.S.-Canada border to Warrenton.

Today's decision is the latest setback for the struggling LNG company. In August 2014, Oregon LNG filed a lawsuit against the U.S. Army Corps of Engineers over a property dispute. The Army Corps claims that it owns permanent rights to use the site of the proposed LNG terminal. If a federal court upholds the Army Corps' property right, Oregon LNG cannot build the terminal.

Currently, there are two proposals to locate LNG facilities on the Oregon Coast and the Columbia River, coupled with associated proposals to construct hundreds of miles of new natural gas pipelines throughout Oregon and Washington.

About Columbia Riverkeeper Columbia Riverkeeper's mission is to protect and restore the water quality of the Columbia River and all life connected to it, from the headwaters to the Pacific Ocean. Representing over 8,000 members and supporters, Columbia Riverkeeper works to restore a Columbia River where people can safely eat the fish they catch, and where children can swim without fear of toxic exposure. The organization is a member of Waterkeeper Alliance, the world's fastest growing environmental movement, uniting more than 200 Waterkeeper organizations worldwide. For more information go to columbiariverkeeper.org.

Columbia Pacific Common Sense monthly meeting

May 14 (one week earlier than usual)

3 Cups Coffee House, 279 W Marine Dr.

6:00 potluck snacks and delicious coffee

(THANKS to Columbia Coffee Roaster!)

6:30 meeting

* We will CELEBRATE the recent court victory and PLAN the upcoming state-wide no LNG rally in Salem!! This would be a fun meeting to bring a new friend or neighbor who would like to get involved.



6th Annual TENOR GUITAR GATHERING IN ASTORIA the unofficial Tenor Guitar Capital of the World!

May 28 - 31 Concerts • Workshops • Events



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 it's 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



TGG Fav Jean Mann returns to perform

Grammy-nominated multi-string player Tim May will lead workshops.



• SCHEDULE •

THURSDAY EVENTS

Meet n' Greet @ Rogue Ale House Banquet Room at the end of Pier 39 at 9am Workshops in "Chicago" tuning DBGE and ukulele tuning from 10am to 4pm. Jam session from 2pm until 5pm for those not attending workshops hosted by Howard Blumenthal. All acoustic instruments welcomed! Free to the public, but a donation of any kind would be greatly appreciated.

10:00am - 10:55am - Mark Josephs - ukulele arrangements of "Over the Rainbow", "Only You" "Lion Sleeps Tonight" and more..

11:00am - 11:55am - Erich Sylvester - ukulele workshop teaching songs from the American Songbook
2:00pm - 2:55pm - Carl Allen and Ben Serkin will be teaching a Chicago style 60's folk music workshop
3:00pm - 3:55pm - Josh Reynolds and John August

Lee will be giving a "Nick Reynolds Chicago Tuning Workshop"

Thursday Night Concert - Chicago Tuning / Ukulele Concert @ Pier 39 Banquet Room

Doors open at 6:45pm concert starts at 7:00pm

Carl Allen - Master of Ceremonies

7:00 - 7:30pm - Carl Allen

7:30 - 8:00 pm - Mark Josephs

8:00 - 8:30 pm - Jean Mann

8:30 - 9:00 pm - Erich Sylvester

9:00 - 9:30 pm - Keeter Stuart & Michael Ward

9:30 - 10:30 pm - Josh Reynolds and John August Lee.

FRIDAY EVENTS

12:00 - 1:30pm Tenor Guitar Luncheon @ The

Bridgewater Bistro 20 Basin Street Music provided by John Lawlor, one of the finest jazz tenor guitar players in the world. Seating is limited. Please RSVP for this event by calling 503-325-6777

Seating is upstairs. Order from the menu. (A 20% gratuity will be added to your bill automatically).

Remember, there is no sales tax in Oregon, so none will be added to your bill.

3:00pm to 4:00pm - Tune in to "Arts Live and Local" on Coast Radio KMUN 91.9 Astoria to hear Carol Newman talking with tenor guitarists!

Friday Night Concert - Backstage Pass @ The RiverSea Gallery 1160 Commercial Street. Doors open at 6:45pm music starts at 7:00pm

7:00 - 9:00pm - Backstage Pass - meet this year's artists in a small, intimate setting, buy autographed CD's, hear music - wine, beverages, finger foods included!!! Your participation helps fund the Tenor Guitar Foundation, An Oregon non-profit.

SATURDAY EVENTS

Saturday Workshops @ Pier 39 Rogue Alehouse Conference Room

9:00am - 9:55am Prof Douglas Fraser - tenor guitar

arrangements for Historic Tin Pan Alley Songs

10:00am - 10:55am - Gerry Carthy - Irish songs workshop

11:00am - 11:55am - Tim May - tenor guitar workshop

1:00pm - 1:55pm - Pat Mac Swyney & Steve Ramsey - Intro. to Balkan Music 101

2:00pm - 2:55pm - John Lawlor - John Lawlor style jazz tenor guitar workshop

9:00am - 2:30pm (lunch break from 1:00 - 2:30pm)

Build Your Own Cigar Box Electric Guitar

Build Your Own Cigar Box Electric Guitar

This workshop will also be held on Saturday in the large banquet room from 9am till noon and continued after lunch from 1pm until 2:30 pm. This is a separate workshop and for \$60 you build your own three string electric cigar box instrument. Workshop is limited to 20 people. It takes place at the same time as the other Saturday workshops. We are sorry about that. It's the only way, time wise, we could offer these workshops. So there will be something for everyone. @ Pier 39 Banquet Room

Saturday Concert - An Afternoon and Evening of Tenor Guitars @ Pier 39 Banquet Room

Prof Douglas Fraser - Master of Ceremonies

3:00 - 3:30 pm - Mark Josephs

3:30 - 4:00 pm - Jean Mann

4:30 - 5:00pm - Gerry Carthy

5:00 - 5:30 pm - John Lawlor

5:30 - 7:00pm - DINNER BREAK

7:00 - 7:30pm - Prof Douglas Fraser

7:30 - 8:00 pm - Pat Mac Swyney & Steve Ramsey

8:00 - 8:30 pm - EZ Marc

8:30 - 9:15 pm - Tim May 9:15 - 9:30 pm - Grand Finale

SUNDAY EVENTS

Sunday Workshops:

Workshops on Sunday @ Pier 39 Small Conference Room. 10:00am - 10:55am - Tim May's Mandolin Workshop

11:00am - 11:55am - Mark Josephs - tenor guitar triads and classic rock workshop 12:00 - 12:55pm - EZ Marc - Honky Tonk songs taught for GDAE tuning (CGDA players welcomed!)

Astoria Sunday Market on 12th Street from 10am until 3pm with Ben Hunter and Joe Seamons.

Sunday Night Concert - @ Astor Street Opry Company Playhouse 129 W Bond Street. Doors Open at 5:45pm and concert starts at 6:00pm and goes until 8:00pm. Solo Mandolin X2 - Evan Marshall and Brian Oberlin - Two solo mandolinists, each performing their unique solo sets that include classical, bluegrass, swing, jazz, western Swing, and original music. As an encore performance, the two join forces and play spellbinding arrangements for two mandolins. The duo will release their first album together in November, 2015.

For details and tickets visit TenorGuitarFoundation.org

KAREN KAUFMAN

L.Ac. • Ph.D.

Acupuncture & Traditional Chinese Medicine

- Musculoskeletal/pain and strain
- Headaches/Allergies
- Gynecological Issues
- Stress/emotional Issues

503.298.8815
klkaufman@mac.com



at Astoria Chiropractic
2935 Marine Dr., Suite B

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

The End of Eve: A Memoir Ariel Gore at the Hoffman Center May 16

ARIEL GORE will read from her book *The End of Eve: A Memoir* at the Hoffman Center at 7pm on Saturday, May 16. *The End of Eve* won the Rainbow Award 2014 for Best Lesbian Book and the 2014 New Mexico Arizona Book Award in the GLBT Category.

Ariel Gore is the founding editor/publisher of *Hip Mama*, an Alternative Press Award-winning publication covering the culture and politics of motherhood. Through her work on *Hip Mama*, Gore is widely credited with launching maternal feminism and the contemporary mothers' movement. "It's the quality of the writing that sets *Hip Mama* apart," *The New Yorker* noted (May, 2000).

"By turns tender and heartbreaking, Gore's book is a brave, thoroughly authentic journey to the center of the human heart. Wickedly sharp reading filled to bursting with compassion, rage, pain and wit."—Kirkus Review.



Cultural commentator Susie Bright has called her "One of the best feminist writers of our times—perhaps the most eloquent and sensitive."

In 2000, *Working Woman* magazine named Gore one of "20 Under 30" influential women in America.

Her lyrical memoir, *Atlas of the Human Heart*, which recounts Gore's teenage travels, was a 2004 finalist for



the Oregon Book Award. Her anthology *Portland Queer: Tales of the Rose City* won the LAMBDA Literary Award in 2010.

Gore's other books include *Bluebird: Women and the New Psychology of Happiness*; *How to Become a Famous Writer Before You're Dead*; *The Traveling Death and Resurrection Show*; and *The Hip Mama's Survival Guide*. She lives in Oakland, CA.

She has taught at The Attic Institute in Portland, Oregon, at the University of New Mexico in Albuquerque, and at the Institute for American Indian Arts in Santa Fe. She currently teaches online at Ariel Gore's School for Wayward Writers.

Following Gore's reading and Q&A, the popular Open Mic features up to nine local writers reading 5 minutes of their original work. The suggested (not required) theme for the evening's Open Mic is "mother."

Admission for the evening is \$7. The Manzanita Writers' Series at the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) FMI: hoffmanblog.or/or contact Vera Wildauer, vwildauer@gmail.com

Recording Artist Summer Osborne w/SarahMcCracken The PAC May 13

AWARD-WINNING singer-songwriter Summer Osborne, along with acoustic Artist Sarah McCracken, present their Left Coast Tour of Epic – Mind Blowing – Awesomeness Concert, Wednesday, May 13, 7:00pm, at the CCC Performing Arts Center, 16th & Franklin, Astoria. Suggested donation at the door is \$8 - \$15.

Osborne has entertained audiences throughout the U.S. and Canada with her melodic and lyrically potent genre-jumping performances. Her eighth album, *As I Am*, was released in June 2013

to rave reviews and has been hailed as her best. She masterfully amalgamates the human condition, spirituality, truth, love and healing. Osborne's kaleidoscope of music is infused with her charismatic stage presence and naturally humorous personality. Always leaving the audience wanting more.

She is currently on tour promoting *As I Am* in communities across Texas, New Mexico, Arizona, California and Vancouver, B.C. and including the only Oregon stop in Astoria.

Summer Osborne first graced the stage at the tender age of four, but has been performing her original tunes for fans since 2005. During that time, lyrics and melodies have been continuously flowing through her, resulting in eight albums and dynamic evolution as a songwriter. Osborne and her manager/wife, Lori, are currently on tour promoting "As I Am". When they're not busy being road warriors, they can be found on their family farm in Vandalia, IL.



Since deciding to focus on her musical career (performing and writing) full time in 2009, Summer has remained on tour, doing shows at venues and festivals far and wide. Summer played at National Women's Music Festival in 2012 and 2014, and SXSW in 2012 and 2013 and PrideFests all over the Mid-West US & Canada. And she has shared the stage with artists such as Holly Near, The Indigo Girls, Tret Fure, Melissa Ferrick, Melanie DeMore, Suzanne Westenhoefer, God-Des and She, Crystal Waters, and many more.

The concert will be a community celebration of diversity and inclusion. Co-Sponsors are the CCC

Lives in Transition Program, Women's Studies Program, IOU Committee, The Healing Circle/VOCA Camp, Lower Columbia Diversity Project, KMUN Women's Music Program, The Harbor/Q Center. Summer's music represents a bold, sometimes profound, and energized dialogue about acceptance, compassion, inclusion, and following our passion.

Summer Osborne's only goal: to change the world by changing people's minds about themselves... she needs LOVE, MUSIC, and YOU.



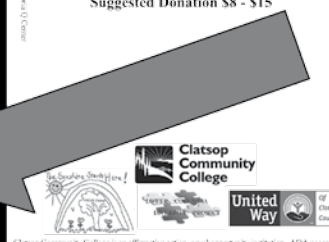
CCC Lives in Transition Program • CCC Women's Studies Program • CCC IOU Committee

WEDNESDAY, MAY 13TH

7:00 PM

PERFORMING ARTS CENTER

588 16th Ave., Astoria
Suggested Donation \$8 - \$15



Moby Dick
Hotel
and Oyster Farm

Enjoy the serenity of our
gardens, wooded paths, sauna,
yurt and bhuddas...

... in Nahcotta, Washington
on Sandridge Road,
just south of Bay Avenue
overlooking willapa bay

"women have been central to the environmental movement and our understanding of ecology since its earliest stirrings and fragile beginnings in the 19th century"
Excerpted from "Rachel Carson and Her Sisters" by Robert K. Muhl



www.mobydickhotel.com
360-665-4543 or 1-800-673-6145

**We frame
paper
and
canvas
and
memories.**

Thank you for your business,
your friendship and continued patronage.

**Celebrating
25 Years
in Business!**



**OLD TOWN
FRAMING COMPANY**
1287 Commercial St.
Astoria
503.325.5221



By Cathy Nist

Slow Flowers

the art of kathleen barber

Erika's Fresh Flowers: Farm to Vase Floral Design for the North Coast

Erika's Fresh Flowers is owned by Kathleen Barber, who handles every aspect of her floral business, from seed to bouquet. "I am a flower farmer who is very passionate about growing flowers. I grow several varieties all year long and I cut them and use them in my designs and sell flowers."

Barber specializes in artistically unique floral arrangements that follow the seasons. Her design aesthetic enables her to produce beautiful custom pieces that often incorporate unusual flowers, greenery, and natural objects.

A deep love for flowers runs in the family. "50 years ago, my Mother started a flower stand [formerly located across the street from Kampers West in Warrenton]. Every summer, she grew and sold flowers", reminisced Barber. "I've had a passion for flowers all my life, I had a garden when I was a child and got to grow all sorts of things."

This passion has carried on to the next generation. At 14, Barber's daughter Erika started making bouquets and selling them at the flower stand after her Grandmother retired from the business. Soon, a local florist offered to buy flowers directly from Erika. During one delivery, the florist made a check out to "Erika's Flowers," The name stuck.

When Erika left home for college, Kathleen made a career change from a 9 to 5 job as an Office/Operations Manager to flower farmer and floral designer. Since 2005, she has operated Erika's Fresh Flowers from her home and farm, situated on a narrow plot of land near Ocean View Cemetery in Warrenton. The business has no brick and mortar storefront; Kathleen creates her arrangements in a design studio onsite.

Barber said, "it's very hard work and you have to like working

carbon footprint of a floral industry that relies on imports, many consumers are becoming concerned that flowers are produced in countries that do not employ fair labor practices and that they may be treated with preservatives and pesticides prior to shipment.

Debra Prinzing, a Seattle-based outdoor living expert who created Slow Flowers, an online directory of florists who grow and/or use flowers grown in the US, defines Slow Flowers as being "about the artisanal, anti-mass-market approach to celebrations, festivities and floral gifts of love. I value my local sources. If not clipped from my own shrubs or cutting garden, I want to know where the flowers and greenery were grown, and who grew them." She also advocates using what is seasonally available, stating that: "my blooms, buds, leaves and vines are definitely in season; not, grown and brought in from elsewhere. Some people call it the field-to-vase phenomenon. It's exciting to see that flowers are catching up with where food has gone [in 20 years]."



foliage, as well as flowers that one might normally expect to see in a spring assemblage. "That's the great thing about growing your own, I can put anything I want in an arrangement."

Barber uses her considerable inherent design skills in the fabrication of works of floral art. She considers color, shape, texture, and form when creating her one-of-a-kind arrangements. Upon talking to her and viewing her work, it is clear that the mind

behind Erika's Fresh Flowers is the mind of an artist.

Erika's Fresh Flower's offers CSA subscriptions. Bouquets will be delivered to your home or business on a monthly, biweekly, or weekly basis. Any occasion bouquets start at \$25. Barber also creates floral and succulent jewelry, wreaths, and flower crowns as well as everyday floral design, wedding flowers, and custom arrangements

for special events. Order online at erikasfreshflowers.com or call 503-791-0538, or email Kathleen@ErikasFreshFlowers.com

Erika's Fresh Flowers delivers to Astoria, Warrenton/Hammond, Gearhart, Seaside, and Cannon Beach.

Bouquets are available periodically at the Astoria Co-op and at Three Cups Coffee House in Astoria, as well as at a flower stand located at the intersection of Delaura Beach Lane and Moore Road in Warrenton.

For a regular dose of floral eye candy, and updates on where and when bouquets are available for purchase, follow Barber's postings at [instagram.com/erikasfreshflowers/](https://www.instagram.com/erikasfreshflowers/) or Erika's Fresh Flowers on Facebook.



Flowers Crowns



Succulent Jewelry

in the rain and be cold, or be hot. But the overall product is gorgeous flowers that you get to work with".

The business has grown steadily since its inception. "At first, I was the only one I knew doing this kind of floral business, but later, I was able to catch the wave of the Slow Flower movement, a growing trend in the floral industry."

The Slow Flower movement, following in the footsteps of the Slow Food movement, was instigated by an increase in consumer demand for locally grown flowers. The US Department of Agriculture estimates that as much as 80% of the flowers sold in the US are imported. Most are flown to Miami from South America and are then trucked countrywide. In addition to questioning the

Kathleen Barber echoes this philosophy in her business, using products from her farm, supplemented by flowers sourced from a network of similarly-minded local growers. Her flowers, greenery, and herbs are grown year round with environmentally sustainable practices, using beneficial insects and a small flock of heirloom Ancona ducks for pest control. A heavy reliance on organic compost allows Barber to take a pass on chemical fertilizers. "Often, I plant directly into turbo-grow [composted cow manure]."

"I use flowers that you're not going to find in most traditional arrangements", said Barber of her design sense. Indeed, a stunning arrangement she created for Hipfish incorporated clematis and wisteria flowers, artichoke, kale, raspberry, and dusty miller

Wanted!

Patient Services Coordinator (aka "Office Guru")



Graceful Waves Chiropractic

Our Ideal Candidate will have:

- Exceptional customer service skills
- Computer, Office, & Medical Billing experience
- Flexible, upbeat attitude w/ self-motivation
- Willingness to learn/grow & be a key team player
- Experience with PR &/or event planning
- Interest in wellness & natural health care
- Outstanding organizational abilities

30 - 35 hrs/wk - M,T,Th. Long-term! Add'l hrs. to fit your schedule; occasional evening/weekend events. Located in Wheeler. \$12-18/hr DOE To apply, e-mail resume with statement of interest to: gracefulwaves@gmail.com Questions: 503-368-WELL (9355)

NORTH COAST CHORALE PRESENTS ITS 25TH ANNIVERSARY CONCERT



FEATURING
AMERICAN TRADITIONAL
AND FOLK MUSIC
WITH CLATSOP
COUNTY CHILDREN'S
CHORUS

25 Years
of Inspiring
Choral Music
in Astoria

WHEN:

Saturday, May 16, 7 pm
Sunday, May 17, 2 pm

WHERE:

CCC Performing Arts Center

TICKETS:

\$10



FOR MORE INFORMATION VISIT: WWW.NORTHCOASTCHORALE.ORG

S
A
V
E
T
H
E
D
A
T
E
S

HiiH Barn Studio and Showroom Features Jewelry and Wood

HiiH Barn Studio and Showroom resting gracefully atop a valley view in Lewis & Clark, makes paper, and paper sculpted into the most beautiful creations that light up your world. The showroom also makes way for featuring guest artists, and this month two artists from the Tokeland enclave grace the barn. Metal smith jeweler Judith Altruda, and wood artist Jeffro Uitto.



Uitto and Altruda, in addition to prolific works in driftwood sculpture, and etched gold, silver, copper and bronze bracelets, rings, and amulets, also create pieces together. Visit the work on Friday, May 15 from 5-8pm.

In addition HiiH holds a basic paper making class on May 16, 3-5pm. You can expect to make between 3-5 sheets. The sheets are 12" x 20." The cost is \$35. To register, email: light@hiihlights.com.

A third option, HiiH monthly open studio, the Sunday following 2nd Sat. Art Walk, May 10, 11-1pm, at 89120 Lewis and Clark Road.



Gary Seelig

Manzanita Photographers Present "On the Road"

Manzanita artists Peggy Biskar and Gary Seelig will recall and present their experiences "on the road" with an exhibition of photographs at the North County Recreation District Gallery in Nehalem.

The show will open Saturday, May 9, with an artists' reception in the gallery from 6 to 8 p.m. The public is invited. The exhibition will remain up through Sunday, Jun. 28.

"When it came time to put together a show on this theme, I really wanted to create a photographic road map of Highway 53 in our Nehalem Valley," said Biskar.

"I'm a native Oregonian and 53 is the perfect rural Oregon road. You get to see what goes on behind the scenes," she added. "It has farms, hills, forest and sky. All the roads I've taken have brought me here to this blessed place."

"By mining 30-year-old photographs, and creating new ones, I assembled these images to recreate my feelings of being on the road," said Seelig.

"To me, the process feels like heading out on a trip with a simple map, little money, a backpack, and a great sense of openness and wonder," he added. "That's why I do it."

Meet Astoria Visual Arts Artist (AVA) In Residence • 2nd Saturday Art Walk

Sarah Hendrickson is the inaugural AVA Artist in Residence, of whom chosen by a panel from many applicants, was entitled to a 3-month studio space in downtown Astoria. The AIR has one requirement, to hold an open studio at the end of the residency term. The public is invited to the studio the next May, 2nd Saturday Art Walk, 5-9pm, at 1170 Commercial in Astoria.

Artist/painter Hendrickson surprised panel members as much as she surprised herself when gifted the studio space and says in her artist statement, "I'm doing something in the studio space that I've wanted to do for years, but the whole idea was intimidating, so I never saw myself doing it anytime soon. With the residency though, I've finally got the square footage and resources to go for it. I almost don't want to say what it is because it seems to be running away with me in directions I didn't expect, so I don't know what it will actually come out like, but I'm literally weaving a magic carpet.

In addition Hendrickson built the 8' x 8' tapestry loom from scratch. But, you'll have to visit the studio to see just what this magic carpet is. In regards to the residency she says, "I can't say enough about how thankful and blown away I am by everyone's generosity. I'm meeting all kinds of wonderful people, and have about a thousand new ideas, and have never felt so encouraged to do what I do. I'm in heaven working up there, and this town has never felt more like home."



Sarah Hendrickson weaves her magic carpet



BE WHO YOU ARE.
LOVE WHO YOU ARE.
DANCE!

at Valhalla

4 DAYS A WEEK
MON 7-8PM
TUE 7-8PM
THUR 7-8PM
SAT 8-9AM
FIRST CLASS FREE!
\$5, DROP-IN
\$35 10-PUNCH CARD



PHOTO: Josie Hopla

Gym membership not required

2793 Hwy 101, Seaside, OR
Erin 503.470.0028
eghofseth@gmail.com

Like us on Facebook!
www.facebook.com/valhallazumba

BOOK LAUNCH: Jim Dott *Glossary of Memory*

Veridgris . . . wu wei . . . xenophilia, yaw and zero - an uncommon ABC

By Florence Sage

KALA WELCOMES JIM DOTT, in an event to launch his new poetry chapbook, *A Glossary of Memory*, on Friday May 8, 7:30pm at KALA.

A passion for sailing ships since he first read *Treasure Island*, history books on the age of sail, wondering what it took for a captain to hang on to his sails as steam power took over, a taste for delicious obscure words, the *American Heritage Dictionary* and its word origins – and, inevitably, the poet had himself a set of poems.

Chapbooks are short collections, usually connected by a theme. The 26 poems in *Glossary*, one per letter in the alphabet, each elaborate in poetic lines on a single word meaningful to the characters in the poems. From this uncommon ABC arise the fictional profiles of a father and daughter, the two characters who run through the poems: the father, captain of one of the last commercial sailing ships, and his motherless daughter who necessarily stays close to him through long evenings of reading and philosophy, both “haunted by the absence” of the mother. Each poem takes up a word: some maritime – fathom, hinge, the sea monsters Kraken and Leviathan, rum, sexton – and others less fathomable, like Grace and zero.

Like any book glossary, the series is idea-driven; Dott has concepts to speak about, and works out two characters and a situation to carry them. In this “imagined memoir,” it is the father’s occupation, character and philosophical mind that provide the setting, tone and questions in the poems. His work took him with his daughter to exotic places, and gave them time to read and converse about big ideas.

This device allows the poet to muse on seafaring myths, linguistics, scientific theories, and much more in the realm of human interest, taking us from the simple dictionary definition of the article “a” to less used words at the trickier end of the alphabet: veridgris, wu wei, xenophilia, yaw and zero.

Setting aside that they are the poet’s imagined characters, we can talk about these two as if they were real people. Like other lovers of wisdom, father and daughter have a philosopher’s attraction to things not yet known: “a thirst they could not quench, no matter how much salty sea they drank.” The father claims “an active rational life.” Both are in the venerable tradition of “amateurs” in the old and better meaning:

people who study deep into a subject for love alone, not for pay, like poets.

Bookish and observant, they thus made use of the father’s career at sea to answer this: What do I love about life? The ‘list’ poem “Xenophilia” (“an attraction to foreign peoples, cultures, customs”) sums it up. What they love is who they are. Father: “On his many journeys he had come to love:/ the Tao te Ching, the odysseys of Ram,/ Ulysses, Jonah, Job, Quixote and the Monkey King,/ the voyages of Cook and Darwin,/ tales of the sea, botanical monographs, tracts of geology,/ fruits of Malaya, dragon, jack,/ rambutan, and even durian,/ and that beautiful stranger who became his wife.” Daughter: “patinaed coins, the ag-rapha, roots of words,/ selkies, merrows, monsters,/ creation myths, Genesis, the Big Bang,/ Polaris, the southern cross, the auroras, the rings of Saturn,/ and of course, astronomers.”

We may all hope to do this discovery of ourselves, retrace in a memoir the arrow of our own time on earth, specify our own fascinations, our own lists.

There’s something still bigger that Dott has in this set of poems, if you take a step back. It is

ORT

Archaic, from Dutch, scraps, what is left over, not eaten

The food remaining on your plate “Finish that ort,” her father would say, He was the only person she knew who ever used the word until she found it again in lower regions of crossword puzzles

add an o and you have the Oort Cloud that stuff, ice and dust and stones, beyond the final planets birthplace of comets left over from the formation of the solar system her father would have been fascinated by that having seen Haley’s Comet twice like Clemens named for Jan Oort, Dutch astronomer, finder of dark matter, who used antennas left by the Nazis to listen to stars.

She had never met him, her husband, the astronomer, described him as tall and brilliant. “Was it possible,” she wanted to ask Oort, “to hear all the way back to the Big Bang and the silence before that?”

the draw to understand who your parents really were, nearly irresistible, a wide-spread theme in literature and, if we’re paying attention, also in personal life.

Though she appears in third person, the set of poems aptly called *A Glossary of Memory* is a daughter’s search for understanding the father (how he spent his time, what excited him, his concerns, skills, stories, wonderings). They are memories saved by his girl in snatches and flashes, the way we do actually remember; memories are often like little poems: images of his ship, his sea and his work as a benign captain, his phrases and expressions, his advice. Here is one best bit, which Dott has wisely pulled to the back cover: “Loss was like water,/ one could sink and drown in it,/ one could rise to the surface and swim.”

It is something many of us might wish to do: develop a glossary of Dad. Will Dott do this about his own father now?

“Hmmm,” he told me, “Yes, I might someday.” By her remembrances, we also know the daughter: what is precious to her about her father, what she has held onto from his words. We can be known by the memories we keep.

It’s the way of knowing myself when I remember my own father, a machinist in a steel mill, whistling to opera on the radio on Sunday

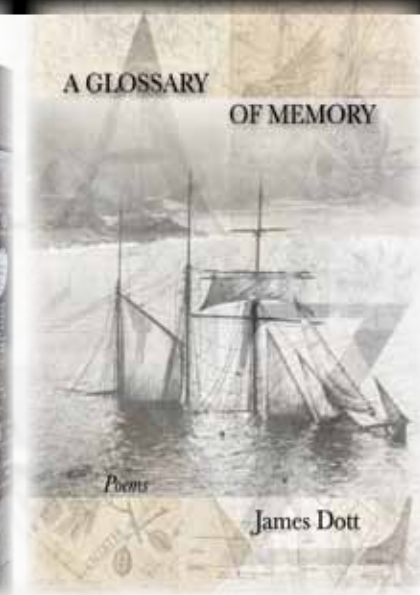


Photo: Dinah Urell

afternoons while he read the paper, treading on furrows in work boots evenings in his fruit orchards, and playing his violin sweetly in the hallways when we kids wouldn’t sleep.

Brainy, eclectic, something of memoir, narrative, lyric, loaded with words enjoyable in the mouth, and with references to traditions and language and lore for the mind to work on, rightly leaving questions unanswered, these poems have some density. It may take several readings to mine them.

But let Jim Dott get you started on Friday May 8 with his wry smile and in his own gentle voice, tastefully amplified by the good KALA mic and soundman Les Kanekuni in the back, on the intimate stage where poets stand in the pink gel spotlight. His reading is hosted at the venue by Dinah Urell, and seats are ready for the many of us who have appreciated hearing Jim’s voice, his own travel stories and thoughtful poems for years.

Dott has been co-host of *Monday Mike* for spoken word at the River Theater, co-producer of the poetry CD *Read at the River*, and now reads regularly at the *Last Tuesday* poetry mic at Port of Call. His poems have been in two previous chapbooks, and in literary collections in *Rain*, *HIPFiSH*, *Stringtown*, and *The North Coast Squid*.

For this publication, Dott has chosen to use his own press, *Blind Slough Books*, and the nimble method of “printing on demand.” *A Glossary of Memory* is available from BSB at: writingongrand@gmail.com.

\$8 - Doors open 7pm
Reading 7:30
The Book Signing & Sales
EVENING *Complimentary*
Fri. May 8 *Pie & Ice Cream*
KALA *Featuring*
1017 Marine Drive **Blue Scorchers**
Astoria **Frite & Scoop**
COCKTAILS

5th Annual Tenor Guitar Gathering

Concerts Workshops Events

Astoria, Oregon
May 28 - 31

TenorGuitarFoundation.org

GoingsOn: MAY' 15 day-by-day in the columbia pacific

Anthony Kearns Ireland' Foremost Tenor At The Liberty May 16

ANTHONY KEARNS, Ireland's foremost tenor and a founding member of the PBS super group The Irish Tenors, will perform in concert at the historic Liberty Theater in Astoria on May 16. Tickets are available at 503.325.5922 or at liberty-theater.org.

Kearns is anxious to sing at the Liberty. "Theaters like the Liberty are national treasures. Acoustics are generally quite good in the old houses and the Liberty restoration looks to be beautifully done. I'm looking forward to being in Astoria."

Songs from Kearns's recently released CD, *With a Song in My Heart*, will be performed on May 16, along with Irish favorites, Broadway show tunes, and popular classics. "Our program is a roller coaster of emotions: from laughter to tears and back again."

Anthony brings along a pianist, fellow Irishman Patrick Healy. "Patrick is the real deal," said Kearns. "He's not only a brilliant pianist, he's the comedy relief of the program. When he regales the audience with tales of his 50 years in the business, it will leave you laughing uproariously. He's the Irish Victor Borge, and a real gentleman."

Kearns hails from Ireland, where he is currently performing an opera at Dublin's National Concert Hall. "I love opera; getting up on a stage singing alongside highly trained singers is challenging and exciting. But I love getting back on the road singing my solo repertoire; we're traveling troubadours, Paddy and I."

After winning Ireland's Search for a Tenor in 1993, a national competition much like America's Got Talent, Kearns began training with Ireland's premier opera teacher, Veronica Dunne, and went on to study in Wales and New York City. Joining the newly formed trio, The Irish Tenors (Ireland's answer to The Three Tenors - Pavarotti, Domingo, Carreras) proved a good career move. Kearns and The Irish Tenors have performed in some of the world's finest venues, touring annually since 1998.

Yet Kearns always makes time to sing for charitable causes and organizations. "I've been blessed," he says, "I try to give back through my singing as much as I can." He often sings for Wounded Warriors, special needs and music education, and has performed countless masses and fund raising events for victims and survivors of 9/11. This past September, Anthony accepted an ambassadorship with Wells of Life www.wellsoflife.org, an organization dedicated to supplying clean water in Uganda. As a result of his work, The Anthony Kearns 9/11 Memorial Well was recently dedicated there.

"I hope you'll come to the Liberty on May 16," invited Kearns, "You'll enjoy it, I guarantee it!"



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 Core Class/Strength Training 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

Saturday
6:0-7pm & 7pm-8pm Argentine Tango with Estelle Olivares (no class May 9).

For current schedule and instructor contact: astoriaartsandmovement.com. 342 10th St. in Astoria

NORTH COAST CHORALE Presents their 25th Anniversary Spring Concert American Traditional & Folk Music with the Clatsop County Children's Chorus CCC Performing Arts Center Saturday May 16, 7pm & Sunday May 17, 2pm \$10

The Chorale's spring concert of American Traditional & Folk Music is a no miss! Hear standards such as Native American Prayer, Down by the Riverside, America the Beautiful, Simple Gifts, Country Style, and Beautiful Dreamer.

The Clatsop County Children's Chorus, founded by Dr. Reed in 2013, will be joining NCC for this concert. The North Coast Chorale is celebrating its 25th anniversary season! The popular local ensemble first came on the scene back in 1990 with Matt Hardin as conductor. He, along with other past NCC music directors, returned to conduct portions of the NCC's 20th anniversary concert in 2010. Dr. Denise Reed has conducted the group since 2007.

Dr. Denise Reed



In keeping with American Traditional theme, quilts will be contributed for PAC lobby décor during this concert by a quilting group at Our Savior Lutheran Church in Seaside; they will be for sale with proceeds going to the food bank. Other decorations at the PAC will be quilts, some family heirlooms, on loan for the event.

Dr. Reed says "the North Coast Chorale has a varied and sophisticated repertoire of music of numerous genres. Our goal is to present the best of choral music with an emphasis on quality and authenticity."

Poet Songster Dusty Santamaria & the Singing Knives



DUSTY SANTAMARIA is a Portland-based songwriter, poet, and painter. His songs adhere to the old country blues maxim, “what a good song needs is three chords and the truth.” The Singing Knives, named after a book of surrealist poems about America, are a garage, soul, rhythm and blues outfit that often serve as Santamaria’s backing band. The group’s live shows are defined by a caustic energy, the unorthodox playing of guitarist Galen Ballinger, and vocals saturated with Sorcery.

Dusty Santamaria and the Singing Knives play the Voodoo Room in Astoria on Friday, May 22, 9pm.

MORE MUSIC



Bar K Buckaroos

Join Sou’wester for an intimate evening of the Bakersfield sound with Astoria legends, The Bar K Buckaroos Buck Owens Tribute Band. All Buck, All the Time.

Saturday, May 9, 8pm. FREE and open to the public. Mention the band for 15% off rooms. Sou’wester in Seaview, WA.

Wednesday 6

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

LECTURE
Mechanisms to Support Visual Artists. A community conversation hosted by the Oregon Arts Commission. 5pm in Room 219 in Columbia Hall at CCC in Astoria. RSVP to Oregon.artscomm@oregon.gov

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

Thursday 7

MUSIC
Ray Ottoboni. 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
Mutts & Moonshine. A unique happy hour featuring some doggie affection, tasty treats, and cool drinks. 4 – 6pm at the CCC Library in Astoria.

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.

THEATER
Aladdin. Musical. Admission by suggested donation, 6:30pm at Taft High School in Lincoln City.

Love, Loss, and What I Wore. Dramedy. \$14, 8pm at Theater West in Lincoln City.

Friday 8

MUSIC
Elektrapod. 8pm at the Manzanita Light-house Pub.

Bottleneck Blues Band. No cover, 9pm at Roadhouse 101 in Lincoln City.

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.

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

SPOKEN WORD
Poet Jim Dott. Book Launch event for “Glossary of Memory.” \$8. Doors open 7pm. Reading 7:30pm. Pie and Ice Cream follows. Book signing and sales. At KALA in Astoria.

THEATER
Aladdin. Musical. Admission by suggested donation, 6:30pm at Taft High School in Lincoln City.

The Bold, the Young, and the Murdered. A whodunit. \$7, 7pm at Astoria High School.

The Sleeping Beauty. \$7 – \$11, 7pm at the ASOC Playhouse in Astoria.

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

Love, Loss, and What I Wore. Dramedy. \$14, 8pm at Theater West in Lincoln City.

Saturday 9

MUSIC
Niall Carroll. Pop/Rock. 6 – 8pm at the Wet Dog Café in Astoria.

Viva Andalucia. Flamenco Dancing. 7pm at the Lincoln City Cultural Center.

The Bar K Buckaroos. No cover, 8pm at the Sou’wester Lodge in Seaview.

Billy Hagen Band. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

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

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

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

Renee Hill Band. No cover, 9pm at Roadhouse 101 in Lincoln City.

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

Opening Reception. On the Road, an exhibition of photographic work by Peggy Biskar and Gary Seelig. Free, 6 – 8pm at the NCRD Gallery in Nehalem.

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

HAPPENING
Spring Market Bazaar. Mother’s Day gift ideas, crafts, plants, yummy food children’s activities, Master gardeners to answer your gardening questions, and more. 9am – 3pm at the American Legion Hall in Clatskanie.

Party Like Madmen. Dinner, Auction, Casino, Dancing & Rat Pack Music. At the Clatsop County Fairgrounds, Astoria. cmh-foundation.org

Living History Reenactment. 2nd US Artillery, Battery C. At the Historic Area at Fort Stevens State Park, Hammond.

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

Golf Ball Drop. BBQ, free golf clinic for children, raffle, bake sale, prizes. BBQ is free for kids under 5, \$5 for everyone else. Ball drop tickets \$5 each. 11am – 1pm at the Astoria Golf & Country Club. FMI: members. oldoregon.com/events/details/assistance-league-of-the-columbia-pacific-8th-annual-golf-ball-drop-5046

Garden Art Sale. 10am – 3pm in the Hoffman Gardens in Manzanita.

Captain Gray’s Birthday and Coffee Social. Free cup of coffee and mug with paid admission. 10am – 3pm at the Garibaldi Museum. 503-322-8411

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 week-end pass. At Chinook Winds in Lincoln City.

LECTURE
Oregon Humanities Conversation Project. In Science We Trust? The Role of Science in a Democracy. A conversation with Gail Wells. Free, 3pm at the Astoria Public Library.

LITERARY
Local Indie Author & Book Fair. With 29 independently published authors. 9am – 4pm at Jupiter’s Books in Cannon Beach.

Meet the Authors Event. 5 local authors, short readings, book signings. Free, noon – 4pm at Lucky Bear Soap Company in Tillamook.

THEATER
Aladdin. Musical. Admission by suggested donation, 6:30pm at Taft High School in Lincoln City.

The Sleeping Beauty. \$7 – \$11, 7pm at the ASOC Playhouse in Astoria.

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

Love, Loss, and What I Wore. Dramedy. \$14, 8pm at Theater West in Lincoln City.

Sunday 10

MUSIC
Steel Wool. 10am – 3pm at the Astoria Sunday Market.

Jack Quinby Orchestra. \$12, 2pm at the Historic Raymond Theater in Raymond.

The Get Ahead. 8pm at the Adrift Hotel in Long Beach.

Love Gigantic. No cover, 8pm at the Sou’wester Lodge in Seaview.

Rainbow Girls. Electric Stomp-Folk. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Larry Blake Medicine Show. No cover, 8:30pm at the Snug Harbor Bar & Grill.

ART
Open Studio. HiiH Lights offers tours of the studio and demonstrations of their light making process. 11am – 1pm at HiiH Lights in the Lewis & Clark Valley near Astoria. For directions to the studio and more information, visit HiiHLights.com

HAPPENING
Living History Reenactment. 2nd US Artillery, Battery C. At the Historic Area at Fort Stevens State Park, Hammond.

Soup Bowl Event. \$40 for dinner plus bowl, \$15 for meal without purchasing a bowl. 5pm at the Old Mill Marina in Garibaldi.

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

OUTSIDE
Free Admission to WA State Parks. Listings continued on pg. 21 - 23



Rainbow Girls

Born in an underground open mic night, Rainbow Girls began as an acoustic act, busking around the farmers markets of Santa Barbara before hitting the streets of Europe for a summer of couch surfing, busking, and traveling by the skin of their teeth. Since their return, they have evolved into an electric stomp-folk band

with a slew of original music. In May 2013 they released their debut album, “The Sound of Light,” and have been holed up in their new home north of San Francisco recording their newest album, due out June of 2015.

Sunday May 10, 8pm, Fort George Brewery, No Cover.

Patchy Sanders



A pair of sisters, their mates and good friends make up Patchy Sanders, described thus, “A Patchy Sanders show is a wonderful experience filled with whimsical, heartfelt sing-alongs

with a back bone of Irish barn dance with a hint of community cafeteria rebellion!” **May 25-26, 8pm at [pickled fish] the Adrift Hotel in Long Beach.**

thru May 24

AT THE COASTER



Cleat Éclair and Sheila Shaffer mix it up in *Mixed Emotions*

of the blue, Herman appears to request that she stay in the city. Christine thinks the idea is ridiculous, but Herman persists and tries during the next 18 hours to change her mind.

CAST: Cleat Éclair, Sheila Shaffer, Cedar Braasch and Donald Conner. Directed by Susi Brown.

PERFORMANCE DATES: May 8-9, 14-15, 16, 22-23, 24. Talkback Thursday: May 14, Thurs, Fri, and Sat performances start at 7:30pm, Sunday performances start at 3:00pm. Ticket prices: \$15-\$20. BoxOffice: 503-436-1242. Coastertheatre.com

Mixed Emotions

A middle-aged widow and widower slowly begin a relationship in Richard Baer's comedy "Mixed Emotions." Herman Lewis and Christine Millman have been friends for more than thirty years. When their spouses were alive, the two couples saw each other constantly and often traveled together. Christine is preparing to move—tomorrow—from her apartment in New York City to Florida. From out

The Riverbend Players Present The Foreigner by Larry Shue

IN THE FOREIGNER, Charlie Baker, a painfully shy Englishman, unwillingly adopts the persona of a "foreigner" who doesn't understand English during his stay at a Georgia fishing lodge. When others begin to speak freely around him, he becomes privy to secrets both dangerous and frivolous; the locals reveal all sorts of secret information -- some of it downright shocking. At the same time, Charlie discovers that he is an adventurous extrovert and hilarity prevails, along with romance, action, intrigue -- and even a dose of social commentary.

Riverbend Players Theater Company is pleased to present *The Foreigner* at 7:00 on May 16, 22, 23, 29, 30 and at 2:00 on May 17 and 31 at the

NCRD Theatre, 36155 9th Street in Nehalem, OR. Tickets are \$15. *The Foreigner* has become a theater staple, having earned 2 Obie Awards and 2 Outer Critics Circle Awards. This charming, yet zany, comedy draws in the audience with its wit and rollicking humor.

The production is directed by Sedona K.M. Torres and the cast includes Charlie as played by Mike Sims; Ella by Rosa Erlebach; Betty by Judy Holmes; Sgt. Froggy by Jeff Slamal; Rev. David by Michael P. Dinan; Catherine by Betsy McMahon and Owen by Brian McMahon.

For tickets or information, contact: theriverbend-players@gmail.com.



CAST of *The Orphans*: Back row (l to r): Diane Cross, Martin Cherry, Val Braun. Front row (l to r): Karen Martin, Karen Downs.

TAPA presents The Orphans

TILLAMOOK ASSOCIATION FOR THE PERFORMING ARTS (TAPA) presents *The Orphans*, written by James Prideaux and directed by Chris Chiola.

Opening May 22nd at The Barn Community Playhouse, *The Orphans* is a touching and funny play. After tragedy strikes the family of two young girls, they seclude themselves in a hotel room. Lily and Catherine Spangler have lived in near isolation in the once grand Chalfont Hotel for the past 25 years. Although the hotel and its guests have steadily declined in stature over this time. Mr. Ervin, who has handled the sisters' affairs for years, comes to visit and warns of a claim to their family fortunes. Distrustful and afraid of the outside world, Lily must cope with 25 years of history, while Catherine yearns to break free and explore life.

This production reunites Karen Martin and Karen Downs, who lit up TAPA's stage in 2012's *A Fine Monster You Are*. Their onstage chemistry is warm and inspiring as the Spangler sisters. "This play is a colorful story of the love of two sisters who have faced tragedy and who now must stare down the reality of the world. I hope audiences will

appreciate the humor and antics of these ladies" says Director Chris Chiola. This will be Chiola's fifth time directing for TAPA, having previously directed comedies like *Never Kiss A Naughty Nanny*, *Inspecting Carol*, the compilation play *You Know I Can't Hear You When The Water's Running*, and *Sex Please, We're Sixty*.

The cast is comprised of several veteran actors, as well as some first-time actors. Starring in this production are Karen Martin as Lily Spangler, Karen Downs as Catherine Spangler, Jackson Morris as the Bellboy, Martin Cherry as Mr. Ervin, Val Braun as Florette, and Diane Cross and Maxine.

Opening Night Gala celebration – May 22. Opening night tickets include a complimentary beverage of choice and hors d'oeuvres.

Show Dates: May 23, 29 - 31, June 5 - 7. Fri and Sat, 7pm, Sunday Mat start 2pm. The doors open 30 minutes prior to curtain. Tickets: Diamond Art Jewelers, 503-842-7940.

FMI: info@tillamooktheater.com, www.tillamooktheater.com, or find us on Facebook. The Barn Community Playhouse is located at 12th and Ivy in Tillamook.

More Theatre pg 21-22



We Buy Estates

Jonathon's, LTD.
Estate Jewelry • Art Antiques

- ◆ Diamonds and Gems ALWAYS at Wholesale Prices
- ◆ Beautiful and Unique Engagement Rings
- ◆ Custom Design and Expert Repairs
"If you can imagine it, we can make it"
- ◆ Antique and Vintage Jewelry

Located in Downtown Astoria's
Historical District
332 12th Street

503-325-7600

Email: bookscout@jonathonsltd.com

TOP PRICES PAID FOR GOLD & SILVER!



Leslie Lee and Gia Whitlock At RiverSea

RIVERSEA GALLERY is pleased to announce representation of noted Oregon artist, **Leslie Lee**, beginning with a solo exhibition, **Metaphor to Magic**, opening May 9th. This collection of work presents some of the artist's oldest paintings along with her newest, a visual documentation of her latest artistic journey. All are invited to meet the artist at the opening reception, held Saturday, May 9, during Astoria's Second Saturday Artwalk from 5:00 to 8:00 pm. The work will be exhibited through June 9, 2015.

For thirty years, Leslie Lee was an acclaimed sculptor, achieving national recognition for her whimsical, figurative works in clay. In the Northwest she was a star, celebrated for her ceramic sculpture and much sought after by collectors. At the apex of her success, Lee completely changed her focus. Motivated to further develop the strong metaphoric narratives in her work, she made a leap to painting, and for the next decade achieved wide recognition for her signature style of highly developed figurative works cloaked in metaphor.

Lee is now exploring colorful abstract paintings with intuitively added figurative



Leslie Lee *Fly-Away*

ors, shapes and brush marks lead the way using oil paint and oil sticks to complete the paintings." The paintings in this show tell the story of an artist's fearless evolution and show the result of creativity unleashed.

A solo exhibition opening May 9 in the Alcove at RiverSea Gallery features Portland artist **Gia Whitlock**, whose show, **Tender Age in Bloom**, presents her lushly rendered mixed media paintings. These fanciful interpretations of nature are intimate landscapes of flowers and foliage born from a combination of collage, acrylic paint and musings on childhood memories. The artist will be at the opening reception Saturday, May 9, during Astoria's Second Saturday Artwalk, from 5:00 to 8:00 pm. Artwork will remain on exhibit through June 9, 2015.

While working on paintings for this show, Whitlock delved into childhood memories in a quest to discover her "Artist Child" within, a process originating with Julia Cameron, author of *The Artist's Way*. Though some of the unearthed memories were painful to relive, she felt this process guiding her toward more freedom and creativity in her work. Whitlock explains, "As I get closer, my 'Artist Child' gets younger. Right now, she's about twelve. I chose to call this show, *Tender Age in Bloom*, after the Nirvana song, *In Bloom*. Not only did I love Nirvana when I was a teenager, I feel that the song's lyrics capture a lot of my experiences from childhood to early adulthood."

Whitlock begins her process with a collage of randomly placed papers to create a textured surface. Next, through many layers of paint, abstract images emerge and are concealed as she works, always responding to the painting in progress, letting it lead her along. As a final step, once the painting has begun to meld, she draws abstract shapes and gestural lines to complete the composition. The finished works are exuberant tangles of soft color, abundant with layers of flora and verdure.

RiverSea Gallery is located at 1160 Commercial Street in Astoria, Mon - Sat, 11 to 5:30, Sunday 11 to 4. 503.325.1270



Gia Whitlock *Shortcake*

elements that meld in the end to create an unexpected narrative. As the artist explains, "In letting go of pictorial logic and pre-meditated metaphor I have found freedom in composition, boldness in color choices and magic in following the random line. These paintings begin with an abstract, random application of acrylic color, then the figurative artist in me re-emerges to tease out people and animals, bugs, landscapes and odd shapes which have nothing to do with each other until... they do. I let the col-

Whatever May: Jennifer Mercede At IMOGEN

WITH SPRING IN FULL BLOOM, Imogen is pleased to be presenting *Whatever May*, a new series of paintings by Jennifer Mercede. *Whatever May* opens for Astoria's Second Saturday Artwalk May 9th, 2015. Mercede of Portland, Oregon, is well known for her bold, playful and expressive style. For her second exhibition at Imogen, she brings a collection of floral and abstract paintings that are sure to captivate and embody the life forces of spring. The exhibition opens Saturday, May 9th 5 – 8 pm with a reception for Mercede, who will be present and available to answer questions about her work. Light bites and drink will be provided by Astoria Coffeehouse and Bistro. *Whatever May* will be on view through June 9th.

Jennifer Mercede who has enjoyed a lifelong love of the visual language, is not afraid to bend the rules of painting; in fact she has developed her own set she follows for her mixed medium creations. Not one to fit the mold of a traditionalist, Mercede practices what she preaches. After graduating with a fine arts degree

from Western Washington University, Mercede left the academic structure for the more casual atmosphere of the Alberta District in Portland. It was there that she began to practice her own set of rules allowing the freedom that truly defines her style.

Mercede's abstract paintings consist of free flowing text, bright color fields, organic shapes and crazy energetic doodling. She is inspired by color, children's art, old school hip-hop flavor, graffiti, abstract expressionism and inner spirituality. Abstract compositions form intuitively, often bright neon colors and some recognizable imagery. With deliberate subconscious, they reflect how she perceives the surrounding world.

Mercede, who has exhibited her work throughout the country, has also illustrated and published a children's book, been a featured artist on OPB's ArtBeat program, and created a two story tall mural on the façade of the Grand Rapids Children's Museum.

Imogen Gallery is located at 240 11th Street in Astoria. Mon-Sat 11 to 5, 11 to 4 Sunday closed Wed. 503.468.0620.



Luminari Arts

Terrie Remington Sculptural Paintings

LUMINARI ARTS PRESENTS the sculptural paintings of Astoria artist Terrie Remington the month of May, for the 2nd Saturday Art Walk, May 9, 5-9pm.

Remington's sculpture painting technique was developed during her eleven year residency in Spain and was first introduced in 1967 at her gallery, "Refugi d'Art in Barcelona, Spain. The paintings are sculpted on canvas-covered board. The multi-media sculptures can be a combination of clay with natural fibers and raw linen, marbled for durability, then painted in acrylics and oils. Sealed driftwood, shells, and feathers are sometimes incorporated. Ground marble is added to produce special effects.

Remington's vision is to capture the true essence of a subject. Terrie states that, "I need to get to the passion of it – the emotional fire – the driving force."

She chooses to work with sculpture combined with color. The tactile quality of the sculptural paintings provides information of depth and energy, the colors speak in a more ethereal realm. She uses whatever media necessary to manifest that elusive quality that connects the emotional and spiritual to the physical art form.



Dancing With Stars

Terrie Remington was born in Rockville Center, New York, and studied art in Phoenix, AZ; the University of Arizona at Tucson; with artist Frank Milner in San Francisco; the Esquela de Bellas Artes in Madrid, Spain; the Mendocino Art Center in California; and the University of Washington in Seattle.

Luminari Arts is located at 1133 Commercial St. in Astoria. Open Daily, featuring an eclectic selection of cards, art gifts, jewelry and selected local artists on exhibit.



CLATSOP COMMUNITY COLLEGE ALES & IDEAS program welcomes Walidah Imarisha - writer, educator, public scholar and poet, Thursday, May 28, at 7pm. Doors open at 6pm for food and drink at the Fort George Brewery in Astoria. At this FREE lecture series, Imarshia will present on *Octavia's Brood: Science Fiction Stories from Social Justice Movements*, a collection of stories produced together with writer adrienne maree brown.

Whenever we envision a world without war, without prisons, without injustice, we are engaging in speculative fiction. Radicals and activists devote their lives to envisioning such worlds, and then go about trying to create them. What better vehicle for them to explore their work and its possibilities than through writing original science fiction stories?

Walidah Imarisha and adrienne maree brown brought together 20 radical writers to do just that. The result is *Octavia's Brood: Science Fiction Stories from Social Justice Movements*, an engaging and enlightening collection that uncovers truths buried in the fantastic, and injects a healthy dose of imagination and innovation into our search for truth. It is the first book to explore the connections between radical science fiction and movements for social change, using visionary prose to weave strands of real-life experience—inequality and exploitation, struggle and solidarity—to generate innovative ways of understanding

ALES & IDEAS

Walidah Imarisha
Octavia's Brood: Science Fiction
Stories From Social Justice
Movements
Thursday May 28

the world around us, paint visions of new worlds that could be, and teach us new ways of interacting with one another. This is visionary fiction to engage our imaginations and guide our hands in struggle.

The book includes short stories from LeVar Burton, Terry Bisson, Alexis Pauline Gumbs, Alixa Garcia, Autumn Brown, Bao Phi, David Walker, Dani McClain, Dawolu Jabari Anderson, Gabriel Teodros, Jelani Wilson, Kalamu ya Salaam, Leah Lakshmi Piepzna-Samarasinha, Mia Mingus, Morrigan Phillips, Tara Betts, Tunde Oluniran, Vagabond, adrienne maree brown and Walidah Imarisha, essays by Tananarive Due and Mumia Abu-Jamal, as well as an introduction by Sheree Renee Thomas.

Walidah will present about *Octavia's Brood* in the context of the history of sci-fi and social change, sharing tools for using science fiction as a practice ground for social justice strategizing and vision.

About Walidah Imarisha

Walidah Imarisha is a writer, educator, public scholar and poet. She teaches in Portland State University's Black Studies Department. She toured the state of Oregon for the past five years facilitating programs on Oregon Black history, alternatives to incarceration and the history of hip hop through the Oregon Humanities' Conversation Project. She is the editor of two anthologies, the upcoming *Octavia's Brood: Science Fiction Stories From Social Justice Movements* (AK Press, Spring 2015) and *Another World is Possible* (Subway Press, 2002). She is the author of the poetry collection *Scars/Stars* (Drapetomedia, 2013) and the upcoming nonfiction book on prisons, *Angels with Dirty Faces* (AK Press, Winter 2015).

Word & Image

A Dialog between Writers and Artists

Hoffman Center Offers "Word and Image"

Submissions are now open for an innovative summer exhibit at the Hoffman Center in Manzanita. The exhibit will pair artists and writers to create original work, each in response to the other's.

The "Word and Image" project will offer up to 15 selected artists and writers a unique creative experience, one that co-organizers Deborah DeWit and Emily Ransdell call "silent collaboration."

"Writers have been writing in response to art for centuries," said Ransdell. "We thought it would be interesting to create a modern take on the tradition by letting artists have their turn as well."

Ransdell said that the project is a spin-off of the Hoffman Center's weekly Writing Lounge, where local writers create short pieces in response to various prompts, often resulting in works that surprise the authors themselves.

"All creative output is in response to something -- an idea, an emotion, or an image," added DeWit. "This is not a 'theme' project, in which everyone is asked to interpret the same subject, but rather a way for each artist and writer to utilize their own personal point of view and style to interpret another's creation."

Word and Image is open to all artists and writers who live on the north Oregon coast or have a strong connection to the area. Interested writers and artists should submit three samples of their work via e-mail to hoffmanwordandimage@gmail.com.

The deadline for submissions is May 11, 2015. Selected artists and writers will be notified by Jun. 1 and paired off at a kick-off gathering on Jun. 13. New work for the Word and Image exhibit will be due from each artist and writer by Jul. 20, with an opening reception and reading to be held at the Hoffman Center on Aug. 28.

Instructions for submitting words or images are available at hoffmanblog.org or by sending a message to hoffmanwordandimage@gmail.com.

A Hoffman Center team, led by Ransdell and DeWit, will select participants. Ransdell is a poet with an MFA in Creative Writing. A past recipient of an American Academy of Poets Prize, she is currently a member of The Poet's Studio at The Attic Institute in Portland. DeWit, a full-time painter and photographer for 35 years, has exhibited widely. Her work is included in many private and public collections throughout the Pacific Northwest.

Local Indie Author & Book Fair

THE FIRST EVER (hopefully to become annual) Cannon Beach Local Indie Author & Book Fair will take place 10 a.m. to 4 p.m., Saturday, May 9 at Jupiter's Books, 244 N. Spruce, Cannon Beach, Ore.

All twenty participating, independently-published authors are local to the Pacific Northwest and many live on the North Coast. A few have new works they will be signing at the event.

Authors include: David Robinson and Gregory E. Zschomler from Cannon Beach, Ore.; Jeva Singh-Anand from Seaside, Ore.; Chip MacGregor and Holly Lorintz from Manzanita, Ore.; Melissa Ousley from Warrenton, Ore.; Paula Judith Johnson from Hammond, Ore.; Tricia Gates Brown and Travis Champ from Nehalem, Ore.; Julius Jortner from Pacific City, Ore.; Jan Bono from Long Beach, Wash.; Thomas Gondolfi from Yelm, Wash.; Andy R. Bunch and April Bullard from Vancouver, Wash.; Traci Leigh Taylor from Gaston, Ore.; Montgomery Mahaffey, Jessica Cox and Rita Traut Kabeto from Portland, Ore.; Maquel A. Jacob from Beaverton, Ore.; and Donald McEwing from Tigard, Ore. In addition Matt Love of Astoria will have his books available.

The event is brought to you by Jupiter's Books and the Read Local Indie movement, a cooperative between indie bookstores and the indie authors around them. Contact: gregory.zschomler@gmail.com

"Starting Over" Local Author Teresa Brown

At Seaside Public Library

ON MAY 7, Seaside Library will host Teresa Brown, author of the novel "Starting Over." The event will take place in the Community Room and will begin at 7:00 p.m. There will be book sales and signings.

Starting over isn't easy. Edged out of her challenging career in fashion design and suddenly discarded by her fiancé, Britney Thompson feels The Big Apple has chewed her up and spit her out.

The small tourist town of Seaside, Oregon is perfect for healing her wounds—perfect for starting over. Or so she thinks. When Britney meets Justin Peters, a charismatic

attorney like her former fiancé, she quickly learns that women love him and Justin loves women. Unable to deny her passion, Britney questions if Justin can love only her and more importantly, if his love, once given, will last a lifetime.

Teresa Brown, who uses the pen name of Paula Judith Johnson, is a long time resident of the North Coast. She is the author of four books and began her writing career in the eighth grade.

The Seaside Public Library is located at 1131 Broadway. (503)738-6742 www.seasidelibrary.org

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!



MUTTS AND MOONSHINE

CCC Library Event

Clatsop Community College Library, Friends of the CCC Library, and Clatsop Animal Assistance invite the community to a unique happy hour featuring some doggie affection, tasty treats, and cool drinks, Thursday May 7, 4:00pm-6:00pm, 1680 Lexington Avenue, Astoria. Animal and book lovers will find some common ground at this first-time spring event. Join us before heading to the CCC Art Center Gallery for the opening reception of the Maori Cultural Exchange exhibit, *Uku-Aotearoa – The Spirit of Materials*, beginning at 6:00pm.

Also, ask the library about how you can become a community member. Astoria residents may become borrowing members of the college library through the Oregon Library Passport Program for free. Alternatively, all community members can pay \$5/month or \$20/year for membership which includes extended borrowing privileges. All community members are welcome to use the library itself, including computers, free of charge.

For more **INFORMATION**, CONTACT KATE SUMMERS, KSUMMERS@CLAT-SOPCC.EDU, 503-338-2462.

Monday 11

MUSIC

The Get Ahead. 8pm at the Adrift Hotel in Long Beach.

THEATER

The Bold, the Young, and the Murdered. A whodunit. \$7, 2pm at Astoria High School.

For the 31st season of Shanghaied in Astoria. For newcomers to the show, 6 – 8pm at the ASOC Playhouse in Astoria. Auditions.

Tuesday 12

MUSIC

The Get Ahead. 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

St Alban's Annual Ham Dinner. \$12 for adults, \$5 for children 4 – 11. 5 – 7pm at St Alban's Episcopal Church in Tillamook.

LECTURE

Coastal Encounters. Fossil Hunting on the Oregon Coast. With Guy diTorrice, who will discuss coastal geology, where to find fossils, and what can and can't be taken from the beaches. Free, 6:30pm at the Driftwood Library in Lincoln City.

THEATER

For the 31st season of Shanghaied in Astoria. For veteran performers, 6 – 8pm at the ASOC Playhouse in Astoria. Auditions.

Wednesday 13

MUSIC

Epic – Mind Blowing – Awesomeness Concert. With Summer Osborne and Sarah McCracken. Suggested donation \$8 - \$15. 7pm at the PAC in Astoria.

Misner & Smith + The Baron Ward. 8pm at the Adrift Hotel in Long Beach.

Thursday 14

MUSIC

Misner & Smith + The Baron Ward. 8pm at the Adrift Hotel in Long Beach.

LECTURE

Beers to Your Health. The Art of Gardening. Becky Graham will present ideas and inspiration for gardeners. Free, 7pm in the Lovell Showroom at Fort George in Astoria.

Lower Nehalem Watershed Council Speaker Series. Geology Shapes the Character of the Lower Nehalem River. With Mackenzie Keith. 7pm at the Pine Grove Community House in Manzanita.

THEATER

Aladdin. Musical. Admission by suggested donation, 6:30pm at Taft High School in Lincoln City.

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

Love, Loss, and What I Wore. Dramedy. \$14, 8pm at Theater West in Lincoln City.

Friday 15

MUSIC

Catherine Feeny & Chris Johnnedis. 9pm at the Adrift Hotel in Long Beach.

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

ART

Guest Artists at HiiH. Jewler Judith Altruda and wood artist Jeffro Utto will show their work in the barn. 5 – 8pm at HiiH Lights in the Lewis & Clark Valley near Astoria. For directions to the studio and more information, visit HiiHLights.com

HAPPENING

Cinderella. With the Astoria School of Ballet. \$10, 7pm at the Liberty Theater in Astoria.

OUTSIDE

Superintendent's Revenge Golf Tourney. The golf course will be set up (a lot) tougher. \$60 per player, cart rental \$15 per player. 1pm shotgun start. At the Gearhart Hotel.

THEATER

Click, Clack, Moo. A children's musical. Suitable for ages 4 and up. \$5, call 541-994-9994 for tickets and reservations. 10:45am at the Lincoln City Cultural Center.

Aladdin. Musical. Admission by suggested donation, 6:30pm at Taft High School in Lincoln City.

The Bold, the Young, and the Murdered. A whodunit. \$7, 7pm at Astoria High School.

The Sleeping Beauty. \$7 - \$11, 7pm at the ASOC Playhouse in Astoria.

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

Love, Loss, and What I Wore. Dramedy. \$14, 8pm at Theater West in Lincoln City.

SATURDAY 16

MUSIC

Brady Goss. Improvisational piano. \$12, 7pm at the Lincoln City Cultural Center.

Anthony Kearns. \$20, 7pm at the Liberty Theater in Astoria.

Matty Charles, Katie Rose and Dean Wheelman. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

Catherine Feeny & Chris Johnnedis. 9pm at the Adrift Hotel in Long Beach.

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

Manic Mechanics. No cover, 9pm at the Snug Harbor Bar & Grill in Lincoln City.

CINEMA

Ingredients. Free, at the Tillamook Library. 503-842-4792

FOOD & DRINK

Tortilla Tasting. With Three Sisters Nixtamal of Portland. 11am – 2pm at the Astoria Co-op Grocery.

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

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

HAPPENING

Soup Bowl Fundraiser. \$50 for a handmade wood-fired ceramic bowl and soup. 5:30pm at the Harbor in Astoria. Tickets available at Deja Vu Thrift Store.

Seaside Family Safety Fair. 10am – 2pm at the Seaside Fire Department.

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 Garibaldi Museum.

LITERARY

Manzanita Writer's Series. Author Ariel Gore will read from her book "The End of Eve: A

Memoir." \$7, 7pm at the Hoffman Center in Manzanita.

Writers on the Edge. Author Trevor Dodge will read from his work. \$6, 7pm at the Newport Visual Arts Center.

OUTSIDE

Reach the Beach. A top notch bicycling experience with amazing support that gives you four different start locations: Portland, Newberg, Amity, or Grand Ronde. The ride ends in Pacific City. FMI: reachthebeach.org

THEATER

The Foreigner. Comedy. \$15, 7pm at NCRD in Nehalem.

Aladdin. Musical. Admission by suggested donation, 6:30pm at Taft High School in Lincoln City.

The Bold, the Young, and the Murdered. A whodunit. \$7, 7pm at Astoria High School.

The Sleeping Beauty. \$7 - \$11, 7pm at the ASOC Playhouse in Astoria.

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

Love, Loss, and What I Wore. Dramedy. \$14, 8pm at Theater West in Lincoln City.

Sunday 17

MUSIC

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

Will West & The Friendly Strangers. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Grand Lake Islands. 8pm at the Adrift Hotel in Long Beach.

Richard Silen & Deane Bristow. No cover, 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

ART

Artist's Reception. For All Dressed Up: An Exhibit of Contemporary Tapestry by Damascus Fiber Arts School. Exhibit runs May 4 – July 5. Noon – 4pm at the Latimer Quilt and Textile Center in Tillamook.

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.

Swiss Society Breakfast. \$7, 8 – 11am at Swiss Hall in Tillamook.

AAUW Wine and Chocolate Affaire. Fabulous food, appetizers, and desserts. Silent auction. Live music. \$25, includes two drinks. 1 – 4pm in the Officer's Mess Hall at the Port of Tillamook Bay in Tillamook.

HAPPENING Survivor Auditions. 11am – 5pm at Chinook Winds in Lincoln City.

LECTURE

In Their Footsteps Lecture Series. Lewis & Clark and Cataclysms on the Columbia. With Jim O'Connor. 1pm in the Netul Room of the Fort Clatsop Visitor Center, Warrenton.

THEATER

The Bold, the Young, and the Murdered. A whodunit. \$7, 2pm at Astoria High School.

The Foreigner. Comedy. \$15, 2pm at NCRD in Nehalem.

Love, Loss, and What I Wore. Dramedy. \$14, 2pm at Theater West in Lincoln City.

The Sleeping Beauty. \$7 - \$11, 2pm at the ASOC Playhouse in Astoria.

Monday 18

MUSIC

Grand Lake Islands. 8pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

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

Tuesday 19

MUSIC

Grand Lake Islands. 8pm at the Adrift Hotel in Long Beach.

Wednesday 20

MUSIC

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

LECTURE

Listening to the Land. What Do We ear? With Neal Maine. Free, 6pm at the Seaside Library.

Thursday 21

MUSIC

Jacob Zimmerman. 7pm at the Lincoln City Cultural Center.

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

Lower Columbia River Water Trail Presentation. Free, 7pm at Fort George in Astoria.

Friday 22

MUSIC

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

Quarterflash. \$22 - \$35, 7pm at the Liberty Theater in Astoria.

Fernando. 9pm at the Adrift Hotel in Long Beach.

Dusty Santamaria & The Singing Knives. No cover, 9pm at the Voodoo Room in Astoria.

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

HAPPENING

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

Kite Festival. Rockaway Beach.

THEATER

The Foreigner. Comedy. \$15, 7pm at NCRD in Nehalem.

The Orphans. Comedy. 7pm at the Barn Community Playhouse in Tillamook. Tickets at 503-842-7940

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

Saturday 23

MUSIC

Stumptown Swung Concert & Dance. \$20, 6pm at the Pine Grove Community House in Manzanita.

Geezer Creek. Bluegrass. No cover, 21+, 7pm at Hondo's Brew & Cork in Astoria.

Persian Music and Poetry. At the Lincoln City Cultural Center. 541-994-9994

calendar cont. 22-23 ➞

WEEKLY

Friday

MUSIC

Maggie & The Cats w/ The Tolovana Brass. A New Orleans Gumbo of eclectic covers, soul, blues, r&b, and a Lagniappe of originals. No cover, 6:30 – 9:30 at the Wine Bar at Sweet Basil's in Cannon Beach.

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

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

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

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

HAPPENING

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

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

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.

Spirit Dance 2. A free-form dance celebration. Music by DJ Pranawave. 6pm warm-up & stretch. 6:15 circle opens and dance begins. 8pm finish. Suggested donation \$10, free for kids. At Pine Grove Community House in Manzanita.

Saturday

MUSIC

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

Open Mic. 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.

FOOD & DRINK

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

Sunday

MUSIC

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

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

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

Monday

HAPPENING

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

Tuesday

MUSIC

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

Brian O'Connor. Jazz guitar. No cover, 6pm at the Shelburne Inn in Seaview, WA

Salty Dogs. Folk/Blues/Classic Rock. No cover, 6:30pm at the U Street Pub in Seaside.

Open Jam. Hosted by One Way Out. 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

HAPPENING

Teen Tuesdays. Free special events just for teens in 6th through 12th grades. Activities include movie making, video game nights, crafts, and movie nights. 3:30 – 4:30pm at the Seaside Library. FMI visit seasidelibrary.org

THEATER

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

Wednesday

MUSIC

George Coleman. Pop/Jazz/Folk/Rock. 5:30 – 9pm at Shelburne Restaurant and Pub in Seaview.

The Coconuts. Swing/Jazz/Country/Bluegrass/Folk. 6pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

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.

LITERARY

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

SPIRITUAL

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

Thursday

MUSIC

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

Dallas Williams. Folk/Americana. No cover, 6:30pm 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.

cont. May 23 . . .

Fernando. 9pm at the Adrift Hotel in Long Beach.

Karaoke From Hell. 45 cover, 9pm at the San Dune Pub in Manzanita.

Ted Vaughn Blues Band. No cover, 9pm at the Snug Harbor Bar & Grill in Lincoln City.

Tracey Fordice and The 8 Balls. No cover, 9pm at Roadhouse 101 in Lincoln City.

FOOD & DRINK

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

HAPPENING

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

Living History Reenactment. Memorial Day Weekend: Celebrating Veterans, Celebrating Freedom. All Eras. At the Historic Area at Fort Stevens State Park, Hammond.

Kite Festival. Rockaway Beach.

White Elephant Sale. 11am – 3pm at the Garibaldi Museum.

Craft and Rummage Sale. 9am – 3pm at Stevens Hall in Tillamook.

THEATER

The Foreigner. Comedy. \$15, 7pm at NCRD in Nehalem.

The Orphans. Comedy. 7pm at the Barn Community Playhouse in Tillamook. Tickets at 503-842-7940

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

Sunday 24

MUSIC

Blue Pickup Bluegrass Band. 10am – 3pm at the Astoria Sunday Market.

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

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

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

HAPPENING

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

Living History Reenactment. Memorial Day Weekend: Celebrating Veterans, Celebrating Freedom. All Eras. At the Historic Area at Fort Stevens State Park, Hammond.

Kite Festival. Rockaway Beach.

THEATER

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

Monday 25

MUSIC

Patchy Sanders. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

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

PUBLIC MEMORIAL Day Ceremony. At Fort Stevens National Cemetery, Hammond.

Tuesday 26

MUSIC

PATCHY SANDERS. 8pm at the Adrift Hotel in Long Beach.

LECTURE

COASTAL ENCOUNTERS. Kay Myers, co-author of the perennially popular

pocket guide Agates of The Oregon Coast. Myers will talk not only about agates and how to IDENTIFY THEM, but about beach-combing in general along our coastline. Free, 6:30pm at the Driftwood Library in Lincoln City.

HAPPENING

KITE FESTIVAL. Rockaway Beach.

Wednesday 27

MUSIC

THE NORTH Coast Chorale. 25th Anniversary Concert: American Folk Music. \$10, 7pm at the PAC in Astoria.

THE LOWEST Pair. 8pm at the Adrift Hotel in Long Beach.

Thursday 28

MUSIC

ANNUAL TENOR Guitar Gathering. At various locations in Astoria. TenorGuitarFoundaton.org

THE LOWEST Pair. 8pm at the Adrift Hotel in Long Beach.

LECTURE

ALES & Ideas. Octavia's Brood: Sci-Fi and Social Justice. With Walidah Imarisha. Free, 7pm in the Lovell Showroom at Fort George.

Preserving the World through Photojournalism. With photojournalist and author Johnny Joo. Free, 6 – 8pm in Room 215 at the TBCC Main Campus in Tillamook.

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.

THEATER

Love, Loss, and What I Wore. Dramedy. \$14, 8pm at Theater West in Lincoln City.

Friday 29

MUSIC

Annual Tenor Guitar Gathering. At various locations in Astoria. TenorGuitarFoundaton.org

Beth Willis & Todd Chatalas. \$12, 7pm at the Cannon Beach History Center & Museum.

Naomi Greene. 7pm at the Lincoln City Cultural Center. 541-994-9994

North Oregon Coast Symphony. Expressions of Love. \$12, 7pm at the PAC in Astoria.

Collective Soul. \$30 - \$45. At Chinook Winds in Lincoln City. 888-MAIN-AC

Lewi Longmire & The Left Coast Roasters. 9pm at the Adrift Hotel in Long Beach.

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

HAPPENING

Tall Ships. Lady Washington and the Hawaiian Chieftain will visit the Port of Ilwaco.

Green Thumb Plant Sale. At the Seaside Convention Center.

THEATER

The Orphans. Comedy. 7pm at the Barn Community Playhouse in Tillamook. Tickets at 503-842-7940

Love, Loss, and What I Wore. Dramedy. \$14, 8pm at Theater West in Lincoln City.

Saturday 30

MUSIC

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

Annual Tenor Guitar Gathering. At various locations in Astoria. TenorGuitarFoundaton.org

Douglas Cleaver. Experience Astoria's Mighty Estey Pipe Organ. \$25, 2pm at the PAC in Astoria.

The Misty Mamas. 7pm at the Lincoln City Cultural Center. 541-994-9994

Collective Soul. \$30 - \$45. At Chinook Winds in Lincoln City. 888-MAIN-ACT

Moon By You. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

Lewi Longmire & The Left Coast Roasters. 9pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Wine Tasting. 12th Anniversary Celebration. 1 – 4pm at the Cellar on 10th in Astoria

HAPPENING

Rods & Reels Rod Run Car Show. 8am – 3pm. Salmon & Burger BBQ \$8, 11:30am – 2:30pm. At the Wahkiakum County Fairgrounds in Skamokawa. cathlametchamber.com/rods_reels.php

Relay for Life – Long Beach Peninsula. 11am – 11pm at the Chinook School in Chinook. Relayforlife.org/longbeachwa

Tall Ships. Lady Washington & Hawaiian Chieftain will visit the Port of Ilwaco.

North Coast Junior Classic Livestock Show. Starts 9:30am at the Clatsop County Fairgrounds near Astoria. ww.ncjlivestockshow.com/

Mexican Community Dance. At the Astoria Event Center.

Green Thumb Plant Sale. At the Seaside Convention Center.

OUTSIDE

Rock the Beach 5K & 10K Run. In Cannon Beach. FMI: 503-436-1040

Hands-On Stewardship. Broom–Busting Onion Peak. 10am – 3pm at Arch Cape. FMI and to register, visit nclctrust.org/hands-on-stewardship-broom-busting-onion-peak/

THEATER

The Foreigner. Comedy. \$15, 7pm at NCRD in Nehalem.

The Orphans. Comedy. 7pm at the Barn Community Playhouse in Tillamook. Tickets at 503-842-7940

Love, Loss, and What I Wore. Dramedy. \$14, 8pm at Theater West in Lincoln City.

Sunday 31

MUSIC

Annual Tenor Guitar Gathering. At various locations in Astoria. TenorGuitarFoundaton.org

Ben Hunter & Joe Seamans. 10am – 3pm at the Astoria Sunday Market.

Navy Band Northwest. Free, 2pm at the Historic Raymond Theater in Raymond. Info on how to get complimentary tickets at: sundayafternoonlive.org/blog/

Lewi Longmire & The Left Coast Roasters. 8pm at the Adrift Hotel in Long Beach.

Ben Hunter & Joe Seamons. Blues. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Polly Chandler at LightBox

LIGHTBOX PHOTOGRAPHIC GALLERY will open the exhibit, “Emotional Rescue”, a series of large format polaroid photographs created by Polly Chandler of Nashville, Tn., on Saturday, May 9th , from 6-9 pm.

This exhibit will help Polly assist her parents, who recently lost their home to a fire, with a benefit to help them recover from this tragedy. LightBox prints the collection for Polly which is for sale with no commission to the gallery.

Polly Chandler grew up in Southern Illinois and graduated with an MFA in photography from Southern Illinois University. Formerly of Austin, Tx., she has taught classes at the Art Institute of Austin and at Austin Community College. Polly has exhibited her work nationally and her photographs have been published in magazines such as PDN, Rangefinder and B&W Magazine. She was also nominated for the prestigious Lucie Award presented at The Carnegie Hall in NYC. Polly now lives in Nashville, Tn. and continues to make photographs as well as strives to challenge herself in her work.

“Emotional Rescue” will be on display at the gallery through June 5th. 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 offers supporting memberships for those who would like to help promote the creative photographic arts on the North Coast of Oregon. LightBox is located at 1045 Marine Dr. in Astoria. Tues-Sat 11-5:30. Contact LightBox at 503-468-0238 or info@lightbox-photographic.com .

WWII on the Oregon Coast an exhibit at the Cannon Beach History Center

ON DECEMBER 7, 1941, citizens across the nation heard the shocking news. Pearl Harbor had been attacked by Japan. World War II had begun. No matter how small the town, the repercussions of this war echoed across the nation. Cannon Beach and other coastal towns were no exception.

The Cannon Beach History Center & Museum will open their latest exhibit, “WWII on the Oregon Coast” on Friday and Saturday, May 22nd and 23rd with two presentations by local historians, authors, and documentarians. The first presentation will take place on Friday, May 22 at 7:00 p.m. by Alisha Hamel who will be giving a presentation on Oregon's role during WWII. Hamel is a member of the Oregon National Guard's historic outreach program and is actively involved with the Oregon Military Museum. She is well known for her acclaimed documentary, “The Jungleers” about the 41st infantry division's role during WWII.

Saturday's presentation will be given at 7:00 p.m. by professor Ellen Eisenberg who will be presenting her latest book, The First to Cry Down Injustice? Western Jews and Japanese Removal During WWII. Eisenberg has taught in the History Department since 1990, and holds the Dwight and Margaret Lear Chair in American History. She teaches courses on American history since the Civil War, American social history, American Jewish history, American immigration history, the 1960s, Reconstruction, the Holocaust, and a research seminar called History in the Archives.

The next presentation take place on Friday, June 12 at 7:00 p.m. and will be a panel discussion put on by the History Center and the Oregon Historical Society. Panelists will offer carefully

prepared presentations, leaving plenty of time for audience questions and discussions. Dr. Laura Jane Gifford is a historian of modern American politics with a special interest in the unique dynamics of Oregon's political landscape. Steve McQuiddy is the author of Here on the Edge, the story of how a small group of World War II conscientious objectors plowed the ground for the social and cultural revolutions of the 1960s; he writes and lectures on the eccentric margins of Pacific Northwest history. Dr. David G. Lewis is an independent educator, author, and anthropology researcher who lives in Salem, Oregon, in the homeland of his people, the Santiam Kalapuya.

The Cannon Beach History Center & Museum's “WWII on the Oregon Coast” exhibit will share a collection of stories and memories from the Oregon Coast of those who lived and served during the war. The goal of the exhibit is to shed light on events that occurred on the Oregon coast, while exploring how the war impacted the state and its coastal communities. The exhibit will be on display through February of 2016 and has been sponsored by the City of Cannon Beach and the Oregon Humanities Community Project.

This program was made possible in part by a grant from Oregon Humanities (OH), a statewide nonprofit organization and an independent affiliate of the National Endowment for the Humanities, which funds OH's grant program.

The Cannon Beach History Center & Museum is located at 1387 South Spruce Street, across from the Cannon Beach Fire Station. They are open Wednesday through Monday from 1:00 to 5:00 p.m. For more information visit www.cbhistory.org or find them on Facebook.



ASOC Teen Theatre Troupe The Sleeping Beauty

THE ASTOR STREET OPRY COMPANY
Teen Theatre Troupe presents “The Sleeping Beauty”, by R. Eugene Jackson, music by Patsy Pollard. The fun family show opens May 8 and runs two weekends only on Fridays and Saturdays at 7pm with one Sunday matinee on May 17 at the ASOC Playhouse 129 West Bond Street Astoria.

Sponsored by CMH Pediatrics and ARC Arcade, this annual ASOC teen program is designed to build youth leadership skills through the learning and practice of the theater process with mentoring and guidance by well seasoned ASOC theatre artists, as the teens themselves take on all aspects of mounting a live stage show.

Led by new ASOC Teen Director and seasoned performer, Bill Carr with Music Direction by Dena Tuveng and Production Management by Steven Nice, “The Sleeping Beauty” has zany songs and delightful characters including Chester the Jester, Topsy the Gypsy, the inept Royal Magician, the evil Thornberry who puts a curse on Princess Elaine and the brave Prince Dauntless who battles the fire breathing Dragon to break the spell!

Featured Young performs ages 8 to 17 are: Karah Griffin, Jarod Griffin, Kendra Little, Jasmine Watson, Nicholas Reibold,



Brodie Smithart, Riley Mitchell, Nicole Ramsdell, Gabriella Allen, Malachai Keefe and Josie Posey.

Performances feature the traditional ASOC Playhouse favorites: the Miss Virginia Soda Fountain and Miss Vivian Saloon and of course Big Raffles! Tickets are available online or by phone: \$11 for Adults and \$7 for kids, military and seniors. For additional discounts and special pricing please call and ask for Judith who can give you more information about the ASOC “5cent a pound” Ticket Program. 503-325-6104 or go online to www.astorstreetycompany.com to get your tickets!



COME ONE COME ALL (17 and older please) to the ASOC Playhouse 129 West Bond Street for SHANGHAIED IN ASTORIA auditions on Monday May 11th 6:00pm to 8:00pm for new comers to the award winning Broadway-Style Musical Melodrama and on Tuesday May 12th 6:00pm to 8:00pm for all our Veteran Performers from this 31 year tradition!

Being a part of “Shanghaied” is guaranteed to make your summer a rewarding life-time memory as you connect, learn and grow through theatre techniques and this precise style of stage craft performance. Over two dozen delightful & colorful parts are open along with spots for dancers, musicians and technical help.

Shanghaied in Astoria AUDITIONS

Shanghaied In Astoria began in 1985 with a bare bones budget and cast of fun and talented friends that has now grown into a piece of Astoria’s folklore, entertaining over 83,000 in its 31 year history. The story centers on the “Shanghaing” of the hero and his daring rescue all in melodramatic style with audience participation by cheering, booing, sighing and throwing popcorn!

This process of theatrical training provides the way for an exciting and fulfilling jump into the art live performance whether you’re a seasoned veteran or have always had a dream to be on stage. And please note, if you’re unable to attend this audition but are interested in joining ASOC arrangements can be made to meet with the director, Nate Bucholz!

The Astor Street Opry Company is a “Not for Profit” Community Theatre organization and is currently seeking show sponsors for this 31st season of Shanghaied In Astoria, running July 10th through September 13th, 2015. Sponsorships start at just \$150.00 (cash or in-kind donation).

ASOC Seeking Fall Show Submissions

The ASOC PRODUCTION COMMITTEE meets on a regular basis to augment and create the ASOC Playhouse calendar of events, shows, fundraisers and other activities.

Currently we are placing a shout out for a Fall Production and Director Proposals. The Fall Show runs Oct 9th to 24th 2015 with auditions on August 23rd and 24th. Plays can be anything from original work to published, drama to comedies. The Proposal needs to include a basic ASOC budget and proposal forms. Forms can be obtained by contacting Judith Niland @ jniland@pacifier.com or calling 503-791-1037.

Completed proposals can be submitted by email to jniland@pacifier.com or mailed to ASOC at P. O. Box 743 Astoria Oregon 97103 for consideration at the first Tuesday in June Production Committee meeting. Production Committee Members include: Judith Niland, Steven Nice, Bill Carr, Mary Ritter, ChrisLynn Taylor, Becka Blacksten, Kim Werst, Sandi Hilton and Terry MacDonald.

cont. May 31

Ronnie Jay Duo. No cover, 8:30pm at Snug Harbor Bar & Grill in Lincoln City.

HAPPENING

Tall Ships. Lady Washington & Hawaiian Chieftain will visit the Port of Ilwaco.

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

Cruise-In for the Kids Car Show. Noon – 4pm at Costco in Warrenton.

OUTSIDE

Run on the River. Half Marathon, 10K and 5K. 9am on the Astoria River Walk Trail. FML: astroaparks.com

THEATER

The Foreigner. Comedy. \$15, 2pm at NCRD in Nehalem.

The Orphans. Comedy. 2pm at the Barn Community Playhouse in Tillamook. Tickets at 503-842-7940

Monday 1

MUSIC

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

HAPPENING

Tall Ships. Lady Washington & Hawaiian Chieftain will visit the Port of Ilwaco.

Tuesday 2

MUSIC

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

ART

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

HAPPENING

Tall Ships. Lady Washington will visit the Port of Ilwaco.

OUTSIDE

On the Land. Land-Sea Connection Hike. 10am – noon at Oswald West State Park. To register and FML, nclctrust.org/on-the-land/2015-marine-reserve/

Wednesday 3

MUSIC

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

Thursday 4

MUSIC

Emma Hill. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Goonies Day Celebration. In and near Astoria. thegoondocks.org/30th-anniversary-2015. html

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.

Friday 5

MUSIC

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

HAPPENING

Goonies Day Celebration. In and near Astoria. thegoondocks.org/30th-anniversary-2015. html

Goonies Block Party. Free, noon – 8pm, on 9th St between Commercial and Marine in Astoria. Goonies 80s Dance. Live 80s music,

Truffle Shuffle contest and 80s Fashion Contest. \$15, 9pm – 2am at the Astoria Event Center. Number of attendees is limited, buy tickets ahead at squareup.com/market/columbia-bar-productions-llc/goonies-s-dance

THEATER

The Orphans. Comedy. 7pm at the Barn Community Playhouse in Tillamook. Tickets at 503-842-7940

Saturday 6

MUSIC

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

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

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

ART

Seaside Art Walk. 5 – 8pm at Galleries and other businesses in Seaside & Gearhart.

FOOD & DRINK

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

HAPPENING

Goonies Day Celebration. In and near Astoria. thegoondocks.org/30th-anniversary-2015. html

Living History Reenactment. 79th New York, Co C, “Highlanders.” Civil War. At the Historic Area at Fort Stevens State Park, Hammond.

Garden Festival. Come and explore one of the best gardens in the PNW. 10am – 3pm at the Connie Hansen Garden in Lincoln City.

OUTSIDE

Free Admission to WA State Parks.

THEATER

The Orphans. Comedy. 7pm at the Barn Community Playhouse in Tillamook. Tickets at 503-842-7940

Sunday 7

MUSIC

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

James Dean Kindie & The Eastern Oregon Playboys. Americana. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Moore Bush Project. No cover, 8:30pm at the Snug Harbor Bar & Grill in Lincoln City.

Will West. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Goonies Day Celebration. In and near Astoria. thegoondocks.org/30th-anniversary-2015. html

Living History Reenactment. 79th New York, Co C, “Highlanders.” Civil War. At the Historic Area at Fort Stevens State Park, Hammond.

THEATER

The Orphans. Comedy. 2pm at the Barn Community Playhouse in Tillamook. Tickets at 503-842-7940

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



MAGGIE (MAY 8 LIMITED) Arnold Schwarzenegger does a non-action part for the first time since his return as an actor in the zombie drama *Maggie*. Unlike most zombie movies, *Maggie* is not about escaping from hordes of flesh-eating monsters but mostly resembles a teen terminal illness movie, *A Fault In Our Stars* with not cancer but zombification. In a dystopian future a zombie epidemic has ravaged society. The worst is over, but to contain the epidemic the government quarantines victims. Once the infected "turn" in 6-8 weeks, they are executed. Wade Vogel (Schwarzenegger), a Midwestern farmer, has vowed to protect his infected daughter Maggie (Abigail Breslin) as long as he can while dealing with the unbearable burden of watching her literally rot before his eyes. Unlike Schwarzenegger's action movies, there's no machoism or even much violence with Wade, just a man trying to be strong for himself and his family. When Maggie is threatened with quarantine, Wade makes a deal with a friendly doctor to keep her at home. While Maggie reacts like a typical teenager in her bleak situation, the only ray of light in her life is her similarly infected boyfriend Trent.

MAD MAX: FURY ROAD (MAY 15) It's been 30 years since Max Rockatansky roared across the screen in his V8 Interceptor. After many production delays and reshoots, director George Miller finally brings the 4th installment in the series to the screen with Tom Hardy playing Max. *Fury Road* has been described as one long chase. In the typical desert dystopian setting, Charlize Theron plays Furiosa, a woman of action who partners with Max to save five young women who hold the key to repopulation from the clutches of savage warlord Immortan Joe, who rules the wrecked outback. Official synopsis: The post-apocalyptic action film is set in the furthest reaches of our planet, in a stark desert landscape where humanity is broken, and most everyone is crazed fighting for the necessities of life. Within this world of fire and blood exist two rebels who might be able to restore order. Max (Tom Hardy) a man of action and few words, who seeks peace of mind following the loss of and children. And Furiosa (Charlize Theron), a woman who believes

her path to survival may be achieved if she crosses the desert back to her childhood homeland.

THE CONNECTION (MAY 15 LIMITED) Jean Dujardin (*The Artist*) stars in this European side of the events covered in the classic film *The French Connection*. In the early '70s cheap heroin from Europe flooded New York, creating a surge in junkies. The heroin came from

Europe and Marseille was the center of heroin trafficking. Juvie magistrate Pierre Michel (Dujardin)



sees firsthand what heroin addiction does to youth. Michel's zeal for punishing the criminals responsible gets him transferred to organized crime in Marseille, where ruthless Mafia boss Zampa (Gilles Lellouche) rules the city, ordering public hits in broad daylight without thought or consequence. Michel soon finds that Zampa's organization is so powerful and entrenched in local government and police that conventional tactics get him nowhere. Michel's wife eventually leaves him, taking his children, convinced that Michel's obsession with taking down Zampa will eventually leave her a widow. Things look bleak when Zampa uses his influence to have Michel removed from the case, but when a new President is elected, and with help from US DEA, Michel is finally able to form a team of clean cops. Director Cedric Jimenez grew up in Marseille when the events depicted in the film occurred.

TOMORROWLAND (MAY 22) To counter the trend of future-set movies all taking place in dystopian, ruined landscapes, director Brad Bird (*The Incredibles*), Disney and writer Damon Lindelof (*Lost*) teamed up to create an original sci-fi where the future is not broken, but also not the utopia it could have been.

Plot details have been a closely-kept secret but a few have leaked. A scientifically curious but troubled teenage girl, Casey Newton (Britt Robertson), comes into possession of a pin that can transport her into a world in another dimension, Tomorrowland. A futuristic place where the "best and the brightest have come together to change it," it's been ruled for decades by David Nix (Hugh Laurie) a technocrat whose vision has become poisoned. Casey meets embittered former inventor Frank Walker (George Clooney), who witnessed the beginning of Tomorrowland at the 1964 World's Fair. David Nix kicks Walker out, telling the 11-year-old to come back when his inventions work. Undeterred, Walker sneaks in to Tomorrowland, aided by a girl named Athena (Rafey Cassidy). Discovered and kicked out by Nix, Walker discovers that Athena is a robot. Official synopsis: Bound by a shared destiny, a bright, optimistic teen bursting with scientific curiosity and a former boy-genius inventor jaded by disillusionment embark on a danger-filled mission to unearth the secrets of an enigmatic place somewhere in time and space that exists in their collective memory as "Tomorrowland."

ALOHA (MAY 29) Director Cameron Crowe (Jerry Maguire), known for his unabashedly earnest, old-school romantic comedies, returns with (what else?) a romantic comedy set in Hawaii. High-powered cast includes Bradley Cooper, Emma Stone, Rachel McAdams, Bill Murray and Alec Baldwin. Official synopsis: In *Aloha*, a celebrated military contractor (Cooper) returns to the site of his greatest career triumphs – the US Space program in Honolulu, Hawaii – and reconnects with a long-ago love (McAdams) while unexpectedly falling for the hard-charging Air Force watchdog (Stone) assigned to him.

ENTOURAGE (JUNE 5) Fans of the long-running HBO series about a group of guys from Queens dealing with the trials and tribulations of Hollywood can rejoice as the long-in-development movie finally hits multiplexes. All the regular cast return with Vinnie Chase (Adrien Grenier), E (Kevin Connolly), Johnny Drama (Kevin Dillon) and Turtle (Jerry Ferrara) as the entourage. Jeremy Piven as irascible agent (now studio head) Ari Gold, Lloyd (Rex Lee) and Perrey Reeves as Melissa Gold. Even more so than in the series, the movie boasts a boat-load of star cameos from sports and entertainment including Mark Wahlberg, Jessica Alba, Tom Brady, Ronda Rousey and many more.



Beth Willis & Todd Chatalas Rock the Cannon Beach History Center!

Don't miss the season finale of the Cannon Beach History Center & Museum's Acoustic Series on Friday, May 29 at 7:00 p.m. Soul-blues diva Beth Willis and guitarist Todd Chatalas will knock your socks off for this final night of joy and rivalry.

Rock Duo Beth Willis and Todd Chatalas perform both rock, acoustic and blues music. Willis, who has played in Cannon Beach before, is a local favorite who is well known for her smoky voice and an amazing stage presence.

Portlandblues.com writes of Willis, "[hearing her] was like going back in time to 1992 and hearing Sheryl Crow for the first time. Just one girl (as near to an angel as you can get) and a guitar."

Willis was honored at the Portland Music Award in 2012 with the award for Best Female Artist. The *Oregonian* says, "Willis' full, expressive voice brings her sharp songwriting to life, blending Americana, rock, and western influences..." Willis is a soulful performer that takes listeners on a journey back in time, when music was pristine. Willis has gone from playing on the sidewalks of downtown Portland to being an in-demand musician playing from Las Vegas, to the Aladdin Theater in Portland, and even to Seattle.

Don't miss this opportunity to see Willis at Chatalas in a unique intimate setting. Tickets are \$12 Adults and \$2 Children.

The cost of tickets to this concert will help fund programs such as the Acoustic Folk & Lecture Series, exhibits, and field trip programs.



FREE WILL ASTROLOGY

© Copyright 2015 Rob Brezsny

May

ARIES (March 21-April 19): The danger of resisting a temptation too strenuously is that the temptation might depart. I suggest that you prevent that from happening. Without throwing yourself at the mercy of the temptation, see if you can coax it to stick around for a while longer. Why? In my view, it's playing a useful role in your life. It's motivating you to change some things that really do need to be changed. On the other hand, I'm not yet sure that it should become anything more than a temptation. It might serve you best that way, not as an object of your satisfied desire.

TAURUS (April 20-May 20): My astrological colleagues discourage me from talking to you Bulls about financial matters. "Most Tauruses know ten times more about the mystery of money than you will ever know," said one. "Their excellent instincts trump any tips you could offer." Another astrologer concurred, noting, "The financial advice you give Tauruses will at best be redundant and at worst simplistic." A third colleague summed it up: "Offering Tauruses guidance about money is like counseling Scorpios about sex." So although I'm shy about providing recommendations, I will say this: The next five weeks will be a favorable time to set in motion the plans to GET RICHER QUICKER!

GEMINI (May 21-June 20): "Endings to be useful must be inconclusive," wrote science fiction novelist Samuel R. Delany. I endorse that theory for your use in the coming weeks. Interweave it with this advice from playwright Sam Shepard: "The temptation towards resolution, towards wrapping up the package, seems to me a terrible trap. Why not be more honest with the moment? The most authentic endings are the ones which are already revolving towards another beginning." In other words, Gemini, don't be attached to neat finales and splashy climaxes. Consider the possibility that you can simply slip free of the complicated past and head toward the future without much fanfare.

CANCER (June 21-July 22): In mythic terms, you should be headed for the winner's circle, which is inside the pleasure dome. The parade in your honor should follow the award ceremony, and let's hope you will be on the lead float wearing a gold crown and holding a real magic wand while being sung to by a choir of people you love and who love you. If for any reason you are not experiencing some version of these metaphors, I urge you to find out why. Or better yet, get busy on planning a homecoming or graduation party or award ceremony for yourself. From an astrological perspective, you have a mandate to be recognized and appreciated for the gifts you offer the world.

LEO (July 23-Aug. 22): British Field Marshal Arthur Wellesley was a brilliant military commander. Renowned for his ability to beat larger armies, he also had great skill at minimizing loss of life among his own troops. His most famous triumph took place in 1815, when he led the forces that defeated Napoleon Bonaparte at Waterloo. In the aftermath, the French tyrant lost his power and went into exile. What was the secret of Wellesley's success? "Bonaparte's plans were made in wire," he said. "Mine were made in string." In other words, Wellesley's strategy was more flexible and adaptable. As circumstances changed, it could be rearranged with greater ease. That's the approach I recommend for you in the coming days.

VIRGO (Aug. 23-Sept. 22): You may not be strong enough to take a shot at a daunting challenge that's five levels beyond your previous best. But I think you are at least ready to try a tricky challenge that's one level higher than where you have been operating. And that, in my opinion, is a more practical use of your courage. I think it would be a waste of your energy to get wrapped up in grandiose fantasies about impossible perfections. As long as you don't overreach, you can accomplish small miracles.

LIBRA (Sept. 23-Oct. 22): I suspect you are about to experience some prime contenders for The Most Unusual Adventures of 2015. Are you thoroughly prepared? Of course not. There's no

way you can be totally ready to adapt to unpredictable wrinkles and change your mind at a moment's notice. But that's exactly what will make these experiments so fun. That's why they will be effective in building up your resilience and willpower. For best results, apply your nighttime thinking to daytime activities, and vice versa. Spend minimal time on responsibilities that don't teach you noble truths about your fellow madmen and madwomen. Now here's my big question: How can you tap into the extra power you will need during your rite of passage?

SCORPIO (Oct. 23-Nov. 21): Many modern astronomers are allergic to astrology, but from my perspective there is no inherent conflict between the two fields. Four of history's greatest astronomers were practicing astrologers, after all: Johannes Kepler, Galileo Galilei, Tycho Brahe, and Pierre Gassendi. One of my friends in college, a Scorpio woman named Martha Maiden, is a first-rate astrologer who got a degree in astronomy and became a top scientist at NASA. In the spirit of finding reconciliation between apparent opposites, I'm happy to say that you are now a virtual virtuoso in your ability to reconcile both apparent opposites and actual opposites. I invite you to use this aptitude with flair and daring.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian Matt Stutzman competes in the sport of archery. He's the world's record holder for longest accurate shot, having hit a target 230 yards away. What makes his accomplishment so extraordinary is the fact that he was born without any arms. He holds each arrow in his mouth and grasps the bow with his right foot and the help of a chest harness. In the spirit of this armless archer, and in accordance with your current astrological omens, I invite you to initiate an attempt to triumph over one of your so-called disadvantages.

CAPRICORN (Dec. 22-Jan. 19): Long before Lou Reed recorded the song "Walk on the Wild Side," Nelson Algren wrote a novel titled *A Walk on the Wild Side*. It depicts the luxuriant depravity of New Orleans' French Quarter in the 1930s. One of Algren's most enduring bits of spiritual advice goes as follows: "Never, ever, no matter what else you do in your whole life, never sleep with anyone whose troubles are worse than your own." What do you think of that, Capricorn? Even if you don't regard it as a universal rule that you should unflinchingly obey, I suggest you observe it in the coming weeks. For the sake of your mental hygiene, be extra discerning about what influences you absorb — not just in bed, but everywhere.

AQUARIUS (Jan. 20-Feb. 18): The cosmos has authorized you to be hungrier than usual. You may also feel free to respond to your enhanced hunger with an extra aggressive quest to be fed. Therefore: Be voracious! Risk being avid, ardent, and even agog. Fill yourself up with pudding, pleasure, praise, peace, perks, and privileges. Anything else you'd like to engorge? If some unenlightened person questions your right to claim the biggest piece and the sweetest taste and the best fuel, inform them that your astrologer says you have ultimate permission.

PISCES (Feb. 19-March 20): Is there an interesting ally whose path rarely crosses yours? Do you draw inspiration from a like-minded dynamo who is not fully available? Has fate kept you and a friend from getting as close as you would wish? According to my reading of the astrological omens, relationships like these could become more substantial in the coming weeks. The dream of a more robust connection could ripen into an opportunity to actually collaborate. So be alert for the openings, and be prepared to do what's necessary to go deeper.

[Editor: Here's the homework:]

Homework: Imagine that everything important you know is condensed into a single symbol or image. What is it? FreeWillAstrology.com.

Bike Madame

By Margaret Hammitt-McDonald

Pedal and Read, Part 1

In preparation for an event in Portland called Sketch and Ride, I kept fiddling with my handlebars and a bunch of clothespins, trying to secure a sketch-book. Fortunately for both safe riding and art, the sketching and riding didn't occur together: the group rode to a park, where we dismounted and drew, and then continued to another location, drew some more...

I don't recommend either drawing or reading a book while riding a bike. However, many delightful bike-books await your reading pleasure, so with summer in the offing, hop off your steed, find a shady tree, and settle in for an afternoon's read.

The world of elite competitive track cycling is far from my bike-commuting sphere, but British novelist Chris Cleave drew me in with his novel *GOLD*, which follows two Olympic riders on a journey that can only leave one winner—and destroy a friendship already precarious with rivalry. Kate and Zoe train with the same coach and are headed for the Olympic games. A change in the rules means only one will be allowed to compete. Who will it be: Kate, who's also the mother of a critically ill child, or Zoe, glamorous and troubled? Mr. Cleave's style, alternately wry and tender, generates empathy for both characters, as well as for Kate's daughter Sophie, a self-appointed Jedi knight battling a recurrence of leukemia. The details of the riders' training—from gear ratios to calorie counting—are fascinating even for non-riders.

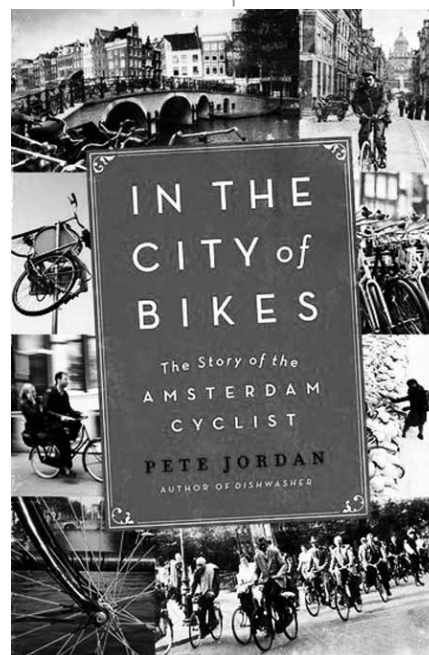
In his debut book *DISHWASHER*, Pete Jordan recounted his quest to wash dishes in all fifty states. His new book, *CITY OF BIKES*, is partly the story of how he falls in love with Amsterdam, the archetypal bicycling city, and lives,

rides, and raises a family there...all while working as a janitor, studying urban planning, and learning Dutch. Jordan interweaves his story with a history of Amsterdam's collective love affair with bicycles (in contrast with the United States' infatuation with cars).

I was enthralled by the ubiquity of the bicycle in Amsterdam: everyone, from babies in the bellies of their 39-weeks'-pregnant moms to elders, rides a bike, usually a "beater" model like a dinosaur version of a beach cruiser. On the other hand, if I ever visit, I'd have to get used to the sounds of unlubed chains, the sight of helmetless heads, and the less law-abiding contingent who run red lights. What Jordan describes is a bicycle citizenry, not a special "class."

The Dalkey Archive has reprinted a new edition of the puckish Irish novelist's comedic book called (guess what?) *THE DALKEY ARCHIVE*. This charming, rambling book isn't about cycling per se, but there's a biking moment. An eccentric police officer is always seen walking his bike on his rounds about town, and the protagonist asks why he never rides. He responds with a theory: as rider and bike jounce along the bumpy roads, their molecules intermingle, so the rider ends up becoming a hybrid of bicycle and human. The officer believes he can determine the exact percentage of bike-to-human each rider is. If this wacky excerpt appeals to you—not to mention the apparition of St. Augustine in a sea cave and a plot to destroy the world, foiled by the bumbling narrator—I recommend immersing yourself in this hilarious tale.

Further reviews will follow, but for now, reading hour's over—back on the bike!



WORKSHOPS/CLASSES

Energetic Orientation Class. Tue. May 19 at Graceful Waves in Wheeler. 5:30-6:30pm. FREE. How to instantly have 30% more energy by living in your correct orientation. Find out if you are an "inny" or an "outty." And how you can live more fully supported by your nature. And enjoy the energy boost. 278 Rowe St. #210, Wheeler, OR. 503.368(WELL).

Art & Mindfulness. May 9. With Amy Selena Reynolds-Wrobleksi. Participants will integrate creative activities with mindfulness practices. Come and playfully explore art modalities and meditation practices that offer you a way to become centered and present in the here and now and provide you with new ways to practice mindfulness through art. \$30, 1-4pm at the Center for Contemplative Arts in Manzanita. Call 503-421-7412 to register.

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

Basic Papermaking Class. May 16. With Lam Quang. Covering an overview of the history of handmade paper, explaining Eastern and Western techniques. Learn the process of handling pulp, creating sheets of paper, and couching, pressing, and drying the paper. \$35, 3-5pm at Hiih Lights in the Lewis & Clark Valley near Astoria. To register, please email: light@hihlights.com

Introduction to Microsoft Word Computer Class. May 16. The class is for computer novices who need help learning how to use Microsoft Word. The instructor will cover the most important features of Word, as well as printing, and steps for easier use. Attendees should also be comfortable using a computer mouse. Free, preregistration required. 11am at the Seaside Library. Call 503-738-6742 to register.

Photo Hiking. May 23. Hike with professional photographers Bob Gibson and Jeri Knudsen and learn basic techniques. \$20, 9-11am at Spring Lake. FMI call 541-994-3405.

Photo Hiking. June 7. Hike with professional photographers Bob Gibson and Jeri Knudsen and learn basic techniques. \$20, 9-11am at the Villages at Cascade Head. FMI call 541-994-3405

Ceramic Workshop. June 1. With Japanese Master Potter Ryo Suzuki. 1-4pm at the CCC Ceramic Studio in Astoria. FMI call 503-338-2449

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.

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—North County Recreation District—Nehalem. Monday 5:45-7:15pm Level 1 Yoga. Tuesday 4-5:30pm Yin Flows into Restorative. Wed 8-9:30am Mid-Life Yoga, leading into your 50's, 60's, 70's and beyond! Wed 5:45-7:15pm Restorative Yoga. Thurs 8-9:30am Chair Yoga. Thurs 5:45-7:15pm Vinyasa Light Yoga. Fri 8-9:30am Very Gentle Yoga. Saturday 8-9:30am Mixed-Levels Yoga. 4 different instructors, \$8 drop-in fee each class. 36155 9th St. in Nehalem, Room 5 (going south, just past Wanda's Café, turn left uphill). Call 503-368-7160 for more information.

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

YOGA—Bay City Arts Center. Classed with Michelle Lawhorn - Mon & Thurs 6pm. \$5 per class.

YOGA—Manzanita, Center for Contemplative Arts, Manzanita Ave., Tuesday 5-6:30pm. \$10 drop-in fee. Call 503-368-3733 for more information.

Yoga in Gearhart. Gearhart Workout. For more information log on to www.gearhartworkout.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.

THAI CHI—ASTORIA. Angela Sidlo is teaching Tai Chi at Astoria Arts & Movement Center! She will begin classes on Thursdays evenings at 5:30 pm starting May 14. The focus will be Yang Style short form. It is a very graceful form of meditation in motion with this ancient chinese wellness practice. Learn deep breathing, develop core strength and better balance as you experience a true mind body connection. We will also practice Sun style 12 & 24 form. (for those who knkw it and don't want to forget!) Angela has been teaching tai chi for over 5 years with literally hundreds of students

countywide. Join us for fun, relaxation and connection. Fee: \$50.00. Call Angela to register 503-338-9921

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 beachhouse11111@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, 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 amyselena888@gmail.com

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. Regstration is required at CCC. Class# is F7085054, Rm 209 Towler Hall. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: ronmaxted@wwestsky.net

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

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

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

VOLUNTEER

CLATSOP 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 the information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcountygensoc@gmail.com or call 503-325-1963 or 503-298-8917.

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

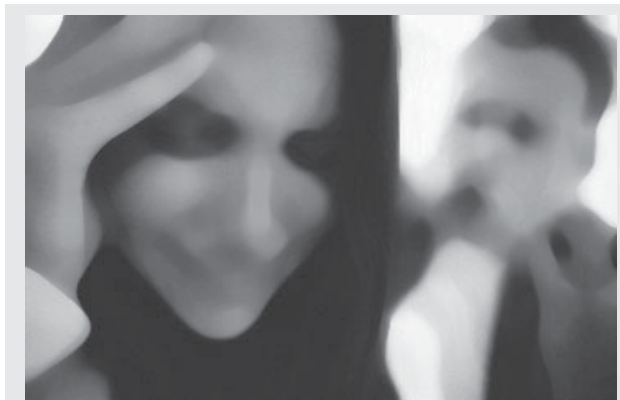
OPEN MICS

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

MEETINGS AND MEET-UPS!

TRANSGENDER HEALTH CARE. At May 13 PFLAG Meeting, 6-7:30 pm, St. Stephen's Church, SW 9th & Hurbert, Newport. The May 13 PFLAG meeting will focus on Transgender issues with the showing of "Transgender Tuesdays," a film by Nurse Practitioner and director Mark Freeman. The clinic operating Transgender Tuesdays created a new model of treatment: Primary Care for all those who self-identify as transgendered, not just those that could afford the specialists who once made that decision. And the people behind the stories demonstrate that it should be done far more widely. Following the film there will be a discussion focused on healthcare available for transgender people in Lincoln County and other rural areas in Oregon. PFLAG provides factual and helpful information and personal connections for families whose children or teens believe they may be among the minority in sexual orientation or gender identity. For more information, call Jeanne St. John at 541-265-7194.



Help Ending Abusive Relationship Tendencies (H.E.A.R.T.)

The Harbor- 1361 Duane Street Astoria, Oregon Every Wednesday, 10:00am–11:30am

H.E.A.R.T. covers subjects related to the effects of domestic violence on children, parents and other family members. We talk about the dynamics of power and control and how to recognize red flags. Domestic violence affects everyone residing in a household and if victims of domestic violence can learn how to see abusive patterns they will be better prepared for current and future relationships. If you or someone you know is in an abusive relationship this class can help to educate you and give you options. Everyone deserves to live in a safe home. Please call ahead to reserve a spot.

CONTACT: Audrey Williams, BS, audrey@harbornw.org

503.325.3426 ext. 104

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.

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.

GET READY TO APPLY TO COLLEGE. Clatsop Community College offers free workshops for prospective students who are interested in learning about programs and ready to begin the application process for admission and financial aid. These workshops are held on select Wednesdays at 9 AM and 10 AM. Sessions are limited to three participants to insure individualized attention. Register online at www.clatsopcc.edu/admissionworkshop. Workshops are designed for students who will pursue a certificate or degree at Clatsop Community College. You will learn about available academic and workforce training programs, admission requirements and cost of attendance. You will also receive hands-on assistance with completing your application for admission, and a jumpstart on filling out financial aid forms. Discover how to cost-effectively start your career, prepare to transfer to a 4-year school or train for employment here in Clatsop County. Please direct inquiries to: admissions@clatsopcc.edu

Messages Sonja Grace mystic healer

Living in Service

MY CLIENTS live all over the world from Dubai, New Zealand, Australia, Slovenia, England, Norway, Bangkok, Ireland and Denmark as well as the United States and Canada. All of my work takes place over the phone for I am able to defy time and space and put myself in front of that person no matter where they are on the planet. A typical day is serious spirit traveling. One such day started with a client in New Zealand and then one in Canada, then Los Angeles, an emergency in Dubai then a clearing and healing in France and a client in Washington DC. In between all of that I made several visits to Arizona to assist family on the reservation. I am like a surgeon; I repair tissue and energetically remove illness, restructure organs and clearing unwanted congestion. Muscles, tendons, ligaments,

organs, bones and blood are all in a day's work. On top of that I clear entities, alien energies and a host of astral plane lower vibrations.

It is not an easy job. I have dedicated my life to being in service. My husband would tell you that daily I am answering calls, text messages and emails helping people even when I am not in the office. Just recently we were watching TV and I got a text from a relative whose daughter was in labor but the baby was not positioned right. I worked on her right away and turned the baby. She gave birth not an hour and a half later. I help with as many births as I do deaths and find the passage of both coming and going to be the greatest miracle we experience. I don't complain if my hands hurt or my body reacts because the client I worked on is

undergoing chemotherapy treatment. I don't get irritated with not having enough 'me time' for I truly feel my earlier life was plentiful. Most important is I do not judge. I feel we are all here working out our karma. I listen to the equivalence of confessions daily and all I see is the wounded child who needs to be loved. Even when a client asked me if I minded if he smoked while I worked on his lungs gave me pause to realize the fear is so deep it must be masked at all times. I learn so much from my clients. They are beautiful souls engaged in a journey of self-discovery. Love is powerful and can heal karmic wounds. Peace is the ticket everyone is searching for. Meditation is a way to that internal bliss.

We are all spiritual beings with purpose, goals and dreams in all areas of life. We are meant to live our lives as spiritual beings and take that state of consciousness into our daily work as electricians, sculptors, mathematicians, scientists and more. This fifth dimension demands we take our spiritual experience into the daily grind. Each person is an individual with their own special gifts they bring to the world. We can feel the oneness that we all share through our feelings. This incredible expression of emotion is the glue that connects us to each other and to Source. Our karma is what defines our lives

today. Getting spiritual is a big undertaking for it requires us to take responsibility for our karmic past. I dedicate and surrender to Source daily. I ask that my will be in alignment with the will of God and the Goddess. I do not expect others to live as I do but hope to inspire people to work on their unresolved emotional wounds and heal. To give hope that we can evolve in our consciousness and remind humanity of our purpose; we are the caretakers of this planet. May we love at the deepest level of our beings and take responsibility for ourselves and Earth.

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

word and wisdom

By Tobin Nason

Let's Talk About Lazy....

WE DON'T TALK about some things. We might say, "Wow, I feel like being lazy today," or maybe say kiddingly to a good friend, "You lazy slug!" I made the contention on FaceBook (yes, Facebook) that we are a lazy society. We look for the good wine or a good time. I did not elaborate. I was short and sweet, and I meant it.

In the '90's it seemed workaholics set the tone. Always busy people, accumulating stuff, doing every social event - the new play, wine bar opening, and birthday for a close friend- and throwing in a trip to Italy or Morocco, and yes, working hard to afford it all. Life being lived to the hilt!

But these days? I see addictions of all sorts blooming. We drink, eat, and consume freely. I'll use myself as an example. I love my coffee. Love it. My only vice, I say. It's harmless, I add. What's the big deal if I drink a mocha a day? Here's the problem. Too much coffee can be harmful. It can make you jittery, throw your blood sugar into a downfall, and it has to process through the overworked liver. The cost of this indulgence can add up as well as the ounces which ultimately turn to pounds. What's

keeping me from dropping the habit? Laziness. I don't want to take the effort to change my ways. After all, it's my only vice.

Other habits - overeating, underexercising, drinking a lot - all have well-known negatives. From some, professional help is needed. For some, those that want to lose 20 pounds, tone up a flabby backside, or improve general health, laziness just might be a factor.

We talk about not being motivated. Sometimes we have the best of excuses, such as "I work so much I don't have time to exercise" or "My life is so stressful, a few glasses of wine after work are good for me."

Who says working hard gives a person a pass on good living habits?

I'm probably writing this column for myself. I am on task. I get things done. Indulging in an iced mocha and a nap seem okay with me. But guess what? It's a form of laziness. Laziness says you work just so much and no more. You deserve a big fat rest and lots of calories. Laze around then show up when expected, do as you need to, and later - that mocha and nap feel

earned. I wish I felt like I deserved a nice ripe orange and a mile run, but I don't.

This column is evolving into a "how to change" column, a theme I often address. Awareness and motivation have to be in the mix. So easy to get into autodrive - those habits that seem harmless.

Maybe that's it. Autodrive. Not thinking. Not questioning. That can keep up fat and happy. But laziness is another name for autodrive and blind acceptance.

Look around. Look at yourself. Those extra pounds? Lack of energy? Irritability? Not getting stuff done? Take a hard look. Too much coffee? Not enough exercise? Napping instead of vacuuming? Hm.

Could be laziness. Could be. It also could be humanity. Work and play need to coexist. All struggle and strife is not good for the soul, a bit of indulgence is part of self-care. Just don't let it evolve into (gaspl) Laziness.

Tobi Nason is a counselor in Warrenton. She has her own sense of laziness. She does indeed work a number of jobs and maybe napping is a good thing.

VOLUNTEER AT THE ANIMAL SHELTER



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

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



THE LOWER COLUMBIA CLINIC

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!



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



We've been framed!!!



Dear self today you will shine!!

Clatsop County Animal Shelter

1315 SE 19th in Warrenton

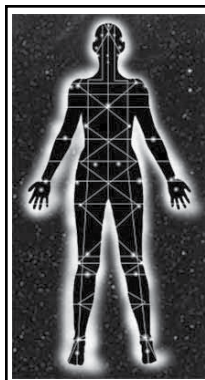
Phone: 503-861-0737

Hours: noon to 4 pm, Tues. thru Sat.

Visit our website at www.dogsncats.org



Join CAA on Facebook



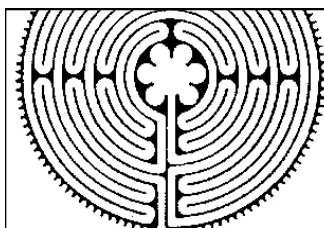
Reconnective Healing Practitioner

Ann Robben Dott

www.liveembodied.com

Schedule your Appointment!

503.791.3365



THE CIRCLE OF THE LABYRINTH

FIRST SUNDAY OF THE MONTH
3 PM - 6 PM
(BRIEF INTRODUCTION AT 3 PM)

GRACE EPISCOPAL CHURCH
1545 FRANKLIN ASTORIA
donations welcome

For more info: 503.325.6580

Tobi Nason
Counseling and Mediation Services
Specializing in Life Changes
M.A in Counseling

In Astoria
call 503-440-0587

TRACY ERFLING N.D.
naturopathic physician

primary care using
natural therapeutics

Call for an appointment! 503.440.6927
2935 Marine Dr. • Astoria
email: erflingnd@hotmail.com

Dragonheart Herbs & Natural Medicine, LLC

Margaret Hammitt-McDonald PhD, MSOM, ND, LAc
Naturopathic Physician, Licensed Acupuncturist

Seth Goldstein, D.C.

Chiropractic Physician, Independent Medical Examiner

231 North Hemlock, Suite #106 PO Box 1465
Cannon Beach, Oregon 97110-1465

Office: 503.436.0335 Fax: 503.436.0604

bodies in balance

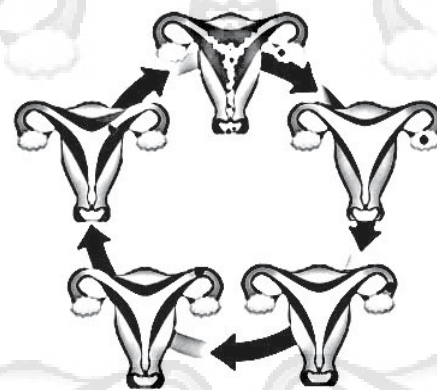
The Menstrual Cycle...Period.

LADIES AND Gentlemen it's time to venture into the most dynamic cycle of the body, the menstrual cycle. This female phenomena is a central part of many women's lives; one that people have honored (and cursed) for millennia. It encompasses not only a monthly cycle but a lifelong cycle and defines not only fertility and procreation but is also a gage of our overall health. Guys, you are likely experiencing this cycle in your own ways; so everyone read on to unveil some of the mysteries of a woman's cycle.

The menstrual cycle starts with menarche, the time when a young lady first begins menstruating. This phase can be intense and irregular as the body attempts to initiate and maintain a new hormonal rhythm. The ovaries learn to respond to the hormonal messages in order to form eggs and the uterus learns to build and shed its internal lining. In short a lot of new functions. For the majority of their lives women are menstruating, in their fertile phase, and (ideally) have the ability to procreate. This phase can be smooth for some and rather rocky for others. And finally menopause when the ovaries begin to retire from their cycling ways and a whole new body emerges on the other side. This too can be a rocky phase on many levels and covered in past articles, so for this article our focus will remain on the actual menstrual cycle...period.

Let's take just a moment to overview the physiology of the menstrual cycle shall we? It is an intricate dance of hormones starting with the hypothalamus, an area of the brain which controls our emotions and behaviors, including sexuality. This area releases hormones which are received by the pituitary, the 'master' of the entire endocrine system. The pituitary then signals the ovaries to start creating an egg, and as that egg matures more hormones signal when it is ready for release. The developing egg and egg sack within the ovaries are producing estrogen and progesterone which are messaging back to the pituitary how progress is

coming along. This coordinated hormonal messaging system between the pituitary and ovaries ALSO creates activity in the uterus. Those are the basic hormonal pathways and they are defined by two distinct phases: follicular and luteal. In the ovaries the follicular phase is when the egg is forming and the luteal phase is when the egg is released. In the uterus the follicular phase begins with bleeding and is then followed by the uterine cells proliferating, or multiplying, building a new layer in preparation for pregnancy. In the luteal phase this new layer begins to thicken and the cells enlarge in order to nurture any



potential pregnancy. It's kind of like preparing your tent for the night, you roll out your flattened air mattress (the follicular phase), then begin to inflate it and you put your sleeping bag on top (the luteal phase) and you're ready to hunker down for a warm cozy night of rest...camping will never be the same. Once the pituitary learns that there is no pregnancy, all hormone production stops and this marks the end of the luteal phase. The next follicular phase begins again with bleeding (releasing the old lining), and the growth of another egg. Phew...complicated huh?

With the complexity of the process I have just reviewed it should strike you as kind of amazing that it works smoothly for many and no wonder it goes astray for many others. Issues surrounding menstruation include but are not limited to: no bleeding (amenorrhea) either at all or infrequently, irregular bleeding, and bleeding too much or too frequently

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



(menorrhagia). Then of course there is the moodiness, cramping, bloating, breast tenderness, and general malaise prior to the start of bleeding (PMS!). This can vary widely, can happen for days to weeks prior to a period, and for some women be very disruptive to their ability to function normally in their relationships at home and/or work. Finally when the whole system is not functioning properly difficulties achieving pregnancy (infertility) can be a significant issue. Clearly each scenario will have a different diagnostic and therapeutic plan.

Since the variety of reasons for menstrual related problems is vast, exploring the cause can be the same. Testing of anatomy may be warranted to rule out fibroids, ovarian cysts, or abnormalities of the uterine lining; ultrasound is common for this. Testing of hormones can help determine if all the glands are working appropriately, and there are a variety of tests from urine, blood and saliva which may be advised for this. For intense mood issues testing of neurotransmitters may be a useful addition. Lastly ruling out infection may be important, especially with abnormal bleeding between periods or bleeding after intercourse and accompanied by pain or discharge. This type of testing can typically be accomplished with a simple swab or urine sample. Sometimes irregular bleeding is just par for the course for certain phases of life, especially when first starting menstruation or when

nearing menopause. In these cases there are some effective tools to manage bleeding that may not warrant testing.

I want to wrap up by focusing on a few go-to's that I find safe and effective for managing some of the more common issues I see in my practice. First is a good quality B complex vitamin with additional B6. This has time and time again proven a wonderful helper for emotional issues including, moodiness, irritability and tearfulness. B6 is an important nutrient to balance nervous system function and can become depleted for many reasons including stress. Try taking 200mg of B6 daily with food especially around the period or PMS time. The herb Chaste Tree is another must try for irregular periods, especially if the time between periods is getting shorter. Herbs for altering the menstrual cycle can take some time to change old patterns, so try daily for three months before determining if changes are occurring. Finally the use of contraceptives to over-ride dysfunctional hormones cannot be overlooked. Clearly their primary role is to prevent pregnancy but, they can be a very effective method to stop heavy painful periods, get a cycle back on track, or even manage recurrent ovarian cysts. Obviously a qualified healthcare provider can help counsel you on your options and as always the advice written here should not take the place of seeking medical attention.

Hope this has shed light on the process of menstruation and given you pause to take a moment to honor this dynamic cycle...period.

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

A YOUNG MAN'S FANCY

is not the only thing that is tickled by the advent of Spring. If the randy behavior of the water fowl who spend summers plying the waters outside my front window is any indication, pretty much every living thing has passionate intentions right now. There is all manner of duck sex being perpetrated in and around my yard. As with humans, the pursuit and subsequent brag-gadocio, (Yeah, you bad), comprise the majority of the ritual. Drakes really are the epitome of ridiculous machismo. And clearly, no one is less impressed by their conduct than the very objects of their desire. The females spend the bulk of their time executing evasivema-neuvers followed by 20 seconds of submitting to the inevitable followed by hours of refusing to acknowledge their molester's existence. It's a peculiar spectator sport and not one I would normally think to choose were it not so everywhere all the time right now.

The whole 'It'sSpringAndWeSimplyMustProcreate' thing appears to be exhausting and is certainly an appreciation course for being human. Romance for us is not dictated by the season or the need to insure the future of the species. It's a massive luxury. Not to mention, we're not obligated to get the job done in full view of whoever the heck happens to be looking. I'm not saying we shouldn't, I'm just saying we don't have to. Also, maybe a stranger's front yard....not the optimum choice.

Stick with me, there's a recipe in here somewhere.

Spring and its BFF, Passion are authorized to mean much more to us than to, say, ducks. For

me, that combination brings a boatload of desires. One of which is the yearning to eat the first, fresh

CHEW ON THIS!

by Merianne Myers



flourish of foods that I've been using out of the freezer and pantry all winter. The rest of which is simply none of your business.

Salade Nicoise embodies Spring in the most delicious of ways. Salad greens, tiny potatoes, spring onions, cherry tomatoes, fresh herbs, tender green beans, fresh fish if you're lucky and yard eggs.

There is a whole bunch of conflicting theories about what a proper Salade Nicoise should or should not contain. I have personally felt myself slipping into darkness while being schooled on this very subject. I am simply not interested. If I am ever in Nice, France, I will politely (but insincerely) indulge all philosophies on the subject. Hopefully, while eating the subject of discussion.

At the risk of repeating myself: I'm not big on tradition. I tend to think of it as a habit gone

horribly wrong. I'm enthusiastic about innovation, bored by

purists. All of which makes cooking perfect for me. A recipe is just a suggestion, a place to start. Do with it what you want and everyone else's idea of how you should have done it be damned.

There is simply no way to make this salad that is not destined to be scrumptious. Feel free to add or subtract ingredients or change up the vinaigrette as the season and your desire dictates.

Serve this with a chunk of good bread slathered with real butter and a lovely, summery white wine. Think Springlike thoughts as you savor your meal. Keep an eye on the person across the table from you. See what develops.

Stay out of the yard.



SEXY SALADE NICOISE • SERVES 6

- 10 to 12 baby red or gold potatoes
- 1 pound fresh green beans, stem ends snapped off
- 15 or so cherry tomatoes, halved
- OR 8 ripe (good luck) Romas, quartered
- 1 medium red onion, peeled, halved and thinly sliced
- OR a 4 or 5 spring onions, peeled and thinly sliced
- 1/2 cup Kalamata olives, pitted and halved Obviously, Nicoise olives are the way to go here but hard to find in these parts.
- 3 Tablespoons chopped fresh parsley
- 5 fresh eggs, hard boiled, peeled and either cut into wedges or diced
- 2 ounces anchovy filets

-12 ounces or more of tuna When Albacore is available off the boat, your planets have aligned. Season it with salt and pepper, sear it on both sides, let it cool and slice it. If it's not available fresh and local, use a comparable amount of locally canned, solid pack Albacore, well drained and chunked into bite sized pieces.

-Salad greens if you like

Preheat oven to 400. Place potatoes on a sheet pan, drizzle with a bit of olive oil, sprinkle with salt & pepper and roast until fork tender. Meanwhile bring a pot of water to a boil and blanch the green beans for 2 to 3 minutes, then transfer them to a bowl of ice water to cool and set the bright green color.

Make the vinaigrette and toss the warm spuds in it, followed by all the other veggies. I usually chop the anchovies and toss them in with the vegetables. You could also leave them whole and use them for a garnish along with the egg.

If you are using salad greens, toss them in a tiny bit of the dressing. Then plate them topped with the dressed vegetables and the fish. Drizzle a little of the vinaigrette over the fish. Not too much. Top with egg.

Without the greens, this salad is a great leftover. Everything gets all marinatey and perfect overnight. You can then tuck it into a nice roll and have a lunch that's just ducky.

DIJON VINAIGRETTE

- 2 to 4 cloves of garlic, minced
- 1/3 cup white wine or white balsamic vinegar
- 1 1/2 Tablespoons Dijon mustard
- 1 Tablespoon minced fresh herbs parsley, thyme, sage
- 1 cup olive oil
- Salt and pepper
- Mix everything but the oil, then add oil slowly while whisking OR put the whole shebang in a jar and shake it.

SHWEEASH BAMBOO

nursery | removal | design

Family owned & operated with over 15 years experience in bamboo horticulture. Schedule an appt. to come visit our farm. Local delivery & consultation available.

Dave Crabtree • Noah Bell
87509 Lewis & Clark Rd, Astoria, OR
(4.5 mi from Seaside) by appointment only

503.440.2998 | www.ShweeashBamboo.com



GET FRESH WITH US!

EVERY SUNDAY ON 12TH ST.
MAY 10 – OCT 11
IN HISTORIC DOWNTOWN
ASTORIA 2015
astoria**sundaymarket.com**

BIOCHARM FARMS

Soil Testing and Analysis
Remineralize for great tasting, disease resistant and nutrient dense food.

We Offer:

- Biocharm Farms Ideal Soil
- Biochar and Custom Mineral Fertilizer
- Sea-Ore(tm) and Sea-Crop(tm)

360.642.2029
Jim Karnofski
1636 SR 101
Ilwaco, WA 98624

Beers To Your Health

THE ART OF GARDENING

ASTORIA CO-OP GROCERY'S GARDENER

BECKY GRAHAM



//NATURE INSPIRES, ART FOLLOWS is a guiding principal in Horticulturist, Becky Graham's designs. Astoria Co-op Grocery's next monthly lecture at Fort George Brewery will feature, Graham, the Co-op's parking lot gardener. Graham with her business, Harvest Moon Designs, has not only helped transform the Co-op's outdoor space, but she takes her knowledge and passion about plants all over the community; from the rooftop of the Hotel Elliot to a healing garden that's in the works at Columbia Memorial Hospital, for example.

One might imagine finding Graham's home garden in Knappa on the pages of Sunset magazine. It is made up of raised beds that include an artful combination of edibles, ornamentals, and found objects such as rusty pipes that have been converted into planters.

"I hunt and gather for things that make me weak in the knees. Sometimes I don't have any idea of how I will use it, but I know I will. I have an old copper washing machine and I know I'm either going to make a water feature out of it or a planter. I play with colors, texture, and materials I love," Graham said.

Graham calls the garden her classroom, sanctuary, and playground. Part of Graham's career includes being a garden

coach, helping others design their own gardens. Graham's lecture will include photos and information to provide examples of things you can do with raised beds, containers, and art.

"Mixing food you can grow locally in containers as well as ornamental and plants good for pollinators. I think about birds, honey bees, and butterflies. Some art happens naturally. You look and you see a combination of foliage and there's a butterfly that lands there... that's art as well as the things you bring in," Graham said.

You can meet Graham and learn about gardening and design at the Co-op's monthly food and wellness lecture, "Beers to Your Health" at the Fort George Lovell Showroom located at 426 14th Street in Astoria on Thursday May 14th at 7 p.m. Doors open at 6 p.m. There are food and drinks available for purchase. The event is free and open to all ages.



Coastal Soul is bringing "Soul Food Sundays" to Manzanita Lighthouse Pub & Grill.

Come get your "mmm" on.



MANZANITA LIGHTHOUSE PUB & GRUB is excited to introduce "Soul Food Sundays" featuring the cuisine of Coastal Soul, founded by LaNicia Williams. Visit the Lighthouse Pub & Grub, Sunday beginning Mother's Day, May 10, 2015, for the best soul food the Oregon coast has to offer - featuring fried chicken, collard greens, black eye peas and rice, plus cornbread that will have you humming.

LaNicia Williams is a native of Southern California and has been a resident of the Pacific Northwest since 2001. Moving from western Washington to the northern Oregon Coast in September, 2014, LaNicia has quickly made a splash on the coast serving up food for the soul.

The Manzanita Lighthouse Pub & Grub is located at 36480 Highway 101 in Nehalem. Open Sundays at noon.

"Amazing! This is the best soul food I have ever had. Home style cooking, delicious flavor, and the cornbread... the cornbread is to die for!!" Shannon Michaelis, Owner of Brickyard Farms, Tillamook, OR.

Spring Cooking Class

With Chef Teresa Dufka

At Seaside Public Library

May 9

BREEZE into the season on Saturday, May 9 at 1:00 p.m. at the "Yippee for Spring Cooking Workshop" with Chef Teresa Dufka. The event is sponsored by The Friends of the Seaside Library and will be held in the Community Room. The workshop is limited to 20 people and you can sign up at the Circulation Desk or by phone.

"The Yippee for Spring Cooking Workshop" will be taught by local chef and entrepreneur Teresa Dufka. The workshop will feature cooking instruction and hands on demonstrations of three delicious appetizers that will be the talk of your Mother's Day repast or lawn party. Teresa will be instructing us in the preparation of Rice Noodle Salad Rolls with classic dipping sauce, Barley Miso Soup with our local seaweeds, and Raw Fruit Candies made with dried fruits, seeds, and surprises. Attendees will have a full experience of prepping, cooking, and serving these tantalizing items, as well as receiving a recipe book with simple how-to procedures.

This terrific menu celebrates fresh and raw, naturally gluten free, and foods rich in complete proteins, raw veggies, brown rice, and natural sweets.

Teresa Dufka is a graduate of the Culinary Institute of America, in Hyde Park New York.



She's been a chef at the Rockefeller Resorts, Le Normandie Massenet and the bakery chef at the Hilton Hotel in Portland. Dufka is currently the owner and chef of T. Rands, a local business that produces artisan sweets and savories which are handmade with locally sourced organic ingredients. And on top of creating delicious food, she also delivers.

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

SEED TO SUPPER GARDENING COURSES. A Beginner's Guide to Low-Cost Vegetable Gardening. A comprehensive, 5-week beginning gardening course that gives novice, adult gardeners the tools they need to successfully grow a portion of their own food on a limited budget. Free, registration is required, first priority is given to low income participants. Two separate courses are offered. Tuesday evenings May 12 - June 9 at the OSU Extension Service in Tillamook, or Saturday mornings 10am - 12pm at the White Clover Grange, Nehalem. Register online at food-rootsnw.org/local-food/seed-to-supper/registration/

FOOD GROOVE

FAOOYD GOOJ



"LOCALS' SPECIAL" EVERY MONTH

BODY TREATMENTS
MASSAGE
FACIALS
COUPLE'S PACKAGES

At CANNERY PIER HOTEL

AUTHENTIC FINNISH SAUNA

MINERAL THERAPY HOT TUB

GIFT CERTIFICATES ALWAYS AVAILABLE



NO. 10 BASIN ST. 503-338-4772

www.cannerypierhotel.com

10-6 Daily

KMUN 91.9FM



"I like to think - so I tune to KMUN. It's a wonderful way to unwind from work and listen to thoughtful information. My favorites include *Ship Report*, *Bird Note* and *Democracy Now!*"

-Sondra Eaton,
Owner/Manager
Peninsula Golf Course &
The Cove Restaurant
Long Beach, WA.



Coast Community Radio

91.9FM 89.5FM 90.9FM

BRIDGE
water
BISTRO



gluten-free friendly!

on the river • bridgewaterbistro.com
20 basin st., astoria or • 503.325.6777
open every day • lunch, dinner, sunday brunch

OPEN EVERY DAY
FOR LUNCH & DINNER
Specials served daily.



Fulio's
Pastaria & Tuscan Steak House

We use the freshest ingredients to create unique and delicious Italian cuisine featuring *Pastas, Seafood & Tuscan Steaks.*

COCKTAIL & CAPPUCCINO LOUNGE • FINE ITALIAN WINES

DOWNTOWN @ 1149 COMMERCIAL
503-325-9001 FULIOS.COM

Listed in "Northwest Best Places" for 24 Consecutive Years!



- English Fish & Chips
- Chowder
- Seafood Entrees
- English Specialties
- Full Service Lounge
- Fireplace
- Int'l & Domestic Beers On Tap


Casual Dining
Great River Views



On the Trolley Route
We're Number 1 on 2nd Street
503.325.0033
www.shipinn-astoria.com

FORT GEORGE
BREWERY + PUBLIC HOUSE
ASTORIA, OREGON

one city block
• 3 locations
pub + 14 taps
pizza joint + 14 taps
taproom + 19 taps



503.325.7468 1483 duane st fortgeorgebrewery.com



Astoria co-op grocery



Grill an Oregon grass-fed burger!
Certified humane beef, organic chicken, sausage, hotdogs, & seasonal local fish

CO-OP MEAT & FISH

Deli sides, craft beer, in-season produce

Barbeques made healthy, easy & fun

Everyone welcome • open daily 8am-8pm
Corner of 14th & Exchange • (503) 325-0027

Building with Bread since 2004

.....

New Hours!
7am - 3pm

1493 Duane Street
open daily



Green Angel Gardens
organic farm store

fresh fruits and veggies from our farm, and OR & WA farms. CSA'S too!
open daily 8am - 7pm

6807 Sandridge Rd. Longbeach, WA
greenangelgardening.com



MAY IS OREGON WINE MONTH

Celebrate with a different Edgefield wine each week:
\$7 per glass at every Oregon pub

May 1-3 · 2013 Chardonnay · May 4-10 · 2012 Pinot Noir
May 11-17 · 2011 Cabernet Sauvignon, Alder Ridge Vineyard
May 18-24 · 2014 Pinot Gris
May 25-31 · 2012 Cuvée de l'Abri Rouge

GOONIES 30th ANNIVERSARY

Thursday, June 4 through Sunday, June 7

Can you believe how long it has been since Astoria's Chunk and friends debuted in *The Goonies* on the big screen?! We're marking the occasion by showing *The Goonies* in Livingstone's Room; serving a Goonies Gold Ale on tap, and offering Goonies food specials and Baby Ruth milkshakes. We'll have a Goonies Passport stamp, too!

Four miles north of Seaside

Gearhart Hotel & Sand Trap Pub

1157 N. Marion Ave. · Gearhart, OR · (503) 717-8159
mcmenamins.com



2nd Saturday ART WALK

5:00 pm
Downtown
Astoria

Every month,
year 'round!



**May
9th**

Visit Downtown Astoria
on the 2nd Saturday of
every month for art, music,
and general merriment!

Presented by the
Astoria Downtown
Historic District Association



astoriadowntown.com

102.3 fm

KCRX

the Classic Rock Station

Quarterflash



@ the Liberty Theater

Friday • May 22 • 7pm



Northwest TOYOTA DEALERS

TICKETS: \$35/\$27/\$22

LOVE IS A ROAD celebrates and expands
Quarterflash's signature pop-rock sound from the
Oregon band that penned five top-forty hits in the
80's including their #1 song, 'Harden My Heart.'

Tickets available through TicketsWest.com
or the Liberty Theater Box Office
Box Office: Tue - Sat 2pm - 5:30pm



Liberty Theater presents

ANTHONY KERNS • TENOR



Saturday, May 16, 2015
7pm
Tickets: Adults, \$20
Stud/Sen/Military, \$15

"Voices like this don't come along
very often; it is a voice of the
century voice"....Steffanie Pearce,
Founder and Artistic Director,
Opera Naples [FL]

Astoria School of Ballet presents
CINDERELLA

Friday, May 15, 7pm

Adults/Stud/Sen/Military, \$10

Children under 12, \$5

**13TH ANNUAL
ASTORIA MUSIC FESTIVAL**
JUNE 13 - 28
16 DAYS • 23 EVENTS
• 100 PERFORMERS

LIBERTY THEATRE

LIBERTY THEATER BOX OFFICE

Tues – Sat, 2 – 5:00pm & 2 hours before curtain • 503.325.5922 ext. 55
1203 Commercial Street, Astoria, OR (Corner of 12th & Commercial)
www.liberty-theater.org

Tickets on
sale
NOW!