

Love Wins!

Drew Herzog on

**marriage
equality**

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region • july 2015 • vol 16 • issue 198



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A Beginner's Guide to Legal Marijuana in Oregon

**Tribute to the Columbia
a river's significance**

**Astoria Artist Studio Tour
coming up**

**Burgers are back
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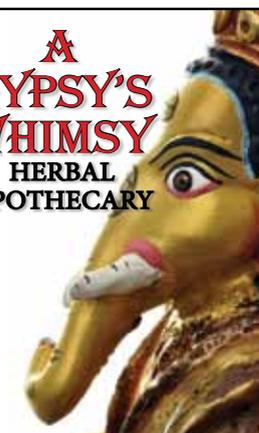
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Faun Fables at KALA July 25

KALA enthusiastically brings to its stage on July 25, the collaborative duo Faun Fables. Hailing from the San Francisco Bay Area, they are front woman Dawn McCarthy and her partner Nils Frykdahl, multi-instrumentalist on string instruments and all manor of flutes.

Faun Fables is on a national tour this summer, making their way from the east coast to the west with a date in Seattle before their Astoria performance. Travelling in true gypsy fashion they come with their young daughters who join them on stage for a portion of the show.

It is worth mentioning that bookings at KALA performance space happen rather synchronistically or organically. While performance dates are limited to HIPFISHmonthly production schedules, selected shows are quite often linked to specific local artists with bodies of work to be performed, which desire a listening audience in an intimate setting. Because the space offers a high-end sound system and sound tech, and natural acoustics, there's a great "wow" factor for both performer and audience. One of our favorite returning performers, mystic troubadour B'ee, suggested KALA to Faun Fables, and we are delighted that their tour is coming our way. In addition, we appreciate the radio venue of The Velvet Voice on KMUN (Mondays, 10pm) that features a cross mix of creative music in the realm of psyche folk from yesteryear and a renaissance of artists in a contemporary realm, such as B'ee.

Dawn McCarthy is a unique performer today who forges rock bands of her youth, a love of theater and ethnomusicology into stage performance that breaks through the typical songster with guitar performance persona. Born and raised into a musical family in Spokane, WA, she eventually spent time in NYC cutting her teeth with various bands but most notably as a yodeler with the Bindlestiff Family Cirkus.

Her performance history took a pivotal turn in 1997 with a solo quest through the UK and Ireland and its bardic traditions; her album following 'Mother Twilight,' was acknowledged by Scottish author R.J. Stewart as a work containing true underworld tradition content.

Together with Nils Frykdahl in 1998 they formed Faun Fables. In 2003 they attracted the interest of DRAG CITY RECORDS and made their label debut 'FAMILY ALBUM,' after two self-released records.

Now, after fifteen years of collaboration and twelve years of touring, FAUN FABLES are known for exquisite, visceral adventures in song & theater and riveting live performances to eclectic and devoted audiences in North America, Europe, Australia, New Zealand, Iceland, Israel. They have six album releases on Drag City to date.



Faun Fables

Frykdahl is a member collaborator of numerous projects, as well McCarthy recorded a lauded cover album with Will Oldham (Bonnie Prince Billy), in tribute to the Everly Brothers. Dawn also worked with Bonnie on the albums 'THE LETTING GO' (Drag City 2006),



On Bass Clarinet, multi-discipline artist Arrington De-Dioniso

recorded in Iceland with famed Bjork producer VALGEIR SIGURDSSON, and the simple demo tapes 'WAI NOTES' (2007).

On a national tour (fall 2012) Faun Fables debuted 'Black Angels/CZARNE ANIOLY,' by Polish art-song composer ZYGMUNT KONIECZNY, whom Dawn met in Krakow, Poland in 2005 -while training with Grotowski-inspired theater cult GARDZIENICE.

A taste of what Faun Fables has to offer in their repertoire, please take pleasurable advantage of this summer concert opportunity on the Oregon coast.

Opening acts for the eve: Arrington De-Dioniso, (Portland) bass clarinet, and Paul Hoskin, (Seattle), on contra-bass clarinet in an improvisational performance. In addition coastal performer vocalist and guitarist Eric Conly.

-D. Urell
Saturday, July 25, \$12 admission. Doors open at 7:30pm, 8pm Show. Faun Fables at 9pm. Full Bar, Light Fare. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878.

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JAZZ @ KALA

Vocalist Kelley Shannon Pianist George Colligan July 22 • 8pm

By Wesley K. Andrews

YOU may recall a certain art gallery called Pacific Rim. And if you do, and if you've been living on the coast for at least a little while, you may recall a certain teenager singing at the Friday night openings. She was the owner's daughter. You might remember this teenager growing older, her voice growing bigger, and her ear getting more sophisticated along the way. Maybe you were one of the locals who heard this teenager sing and thought, "Huh, this gal's got a future in music."

If that was you, then you were right.

Kelley Shannon performs live at KALA on Wednesday, July 22 with internationally acclaimed pianist George Colligan. It's a heck of a homecoming for a globetrotting songbird who first spread her wings in the company of Astoria's famous coterie of painters.

"I took private voice lessons starting at age thirteen," Shannon said in a recent interview with Hipfish, "I was training in classical music but I always knew I wanted to sing jazz."

Living in Spokane, Washington at the time, Shannon soon found difficulty getting the jazz training she craved. "I just listened to a lot of Sarah Vaughn, Ella Fitzgerald, and later Carmen McRae," she told Hipfish, "Along with lots of instrumentalists: Coltrane, Miles Davis, the usual jazz repertoire. I memorized a lot of lines and a lot of Ella's improvisations."

It was the attention to improvisation that would come to define her fully matured sound. Shannon's upcoming gig with George Colligan will be a loose, free-flowing, magical affair.

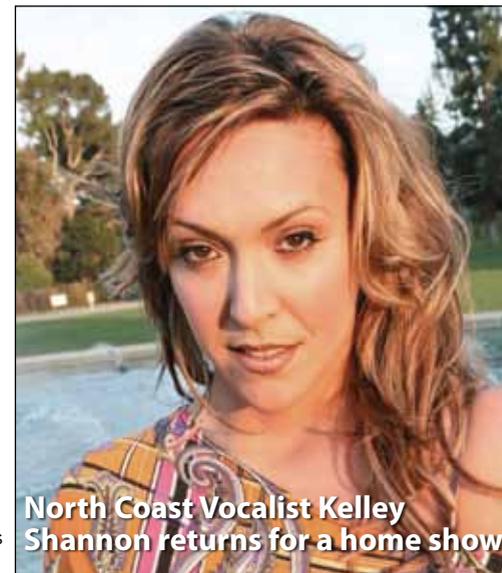
Colligan boasts an incomparable resume as one of America's elite jazz pianists. He has appeared on over 100 albums since 1992 as sideman, composer, or bandleader, including appearances with Cassandra Wilson, Don Byron, Buster Williams, and Lonnie Plaxico, and served on the faculty of Juilliard and Portland State.

His latest recording, "Risky Notion" received a 4 star review in Downbeat Magazine, and follows on the heels of a trio recording with venerable jazzist, drummer Jack DeJohnette, and as one reviewer described - a genius sleeper, due to the small label recording.

Saxophonist Don Braden, writing in Jazz Times, said of Colligan, "As a creative artist, he's really up there. In terms of technique, knowledge of music and improvisational creativity, there aren't a whole lot of cats from his generation that are any better than him. As a matter of fact, I can't think of any."



Today's jazz scene is bolstered by the piano work of George Colligan.



North Coast Vocalist Kelley Shannon returns for a home show

Shannon and Colligan met at a small club in Portland a few years ago. She describes their collaboration as "That immediate kitten-and-a-string energy, real happy. The fascination factor was there right away. He's just an incredible player."

At the upcoming KALA show, "I don't even know what's gonna happen but I know it's gonna be wonderful. It's a beautiful conversation." The two enjoy an improvisational chemistry and possess the technical chops to bring their bipartite vision to life.

She added, "I'm bringing my new friend home!"

Astoria was Shannon's jumping-off point throughout the early years of her singing career. Those are precarious times for any artist; professionalism and craft demand all of one's time but the industry isn't necessarily lending its full financial support. Shannon feels blessed to have spent those years surrounded by Astoria's community of artists.

"Astoria showed me how to be a slow burn," Shannon continued, "Lots of true artists gave me a lot of good advice on how to be steady and not burn out. A lot of musicians give it their all and then they've got nothing left."

Shannon was at lunch one day with the great American painter Harry Bennett, "And we were talking about inspiration. How it comes and goes, and it's like a wave, and sometimes your inspiration is heavy and high and you just got to paint or write. It might be gone the next day, but not to worry, because it always comes back."

"You get touched by the fairy and the fairy flies away. But it always comes back. It's a daily thing."

Asked what she misses about the coast, Shannon said, "The people. The community. The river - I'm very much inspired by nature and my surroundings."

"You can find music in anything. There's a lot of inspiration to be drawn."

Shannon might find deep inspiration here on this oceanfront corner of the continent but her career has taken her all the way to the beating heart of American music: The John F. Kennedy Center in Washington, D.C.

It was part of the famed Betty Carter Jazz Ahead residency program. "It was really moving to see the legacy that Betty Carter left for upcoming musicians, and to be a part of it," Shannon said, "It really made me feel connected."

"I consider myself a channeler. It's not an ego trip for me. What I do is I stand on the stage, in the moment, and I do what I do and I channel it."

"I'm stepping into another realm, or another world, and hopefully I pull the audience into that world with me."

Step into jazz intimacy and exploration with Shannon and Colligan:

Wednesday, July 22, 8pm at KALA
\$12. Doors open 7:30pm
Full Bar - Light Fare.
1017 Marine Drive, Astoria

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“When Bad Things Happen to Good People, Good People Dance!” Campuzano Family Benefit, Zumba Dance Party • Aug 7

THE NORTH COAST ZUMBA NETWORK, comprised of Zumba Instructors from Knappa to Nehalem host A Zumba Dance Party. Their goal, to offer a compassionate community a way to respond creatively and generously to the unfortunate events experienced by fellow community members.

The event will begin with a 30 minute Zumba Kids Dance Party, from 6pm – 6:30pm, Friday, Aug 7 at Seaside High School. This will be followed by a 90 minute, Zumba Dance Party beginning at 7:00pm.

Zumba is an international dance-fitness program that is practiced in 180 countries, by over 15 million people, at over 200,000 locations. It's a fun, individualized, effective form of exercise and self-expression.

Admission to the Campuzano Family Benefit, Zumba Dance Party will be by suggested donation, and all proceeds will be deposited in the Campuzano Family Fund at the Bank of the Columbia.

The event was created after the Campuzano family experienced a significant theft while on their way to visit relatives in Mexico last January. The local family has been living, working, and raising children here on the North Coast for many years.

The Campuzanos story was written by Erick Bengel and published in the Seaside Signal May 15, 2015. Tickets for this event can be purchased in advanced. All contributions in any amount will be greatly appreciated! For more information please call Joy Sigler: 503-738-6560

Imagine a community without hunger! South County Food Pantry Celebrates

Please join the South County Food Pantry, Saturday, July 25th from 1 PM – 3 PM at our NEW location – 2041 N. Roosevelt in Seaside, Oregon for a Free Ice Cream Social and Ribbon Cutting Ceremony! Can't join on Saturday but want more information about the food pantry? Go to www.southcountyfood.com, www.facebook.com/seasideoregonfoodpantry. Or stop by anytime Monday - Friday, 9am to 4pm. 503.738.9800

Buddy Walk® at the Beach Registration/ Contest Opens Serving Tillamook and Clatsop Counties

While most of us were excited when we approached high school graduation and looked toward the future as full of possibility, young people with disabilities “age out of the system” and suddenly find themselves without the support, programming, and services they received during their school years.

This year's Buddy Walk at the Beach, one of over 250 nation-wide, is looking to raise \$30k to support Sammy's Place, on Oregon's beautiful north coast, to establish a much needed living and working community for adults with special needs. The walk will promote awareness about developmental disabilities and the vision Sammy's Place has for those with special needs. If you cannot make the Buddy Walk at the Beach, folks are encouraged to enter the contest by becoming a Fundraiser; ask friends to give a few bucks to your page for Sammy's Place and qualify to win one of five amazing prizes. 1st Place includes \$1000 visa gift card. The Buddy Walk is at Quatat Park, Seaside, OR, Saturday, September 19, at 9:30am.

To Register or become a Fundraiser for prizes: www.sammysplace.info (Contest Rules at online registration)

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Weather Guy joins KMUN Coast Community Radio

COAST COMMUNITY RADIO is pleased to announce the addition of Gordon McCraw, meteorologist and Tillamook Emergency Manager to their expanding news department.

McCraw brings in-depth weather reports for the SW Washington and North Oregon Coasts and Tillamook during NPR's Morning Edition and All Things Considered Monday through Friday.

“We're very happy and proud to have him on board,” states Joanne Rideout, station manager. “It's great for the station overall to have a weather expert and emergency services guru on our team. It's also part of our commitment to serving all of our listeners.”

Hear McCraw's weather reports during NPR's Morning Edition at 8:19am PST and All Things Considered at 5:19pm PST. Listen at KMUN 91.9fm Astoria, KTCB 89.5fm Tillamook, CoastRadio.org and on the TuneIn app at KMUN.

Support Group for Survivors of Sexual Abuse at The Harbor

The Harbor's Sexual Assault Peer Center will be offering a multi-week support group for women who are survivors of sexual violence. This group will run Wednesdays from 4:00 pm to 5:00 pm, July 15th thru August 26th. Group topics include: the importance of self-care, developing coping skills to manage stress and anxiety, identifying the effects of sexual violence, and inner strength identification.

For more information and to register please call Sharon at The Harbor: 503-325-3426 ext. 106 or visit www.harbornw.org

NO LNG meeting: Columbia Pacific Common Sense

Thursday, July 23rd

3 Cups Coffee House, 279 W Marine Dr.

6:00 Potluck snacks and delicious coffee

6:30 Meeting: What's next for the city of Warrenton? What happens now that OLN chose NOT to challenge the LUBA ruling supporting our Clatsop County Commissioners? What are our next steps? And all other things related to stopping LNG!!

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The Captains of Chaos

AS THE QUADRENNIAL presidential election circus approaches, think tank warriors are again front and center. Americans who tune in Sunday morning news shows to be “informed” listen instead to ubiquitous neocons mouthing their latest war propaganda. Time was in the US when war was something to be avoided, or fought only in dire situations when diplomacy had failed and vital interests were threatened. But virtually none of the wars since 1945 fall into that category. The only general to serve as president in the twentieth century, Dwight Eisenhower, having experienced World War Two as Allied European commander, steered the country away from war in his two terms during heightening tensions with the Soviets. But today’s armchair warriors, the neocons and their fellow travelers in both parties, are always itching for new countries to bomb, arch-terrorist enemies to eradicate with drones, or actual “boots on the ground.”

Indeed, war has become as normative as in Orwell’s fictitious Oceania, where television screens everywhere constantly blast the evils of Eurasia or Eastasia. Why have we reached this state of affairs, and who benefits from it? World War One’s most decorated soldier, Marine general Smedley Butler, wrote a booklet still in print called “War is a Racket.” In 1916, he recalls, Wilson gained reelection on a peace platform, then entered the European War only months later. Butler recounts the sales bonanzas in industries from clothing and food to the full panoply of death wielding armaments. He also notes that soldiers who experienced the horrors of trench warfare and poison gas, received \$30.00 per month out of which they had to spend a sizable chunk on “Liberty Bonds.” After the war, the banks paid off on the bonds at a discounted rate, robbing veterans while making their own kind of killing.

Members of today’s All Volunteer Military, drawn mainly from the ever expanding poorer classes, are available for constant deployment. Fighting Islamic insurgents, they are often accompanied by mercenaries, “privatized” killing forces like Blackwater, rechristened Academi to avoid lingering embarrassment over atrocities they committed in the latter Iraq war. Citizen protest is muted because no one has faced the draft since it was abolished following the furor over Vietnam. In an economy characterized by rackets to privatize the commons, war



profiteering is not, as formerly, a felony punishable by lengthy prison terms, but standard operating procedure. Think of Vice President Dick Cheney and Halliburton, the company of which he had been CEO. They and their subsidiary Kellogg Brown and Root made huge profits from the second Bush’s Iraq war.

Neocons in both parties act as if war will solve the world’s problems when it only escalates the cycle of violence. The first President Bush began the practice of launching war against an Islamic oil state, Iraq, with battalions flown to Saudi Arabia, the Islamic holy land. That war, followed by over a decade of murderous sanctions and continuous bombing of Iraq in the two Clinton terms, provoked the formation and

by Stephen Berk



growth of Al Qaeda. Islamic jihadism has invariably been a response to Western military incursion into Arab homelands, whether with bombs, drones or armies. But as General Butler understood, this is a win/win for the war makers, since they make big money from their deadly games. In the period of his Gulf War and permanent escalation of the American Middle Eastern presence, George H. W. Bush formed the Carlyle Group, an investment collaboration specializing in oil and arms.

American war makers, with support of prestigious media like the New York Times and Washington Post, to say nothing of cable and broadcast networks, have used flawed evidence to start wars that have sown chaos throughout the Middle East and Central Asia, the Islamic world. Is it any wonder that the West now confronts the Islamic State’s attempt to create a new caliphate? But war policy makers thrive on degradation of formerly functional societies like Iraq, Libya and Syria into seas of mayhem. The US has, when it suited corporate elites, ladled money and arms aplenty onto secular strongmen. Marcos in the Philippines, Suharto in Indonesia, Pinochet in Chile, Mubarak in Egypt – these are only a few of the brutal dictators our war making class has empowered. So why the moralizing about Bashar Assad, why the killing of Qaddafi in Libya, who had come to terms with Western interests? Why the seemingly irrational US support of Islamist fighters against secularizing strongmen who can keep their countries from being torn apart by sectarian bloodletting? Two prizes: perennial gains for arms and allied war industries, and the principle of divide and rule, explain the appeal of continuous war mongering. While countries are torn apart by sectarian warfare, hegemony – the US, EU/NATO, Israel – can more easily obtain diminishing resources. The common soldier and citizen pay the price in blood and poverty. Elites make out like bandits.

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[pickled fish]

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Long Beach Peninsula Garden Tour

"Music in the Gardens", the 9th annual garden tour on the Long Beach Peninsula, takes place Saturday, July 18th from 10am to 4pm. Seven gardens are featured and a tour of a bayside restoration project with native plants. Live music and delectable food and beverages will encourage you to linger, experience and enjoy the Peninsula's beautiful outdoor rooms, and meet the gardeners who have mastered the art of successful gardening on the coast.



The garden tour is a fundraiser for the Water Music Society, which presents a variety of music events throughout the year and supports music programs in the Ocean Beach School District. Tickets are \$20.00 and can be purchased after July 11th at three venues:

- The English Nursery, 1308 39th, Corner of Highways 101 and 103, Seaview, WA
- The Bay Avenue Gallery, 1306 Bay Ave, Ocean Park, WA
- The Oysterville Store, 3012 Oysterville Road, Oysterville, WA

Tickets may also be purchased online at: musicinthegardens.brownpapertickets.com However, it will be necessary to redeem your online ticket for a map of the gardens at one of the three above-mentioned venues after July 11th.

Questions? Visit Music in the Gardens Tour Facebook page or contact Nancy Allen at 360 642-2507.

A Night with David Drury & Friends

In conjunctin with Astoria Artists Studio Tour
July 25 @ The PAC



Popular Northwest guitarist Dave Drury will headline a music event in conjunction with the Astoria Society of Artists 5th Annual Studio Tour. The concert, presented by Partners for the PAC, entitled "A Night with Dave Drury and Friends" will take place Saturday, July 25, 7:00 p.m. at the Clatsop Community College Performing Arts Center, located at 16th Street and Franklin Avenue and features a variety of musicians including the popular duo, Basin Street NW, made up of guitarist Dave Drury and bassist, Todd Pederson. Local vocalist Alesha Nedd performs and trombonist Bob Joiner, performing one of Bob's original pieces entitled "Lynda" in honor of his wife. Another highlight of the eve: music by the group, Equinox, featuring Drury and Pederson with Shelley Loring on flute. Loring's style bridges the gap between classical music and jazz.

Guitarist John Snyder, who studies with Drury, kicks off the program. The concert will include several of Drury's original compositions, many of which have been inspired by Astoria's waterfront and the Columbia River, as well as jazz standards and contemporary songs.

Saturday, July 25, 7pm at the PAC, 16th & Franklin in Astoria. Proceeds benefit the PAC. (Sorry, ticket price not available at this time).

Relive a 70's rock intensity Pigs on the Wing July 17-18



IMAGINE the energy and electric intensity of Dark Side of the Moon era Pink Floyd - in an intimate theater or rock club environment.... Hailing from Portland, Oregon, Pigs on the Wing has been delivering just that spellbinding experience to wide-ranging audiences since 2006.

Pigs on the Wing brings an intense, high energy experience to the table that is both true to the original and unapologetic in its interpretation, something which the band members believe has set it apart from the other tributes from the very beginning. Since its inception in 2006 as a one-off performance of Dark Side of the Moon, to the band's current touring production which has included live renditions of the infamous Wizard of Oz sync, full performances of multiple Floyd albums, and music from every era of Pink Floyd's career, Pigs on the Wing heavily emphasizes the rock dynamics and psychedelic intensity of 1970s era Floyd.

The result is a show which is an authentic, accurately performed yet refreshing take on the music and experience of Pink Floyd that the band believes any Floyd fan will appreciate. And none are bigger Floyd fans than the members of Pigs on the Wing themselves. As vocalist Keeley St. Clair put it in a recent interview in Oregon Music News, "I think I can speak for everyone in the band in saying that we take good care to be stewards of the music that we admire so much as a band....It's a big responsibility to play such well-loved music".

KALA • FRIDAY JULY 17 • AFTER-SHOW PARTY. You are invited to a very special after-show party! Enjoy a post-show cocktail with the band as they spin their favorite Floyd vinyl. Late into the night! No Cover! Full Bar. KALA is located at 1017 Marine Drive in Astoria (across from Himani Indian Restaurant).

PIGS ON THE WING performs 2 nights at the ASTORIA EVENT CENTER (255 9th St, Astoria OR) -FRI July 17 and SAT July 18, 2015 ! Each night will feature a unique setlist and a different Pink Floyd full album performed cover to cover. Tickets are \$17 ADV / \$30 for a 2 night pass to both shows and are available online only through brownpapertickets.com All ages are welcome. Doors at 8PM, show at 8:30 both nights.

Clean-UP at Cathedral Tree

ASTORIA PARKS AND RECREATION'S Citizen's Helping Improve Parks (CHIP-in) program will host its next park clean-up at Cathedral Tree Trail. Volunteers will be meeting at the Astoria Column on 1 Coxcomb Drive in Astoria on Sunday, July 19th from 1:00 PM to 4:00 PM.

"This CHIP-in day will be far different from what we have accomplished in the past. It is the first opportunity we have had to work on the trail with volunteers."

Jonah Dart-McLean, Maintenance Supervisor for Astoria Parks and Recreation, adds. "We have added a variety of volunteer work for 2015 and we hope that citizens can participate in supporting this beloved trail."



Volunteers interested in partaking in the CHIP-in @ Cathedral Tree Trail event are asked to bring: sturdy work gloves, weed whackers, hand pruners, or loppers if they have them. Volunteers are also urged to wear long pants and closed toe shoes.

CHIP-in has other volunteer opportunities available with monthly park clean-ups as well as park adoption. More information is available on the Astoria Parks & Recreation Facebook page and website (www.astoriaparks.com). Interested persons

may also contact Maintenance Supervisor, Jonah Dart-McLean at (503) 741-1600 or via email at jdart@astoria.or.us.



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

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



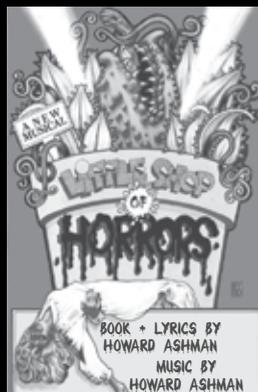
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Women's Worth A Summer Workshop Series with Kathleen Dudley

By Erin Hofseth



"IN THE CONNECTION to the divine feminine I access self-love, compassion, forgiveness, and truth. From here everything is possible; peace, harmony and healing on a global scale... all from our individual inner journey."

Kathleen Dudley, local Seaside resident, Reflexologist and Healer has a vision for women everywhere: to help them reconnect with their individual Divine Feminine. She wants to start local, here in our coastal communities. She believes that helping women connect in this way has the potential to change our world, and this is the overriding theme of her nine-week Woman's Worth Workshop series, which takes place this summer at Seaside Yoga.

Dudley relocated to Seaside from New Mexico a year ago. "In coming to the ocean, I knew I was coming to be at the Mother, the Feminine," she says. Although Dudley has a BFA in Designer Architecture and a background in grassroots political activism, she was ultimately drawn to the field of natural healing. She earned her

true to course, it really taught me a lot. I could understand myself better, I could understand other people better, and I could help other people understand themselves better," explains Dudley. "I found myself fascinated by divination and what it offered me in terms of understanding people, because relationship is very important to me." She goes on, "Through palm reading, I noticed that there are also lines on the feet. That was what I considered the most viable shingle to bring forward, and that's the shingle I brought when I moved to Seaside a year ago."

Dudley opened her reflexology business, which operates out of Seaside Yoga, last November. She compliments her practice of reflexology by compounding medicinal herbal teas individualized for her clients. "My life journey has been about relationship, to everything, everyone, in my life; from the people to the animals, wild and domesticated, to the landscapes and ecosystems in nature," says Dudley. She views true physical healing as a complex process, much more complex than what

license in Reflexology six years ago from the New Mexico Academy of Healing Arts in Santa Fe. Her fascination with reflexology began with the study of palmistry. "I studied palm reading and it was

the typical allopathic model tends to focus on. "My work is to look at healing on all the different levels; to help people really see that if we could connect more truly on an emotional level and on a spiritual level, then we wouldn't be suffering like we are on the physical level." She is driven by the desire to free people through empowerment: "We are in charge of our lives and we are in charge of our health." This perspective has led her on a journey of reconnecting with her own womanhood, her "divine feminine," as she explains it, and she longs to help other connect in this same way.

Dudley's Woman's Worth workshop series begins Saturday, June 27. Workshops will be offered every Saturday, from 4:00pm – 6:00pm, through the months of July and August. "Each workshop topic delves into a woman's intrinsic worth, her essence and spiritual path, and how the Divine Feminine manifests in her life," she explains. Topics include: The Divine Within, Numerology, Meditation, Our Journey, Palmistry, Our Dreams and Divine Purpose, Holistic Healing for the Awakened, Natural Menopause, Preparing Natural Herbal Supplements, Tinctures, and Teas, and Our Light.

"This is really a journey of love," says Dudley. "It's inspired by the reading I've done over the last number of years and the work that I have been doing on a personal level." She goes on, "We are in a crisis; we are in a place of transformative happenings. We're seeing capitalism and the patriarchy taking us into such dire places." Dudley believes that a "women's empowerment" movement has been on the rise for a long time. As the past, and current, patriarchal structures around the world collapse, she believes that women will have the opportunity to step into those structures and make their presences known.

"There's never a void for long, so this is our opportunity to bring in our awareness, and to shine our light. The way to do it, in my opinion, is not just to do it within our own community but to do it within our individual self."

July 11 2015 Woman's Worth Summer Workshop Series

Workshops are donation-based. \$10 minimum suggested, at Seaside Yoga, Seaside. Please call or email to confirm your space.

Kathleen Dudley Wholistic Reflexology
503 717 5129. datakat@bluebottle.com

July 11 MEDITATION

Trusting our intuition--accessing our wild and woman--our soul, finding peace, happiness, and stillness, developing love and compassion, begins within--a spiritual journey and connection to the divine--our path towards awareness, enlightened consciousness, and wholeness

July 18 OUR JOURNEY

Understanding what creates our eros and pathos-- the love and suffering in our lives, opens doorways for each of us to explore solutions to help deepen our self-understanding and therefore our relationships with others. Through discussion, stories, myths, and archetypes, we will find what edge we ride in our life that takes us from our center ease, and how to access a state of grace and balance within.

July 25 PALMISTRY

Like Numerology, this divination shows us where we have come from and where we are going--and offers us a closer look at our inner world--along with an opportunity to learn more about who we are-- your hand holds the recordings of what you have accomplished and are a reflection of your psyche. Learn how to embrace your gifts more fully through understanding the lines and shapes within and of your hands.

Aug 1 OUR DREAMS & DIVINE PURPOSE

With clarity through archetypes, stories, palmistry and numerology, how will you manifest your dreams and divine purpose? We will look at how to apply the knowledge we have today to let go of what keeps us held-fast to our story, in order to grow beyond to heal and to thrive.

Aug 8 HOLISTIC HEALING FOR THE AWAKENED

When we are consciously disciplined and make the necessary changes to thrive, spiritually, emotionally, mentally and physically, we recognize how our emotions and spiritual relationship to ourselves impacts our physical health. Through conscious awakeness we can make choices that can help us heal proactively before the body becomes the distillation grounds for our unresolved health issues.

On Marriage Equality

by drew herzig

MY PARTNER CHARLIE AND I were married in California in September, 2008, during that state's six-month window of marriage equality. Then Prop. 8 slammed the door and seemed to nail it shut. No more California weddings for same-sex couples. Party over.

Since then, it has been quite a jig-saw puzzle of marital status for us – legal in California but not legal in Oregon, recognized by California but not recognized by the federal government, recognized by the federal government but not recognized by Oregon, recognized by Oregon and the federal government but not valid in all 50 states, and finally, the Supreme Court's Obergefell v. Hodges decision of June 2015 – marriage equality is the law of the land.

Along the way to this landmark decision, I have had to 'evolve' in my approach to marriage equality. When Prop. 8 passed in California, I was outraged, and profoundly hurt. My civil rights had been subject to a popularity contest. A plebiscite had been held on my status as a US citizen, and I had been demoted. I had been deprived of the Constitutional protections that are supposed to be the right of every American.

How dare anyone deprive me of my rights? That was my feeling, as Charlie and I became involved with the Clatsop County Marriage Equality Project in 2010, along with Dinah Urell, Katie Rathmell, Paul Flues, Jay and Xochilt Potter, and others. This was about the civil rights of LGBT Americans. We worked with Basic Rights Oregon and the Rural Organizing Project, getting people to sign pledge cards, promising to vote for marriage equality when it appeared on a ballot, hopefully in 2012. We circulated lists of the 1,138 federal rights and privileges allowed opposite-sex couples that were denied same-sex couples. We walked, we talked, we marched, we showed films, we potlucked, we did everything grassroots movements are supposed to do. – And Basic Rights Oregon decided that a marriage equality measure on the 2012 ballot would be too risky. We weren't changing hearts and minds.

What was wrong? Why didn't people respond to the call for equal rights? How could any issue be more clear-cut?

I gradually realized that Americans get queasy when talking about 'rights'. I'm still not sure why. We seem to think that civil rights are a zero-sum proposition, and that sharing equality somehow diminishes it. If I get more rights, you end up with fewer rights. I can't move up without pushing you down. So we were encountering an unconscious, inarticulate resistance, because we were talking about 'rights'. "Special rights for gays!" "The Gay Agenda!!!" Go figure!

Well, fortunately some people did go figure! The activists at the Freedom to Marry campaign, Evan Wolfson, Thalia Zepatos, and others, did a lot of field work, marketing research, focus groups – everything they could think of to crack this messaging problem. And they found that we were failing to connect with individuals on the level of their own personal narratives – the values by which they defined themselves as Americans. These values included family, loyalty, freedom, faithfulness, commitment – values in which everyone, left and right, gay and straight, young and old, black and white, could find common ground. "I fought for freedom in World War II," said one veteran. "How can I deny that freedom to someone else?" "Family means a lot to us," said one ancient New Englander. "If my great-grand-daughter wants to marry her female partner and start her own family, I think we should support her."



Charles Schweigert and Drew Herzig proudly wear t-shirts from the Clatsop County Marriage Equality Project, circa 2010.

Those were the story lines, the personal connections that reached people. The key was finding that part of an individual's identity that could connect with the hopes and dreams of same-sex couples. We share a narrative. "I see myself in you."

It has been enlightening, and also troubling for me. Finding that blind spot in the American psyche, that knee-jerk opposition to bringing the marginalized into the center of attention, is profoundly disturbing. We see that currently in the negative reactions to the "Black Lives Matter" campaign. "Don't all lives matter? Do you think black lives are more important than white lives? You are being divisive!!!" – It's the "special rights!" alarm bell again – someone is trying to climb up, so they must be trying to push someone else down. For these people, equality isn't a level playing field - it's a pyramid, and there isn't room at the top for more than one group. I don't see myself in you, they say – I see a frightening stranger.

So, where do we go from here? Obviously, marriage equality is not the end of the struggle. We never thought it would be. Racism, sexism, homophobia, transphobia, Islamophobia, bigotry posing as 'religious freedom' – the list could go on. There is still much work to be done. We're not over the rainbow yet. Let's party, celebrate our accomplishments, have some wedding cake, and then get ready for more adventures on the road to "full equality for everyone – no exceptions!"

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



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BOOK RELEASE CELEBRATION

By Dinah Urell

Poems in a Drawer

KALA joyfully welcomes Astoria writer Mary Lou McAuley to the stage on Thursday, July 16 in celebration of her new release, *The Other Door, Poems & Glimpses*. McAuley will read from her work beginning at 7:30pm. Following the reading, will be book signings and sales, and a complimentary buffet featuring salmon and local, fresh seasonal fruits and veggies. Dinah Urell and Sofie Kline provide musical glimpses in tandem with spoken word. Doors open at 7pm. \$8 cover.

The *Other Door* is McAuley's first published collection of prose and poetry. She formed her own press, The Other Door Press, and has a second collection in the works due out next spring.

The 100 page collection is work completed over the last five years, including very recent works. McAuley has always written verse, since childhood, through her teens, but had always held thoughts of writing a novel, even though she continued writing short pages of prose and poetry throughout her life.

"We walk around with that longing to get one more thing right, and we don't realize it's already there," says McAuley of her eventual decision to publish. It was her return to Astoria with her husband, painter Robert Paulmenn, that brought it to light. "I didn't realize I had it. There were drawers full of poems. There was a barrier there. There was never that kernel there of 'just put together a book' – it was if I was waiting to do something."

As a child McAuley laughingly reflects on her early impetus to write, attributed to her mother, a librarian. "My mother was always playing symphonies, usually during dinner time and I was compelled to share with her what I saw through the music; it was always horses, lots of horses and clouds. I think it was through self-preservation that one evening she suggested that I write down what I saw."

In a workshop with Oregon poet Kim Stafford, McAuley talks about gaining a confidence in simplicity, and a few right words rather than a lot of words that

have a chance to miss the picture, an integral part for a poet who writes strongly from observation. As a reader, McAuley's poems and prose are like loving guides, inviting you into an intimate relationship, not always comfortable, but sensual and tangible.

The *Other Door* focuses on memory, as she said it had to come first, "There was a lot of 'me time,' of [being] single time, and the coming collection will be 'more of what I breath here, of what the river does to me, of partnership in this community."

McAuley and Paulmenn enjoy what they feel to be an inherent authenticity to Astoria. Paulmenn paints Astoria and contributed the book's cover. McAuley says it still has the feel of the town she lived in 25 years ago. A great little bookstore in Cannon Beach, called Jupiter's Books may owe its birth and longevity to McAuley. She first opened the store in the late 80's, when she strangely saw a mystic banner that read, "Open a used bookstore in Cannon Beach." At the time she lived in the state of Washington, and didn't even know Cannon Beach existed.

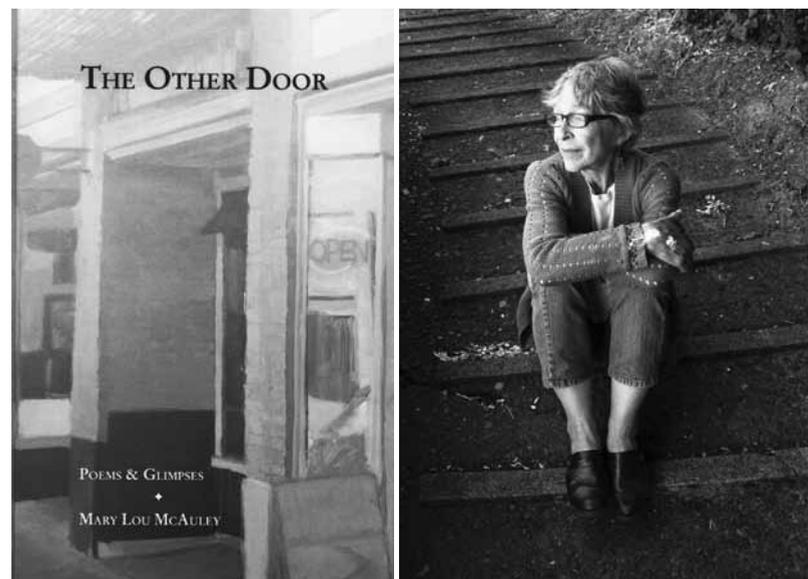
Miserable at her current job as a court clerk, she jumped in the car with her sister, stayed a week in the town, found a house to rent and the storefront. She gave her notice, took some retirement and voila, McAuley's Used and Rare Books. In today's economy, that may not happen so easily, but it was a magic moment back in '88. "I loved that place so much, I don't doubt it that that's why it's still there."

Eventually McAuley lived in Astoria and then moved to Lake City, Colorado, met Paulmenn, lived in Ashland and Portland before returning to Astoria where she is confident they have come home to roost. And to exercise the flow of her pen and a second book.

Of her work says McAuley, "Using personal experience, relationship and the natural world, I use the lens of metaphor to invite others to watch with me, to really look and think about the subjects like longing, memory and regret. The epigraph to the volume is from William Faulkner's "Light in August" which says: Memory believes before knowing remembers. This is the underlying goal of my poetry and short prose pieces; to show nature and mystery, to inspire introspection and reconciliation, to explore and question what we have always believed to be our truth."

Mary Lou McAuley

The Other Door, Poems & Glimpses



River Time - View from The Crest Motel

by mary lou mcauley

What would it be like to live down there?
October with an early leaf fire smoldering,
the season's first pale smoke.
Pumpkins set in a row, awaiting the knife.

A sighing, sagging fence,
is pulled down lower by dead grasses, damp and heavy.
Distant sun and darts of shadow
stitch the sloping back yard seam
toward the river.

But the river knows what it is like to live down there.

Aware of rail road ties and sharp gravel,
painted rusty pores, the river ships,
keenly hearing the seal barks,
and gulls, and even the slow motion tread of that heron.
Seeing out of the corner of its millions of eyes, a dragonfly cuts
mysterious corners, knows the algae in that marsh shallow has
added another square foot.

My molecules might register as a particle or a wave,
or the way a breeze shimmys the surface, but no more than that.
I am too porous to rest in this river.

I would slip through her fingers
the way the afternoon shadow slips through my arm
and finds itself on the other side of the table and
without clinging,
slips off, down the bank, and into the water where
it is known as time.

2nd Annual Tribute to the Columbia River Clatsop Community College

July 16-17

In the days of Ferry Transportation

By Joe Leahy

Clatsop Community College will be hosting its second Tribute to the Columbia River in Columbia Hall, Room 219. The college initiated this series of annual events to help area residents and visitors gain a greater understanding of the historical, economic, and geographic significance of the Columbia River and learn about its role in the ongoing development of the region. It is envisioned that the program topics will change each year.

Session one of the 2015 program starts off on **Friday, July 17** at 7 p.m. **LTCR TORREY BERTHEAU, Chief, Enforcement Division, USCG Sector Columbia River** will talk about the work of the Coast Guard in the lower Columbia. He will outline the Captain of Port's responsibilities and the various types of multi-mission units and assets employed in protecting life and property, enforcing federal laws and treaties, preserving living marine resources and promoting national security in one of the most challenging operating environments in the country.

In addition, **JOE LEAHY**, native Astorian and an attorney in Springfield, Oregon will talk about automobile passenger ferries which were a unique part of Astoria history from 1921 through 1966. During that time the ferries were a constant fact of life. Townspeople could, with a glance, determine the location of the ferries. A white speck on the big gray-blue river enlarged to a distinct white boat as it neared the Astoria Ferry Slip at the foot of 14th Street or diminished from eyesight in the 35 minute journey across to the Washington shore and the Megler Ferry Slip. This is the story of those Astoria automobile passenger ferries traversing the mighty Columbia River where it meets the vast Pacific Ocean.

The second session will be on **Saturday, July 18** at 9 a.m. **RICHARD TURNER**, from NOAA's *National Marine Fisheries Service* will talk about "Salmon and Steelhead Hatcheries in the Columbia River Basin – Past, Present, and Future." He will give a brief history of salmon and steelhead hatcheries in the Columbia River Basin, from their beginnings prior to 1900, through their expansion in the mid-twentieth century, and into the present. The review will look at why the hatcheries were constructed in the first place, how their purpose has changed over time, and how they might be used in the future.

In addition, **MARK PAULSON**, a *Columbia River Pilot* will introduce us to a history of the Columbia River Pilots and why they are needed. He will also discuss the background and experiences as well as the training that the pilots need to undertake this work. In addition he will discuss challenges of navigating the river and commence on the river.

Finally, attendees will be glad to note that local singers **HOBE KYTR** and **MARY GARVEY** will be performing on Friday night and Saturday morning.

The cost of each session is \$15 which can be paid at the door. Also, an optional dinner will be offered on Friday at 6 pm and an optional breakfast will be provided on Saturday at 8 a.m., each for an additional \$15.

Individuals wishing to register or know more about the tribute can contact Robert McClelland at 503-894-0187 or email him at: rmcclelland@clatsopcc.edu.

IT has been almost 95 years since Captain Fritz Elfving commenced operation of the ferry boat Tourist on May 26, 1921, giving birth to regularly scheduled automobile ferry service between Astoria and the Washington shore. Clatsop Community College is providing a perspective on those ferries as part of "A Tribute to the Columbia River", on July 17th and 18th.

The North Beach Ferry Company, started by Swedish born Elfving, who arrived at Astoria in 1907, and later acquired by the Oregon State Highway Commission in 1946, was a constant in the Astoria community until replaced by the Astoria Bridge on Friday, July 29, 1966. During that time, Elfving's three boats, Tourist (later No. 1), Tourist No. 2, and Tourist No. 3, as well as a rival boat owned by Union Pacific, the North Beach, the boat named the M.R. Chessman, contracted by the State of Oregon, and the Kitsap, a boat purchased by the State to assist with anticipated traffic increases generated by the Seattle 1962 World's Fair, constituted, at various times, the "Fleet". The ferries left the Astoria ferry slips located at the foot of 14th and 15th Streets, and made the approximately 30-35 minute crossing to the Washington shore, landing at ferry slips located at McGowan, Point Ellice, and Megler.

Elfving's 25-year stewardship included his "Ferry Wars" encounters with Union Pacific and its successor, Columbia Transportation Company. The tough tactics employed by he and his rivals included: misdirecting or stealing potential passengers, blocking vehicle access to ferry slips, fist fights, undercutting ticket prices, altering notices of sailing schedules, blocking ferry access to ferry slips, crashing through logs ("dolphins"), blocking access to ferries, civil litigation, and fines administered by the City of Astoria. Ultimately, Elfving resolved the matter by purchasing the assets of his competitors.

During Elfving's 25-year tenure, he traveled on his boats a total of over a million miles, and never ventured farther than five miles from his home. He made 12-15 trips a day, six or seven days a week for 25 years.

Captain Elfving recalled one winter of 1928 when the Columbia River was frozen from Tongue Point on the Astoria side to the Washington shore. A passage of ice was broken open and there was ice all over the river. Elfving fastened iron plates on Tourist No. 2, which allowed for crossing. Elfving also fondly remembered the storm in December 1933 which washed out all the ferry landings on the Washington shore. There was a 9-10 foot tide and a 93 mile an hour gale. Notwithstanding the elements and his advice, passengers embarking on Tourist No. 3 at Astoria demanded to be taken across. He commenced crossing, taking them to the middle of the river to make his point, and when they began fearfully protesting the crossing, he turned back.

Significant uproar and complaints from fishermen would often occur regarding the Tourist No. 2 and No. 3 running into fishing nets. Net destruction was frequent, although there is indication that a few fishermen may have purposely laid their nets across the ferry channel. Tourist No. 2 had bolts removed from its bottom to avoid damaging nets, and Tourist No. 3 had its bow reconfigured to address the issue. Ferry schedules were also altered to avoid peak fishing times at night.

In 1946 the State Highway Commission purchased the Tourist No. 2, Tourist No. 3, and the North Beach, as well as the ferry slip assets from Elfving. Rather than operate the ferries, the State put the opera-



tion out for contract. Elfving and a group of investors submitted a bid; however, the contract was won by Babbige and Holt, Inc. The state operation was run by the on-site contract operators, as well as state administrators, which some critics said was unnecessary duplication. The State recognized the need for another ferry and built the M.R. Chessman, placing it in operation in April of 1948. The Chessman was named after distinguished Astorian Merle R. Chessman. The State operation continued with the Tourists No. 2 and No. 3, and the M.R. Chessman.

The State operation was plagued by rising costs, fierce opposition to raising fares, and

difficulties in responding to demands of the public for elimination of long waiting times. Complaints of people being stranded at the ferry slips occurred, especially at the Washington shore. The fishing industry continued to express its concerns regarding the damage to nets, and the need for reduced ferry hours at night during the fishing season. All of these factors pointed towards the eventual building of the Astoria Bridge.

The ferry service was born of Elfving's recognition of the demand for a vehicle crossing, both commercial and recreational, connecting the Oregon Coast Highway and Astoria with points north on the Washington Shore. Similarly, that recognition spurred the State Highway Commission to acquire the ferries from Elfving in 1946 with the intent of improving the connection. However, due to the strength and magnitude of the river, unpredictable weather, the limited capacity of ferries, and the high costs of operation, this transportation demand could not continue to be met by the ferries. That recognition by Merle Chessman, other Astoria business leaders, and elected representatives provided the vision and motivation for the construction of the Astoria Bridge.

The Columbia River Automobile Ferries' journeys from Astoria to Washington and back commenced in 1921 and terminated in 1966. During their existence they provided a brief opportunity for many of us to "experience" a Chinook canoe, to step into Captain Robert Gray's shoes at the helm of the Columbia Rediviva, and voyage with Meriwether Lewis and William Clark on the Mighty River of the West. The ferries and the experiences they provided are fondly remembered and oftentimes missed.



HIGH TIMES in Astoria

By Peter Marsh



THE FIREWORKS on the Fourth of July weren't just for patriotic reasons, plenty of people were also celebrating the advent of legal recreational marijuana in Oregon on July 1. It took six ballots over a span of 28 years, but Measure 91 was finally passed last November with 56% in favor. It was financed by around \$4 million primarily from out-of-state donors and groups seeking national reform of drug laws. (Oregon joined Washington state and Colorado, the first states to legalize pot for recreational use in 2012.)

But "the devil is in the details" when it comes to actually finding and enjoying the demon weed in the Columbia-Pacific region. Here is a short summary of the most important rules:

- You can sell or buy recreational marijuana only in licensed retail shops, which will not be open until October 1. In the meantime, people can share pot they have grown or give it away in quantities of one ounce or less.
- Anyone over 21 can grow up to four plants on their property, possess up to 8 ounces of usable marijuana (dried marijuana flowers or leaves that are ready to smoke) in their home.
- You can carry up to one ounce in public, but you can only use recreational marijuana at home or on private property out of sight.
- The law defines a public place as "a place to which the general public has access including, hallways, lobbies, highways, parks, playgrounds etc.
- Driving under the influence of marijuana remains illegal.

Photos: Dinah Urell

- You can't take marijuana in or out of the state—including to or from Washington.
- Taking marijuana across state lines or onto federal property is a federal offense.
- You do not have to be an Oregon resident.
- You can you shop in Washington, but must not bring any product back to Oregon.

So the big question is: do you want try recreational marijuana on October 1 for pleasure or therapy for aching joints etc., and where will you go to buy? The answer is simple: Oregon's medical marijuana dispensaries will be able to serve you. They have been legal here since 1998 and can be found in cities and towns across the state in shopping centers and main streets. (Note that this is not restricted to politically liberal states, medical marijuana is now legal in 23 states from Alaska to New Mexico!)

In Oregon, they have established a good record for meeting the needs of clients with medical conditions certified by a doctor..... and become part of the daily scene/mainstream. In fact, whether you know it or not, you have passed one on your way around Astoria, where there are three medical marijuana shops, located at the west end, downtown and east end.

To find out how they operate now, and to sample the shopping experience that will be accessible in October, Hipfish sent this reporter out to check on Astoria's medical herb scene. I must confess to being a shy person myself with zero experience when it comes to these matters. So if you feel a certain reluctance to cross this ethical line—dont worry! It's really no different than entering a doctor's waiting room.....except there is no waiting!

You only have to prove your age and identity and you will be ushered into the back room where a cornucopia of marijuana products awaits you. This arrangement is to comply with the law, which requires that none of the herbal products are visible through the windows or in the waiting room—which also applies to using marijuana at home. The products are typically well displayed with plenty of information on the labels about potency and use.

The first stop on my tour of Astoria's "marijuana circuit" was **NATURE'S CHOICE, AT 229 WEST MARINE DRIVE**. Owner Nick Clark welcomed me and I felt completely at ease. "I've been open for 4 1/2 years and the vast majority of my patients are genuine, with legitimate medical reasons for using our products," he told me. In the summer, he also gets many drop-in customers who are vacationing in the area.

The next stop was **SWEET RELIEF, AT 1444 COMMERCIAL ST.**, owned by Oscar Nelson and Gary Reynolds. They had a simple explanation of why the state chose to make medical marijuana operations the outlet for recreational marijuana: "Why re-invent the wheel? The experience we have gained from serving medical customers will enable us to do the same for the recreational market."

They did admit that there is really no way of knowing what the demand will be on October 1, and it's possible that there will be lines outside and many stores could run out of plant products. An ounce of buds retails for about \$200-250 so building an inventory to cover the potential first-day demand is an expensive proposition.

Nelson and Reynolds are certainly confident that the recreational side of the business will take off

because they have several other outlets in the planning stage, in Seaside, Tillamook and Scappoose. Oscar described his vision of people developing an appreciation for different breeds of marijuana just like wine enthusiasts discriminate between different types of grape.



A case of Industry mags and the venerable HIGH TIMES, welcomes you into the lobby of Nature's Choice on West Marine Drive.



Is it a Time Machine? Dustin Niziolek of Astoria Indoor Garden Supply with one serious grow tent. Owned by Oscar Nelson and Gary Reynolds, (who also own Sweet Relief) the grow store opened 5 years ago, and is co-run by Niziolek and Doyle Buoy. Niziolek states that in the short time that legalization has taken place, he's seen a substantial increase in woman 60+ years, with interest in growing, and stated, "They're longtime gardeners who admit, they've always wanted to give cannabis plant growing a try."

The last stop was at **THE FARMACY, AT 2911 EAST MARINE DRIVE**, owned by two Argentinian immigrants—Omar Guererro and Nicholas Palazzo. If you are lucky, you will see their pet parrot presiding over the office from his perch in the corner. They also had a lot of information to peruse, including cards and leaflets put out by various marijuana-testing laboratories.

The plant material for medical use is available in flower and concentrate form, and also sold in numerous other forms like creams, drinks, candy, ice cream, sprays, patches, etc. Note that the law will NOT allow the sale of marijuana edibles, creams etc to recreational customers. But starting October 1, these shops throughout Oregon will be able to sell you ¼ oz of plant material per day.

And these products are not cheap—so don't expect supermarket prices. Cultivating marijuana commercially and complying with the law is an expensive affair. Expect to pay \$10-15 per gram of pot—enough for three joints. (For comparison, medical users pay \$15-20 for a marijuana candy bar!)

There are also two smoke shops in Astoria that carry a vast selection of devices that we associate with the smoke-hazed 1960's like bong, hookahs and pipes that can be used for smoking pot. Much newer are the electric devices that eliminate the smoke and produce only vapor—known as VAPE-ing, which I learned is far better for your lungs.

The proprietors of these establishment made the point that everything they sell is labeled only for use with tobacco, which they stock in many exotic flavors. This keeps them out of any legal

LEGAL IN THE STATES

Twenty-three states and the District of Columbia currently have laws legalizing marijuana in some form.

Four states and the District of Columbia have legalized marijuana for recreational use. In Alaska, adults 21 and older can now transport, buy or possess up to an ounce of marijuana and six plants. Oregon voters approved a similar measure allowing adults to possess up to an ounce of marijuana in public and 8 ounces in their homes, set to take effect July 1. Colorado and Washington previously passed similar ballot measures legalizing marijuana in 2012.

A number of states have also decriminalized the possession of small amounts of marijuana. Most recently, Delaware passed legislation that decriminalizes the private use of up to an ounce of marijuana, replacing penalties with a civil fine.

Other states have passed medical marijuana laws allowing for limited use of cannabis. Some medical marijuana laws are broader than others, with types of medical conditions that allow for treatment varying from state to state. Others states have passed laws allowing residents to possess cannabis oil if they suffer from certain medical illnesses. Most recently, Georgia Gov. Nathan Deal signed a law legalizing the possession of up to 20 ounces of cannabis oil.



Grow and Thrive. Get into a whole new garden state of mind, and make sure you have the right and rich fertilizer to do the job. Astoria Indoor Garden devotes knowledge and product to the cultivation of cultivation.

issues with marijuana, and means they can serve federal employees like Coast Guard and National Park staff who must comply with federal law, under which marijuana is still absolutely illegal.

You might also take note that technically carrying legal marijuana in Fort Clatsop, the Post Office or a Coast Guard base is a very stupid idea!

So there are plenty of ways to purchase and consume marijuana. but Hipfish readers are a resourceful group with a strong interest in self-sufficiency. How do you go about growing your own? Well, Oscar Nelson and Gary Reynolds have everything you need at the Astoria Indoor Garden Supply on 13th St,

which opened five years ago and has been successfully run by Doyle Buoy and Dustin Niziolek selling everything for the medical marijuana grower and open to recreational growers.

Here you will find shelves packed with over 100 types of exotic fertilizer with names like Voodoo Juice and Bat Guano, plus lights with various wavelengths, and a growing tent made of reflective material that is almost big enough for solo camping. An entire set-up can cost over \$1,000, but can easily pay for itself with a few crops. (Note that anyone who wants to sell their produce to a dealer will have to pay an excise tax of \$35 per ounce for flowers, \$10 per ounce for leaves, \$5 per immature plant.)

There are many more questions to answer on the finer points of marijuana culture and industry in our region. For consumers, these include what type to buy, how to prepare it, how to ingest it. For home growers, questions range from selecting the right breed of plant to when and how to harvest it. And there are also some serious issues for the entrepreneurs investing in this new industry: can they find banking services when the federal government considers this to be money laundering from illegal drugs?

Next month, stay tuned in and turned on if that's the case, for the advent of a "monthly marihochie lowdown" in Hipfish.

Peter Marsh is an Astoria transplant freelance writer who fervently travels on bike and contributes frequently to publications of whom which cover topics on those who travel by sea.



Tangie Lyon works at Cigarettes Under The Bridge, and holds a glass bong representing the stores vast supply. The tobacco shop opened in 1997, and carries a large variety of pipes and smoking tool products in addition to tobaccos. Owner John Harper wants to remind recreational users, "It is the medical marijuana advocates and their long fought efforts that helped pave the way to legalization."

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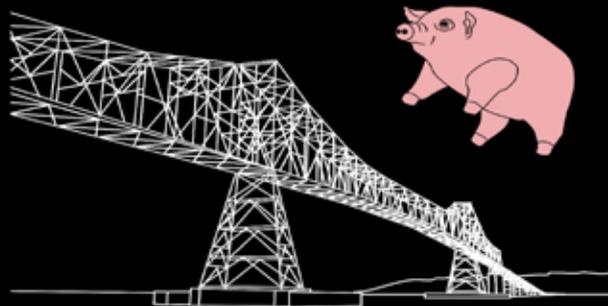


Gym membership not required

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PIGS ON THE WING AFTER-SHOW PARTY



FRIDAY JULY 17

following the show at the Event Center

You are invited to a very special after-show party!
Enjoy a post-show cocktail with the band as we spin
our favorite Floyd vinyl
Late into the night! No Cover!

KALA

1017 Marine Drive, Astoria



ART ON

ART AS PORNOGRAPHY Roger Hayes at KALA

ASTORIA ARTIST ROGER HAYES presents a body of work in collage and painting: *The Art of Pornography*, at KALA in Astoria the month of July. The alternative or original title, *Pornography and Meaning*, represents the impetus of study, while the showy title is literally a play on the impetus of the study.

The term "pornography" has its own shock value, as well, the nature of explicit sexual imagery. Today, we are either bombarded or blessed with the immediacy of media and imagery. The desire to be represented and made real through social media is off the charts. While commercial media over the last century and a half, through television, newspaper and magazine photography has reflected a western societies casualty of violence, pornographic imagery has continued to carry a loathsome load of reproach. While we are able as viewers, to be offered violence through commercial, news and entertainment industries, those

same industries are legally bound to some form of censorship – that including pornographic, or graphic sexual imagery.

Hayes offers a collection of imagery; the bulk, an irony of interruption in the "money shot," through a collage technique, similar to or borrowed from parts of digital imagery – glitches in your computer screen when perhaps something just "does not compute."

The collage technique stands on its own, as a fascinating visual play. Hayes mixes eroticism with other forms of cultural/social display: big trucks, wrestling, and other such forms of masculine oriented entertainment.

In addition, figurative paintings, strong in technique, depict explicit porn scenes, the ones you see in the magazines. The scenes with intentions to get you off. Those that come wrapped in brown paper at the magazine store, yuk-yuk. He goes further to include edges of burlesque, softness,

and glamour – letting the viewer wander and wonder what their own edges may be.

Hayes himself offers a mammoth artist statement that is posted with the exhibit, but one only needs be a member of society to understand the underlying complexity of *The Art of Pornography* – and in so doing the unraveling of the complexities of human sexuality, and all its trappings.

Textile/ installation artist Jessica Schleif contributes a window treatment following in the tradition of author Anais Nin.

KALA is a special exhibit viewing space. View *The Art of Pornography*, Friday July 17, 1-5pm, Saturday July 18, 1-4pm, Friday July 24, 1-5pm. (Note: Explicit imagery will not be displayed during KALA performance events.) You may also view the exhibit by appt. Call 503.338.4878. KALA is located at 1017 Marine Drive in Astoria. -D. Urell



Mingle and Muse Sitka Center summer art and ecology lecture series.

On July 23, Sitka instructor and woodcarver Stan Peterson will share about his work. Peterson creates playful animal and human characters captured in a moment of anticipation. These sculptures are inspired by real life and folklore, sometimes poignant, or with an edge of humor. Look forward to mingling and light snacks at 4:30pm followed by the presentation at 5pm. If you've never been to the Sitka Center, this is a chance to explore the studios and see what they are all about. 56605 Sitka Drive, Otis OR sitkacenter.org 541.994.5485

5th Annual Astoria Artists Studio Tour • July 25-26

By Christine Trexel



Fiber artist Constance Waissanen

THE FIFTH ANNUAL ASTORIA ARTISTS STUDIO TOUR will take place the last weekend of July and, like each of the previous tours, is certain to offer a range of art that includes something for everyone.

The 36 participating artists work in a broad range of media including watercolor, oils, acrylics, pastels, mixed media, photography, monotype prints, lino-block prints, mosaic, paper collage, sculpture, fiber art, pen and ink, handmade paper lamps, bookbinding and boxes.

The studio tour is organized by six artists/volunteers from the Astoria Society of Artists and is sponsored by Columbia Memorial Hospital. Support also comes from Astoria Visual Arts through the City of Astoria Arts and Cultural Program to Promote Tourism.

Isabelle Johnson Haist has served on the tour organizing committee for the past two years. She said, "Participating artists last year reported that they had excellent turnout with many visitors coming from out of town". The tour committee encourages tour artists to collect visitor zip codes as a way to track traffic sources. Last year's traffic data led the organizers to place additional emphasis this year on publicizing the event in Portland to attract even more people from out of town.

Astoria watercolorist Debbie Loyd is part of the studio tour for the second consecutive year. She was enthusiastic about her experience last year. She said, "I had lots of

visitors, sold quite a bit, and even connected with people interested in learning how to paint."

As a result, she now teaches beginning and intermediate watercolor painting in her home studio.

Loyd moved to Astoria 19 years ago with her pastor husband, Frank. She has been a pianist with North Coast Chorale and many other community groups. She laughed when she said, "My weakest subjects in grade school were music and art but now they are my passions."

Although Loyd hasn't had formal training in art, she has taken advantage of workshops, books, and videos to advance her skill as a watercolor painter.

"I love the way the colors blend together, I like to work slowly and I enjoy looking back and forth between a photo and my painting, seeing how the details evolve", she said. She works with a variety of subjects but particularly enjoys portraiture.

Painter Charles Schweigert is one of the original tour organizers. He encourages anyone interested in the arts to visit as many studios as they can during the tour.

"Our community has a wealth of talented artists. This is a great opportunity to sample a wide variety of styles and mediums. The art is affordable and of high quality," he said.

As an added attraction of the tour, according to Schweigert, is that many of the artists demonstrate their work. "It's an opportunity to see first-hand how art is made", he said.

Constance Waissanen is participating in the tour for a second year. "I have been interested in art as long as I can remember. In grade school I wanted to be an artist, but was encouraged to be more practical" she said.

She has combined her career as an engineer and now financial consultant with her art through the years. Her artistic pursuits include fiber arts, watercolor and her garden. Waissanen has tried lots of mediums but fiber art is the one constant.

She likes to take art classes in mediums she has no plan to pursue, just to learn about the process and the technical aspects.

"It allows me to take inspiration from others without mimicry," said Waissanen. Recent work includes a liturgical banner hanging behind the altar in First Lutheran Church, Astoria and a piece for the 2015 Cannon Beach Cottage Tour. She serves on the Columbia Memorial Hospital art committee and is co-chair of Partners for the PAC

(Performing Arts Center).

The studio tour is set for Saturday, July 25, and Sunday, July 26, from 10 a.m. to 4 p.m. Both days. Brochures and maps will be available at many downtown locations and online at www.AstoriaArtists.org.

Representative pieces of artist's work can also be seen on the website.



Watercolorist Debbie Loyd

Astoria Visual Arts Expands Artist-in-Residence Program Two Local Artists Selected for July-September Residencies



David Coyne *Felt Connection*

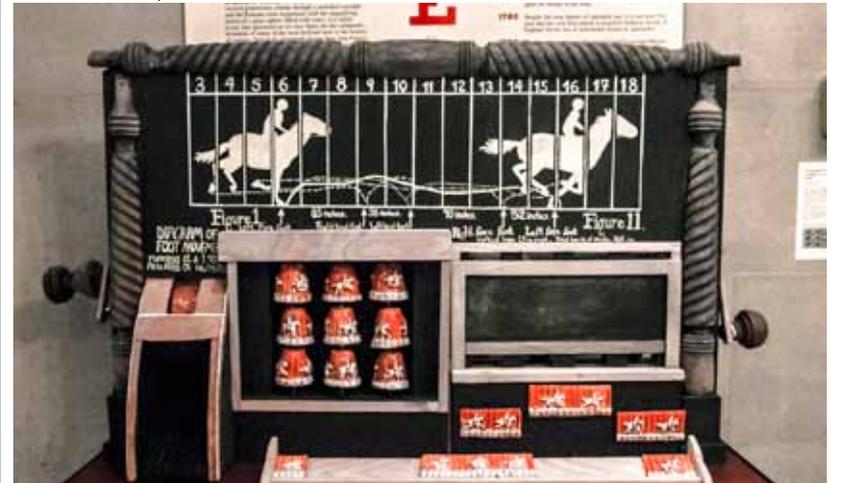
ASTORIA VISUAL ARTS' Artist-in-Residence Program, begun earlier this year, has been expanded to accommodate two artists at a time, rather than just one. David Coyne of Astoria and H. Elizabeth Koch of Seaside have been selected for the upcoming three-month residencies, which run July 1st through September 30th.

David Coyne is a highly talented painter and illustrator. Inspired by visual narrative, fantasy, and the meditative abilities of line work and brush marks, he enrolled as a teen in the Los Angeles County High School for the Arts to pursue his passion, later receiving a BFA from California State University, Long Beach. David, who is adept at a host of visual arts, including drawing, oil painting, photography, sculpture and printmaking, plans to use his time in the studio to focus on expanding his portfolio, honing and building on his skills and techniques, and producing new works on a larger scale. (<http://www.davidcoyneart.com/>)

H. Elizabeth Koch, a recent graduate of the Art Institute of Chicago, works in multiple modalities of sight and touch. She focuses on carvings and textures, inspired by an intense relationship with the world around her. During her residency, Elizabeth plans to work on a series inspired by and in relationship with a stand of old growth Douglas fir located in the Fox Creek watershed near Saddle Mountain. Beginning with studies of the macro-textures and microscopic elements of the trees, the series will explore the ecology of the ancient forest. Elizabeth anticipates the work will culminate in sculptural forms, including wall-mounted and freestanding pieces. (<http://www.heliziv.com/>)

The two artists will be able to work unencumbered in studios provided rent-free by Astoria Visual Arts (AVA), with generous support from the Astoria Coffee House & Bistro, the Astoria Co-op Grocery, City Lumber Company, Dots 'N Doodles Art Supplies and the Fort George Brewery + Public House.

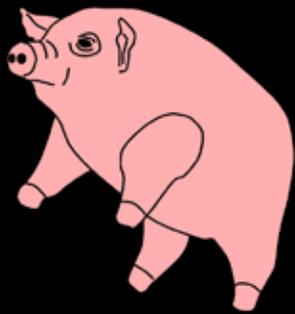
The AVA Artist-in-Residence Program (AVA a-i-r) is designed to encourage the creative, intellectual and professional growth of emerging artists. While no exhibition or performance is required of the selected artists, community responsibility includes a weekend open studio event before the end of each AVA a-i-r session. Finalists (currently limited to locally based artists) are chosen in a blind selection process on the basis of artistic merit by an independent panel of established working artists and arts patrons.



H. Elizabeth Koch *Mouybridge in Motion and the Sight Unseen*

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GoingsOn: JULY '15 day-by-day

in the columbia pacific

Ben Hunt presents Brings Jazz to the Coast

Aug 1, Michelle Medler Quartet
coming up . . .

BEN HUNT who is best known for his "Jazz Enthusiast" show every Thursday night on Coast Community Radio, is presenting a series of four seasonal concerts at the *MCTAVISH ROOM OF THE LIBERTY THEATER*. He's being helped in this endeavor by fellow KMUNies Jeannine Grey and Karri Gallagher. The concerts are his way of bringing some of Portland's best jazz players to Astoria for people in Clatsop County to be able to hear some of these internationally known artists.

The series is called "Sunday Afternoon at the Beautiful McTavish Room"

The series began with a spring concert on Sunday, May 3rd. The concert featured the renowned vocalist Nancy King along with her accompanist, pianist Steve Christofferson, an equally well known artist.

The series continues on Saturday, August 1st for the only Saturday night show. An evening of hot, funky jazz from 7pm to 9:30 featuring one of the hottest young Portland groups, "The Michelle Medler Quartet".

It's been said of the group, "The Michelle Medler Quartet plays funky, modern jazz sounds, deeply rooted in swing tradition, laced with interesting harmony. A mixture of Jazz, Latin and Funk standards and Michelle's original tunes. A fun, interactive group of top-call musicians, passionate about what they do. Michelle fronts the band on saxophones, flute and vocals."

Michelle Medler is a thoughtful, creative multi-instrumentalist and composer. Her saxophone sound is rich and full of attitude! She plays flute with fierce intensity in addition to her swinging clarinet playing and singing."



Joining Michelle in the band will be Brian Ward on Keyboards, Ben Medler on bass and Edwin Coleman III on drums. It should be a fun evening of great music and dancing. The quartet can be heard on their 2006 Shoo-wah Records album, "Balance"

Tickets: \$20, \$15, \$10. Seating Area A - first three rows, Seating Area B - rows four through 7, Seating Area C - Bistro Tables with three chairs per table. Liberty Theater Box Office 503.325.5922 x55. Tues-Sat, 2pm to 5:30pm. Also 2 hours before show. Also purchase through TicketsWest 503.224.8499 or 1.800.992.8499. Tickets subject to a convenience charge. Ask for your tickets to be put in Will Call at the theater and you can pick them up on show night and avoid the shipping charge.

Local Musician Evan Jiroudek Premieres WISTAPPEAR at the Coaster w/Lake Jiroudek July 21

WISTAPPEAR performs at the Coaster Theater in Cannon Beach July 21st at 7pm. The night begins with an interactive live art and music improvisation. Then Wistappear performs music from their upcoming album, the set will feature Lake Jiroudek on guitar. Brothers Evan and Lake have both continued their careers since departing from hometown Cannon Beach. Lake is currently at Juilliard, and Evan has been developing as a drummer in various band projects in L.A.

Wistappear is a collaborative project spearheaded by Ian Lipson and Evan Jiroudek. Rising from the homegrown solo work of Ian Lipson, the songs quickly bloomed into intricate full-band orchestrations.

Wistappear first released the 5-song Ride It Out EP which was pieced together and performed with dear friends, some of whom continued to harvest new music with Lipson and Jiroudek. Following a Wistappear performance in Los Angeles, the band



Lake, Ian, and Evan

was invited to record at Universal Music's Rondor studio where Wistappear tracked their latest singles "Every Side" and "Midnight Preacher". The band continued adding touches to the tracks, and then journeyed to Athens, GA, to begin working with Drew Vandenberg (Toro y Moi, of Montreal, Drive-By Truckers, Deerhunter) who mixed the singles and will be co-producing the crowd-funded Wistappear debut album this summer.

Tuesday, July 21, 7pm. With artist Roger Gorsuch. \$20/\$12 Senior/Stud. At the Coaster Theater in Cannon Beach.

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

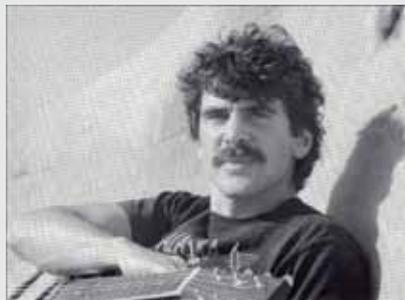
Thursday
9:00-10:00am Zumba Toning with
Nayelli Dalida

Saturday



ICONIC environmental singer Dana Lyons teams up with notorious labor hellraiser Anne Feeney to launch Teamsters and Turtles – Together at Last! Starting in Bellingham, WA on July 1st (hometown of Dana Lyons) and sweeping south to Ashland, and back to Astoria, the duo will dispel the myth

that unions are at odds with environmentalists. They will accomplish this with song and story. How likely is this tour to bring labor activists and



Teamsters and Turtles – Together at Last! A Concert with Anne Feeney & Dana Lyons

Monday, July 20, 7pm

Blue Scorcher Bakery Café, 1493 Duane Street, Astoria,
Suggested donation: \$10-\$20 (no one turned away for lack of funds)

environmentalists into a huge movement for justice, peace, equality, and sustainability? Come to their show and find out!

Hellraiser Anne Feeney

Pittsburgh-based agitator Anne Feeney performs music that she says is designed to “comfort the afflicted and afflict the comfortable.” Not many women have chosen to walk the path of Woody Guthrie, but Feeney has made a career of it for the past 35 years.

Eco-Troubadour Dana Lyons

Dana Lyons is the singer/songwriter best known for his outrageous hit comedy songs “Cows With Guns,” “RV” and “Ride The Lawn.”

Friday 10

MUSIC

Sedona Fire. 5 – 8pm at the Manzanita Farmers Market.

David Drury. Jazz guitar. No cover, 6 – 8:30pm at the Bridgewater Bistro in Astoria.
Will Morgan. Blues. No cover, 8pm at the Sou'wester Lodge in Seaview.

Open Stage for Music and Word. Performers can sign up at the door for 10-minute slots. \$3 donation, 7 – 8:30pm at the Hoffman Center in Manzanita.

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

The Bellfuries. 9pm at the Adrift Hotel in Long Beach.

HAPPENING

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City. 888-CHINOOK

THEATER

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

It Could Be Any One of Us. A comedic whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Saturday 11

MUSIC

Naill Carroll. 6 – 8pm at the Wet Dog Café in Astoria.

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

Two Crows Joy. 6pm –closing at Café 101 in Seaside.

James Low. Alt Country. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Quick & Easy Boys. Waikiki Beach Concert Series. 7pm at the arena at Waikiki Beach at Cape Disappointment State Park, Ilwaco.

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

The Bellfuries. 9pm at the Adrift Hotel in Long Beach.

Jake Ray and the Cowdogs. \$5 cover, 9:30pm at the Merry Time Bar & Grill in Astoria.

ART

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

Artist Reception. For “Sediment” exploring the medium of printmaking. 5 – 7pm at the Cannon Beach Gallery.

Art Opening. Tom McCallum with 3D mosaic sculptures and Laura Collins with oil paintings. 2 – 4pm at the Garibaldi Museum.

Art Opening. Welcome Home, oil paintings by Liisa Rahkonen featuring birds and landscapes. 5 – 7pm at Rowboat Gallery in Pacific City.

FOOD & DRINK

Wine Tasting. Oregon Pinot Noir #3. 1 – 4pm at the Cellar on 10th in Astoria.

Wine Tasting. J Scott Cellars. 1 – 5pm at the Wine Shack in Cannon Beach.

HAPPENING

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

LECTURE

Gliding Through Art & History. Presenting Astoria's unique history, art and amazing vistas from atop Coxcomb Hill, home the Astoria Column. This will be held on the grounds of Astor Park in Astoria. Free, donations accepted.

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City. 888-CHINOOK

LITERARY

Book Reading. Poets and authors Lisa Wells and Joshua Marie Wilkinson will read from their work. Free, 8pm at the Sou'wester Lodge in Seaview.

Book Launch. Melissa Ousley releases “The Sower Comes,” Book Three of the Solas Beir Trilogy. At Beach Books in Seaside.

THEATER

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

Little Shop of Horrors. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Sunday 12

MUSIC

Floating Glass Balls. 10am – 3pm at the Astoria Sunday Market.

Richard T and Friends. Blues Brunch. No cover, 11:30am – 2pm at the Bridgewater Bistro in Astoria.

Music in the Hoffman Gardens. The Ferret Family. 1 – 2pm at the Hoffman Center in Manzanita.

Tingstad and Rumbel. \$20, 2pm at the Church in the Nazarene in Tillamook.

Main Street Souvenirs. A multi-media stage performance featuring live piano music, a spoken narrative, and a video presentation. With Scott Kirby. \$14, 7pm at the Lincoln City Cultural Center.

The Hugs and Us Lights. Psych Pop. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Sky Colony. 8pm at the Adrift Hotel in Long Beach.

Jake Ray and The Cowdogs. \$5 cover, at the Merry Time Bar & Grill in Astoria.

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. FMI, go to HiiHLights.com

Art Opening. Tom McCallum with 3D mosaic sculptures and Laura Collins with Oils. 2 – 4pm at the Garibaldi Museum.

Monday 13

MUSIC

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

CINEMA

The Lost World. \$2, 11am at the Bijou Theater in Lincoln City.

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 14

MUSIC

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

CINEMA

The Lost World. \$2, 11am at the Bijou Theater in Lincoln City.

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

WEDNESDAY 15

MUSIC

Gospel Trio. Free, 2pm at the Tillamook Library.

Alena Sheldon. 3 – 7pm at the Seaside Farmers Market.

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

ART

Sandsations. A Sand Sculpting extravaganza in Long Beach.

<http://sandsationslongbeach.com/>

CINEMA

The Lost World. \$2, 11am at the Bijou Theater in Lincoln City.

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.

LITERARY

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

OUTSIDE

Hands-On Stewardship. Weeding Clear Lake Wetlands. The property needs weeding to help the native vegetation thrive and put these new and recovering wetlands on a healthy trajectory. Wear rubber boots and gloves; NCLC will provide the needed tools. Bring your own drinking water and lunch. There are no toilets or potable water on site. FMI 503-738-9126

THEATER

Little Shop of Horrors. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 16

MUSIC

Conformity Contortion. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

ART

Sandsations. A Sand Sculpting extravaganza in Long Beach.

<http://sandsationslongbeach.com/>

Listings continued on pg. 21 - 23

MORE MUSIC



Lonesome Heroes

Cosmic Americana country direct from Austin, TX, The Lonesome Heroes recently recorded an EP on WhatBang Records, the same company that produces vinyl for the coast's own Cedar Shakes. The bands last album Daydream Western was nominated by a panel of judges including Tom Waits, Keith

Richards, and Suzanne Vega and went on to win the 2012 Independent Music Awards. Groove to a cross-pollination of rock, folk, and country with psych and indie pop – influences from Texas and Brooklyn backgrounds.

Sunday, July 19, 8pm at the Fort George in Astoria.

Friday, June 24 at the Sandune Pub in Manzanita, \$5 Bucks.



Counterfeit Cash

Portland's premiere Johnny Cash Tribute Band replete with a “June,” gets your country heart rolling.



Wilde Rabbit

Folk-stomp Americana revamps classic string band instrumentation with homespun percussion and the unique integration of six-string ukulele and cello. Wilde Rabbit formed and gathered big-city inclinations in New

York City. Catch 'em for 2 nights at the pickled fish.

Sunday and Monday, July 26-27 at the pickled fish/ Adrift Hotel in Long Beach, WA.



COASTER SUMMER REP

This summer at the Coaster Theatre you can see a British caper where you pick the ending, or you can experience a deviously delicious out-of-this-world musical experience.

It Could be Anyone of Us

Written by Alan Ayckbourn
Directed by Ryan Hull

In a windswept country house a family of artistic failures wrangles over a will: a detective who has never solved a case; a writer whose works have never been published, an artist who's never shown a painting and a composer whose compositions have never been performed, and a dysfunctional teenager. The prime ingredients for a murder mystery, but the victim is not who it should be, and the murder's identity changes overnight. Throw in some tongue in cheek humor for some comedic thrills.

CAST: Stewart Martin, Ann Bronson, Cedar Braasch, Gretchen Hoekstre, Frank Jagodnik, Ellen Jensen Sponsored by The Ocean Lodge, Inn at Cannon Beach, Lodges at Cannon Beach, Pro-build/Milgard, Leland E.G. Larson and U.S. Bank.

Fridays, Saturdays and select Sunday Matinees through Sept 6.

Ticket Prices:

It Could be Any One of Us: \$15 or \$20

Little Shop of Horrors: \$18 or \$23 Box Office: 503-436-1242, www.coastertheatre.com

Brinton Under
The Table in
*It Could Be
Anyone of Us.*
(left to right)
- Gretchen
Hoekstre (as
Amy Polegate), Stewart
Martin (as
Mortimer
Chalke),
Cedar Braasch
(as Brinton
Chalke)

Little Shop of Horrors

Book & Lyrics by Howard Ashman
Music by Alan Menken
Directed by Patrick Lathrop
Musical Direction by Chris Engbretson
Assistant Director, Joseph Oyala

The meek floral assistant Seymour Krelborn stumbles across a new breed of plant he names "Audrey II" – after his coworker crush. This foul-mouthed carnivore promises unending fame and fortune to the down and out Krelborn as long as he keeps feeding it, BLOOD. Over time, though, Seymour discovers Audrey II's out of this world origins and intent towards global domination!

CAST: Cameron Lira, Todd Payne, Cindy Karr, Amanda Payne, Aly Hanson, David Sweeney, Richard Bowman, Josh Loring. Sponsored by The Ocean Lodge, Inn at Cannon Beach, Lodges at Cannon Beach, Candi & Jon Holzgrafe Dennis' 7 Dees

ASOC PRESENTS GET DOWN AND FISHY AT SHANGHAIED IN ASTORIA



NOW PLAYING!

Ashley Rowles (Virginia) Markus Brown (Krook) and Tim Murphy (Sneek, not Snake) prepare to Shanghai you in the 31st ASOC production.

THIRTY ONE YEARS! That's right. Astor Street Opry Company gears up for the 31st Annual Season of Shanghaied in Astoria. It doesn't matter how many times you've seen it – that's not the point! What matters is, the historical, hysterical melodrama production takes you on a wild belly laugh of a ride, while the goofy archetypes of good and evil, working class heroes, Astoria Finns and Ladies of the Night send you back in time to a rough and tumble fishing town that still proudly claims its identity.

Director Nate Bucholz and choreographer Carlete Lewis Allen drive physical comedy to the hilt, in a fast-paced tale of crookery and chaos down on the river front. Audience participation (now do I throw the popcorn or eat it) is a must, and BTW a good lesson when watching live theater: it's okay to laugh! The actors appreciate it and it improves performance and pace! So prepare to laugh your ass off at the Astor St. Playhouse.

45 cast members in turn of the century couture, Olio stints (before-show song and dance comedy in front of the curtain), and the ASOC Playhouse, rambling on with its outdoor lavatory facilities, good beer at the bar, a hearty collection of souvenirs to take home, not to mention the goodie basket raffle at intermission; there's lots to love about this night out at the theater, and a summer's worth of dates to do it.

- D. Urell

Partake of this Astoria tradition July 9 - Sept 12, every Thursday, Friday and Saturday night, at 7:00pm. Sundays Matinees are July 19th, August 16th and Sept. 6th show time 2:00pm. Tickets at the box office opens 1 hour before showtime.. All at the ASOC Playhouse 129 West Bond Street, Uniontown Astoria. Tickets online at www.astorstreestopycompany.com or call now! 503-325-6104. Sponsored by "The Bridge" 94.9 FM Where Music is First!"



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Hickory Mertsching: Paintings Nile and Michelle Fahmy: Metalsmiths at RiverSea

RIVERSEA GALLERY Features allegorical still life paintings by Portland artist, Hickory Mertsching in a solo show titled, *Sticks, Stones and Crates*. In this new series, the artist continues his exploration of manmade detritus and ephemera colliding with nature. These provocative works, with their style deeply rooted in twentieth century Americana, present a narrative of wildlife adapting to a habitat disrupted by humanity's discards.

Mertsching's still life paintings are a study in contrasts, stretching beyond representation into allegory. At the heart of his work are consistent themes of human impact on the wilderness, the cycle of life and death, and wild creatures forced to adapt to a deteriorating environment. In the paintings, humanity is alluded to only by its cast-offs, the ubiquitous dented beer cans, shotgun shells, rusted toys and tools left scattered about in woods and streams. Nature, in the form of vigorous creatures and verdant growth, is shown as the eventual victor in this collision with modern civilization.

In 1996, Mertsching received a BFA with a major in Sculpture from the Milwaukee Institute of Art and Design in Wisconsin. He spent the next decade working as a master mold maker and foundryman in fine art bronze foundries, while developing skill as a painter. He turned to painting as a full time profession in 2005, and since then



Hickory Mertsching, Garden

Exhibiting in the Alcove at RiverSea Gallery are Nile and Michelle Fahmy, whose show, *Trees and Tides* features coastal forms in raised copper by the two metalsmiths. Their vessels and sculpted shapes are created by raising copper from a flat plane into a three dimensional form. A single piece may require thousands of hammer blows and hundreds of hours of labor. Surface textures are reminiscent of tree bark, wave ripples or patterns in sand, and interiors are often embellished with gold leaf to offer a contrast to the earthy copper.

Unusually, this artistic duo is comprised of a brother and sister who work alongside each other in the studio, sharing ideas for new design concepts as they each shape metal through the age-old techniques of raising, chasing and repoussé, all aspects of the forging process. Each piece created is seamless, and forged by the free-hand beating of a hammer between rounds of heat application.

The Fahmys currently reside and work in Salt Lake City, Utah, but they are determined to realize their dream of moving to the coastal Northwest sometime this year. They regularly exhibit in juried fine art shows around the country and in 2014 were awarded Best in Metal Art at the Philadelphia Museum of Art Craft Show. Their forged metal vessels are held in collections throughout the nation.

The two exhibits open with a reception on Saturday, July 11 as part of Astoria's Second Saturday Artwalk from 5:00 to 8:00, and continues through August 4, 2015. Both artists will be on hand for the opening

reception.

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



NMFahmy, Tidal Creturell

has exhibited in gallery shows in Portland, Seattle and throughout the Northwest. His work has been published in a number of online art magazines of national standing and his paintings have been commissioned for several album covers in recent years.

HABITAT: The Paintings of Bethany Rowland at IMOGEN

WITH gestural brush stroke and deliberate mark making, Bethany Rowland of Portland, Oregon brings a new series of acrylic paintings. Within this collection she explores a shared sense of place; the visible and the invisible, the remembered and the forgotten, the imagined and the numinous. Practicing an intuitive process she depicts the power and sometimes quiet beauty of both landscape and its wildlife; her foremost source of inspiration. **HABITAT** opens for Astoria's Second Saturday Artwalk, July 11th. The exhibition will open July 11th with an opening reception from 5 – 8 pm for the artist. Bethany Rowland will be available to answer questions about the collection and her painting techniques. The exhibition will remain on display through August 4th.

Rowland carefully cultivates imagery that is a balance between representation and abstraction. Combining quiet corners of complex layers of sheer color with definitive mark and gesture making, she conveys emotion; a hint of melancholy, comfort and acceptance within each composition.

Rowland readily sights such artists as Phil Sylvester of The Drawing Studio in Portland, OR as well as others including Andrea Schwartz-Feit, William Park and Royal Nebeker for giving her the courage to trust her own intuition in her practice. She understands form and allows herself freedom to explore the nuance of posture through the discipline of painting the hu-



Bethany Rowland, When Everything Matters

man figure. Her figurative work has been juried into Clatsop Community College's annual *Au Nature!* The *Nude In The 21st Century*, 2009, 2013 and 2014 exhibitions as well as the 2014 annual *Sitka Art Invitational* and most recently *The Bird Show*, an annual exhibition hosted by the Chessman Gallery and the Lincoln City Audubon Society.

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

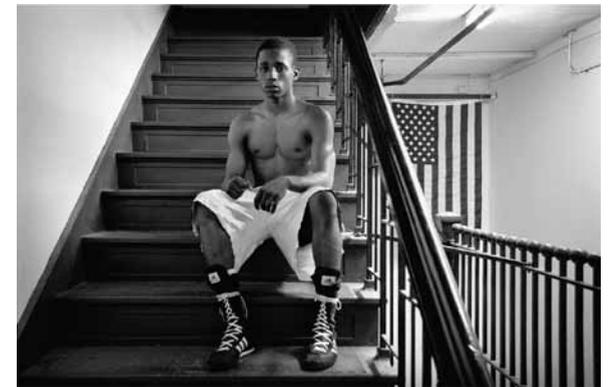
Jim Lommasson

American Fight Clubs at LIGHTBOX

LightBox Photographic Gallery will open the exhibit, "American Fight Clubs", a photographic series by Jim Lommasson of Portland, with an artist' reception on Saturday, July 11, from 5 – 8pm. Jim will give an Artist talk at the gallery at 4p.m., immediately prior to the opening. Please contact LightBox to reserve a seat, seating is limited.

Fight clubs are located in the forgotten corners of most American cities. They're shoehorned into storefronts, basements, or vacant warehouses, usually in the toughest part of town. Inside is a community of fighters, trainers, and hangers-on unknown even to the most ardent boxing fans. The gyms reek of sweat, pounding leather, pounding music, barking trainers, and determination. The gyms are fight factories, sweatshops, but sweatshops with a mission. The gyms are often a sanctuary, where kids and young adults, many of them drawn to the gym by chaos or violence in their own lives, can channel aggressive impulses in an environment that stresses discipline, hard work, and respect.

Jim Lommasson is an award winning documentary photographer, the recipient of The Dorothea Lange – Paul Taylor Prize from The Center for Documentary Studies at Duke University for his critically acclaimed book, *SHADOW BOXERS: Sweat, Sacrifice, and the Will to Survive in American Boxing Gyms*. Other awards include the New American Art Union Couture Stipend, Oregon Art Commission Fellowship, New York Art Director's Award, Media Inc. and American Marketing Association's Person of the Year. Lommasson is a 2012-2016 Oregon Humanities Conversation Grant Recipient



for his public discussion "Life after War: Photography and Oral Histories of Coming Home." His work is in the Permanent Collections: Reed College, Yale University, SFMOMA, Washington Arts Commission, Portland Art Museum, Seattle Arts Commission, Visual Chronicles of Portland.

Jim has recently completed a book project about American soldiers from the Iraq and Afghanistan Wars and their lives after their return from war. The book includes Lommasson's photographs, as well as photographs and writing by the soldiers. *EXIT WOUNDS: Soldiers' Stories' – Life After Iraq and Afghanistan*, is a traveling exhibit and a book project. Lommasson's second book, "Oaks Park Penitence" was published by Oregon State University Press in 2009.

Jim will talk about all of his work and the books during his artist talk at 4pm at the gallery. "American Fight Clubs" will be on display at the gallery through August 4.

LightBox is located at 1045 Marine Dr. in Astoria. Open Tues-Sat 11-5:30. 503-468-0238.



HARPER LEE

Book Release and Movie Party
Come celebrate the work of
a great American author at
Driftwood Public Library

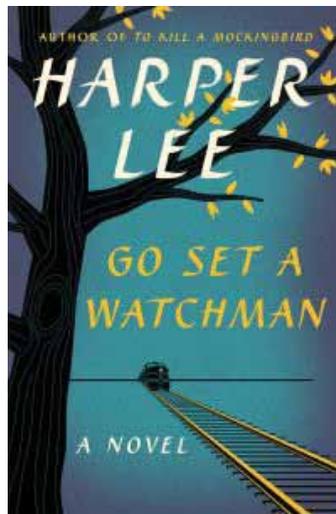
DRIFTWOOD PUBLIC LIBRARY will be hosting a FREE, all-ages showing of the film *To Kill a Mockingbird*, to coincide with the release of the new Harper Lee novel *Go Set a Watchman*, on Tuesday, July 14, 2015, at 5:30pm at the library.

Go Set a Watchman was the novel Harper Lee first submitted to publishers, prior to the publication of her bestselling, Pulitzer Prize-winning classic, *To Kill a Mockingbird*, though it was never released. The manuscript of that early novel was thought to have been lost or destroyed decades ago. It was recently rediscovered, and on July 14th the book will finally reach the hands of Lee's devoted readers, nearly 60 years after its creation. In the new novel, set 20 years after the events of *To Kill a Mockingbird*, Jean Louise Finch (aka

"Scout") returns home to Maycomb to visit her father, and struggles with both personal and political issues involving Atticus, society, and the small Alabama town that shaped her.

To celebrate the release of this much-anticipated novel, Driftwood Public Library will screen the 1962 film adaptation of *To Kill a Mockingbird*, which won Oscars for star Gregory Peck and screenwriter Horton Foote, and which features Robert Duvall in one of his earliest screen roles. A book-seller from Bob's Beach Books will be on site with copies of *Go Set a Watchman* for sale, and light refreshments will be served during the film.

Thanks to the generous support of The Driftwood Public Library Foundation, door prize drawings will be held after the film. The event is also sponsored in part by The Bijou Theater.



Driftwood Public Library at (541) 996-2277, visit our website at www.driftwoodlib.org, or follow us on Facebook at www.facebook.com/DriftwoodPublicLibrary.

Seaside Public Library

Little Belle Crosses The Oregon Trail With Nancy Bell Anderson

Seaside Public Library presents "Little Belle Crosses the Oregon Trail" with Nancy Bell Anderson. The event will take place in the Community Room

This story is taken directly from the journals of Arvazena Cooper and tells of the family's five month journey, from Missouri to Oregon, in 1863. Life in Missouri had become unbearable due to unrest and lawlessness, so the young Cooper family headed to Oregon. They traded their land for a covered wagon and ox team, and along with other family members, began the perilous trip west. Their daughter, Little Belle, was only 16 months old when the expedition began

Arvazena's account of their trip tells of monotonous days traveling the plains, learning to make meals in uncomfortable circumstances, child-birth on the trail, dealings with Native

Americans, and the challenge of caring for a young child in harsh traveling conditions

Their new life in Oregon was everything they had hoped for and Little Belle grew up the oldest of 15 brothers and sisters. She eventually became a medical doctor and received her degree from the University of Oregon in 1897. She had a successful medical practice and co-founded The Dalles Hospital

Author Nancy Bell Anderson is a direct descendent of Little Belle and had the journals of Arvazena Cooper passed down to her. Nancy's re-telling of her ancestors life on the Oregon Trail is a glimpse into the founding of our state.

MOVE. Hm.

Oregon Humanities Call For Submissions On Theme "Move"

The magazine will accept proposals and drafts for its fall/winter 2015 issue through July 27, 2015.

Oregonian Humanities invites Oregonians to submit their stories, ideas, thoughts, and arguments about motion—stories about moving on, moving over, feeling moved, being moved, making a move, keeping things in motion—as an essay or article for Oregon Humanities magazine's summer 2015 issue on the theme "Move."

Contributors are encouraged to visit oregonhumanities.org to review the guidelines and complete call for submissions, and familiarize themselves with the publication. No phone calls, please. At this time, Oregon Humanities only accepts work from writers who reside in Oregon.

Writers should submit a proposal or draft by July 27, 2015, by email to k.holt@oregonhumanities.org or post to Kathleen Holt, Editor, Oregon Humanities magazine, 921 SW Washington St. #150, Portland, Oregon, 97205.

Oregon Humanities magazine, a triannual publication, welcomes all forms of nonfiction writing, including scholarly essays, journalistic articles, and personal essays. The magazine accepts proposals and drafts of scholarly and journalistic features, but accepts drafts only of personal essays, which must consider larger thematic questions in well-developed, expansive, and nuanced ways. Features generally range between 1,500 and 4,000 words. All contributors receive an honorarium. Currently the magazine is distributed to nearly 14,000 readers. Work from Oregon Humanities has been reprinted in textbooks, the Pushcart Prize anthology, Utne Reader, and Best American Essays, and featured on public radio programs Think Out Loud and This American Life.

Oregon Humanities connects Oregonians to ideas that change lives and transform communities. More information about our programs and publications—which include the Conversation Project, Think & Drink, Humanity in Perspective, Idea Lab Summer Institute, Public Program Grants, and Oregon Humanities magazine—can be found at oregonhumanities.org. Oregon Humanities is an independent, nonprofit affiliate of the National Endowment for the Humanities and a partner of the Oregon Cultural Trust.

Beach Book Events



Melissa Ousley releases Book Three of The Solas Beir Trilogy

Melissa Ousley will be at Beach Books on Saturday, July 11, beginning at 11am, for the launch of *The Sower Comes*, her fantastic young adult trilogy. It's been called an enchanting fairy tale filled with vivid characters, action and romance. Stop by to meet Melissa at Beach Books, 616 Broadway in Seaside.

Author Willy Vlautin

Beach Books presents musician and author Willy Vlautin for Lunch in the Loft on Friday, July 31 at noon. Willy is founder of the band Richmond Fontaine which has produced nine studio albums. He is also the author of four highly acclaimed novels, the most recent of which is *The Free*. Cost: \$25 includes catered lunch and copy of *The Free*.



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!



CINEMA

The Lost World. \$2, 11am at the Bijou Theater in Lincoln City.

FOOD & DRINK

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

HAPPENING

Family Night at the Driftwood Public Library. Featuring Habiba Addo, storytelling around the world at 6:30pm. Information & registration at driftwoodlib.org

LITERARY

Author appearance. Author Justin Hocking will read from his memoir "The Great Floodgates of the Wonderland." Free, 7pm at Cloud & Leaf Bookstore in Manzanita.

Author Appearance. Author Nancy Bell Anderson will read from her book "Little Belle Crosses the Oregon Trail." Free, 7pm in the Community Room at the Seaside Library.

THEATER

Shanghai'd in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

It Could Be Any One of Us. A comedic whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Friday 17

MUSIC

Happy Together. Featuring some of the greatest bands of the 60s and 70s. Call 888-MAIN-ACT for tickets. At Chinook Winds in Lincoln City.

Sugar Sauce Band. 60s and 70s rock. At the Chinook Seafood Grill at Chinook Winds in Lincoln City.

Lodestar. 5 - 8pm at the Manzanita Farmers Market.

David Drury. Jazz guitar. No cover, 6 - 8pm at the Bridgewater Bistro in Astoria.

Pigs on the Wing. A Pink Floyd Tribute Band. \$14 for one show, \$24 for both. 8pm at the Astoria Event Center.

Lisa Mann & Diane Blue. No cover, 9pm at Roadhouse 101 in Lincoln City.

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

ART

Sandsations. A Sand Sculpting extravaganza in Long Beach.

<http://sandsationslongbeach.com/>

HAPPENING

Bald Eagle Days Festival. Food and craft vendors, parade and many other fun events. In Cathlamet. FMI: cathlametchamber.com/bald_eagle_days.php

A Tribute to the Columbia River. Lectures, music, and more. \$15, catered meal available for \$15. 7pm in Columbia Hall, Room 219 at CCC in Astoria. FMI and registration, call 503-894-0187.

Pacific City Dory Days. Dory Days Parade, Linfield Dory Exhibit, Dory Boat Display, Artisan Fair and more. 10am - 6pm in Pacific City. pcnrvchamber.org/events/local-events.htm

OUTSIDE

Summer's Here... Right? Golf Tourney. Aloha shirts and Mai Tais please. \$60 per player, cart rental \$15 per player. 2pm shotgun start at the Gearhart Hotel.

Open Spaces Bird Walk. Audubon society volunteers will lead the walks. 9am at the Villages at Cascade Head. FMI 541-996-1224

THEATER

Shanghai'd in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

Little Shop of Horrors. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Saturday 18

MUSIC

Happy Together. Featuring some of the greatest bands of the 60s and 70s. Call 888-MAIN-ACT for tickets. At Chinook Winds in Lincoln City.

Sugar Sauce Band. 60s and 70s rock. At the Chinook Seafood Grill at Chinook Winds in Lincoln City.

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

Pigs on the Wing. A Pink Floyd Tribute Band. \$14 for one show, \$24 for both. 8pm at the Astoria Event Center.

Curtis Interrupt Us. No cover, 9pm at the Snug Harbor Bar & Grill in Lincoln City.

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

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

Ray Prestegard. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

Violet Underground and Sports Analogy Judo. No cover, 10pm at the Merry Time Bar in Astoria.

ART

Sandsations. A Sand Sculpting extravaganza in Long Beach.

<http://sandsationslongbeach.com/>

Art Opening. Botanical Drawing by Dorota. 3 - 5pm at the Hoffman Center in Manzanita.

Raku on the Lawn. Demonstration of the Japanese clay firing process called Raku. You can even purchase a pot to glaze yourself. On the lawn at the Lincoln City Clay. FMI 541-994-7729

CINEMA

Grease. \$2, 11am at the Bijou Theater in Lincoln City.

To Kill a Mockingbird. Free, 5:30pm at the Driftwood Public Library in Lincoln City.

FOOD & DRINK

Wine Tasting. Pinot Blanc. 1 - 4pm at the Cellar on 10th in Astoria.

Wine Tasting. Seven of Hearts. 1 - 5pm at the Wine Shack in Cannon Beach.

HAPPENING

Bald Eagle Days Festival. Food and craft vendors, parade and many other fun events. In Cathlamet. FMI: cathlametchamber.com/bald_eagle_days.php

Music in the Gardens. Garden tour, live music, food and beverages. It will feature 7 gardens and a tour of a bayside restoration project with native plants. 10am - 4pm on the Long Beach Peninsula. facebook.com/MusicintheGardensTour

Clamshell Railroad Days. Experience lectures, model railroad layouts from regional clubs, the kids craft caboose, bus tours, and more. Admission is \$5 and includes a souvenir pin

and covers Museum entrance for 2 day. Kids under 12 are free. 10am - 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

Rummage Sale. At the Astoria Armory.

A Tribute to the Columbia River. Lectures, music, and more. \$15, catered meal available for \$15. 9am in Columbia Hall, Room 219 at CCC in Astoria. FMI and registration, call 503-894-0187.

Sunkat Feline Fanciers Cat Show. \$5 admission, 10am - 4pm at the Seaside Convention Center.

Comedy Night. With Michael Winslow, The Man of 1000 Sound Effects. \$25, 8pm at the Manzanita Lighthouse Pub & Grub.

Coho Classic Fishing Tourney & Seafood-Feast. Starts at 6am at the Garibaldi Boat Basin. FMI and to sign up for the derby call 503-842-0250

A Cause for Paws - Mutt Strut. A pet walk-a-thon event to raise funds to benefit the Tillamook Animal Shelter. This is open to the public, register to walk with or without a dog. Individuals and teams gather pledges. There will also be pet supply vendors, food vendors, a veterinary booth, a TAS pet adoption booth, a bouncy house and awards will be handed out. FMI, visit A Cause for Paws Mutt Strut on Facebook.

United Paws Monthly Adoption Day. This is a great time to stop in and see all the kittens, cats and dogs that need new forever homes. Noon - 3pm at the Tillamook County Fairgrounds.

Pacific City Dory Days. Dory Days Parade, Linfield Dory Exhibit, Dory Boat Display, Artisan Fair and more. 10am - 6pm in Pacific City. pcnrvchamber.org/events/local-events.htm

The Devils Lake Revival. Live bands, food vendors, boat tours, art activities and safety demonstrations. At Regatta Grounds Park in Lincoln City. oregoncoast.org/devils-lake-revival/

OUTSIDE

Manzanita Beach Walk/Run. On the beach at Manzanita. FMI 503-368-7008

THEATER

Shanghai'd in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

It Could Be Any One of Us. A comedic whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Sunday 19

Double J and the Boys. 10am - 3pm at the Astoria Sunday Market.

Jennifer Goodenberger. Jazz piano. No cover, 11:30am - 2pm at the Bridgewater Bistro in Astoria.

Music in the Hoffman Gardens. Joe Wrabek. 1 - 2pm at the Hoffman Center in Manzanita.

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

Lonesome Heroes. Alt Country. 8pm at Fort George Brewery & Public House in Astoria.

Ronnie Jay Duo. 8:30pm at the Snug Harbor Bar & Grill.

ART

Sandsations. A Sand Sculpting extravaganza in Long Beach.

<http://sandsationslongbeach.com/>

CINEMA

Grease. \$2, 11am at the Bijou Theater in Lincoln City.

HAPPENING

Bald Eagle Days Festival. Food and craft vendors, parade and many other fun events. In Cathlamet. FMI: cathlametchamber.com/bald_eagle_days.php

Clamshell Railroad Days. Experience lectures, model railroad layouts from regional clubs, the kids craft caboose, bus tours, and more. Admission is \$5 and includes a souvenir pin and covers Museum entrance for 2 day. Kids under 12 are free. 10am - 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

Rummage Sale. At the Astoria Armory.

Sunkat Feline Fanciers Cat Show. \$5 admission, 10am - 4pm at the Seaside Convention Center.

Pacific City Dory Days. Dory Days Parade, Linfield Dory Exhibit, Dory Boat Display, Artisan Fair and more. 10am - 4pm in Pacific City. pcnrvchamber.org/events/local-events.htm

OUTSIDE

CHIP-in Volunteer Opportunity. CHIP-in will host a park clean-up at the Cathedral Tree Trail. Volunteers interested in partaking in event are asked to bring: sturdy work gloves, weed whackers, hand pruners, or loppers if they have them. Volunteers are also urged to wear long pants and closed toe shoes. Meet at the Astoria Column at 1pm.

Photo Hiking. Hike with professional photographers Bob Gibson and Jeri Knudsen and learn basic techniques. \$20 per person. 9am - 11am at the Agnes Creek Trail, Lincoln City. FMI call 541-994-3405.

THEATER

Shanghai'd in Astoria. Musical melodrama. \$16 - \$21, 2pm at the ASOC playhouse in Astoria.

The Mousetrap. A whodunit. \$14, 2pm at Theater West in Lincoln City.

Monday 20

MUSIC

The Cabin Project. 8pm at the Adrift Hotel in Long Beach.

Tuesday 21

MUSIC

The Cabin Project. 8pm at the Adrift Hotel in Long Beach.

CINEMA

Grease. \$2, 11am at the Bijou Theater in Lincoln City.

OUTSIDE

Paddle Trip. Participants must supply their own kayak and PFD. Experienced paddlers only. Reservations recommended. 5:30 - 7:30pm at Siletz Bay National Wildlife Refuge. 541-270-0610

Wednesday 22

Shirley Smith. 3 - 7pm at the Seaside Farmers Market.

John Doan. 6 - 7pm at the Tillamook Library.

CINEMA

Grease. \$2, 11am at the Bijou Theater in Lincoln City.

MUSIC

Casey Neill. 8pm at the Adrift Hotel in Long Beach.

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 Shanghai'd Roller Dolls host a family friendly Open Skate Night. There's also Shanghai'd 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. July . .

HAPPENING

Family Night at the Driftwood Public Library. Featuring Gideon Freudman, electric cello. FMI 541-996-1258

OUTSIDE

Paddle Trip. Participants must supply their own kayak and PFD. Experienced paddlers only. Reservations recommended. 6 - 8pm at Siletz Bay National Wildlife Refuge. 541-270-0610

THEATER

It Could Be Any One of Us. A comedic whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 23

MUSIC

Casey Neill. 8pm at the Adrift Hotel in Long Beach.

CINEMA

Grease. \$2, 11am at the Bijou Theater in Lincoln City.

LECTURE

Mingle & Muse. Woodcarver Stan Peterson will speak about his work. Free, 4:30pm at the Sitka Center near Otis.

LITERARY

Book Reading. Author Kristin Ohlson will present from her book "The Soil Will Save Us." 7pm at the Seaside Library.

THEATER

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

Little Shop of Horrors. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Friday 24

MUSIC

Dean & Fig. 5 - 8pm at the Manzanita Farmers Market.

Jenifer Goodenberger. Jazz piano. No cover, 6 - 8pm at the Bridgewater Bistro in Astoria. Counterfeit Cash. A Johnny Cash Tribute Band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Big Bridges. 8pm at the Adrift Hotel in Long Beach.

Erotic City. Prince Tribute Band. \$5 cover, 9:30pm at the Merry Time Bar & Grill.

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

FOOD & DRINK Wine Tasting & Silent Auction Preview. \$3 surcharge for wine and food, 4 - 7pm at the Garibaldi Museum.

HAPPENING

Rodeo Parade. 6:30pm in downtown Long Beach.

Garibaldi Days. Parade, live entertainment, vendors, food court, and more. visitgaribaldi.com/garibaldi-days-0

THEATER

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

It Could Be Any One of Us. A comedic whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Saturday 25

MUSIC

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

Joe Powers and Steve Christopherson. 2 - 3pm at the Tillamook Library.

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

Dave Drury and Friends. 7pm at the PAC in Astoria.

Songwriting Contest Winners. \$5, 7pm at the Peninsula Arts Center in Long Beach.

Dedric Clark and the Social Animals. Waikiki Beach Concert Series. 7pm at the arena at Waikiki Beach at Cape Disappointment State Park, Ilwaco.

Larry Blake Medicine Show. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

Kathryn Clair. 9pm at the Adrift Hotel in Long Beach.

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

Erotic City. Prince Tribute Band. \$5 cover, 9:30pm at the Merry Time Bar & Grill.

ART

Astoria Artists Studio Tour. 10am - 4pm. Maps will be available at many downtown businesses or at AstoriaArtists.org

Raku on the Lawn. Demonstration of the Japanese clay firing process called Raku. You can even purchase a pot to glaze yourself. On the lawn at the Lincoln City Clay. FMI 541-994-7729

CINEMA

The Princess Bride. \$2, 11am at the Bijou Theater in Lincoln City.

FOOD & DRINK

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

James Beard Dinner. \$95 per person at the Sand Trap Pub in Gearhart.

Wine Tasting. D'Anu Wines. 1 - 5pm at the Wine Shack in Cannon Beach.

HAPPENING

Long Beach Rodeo. At the Peninsula saddle Club, Long Beach. peninsulasaddleclub.com/long-beach-rodeo/

Garibaldi Days. Parade, live entertainment, vendors, food court, and more. visitgaribaldi.com/garibaldi-days-0

Silent Auction. 10am - 4pm at the Garibaldi Museum.

LITERARY

The Oregon Story Sessions. Stories. Poems. Tales. Songs. Beer. Contests. Surf Rock. With Matt Love, Tim Sproul, Willy Vlautin, and others. Three sessions of free events. Noon at Godfather's Books in Astoria. 2:30pm at the Lovell Showroom at Ft George in Astoria, 6:30pm at the Olney Saloon in Olney.

Open Spaces Bird Walk. Audubon society volunteers will lead the walk. 9am at the Wildwood Trail, Lincoln City. FMI call 541-996-1224.

THEATER

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

Sleeping Beauty. Missoula Children's Theater featuring local students. \$10, 3pm and 5:30pm at the Liberty Theater in Astoria.

Little Shop of Horrors. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Sunday 26

MUSIC

Grupo Condor. 9am - 2pm at the Tillamook Farmers Market.

Jazzatti-Tude. 10am - 3pm at the Astoria Sunday Market.

Blues Brunch. With Richard T and Friends. No cover, 11:30am - 2pm at the Bridgewater Bistro in Astoria.

Music in the Hoffman Gardens. Sher Ireland. 1 - 2pm at the Hoffman Center in Manzanita.

Lowest Pair. Banjo Duets. 8pm at Fort George Brewery & Public House in Astoria.

Rabbit Wilde. 8pm at the Adrift Hotel in Long Beach.

Richard Silen & Deane Bristow. 8:30pm at Snug Harbor Bar & Grill.

ART

Astoria Artists Studio Tour. 10am - 4pm. Maps will be available at many downtown businesses or at AstoriaArtists.org

CINEMA

The Princess Bride. \$2, 11am at the Bijou Theater in Lincoln City.

HAPPENING

Long Beach Rodeo. At the Peninsula saddle Club, Long Beach. peninsulasaddleclub.com/long-beach-rodeo/

Garibaldi Days. Parade, live entertainment, vendors, food court, and more. visitgaribaldi.com/garibaldi-days-0

Monday 27

MUSIC

Rabbit Wilde. 8pm at the Adrift Hotel in Long Beach.

CINEMA

The Princess Bride. \$2, 11am at the Bijou Theater in Lincoln City.

Tuesday 28

MUSIC

Pretty Gritty. 8pm at the Adrift Hotel in Long Beach.

CINEMA

The Princess Bride. \$2, 11am at the Bijou Theater in Lincoln City.

HAPPENING

Clatsop County Fair. clatsopfairgrounds.com/fair.htm

Wednesday 29

MUSIC

Adam Miller. 2 - 3pm at the Tillamook Library.

Bonnie Bently & The Phantom Teardrops. 3 - 7pm at the Seaside Farmers Market.

Pretty Gritty. 8pm at the Adrift Hotel in Long Beach.

CINEMA

The Princess Bride. \$2, 11am at the Bijou Theater in Lincoln City.

HAPPENING

Clatsop County Fair. clatsopfairgrounds.com/fair.htm

Family Night at the Driftwood Public Library. Featuring Bug Chicks (Yes! Live bugs!) at 6:30pm at the Driftwood Public Library in Lincoln City. FMI 541-996-1258

IT'S time again! Time to shake out your wigs, polish your heels, find that perfect outfit that will express the journey you wish to go on as you make your way to the Columbian Theater on August 7 for DRAGALUTION: love wins!!!! The Cums family have been working it hard to bring you a show that will lift your spirits, make you giggle from the inside out, maybe turn you on and raise the roof of the theater!

Sofonda Dykes will be caressing y'all with her voice, Ginger Vitus will tell you how she relates to bubble gum; Amanda Blowhard will be mesmerizing you with her skills of the body; Zora Backdoora will grace us all with her presence and voice, Annaya Allnight will be giving us a new heartfelt number and Teri Yuki will be making her solo debut!!! Of course, Daylight and Moonshine will be in the mix and filling in the blanks and doing a few new numbers too!! And... DJ Ali Alt will be busting his DRAGALUTION cherry bringing us some mad dance beats for the dance party after the show!!!

People ask, "what is DRAGALUTION?"

Daylight responds, "DRAGALUTION is finding that inner bit of you, that essence that has fear in coming out for fear of being judged for being too individual, expressive, authentic and beautiful, or ugly and dressing it up and celebrating our indepenDANCE! Celebrating our ability to be able to express and let our freak flags fly!!! DRAGALUTION is about celebrating our unique qualities with no reservations, judgement or boundaries. DRAGALUTION is all about coming home to our true heartbeat and dancing in the sweet beats, the excitement that being fully realized brings.

The show is for the 21+ crowd. There will be drinks, Jell-O shots, drag queen punch, laughter, celebration, family, new friends, old friends, glitter, feathers, skin and joy joy joy and all for the low entrance price of 10 bucks!!!! The doors open at 9:30, show at 10. Daylight always says, "my favorite part is the pre-lineup party, the mounting excitement... The way the energy bounces all over the place. That love, that is what gives me the drive and desire to bring DRAGALUTION to the stage for our incredible community." See you there!

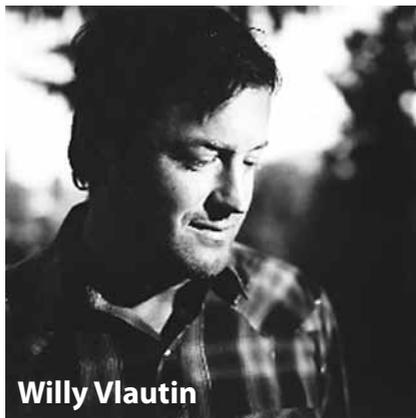
Editor's Note: It has come to my attention and you hear it round the city on occasion. It's a rather nasty little mispronunciation of the name of this show. I won't even let it come off my lips. Try This: drag - a - looshun! Say it again. Thank you for your time.



DRAGALUTION - AUG 7
COLUMBIAN THEATER
\$10 • Door 9:30pm

The Oregon Story Sessions

Stories. Poems. Tales. Songs. Secrets. Beer. Contests. Surf Rock.



Willy Vlautin



Matt Love



Tim Sproul

July 25, Astoria

Godfather's Books @ noon

Fort George Brewery Lovell Showroom

@ 2:30 p.m.

Olney Saloon @ 6:30 p.m.

With a special appearance by Meriwether Lewis

Nestucca Spit Press presents a trio of fun, eclectic and free events to investigate and celebrate the rich storytelling heritage of Oregon. Join a merry band of writers, poets, musicians, pranksters, and brewers as they perform at three venues in Astoria on July 25, 2015.

"I think this could be the most entertaining and novel coastal event of the summer," said Nestucca Spit Press publisher Matt Love, who is hosting the events. "I've put together a fantastic lineup of modern-day troubadours in unique settings. These places exude hard core Oregon."

The Sessions kick off at noon at venerable Godfather's Books in Astoria with readings, music, and a literary trivia contest for prizes. One of the performers at Godfather's is fireballing poet Tim Sproul, the "Steve Prefontaine of Oregon poetry," who will present his latest collection of poems, *Newported: A Poetic Field Guide to the Oregon Coast*. Following Sproul will be Oregon Book Award-winning author and acclaimed musical leader behind the roots rock bands, Richmond Fontaine and The Delines, Willy Vlautin. Several members from Astoria reggae band, Ma Barley, will accompany the readings on flute and percussion.

The Fort George Brewery's Lovell Showroom is the next stop for the Sessions. The Fort will debut its delicious new summer beer, Booty's Back Lager, brewed in conjunction with the release of Love's recently published book about Astoria, *A Nice Piece of Astoria*, a hybrid work of creative non-fiction that examines and updates the new and classic stories of Astoria. Vlautin, Sproul and Love will swap songs and tales and be joined by special historical guest Meriwether Lewis, who will apologize for his earlier disparaging remarks about Astoria and hoist a beer or two.

The show wraps up on the outdoor stage at the Olney Saloon in Olney with readings, music, a Most Dangerous Astoria story contest, and a rousing set of surf rock from the sizzling Lincoln City trio, the Retroactive Gamma Rays. Come early and enjoy the surf rock burger special (teriyaki, ham and grilled pineapple) and a glistening glass of Booty's Back Lager.

At all stops on the Oregon Story Sessions, audiences should expect perfect and random strangers to contribute to the experience by singing songs or reciting poems. Nothing could be more Astoria.

All events are free.

Listening to Oregon on Vinyl

I drop the needle and I fly-- a golden eagle, I ply the Rogue River valley, surf Cascade treetops, all the coastal inlet hits. This isn't a landlocked, mp3 download. This isn't Iowa. This is the cinematic surround sound of Oregon.

The eyes feast for sure, but there's much more where the continental shelf bows to the sweep of the big sea like a performer finishing an encore. It's a whole new galaxy of acoustics.

The Pacific rounds down the sonic edges like a Doug fir bartop lacquered by the hands of truck drivers and fishermen, families in sedans and RVs towing little boats to their private kingdoms.

Listen long enough and you become pioneered to the high-frequencies softening. The machinery of log trucks, planes and paper mills recede. That's when the natural rhythms rise—

the sounds made magic by heavy salt air that sands a lover's voice so she speaks to you inside a seashell curled together on a motel bed. We slip into the mist and it fits fine.

Waves ride a 5,000-mile current to reach idling salmon and beach grass dances in the dunes. A raft of sea lions breach smoked glass you could tune a guitar to. The great California gray whale sings falsetto.

It's a hot rod ramming up the bay road, a current lapping on aluminum, a diesel charging through briny wonder. It takes a little longer and we're transformed-- a subtlety that falls on us like fog.

It touches our bodies to the geography of the possible. Bird or boat, we are all afloat on this Western music, this animal in the ocean's deep breathing. It rises thicker and meatier here on the edge. It's the record I play right before I lay down to dream.

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cont. July 29 . . .

THEATER

Little Shop of Horrors. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

Thursday 30

MUSIC

Pretty Gritty. 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Clatsop County Fair. clatsopfairgrounds.com/fair.htm

THEATER

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

It Could Be Any One of Us. A comedic whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Friday 31

MUSIC

TBA. 5 - 8pm at the Manzanita Farmers Market.

David Drury. Jazz guitar. No cover, 6 - 8pm at the Bridgewater Bistro in Astoria.

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

Once in a Blue Moon. An event featuring-moon-themed music. 7 =10:30pm at the Hoffman Center in Manzanita.

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

Us Lights + Dust Covered Carpet. 9pm at the Adrift Hotel in Long Beach.

CINEMA

The Princess Bride. \$2, 11am at the Bijou Theater in Lincoln City.

HAPPENING

Clatsop County Fair. clatsopfairgrounds.com/fair.htm

Dance Magic Grand Champions. Dance competition. Tickets available at the door, 9am - 5pm at the Seaside Convention Center.

LITERARY

Lunch in the Loft. With author and musician Willy Vlautin. \$25, includes a catered lunch and a signed copy of Vlautin's newest book "The Free." Noon at Beach Books in Seaside.

An Evening with Oregon. Join Matt Love, Tim Sproul & Bill Hall for their distinct takes on quintessential Oregon subjects. Free admission, 5 - 7pm at the Lincoln City Cultural center.

THEATER

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

Little Shop of Horrors. Musical. \$18 - \$23, 7:30pm at the Coaster Theater in Cannon Beach.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Saturday 1

MUSIC

Bryan Smith Jazz Quartet. Free, 3 - 4pm at the Tillamook Library.

Tom Trudell. Jazz piano. No cover, 6 - 8pm at the Bridgewater Bistro in Astoria. The Michelle Medler Quartet. Jazz. \$15 - \$20, 7:30pm at the Liberty Theater in Astoria.

Au Dunes and Michael Hurley. No cover, 8pm at the Sou'wester Lodge in Seaview.

Us Lights + Dust Covered Carpet. 9pm at the Adrift Hotel in Long Beach.

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

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

CINEMA

Willow. \$2, 11am at the Bijou Theater in Lincoln City.

FOOD & DRINK

Wine Tasting. Roco Winery. 1 - 4pm at the Cellar on 10th in Astoria.

Wine Tasting. Kramer Vinyards. 1 - 5pm at the Wine Shack in Cannon Beach.

HAPPENING

Clatsop County Fair. clatsopfairgrounds.com/fair.htm

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

Dance Magic Grand Champions. Dance competition. Tickets available at the door, 9am - 5pm at the Seaside Convention Center.

OUTSIDE

Hands-On Stewardship. Purple Loosetrife Pull. Spend a day at beautiful Wolf Bay Habitat Reserve and help rid the marsh of the purple menace. Wear rubber boots and gloves; NCLC will provide the needed tools. Bring your own drinking water and lunch. There are no toilets or potable water on site. FMI 503-738-9126

THEATER

Shanghaied in Astoria. Musical melodrama. \$16 - \$21, 7pm at the ASOC playhouse in Astoria.

It Could Be Any One of Us. A comedic whodunit. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

The Mousetrap. A whodunit. \$14, 8pm at Theater West in Lincoln City.

Sunday 2

MUSIC

Kevin Shay Johnson. 9am - 2pm at the Tillamook Farmers Market.

John Gannon. 10am - 3pm at the Astoria Sunday Market.

Jennifer Goodenberger. Jazz piano. No cover 11:30am - 2pm at the Bridgewater Bistro in Astoria.

Music in the Hoffman Gardens. Jazzati-tude. 1 - 2pm at the Hoffman Center in Manzanita

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

M Lockwood Porter. 8pm at the Adrift Hotel in Long Beach.

Hannah & Fred. 8:30pm at Snug Harbor Bar & Grill.

CINEMA

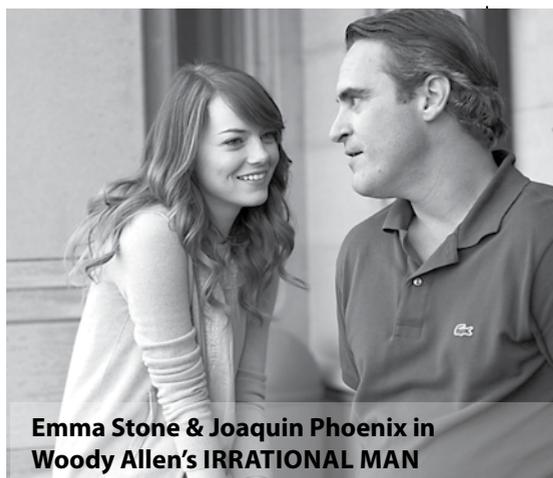
Willow. \$2, 11am at the Bijou Theater in Lincoln City.

HAPPENING

First Sunday Family Program. A time for fun filled family experiences and are inspired by the museum's 3D movies: Galapagos and Turtle Vision. Included with paid admission. 10:30am - 3:30pm at the Columbia River Maritime Museum in Astoria.

OUTSIDE

by Les Kanekuni



Emma Stone & Joaquin Phoenix in Woody Allen's **IRRATIONAL MAN**

SELF/LESS (JULY 10) Ryan Reynolds and Ben Kingsley star in music video director Tarsem Singh's remake of the classic '60s sci-fi thriller *Seconds*. Synopsis: Billionaire industrialist Damian Hale (Ben Kingsley) is master of his universe, until he encounters a foe that he can't defeat: terminal cancer. His only hope is an organization with a radical medical procedure called "shedding," in which his consciousness is transferred to a healthy body. After the procedure, Damian, now a young man called Edward (Ryan Reynolds), starts a new life in New Orleans, but discovers all is not what he thought. Hale learns his new body was not the blank slate he was told but in fact had a life and family before the Organization took it. Even more disturbing, Hale realizes he is losing control of his new body while its original consciousness resurfaces, threatening his very existence.

ANT-MAN (JULY 17) With years between the expensive, FX heavy, A-list Marvel character movies, Marvel is trotting out its first B-list character in a standalone story not connected to the Marvel universe. After original director Edgar Wright (*The World's End*) exited the project over creative differences, Marvel quickly signed TV director Peyton Reed to take over. Wright's vision of the movie was apparently too original to fit into the Marvel universe comfortably. Comic actor Paul Rudd plays master thief Scott Lang, who after being released from prison is contacted by original Ant-Man Dr. Hank Pym (Michael Douglas). Pym has created a suit that enables its wearer to shrink in size while increasing in strength. Pym's tech company is taken over by Darren Cross (Corey Stoll), who improves the Ant-Man suit and weaponizes it, creating the Yellowjacket suit. Pym recruits Lang to infiltrate Pym Technologies and pull a heist to retrieve the suit technology before Cross sells it to the highest bidder.

TRAINWRECK (JULY 17) Amy Schumer wrote and stars in this romantic comedy that flips the convention of the male lothario who's love life to turned upside down by love. Schemer plays Amy, a confirmed serial dater who experiences her first real relationship. In a flashback, Amy's soon to be divorced dad tells his two young daughters "Mo-

nogamy isn't realistic." Amy takes this to heart and by the time she's a young woman she relentlessly plays the field, rarely spending the night with any of her conquests and never coming back for a second date. Amy looks with distaste on her younger sister Kim's comfortably married life. But when her editor Dianna (Tilda Swinton) at a men's magazine assigns Amy to interview nice guy sports surgeon Aaron Connors (Bill Hader) the unthinkable happens and the previously impervious Amy starts to have feelings for him. Aaron in turn, with the urging of buddy Lebron

James, ponders the emotional

impact that whirlwind Amy has had on him. Meanwhile, Kim and Amy deal with the problem of their MS-afflicted dad (Norman Lloyd) whose long-ago advice changed both of their lives.

IRRATIONAL MAN (JULY 17) Like clockwork, Woody Allen keeps rolling along with his 45th film, the philosophical campus comedy *Irrational Man*. Joaquin Phoenix plays Abe Lucas, a depressed philosophy professor who joins the faculty at a tony Rhode Island college. Abe is tortured by big questions about the world and his place in it. He's also an alcoholic and a notorious womanizer - his reputation precedes and gossip runs wild at staid Braylin College. Ray is seriously disillusioned, making statements like "much of philosophy is verbal masturbation" and whipping out a gun at a party and playing Russian roulette. Still, Ray is a chick magnet for campus females, in particular Rita (Parker Posey) a lonely faculty member and Jill (Allen's latest muse, Emma Stone), a magnetic student fascinated by Ray's suffering. Ray eventually succumbs to Jill's charms but a platonic friendship blossoms with Jill. Still, even a deepening relationship with Jill can't break Ray out of his funk until overhearing a conversation in a diner illuminates a solution to his state - murder.

PAPER TOWNS (JULY 24) The much-anticipated second film based on a novel by *The Fault in Our Stars* author John Green comes to the screen with this lively but also melancholy coming of age dramedy. Quentin Jacobson (Nat Wolff) is a high school senior in Orlando, Florida who while not a social wallflower is unattached socially and totally disinterested in conventional scenes like prom. Quentin or "Q" harbors a secret crush on his hot next door neighbor Margo (Cara Delevingne) who used to crawl through his bedroom window when they were kids - a long time ago before she

became the most popular girl in school. So it comes as a complete surprise to Q when Margo appears in his room one night asking him to chauffeur her on some "errands." Her errands include getting

revenge on her cheating b.f., humiliating a nasty jock and pranking her girlfriend's car. Margo's display of most unprom queen-like behavior culminates in her and Q viewing Orlando from a high-rise and her saying it's "a paper town filled with paper people." She adds that Q needs to take more chances in order to get the most out of his life. Now more in love with Margo than ever, Q is flummoxed when Margo turns up missing the next day and he sets out with his bud to find her, suspecting she has holed up in a real "paper town." Paramount recently announced that Green's first novel, *Looking for Alaska*, is going into production.

SOUTHPAW (JULY 24) Jake Gyllenhaal transforms himself from last year's lizard-like



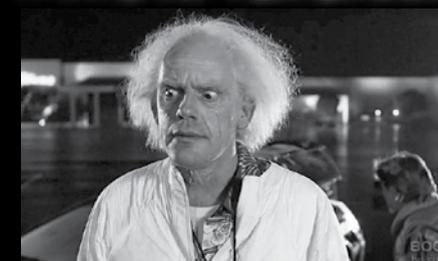
news photographer in *Nightcrawler* to a pitbull boxer who must overcome personal tragedy in *Southpaw*. Gyllenhaal plays Billy Hope, who wins the light heavyweight championship but is terribly beaten up in the process, nearly losing an eye. His strong-minded wife Maureen (Rachel McAdams) wants Billy to quit before his brawling style gets him seriously hurt, but Billy, mindful of the luxurious lifestyle he provides for her and their



daughter Leila, disagrees. When Maureen dies in an accidental shooting just before Billy's fight with trash-talking contender Miguel Escobar, Billy's life spirals out of control. Succumbing to depression and substance abuse, Billy loses his house, his manager and finally his beloved daughter to family services. When Leila rejects him during a visit, Billy realizes that he bears the blame for the loss of his family. Determined to win his daughter back, Billy fights back the only way he knows how. Taking a menial job at a shabby gym run by Tick Willis (Forest Whitaker), Billy asks Tick to train him to regain his title and Leila. *Southpaw's* score was the last by *Titanic* composer James Horner, who died in a plane crash last month.

MISSION: IMPOSSIBLE - ROGUE NATION (JULY 31) The fifth installment in the Mission: Impossible series finds the IMF team put out to pasture while being stalked by an all-star anti-IMF team. Series regulars Tom Cruise as Ethan Hunt, Jeremy Renner (William Brandt), Simon Pegg (Benji) and Ving Rhames (Luther) all return. Synopsis: With the IMF now disbanded and Ethan Hunt out in the cold, a new threat -- called the Syndicate -- soon emerges. The Syndicate is a network of highly skilled operatives who are dedicated to establishing a new world order via an escalating series of terrorist attacks. Faced with what may be the most impossible mission yet, Ethan gathers his team and joins forces with Ilsa Faust (Rebecca Ferguson), a disavowed British agent who may or may not be a member of this deadly rogue nation. Cruise did his own stunt hanging from outside an airplane during takeoff.

PARKS AFTER DARK



Help raise money for Astoria Parks and Recreation scholarships! for low income families. Come to McClure Park on 8th and Grand Avenue on Saturday, July 25th. This is NOW open to ALL ages. Park opens at 8:00 PM and movie starts at 9:00 PM. \$5.00 entry. Food by North Coast Food Web and Beer for sale.

July 25th - BACK TO THE FUTURE.

Sept 5th - GHOST BUSTERS

On Aug 22 - GLOW IN THE DARK at Evergreen Fields, Ultimate Frisbee and Kickball. 8pm



FREE WILL ASTROLOGY

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July

ARIES (March 21-April 19): To determine whether you are aligned with the cosmic flow, please answer the following questions. 1. Would you say that your current situation is more akin to treating water in a mosquito-ridden swamp, or conducting a ritual of purification in a clear mountain stream? 2. Have you been wrestling with boring ghosts and arguing with traditions that have lost most of their meaning? Or have you been transforming your past and developing a ripper relationship with your roots? 3. Are you stuck in a gooey muck? Or are you building a flexible new foundation?

TAURUS (April 20-May 20): Taurus singer Sam Smith won four Grammys this year, largely on the strength of his hit single "Stay with Me." The song has a lush gospel choir backing up his lead vocals, or so it seems. But in fact, every voice in that choir is his own. He recorded twenty separate harmony tracks that were woven together to create the big sound. What would be the equivalent in your world, Taurus? How could you produce a wealth of support for yourself? What might you do to surround yourself with a web of help and nourishment? How can you amplify and intensify your efforts so they have more clout? Now would be an excellent time to explore possibilities like these.

GEMINI (May 21-June 20): Born under the sign of Gemini, Gustave Courbet (1819-1877) was a French painter who upset traditionalists. Unlike many of his contemporaries, he wasn't interested in creating idealistic art based on historical and religious themes. He focused on earthy subjects about which he had direct experience, like the day-to-day lives of peasants and laborers. So even though he became a highly praised celebrity by his mid-thirties, the arbiters of the art world tried to exclude him. For example, they denied him a place in *Exposition Universelle,* a major international exhibition in Paris. In response, Courbet built a temporary gallery next door to the main hall, where he displayed his own work. As you strive to get your voice heard, Gemini, I urge you to be equally cheeky and innovative. Buy yourself a megaphone or erect your own clubhouse or launch a new enterprise. Do whatever it takes to show who you really are.

CANCER (June 21-July 22): "I am trying to be unfamiliar with what I am doing," said composer John Cage in describing his creative process. That's excellent counsel for you to meditate on, Cancerian. The less expertise and certainty you have about the rough magic you're experimenting with, the more likely it is that this magic will lead you to useful breakthroughs. To bolster Cage's advice and help you get the most from your period of self-reinvention, I offer you this quote from Picasso: "I imitate everyone except myself."

LEO (July 23-Aug. 22): Your words of wisdom come from Leo artist Andy Warhol: "Sometimes people let the same problem make them miserable for years, when they could just say, 'so what.' That's one of my favorite things to say. 'So what.'" Can I interest you in that approach, Leo? It has similarities to the Buddhist strategy of cultivating non-attachment -- of dropping your fixations about matters that can't be controlled or changed. But I suspect you would draw special benefits from the breezy, devil-may-care spirit of Warhol's version. So start there.

VIRGO (Aug. 23-Sept. 22): In her late twenties, J. K. Rowling was a single mother living on welfare. That's when she began work on her Harry Potter books. Craig Newmark had turned 42 by the time he founded Craigslist. One of the world's most oft-visited websites is HuffingtonPost.com, which Arianna Huffington established when she was 54. As for Harland Sanders, creator of KFC: He didn't begin building the global empire of fried-chicken restaurants until the age of 65. I hope the preceding serves as a pep talk, Virgo, reminding you that it's never too late to instigate the project of a lifetime. The time between now and your birthday in 2016 will be an especially favorable phase to do so. Start ruminating on what it might be.

LIBRA (Sept. 23-Oct. 22): It's the power-building phase of your astrological cycle. To take maximum advantage, convey the following message to your subconscious mind: "I know you will provide me with an abundance of insight, inspiration, and energy for whatever intention I choose to focus on. And during the next four weeks, my intention will be to cultivate, expand, and refine my personal power. I will especially focus on what author Stephen R. Covey called 'the capacity to overcome deeply embedded habits and to cultivate higher, more effective ones.'"

SCORPIO (Oct. 23-Nov. 21): I'm a big fan of science and logic and objective thinking. Most of us need more of that good stuff. The world would be a saner, safer place if we all got regular lessons on how to be more reasonable and rational. But in the immediate future, Scorpio, I'll steer you in a different direction. I believe you will benefit from injecting your imagination with primal raw crazy wild mojo. For example, you might read utopian science fiction and fairy tales about talking animals and poetry that scrambles your intellectual constructs. You could remember your dreams and ruminate about them as if they were revelations from the Great Beyond. You may also find it healthy to fantasize profusely about forbidden and impossible and hilarious adventures.

SAGITTARIUS (Nov. 22-Dec. 21): There are lots of inquiries and invitations coming your way -- perhaps too many. I don't think you should pursue all of them. In fact, I suspect that only one would ultimately make you a better human being and a braver explorer and a wiser lover. And that one, at first glance, may have not as much initial appeal as some of the others. So your first task is to dig deep to identify the propositions that are attractive on the surface but not very substantial. Then you're more likely to recognize the offer that will have lasting value even if it doesn't make a spectacular first impression.

CAPRICORN (Dec. 22-Jan. 19): "I find a lot of people physically attractive, but finding people mentally and spiritually attractive is different and much harder for me." So says 40ozshawty on her Tumblr page. If you share that frustration, I have good news. According to my reading of the astrological omens, you're due to encounter a higher-than-usual percentage of mentally and spiritually attractive people in the next six weeks. But I wonder how you'll deal with this abundance. Will you run away from it, feeling overwhelmed by the prospect that your life could get more interesting and complicated? Or will you embrace it, daringly welcoming the interesting complications?

AQUARIUS (Jan. 20-Feb. 18): I think you will generate good fortune for yourself by choosing between two equally invigorating but challenging tasks: losing your illusion or using your illusion. Both are quite worthy of your attention and intelligence. To succeed at either would fuel your emotional growth for months to come. You probably can't do them both, however. So which will it be: Will you purge the illusion, or put it to work for you?

PISCES (Feb. 19-March 20): Do you sometimes imagine yourself to be an underachieving underdog? If so, I suggest you start weaning yourself from that fantasy. Do you on occasion allow people to take advantage of you? It's time to outgrow that role. Do you ever flirt with being a self-pitying martyr? Say bye-bye to that temptation. Cosmic forces are conspiring to relieve you of tendencies to act in any or all of those ways. I'm not saying you will instantly transform into a swashbuckling hero who knocks people over with your radiant self-assurance. But you will, at the very least, be ready to learn much, much more about how to wield your vulnerability as a superpower.

[Editor: Here's the homework:]

Homework: What would be most fun and interesting thing for you to learn next? Testify at FreeWillAstrology.com.

Bike Madame

By Margaret Hammitt-McDonald

Inside Tips on Touring the Oregon Coast

So you've come for the ride of a lifetime along the wild and wonderful Oregon Coast? Welcome! A 12-mile stretch of this exquisite coastline is my daily commute, and I've experienced almost every weather pattern (except for the 2007 double cyclone) and road condition our storm-tossed region provides. I hope my suggestions will benefit you as you follow the amazing road between land and sea.

Don't underestimate our winds or our hills. A prevailing wind picks up in the afternoons; in my North Coast area, it blows from

the south, so if you're headed down to California, you'll discover it. Our hills are leg-muscle-eating monsters, from a few city blocks to several miles long. You'll be rewarded with fantastic views at the top, and a descent that's either exciting or hair-raising, depending on your fondness for downhill racing.

Beware of burning out your brakes on those long descents. Several area bike-shop owners have told me about people who brake all the way down into town and then need their brakes replaced. As with a car on a slippery road, pumping your brakes is both more effective at slowing you down and saves wear and tear on those brake pads. You wouldn't want to fly through one of the intersections conveniently located at the bottom of a hill!

Be prepared for doing your own repairs. Most coastal towns are small, with long distances between cities, and not every town has a full-service bike shop (or any bike shops). Many shops are rental facilities with few mechanics and replacement parts. Our salt air also causes components to rust faster than

at inland locations, so be sure to pack plenty of lube and grease. (I lube my chain after almost every ride and clean it once a week. Otherwise, the Oxidation Beast takes over.)

Resist the temptation to ride your bike onto the beach. As cool and romantic as it sounds, once sand gets in your chain and other components, it's



impossible to get it out. Instead, consider leaving your trusty steed at a bike-rental shop and taking to the beach on a designated cruiser or three-wheeled fun cycle. Watch out for puncture-

producing hazards on the shoulder. In the summer, the Department of Transportation is diligent about cleaning the roads, but debris accumulates fast. I've encountered everything from the volcanic gravel used to provide traction during one of our rare snowstorms to windows that fell off trucks and sprayed the bike lane with glass. One day I even met with a hazard to my sense of smell rather than my tires: a bucket of cleaning fluid that had rolled a half-mile down a hill, leaving the scent of a hundred freshly cleaned porto-potties in its wake. (Ugh, it gave me a migraine.) Always have extra tubes and tire-changing equipment handy...you're guaranteed at least one flat, courtesy of the sharp stuff in our fair bike lanes.

Above all, remember to enjoy your visit to this stunning area! Make sure you build in plenty of time to kick back at a restaurant with an ocean view, see a play at a community theater, go hunting for antiques, books, rocks and shells, or whatever strikes your fancy. Our slower pace and beautiful scenery invite you to linger, so please do!

WORKSHOPS/CLASSES

BASIC PAPER MAKING WORKSHOP. July 18. With Lam Quang. An overview of the history of handmade paper, explaining Eastern and Western techniques. You will learn - the process of beating the pulp with the Hollander beater - to use of the mold and deckle to create sheets of paper, using a combination of Eastern and Western techniques - to couch, press, and dry the paper. You can expect to make between 3-5 sheets. \$35, 3 - 5pm at the HiH Lights Barn and Showroom near Astoria. Register by emailing light@hihlights.com

HOOK 'EM AND COOK 'EM. July 18. Statesman Journal reporter, Henry Miller is heading to Siletz Bay at 8 AM to give a lesson in digging purple-varnish clams while Food Reporter Victor Panichkul is preparing linguine and clams in a garlic white wine sauce on the beach. Come enjoy the food and prizes. 503-399-6725.

CREATING AN ILLUSTRATED JOURNAL. July 25. With Gail Balden. Open to men and women of all writing levels. Creative spirits need a place to remember, doodle, draw and dream. Whether you create personal pages, travel journals or nature journals, this workshop will focus on capturing your world on the page using language and imagery. See with new eyes and express your observations, thoughts and feelings in an illustrated journal. \$55, 9am - 3pm at the Center for Contemplative Arts in Manzanita. To register, call 503-801-1238

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

BOTANICAL DRAWING. Tuesdays, August 4 - 25. With Dorota Haber-Lehigh. Learn the fundamentals of botanical drawing using pencils, color pencils and other dry media. Develop basic drawing skills to portray accurate shapes, master shading techniques to create 3-dimensional effects and learn how to add color, texture and details so you can create a dynamic botanical drawing! Study scientific botanical illustration and expressive botanical painting by various artists. Drawing from observation will be emphasized. \$60 for the full series, \$20 for a one class drop in. 1:30 - 4pm at the Hoffman Center in Manzanita

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

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

French Conversation Group Re-Start. The group is devoted to speaking French only. It is NOT a class, so please do not show up expecting to learn French from scratch. Once you step through the door of the Riverbend Room, it is French only. It will be on Saturdays, from 1-3pm at NCRD in the Riverbend Room. There is a nominal charge of \$1/person/time. For more information email Jane or call her 503-368-3901 or, call Paul Miller at 503-368-5715.

Toddler Arts Group. Every Wednesday 10 to 11am - Get your toddler started in the arts! Activities are geared towards ages 1-3, but age birth-5 are welcome. All children must

be accompanied by a caregiver. Bay City Arts Center, Bay City.

BODY WORK•YOGA•FITNESS

YOGA 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](https://www.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 on a 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! Thursdays evenings at 5:30pm. The focus is Yang Style short form - 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 know 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

TAI 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. Cannon Beach Every Monday and Wednesday from 8:30 - 9:30 am at Tolovana Hall! Great dynamic class with fun teacher and dynamite music. Only \$5 and drop ins welcome! Tolovana Hall: 3779 South Hemlock Street in Cannon Beach!

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 amyseleena888@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. Regrtration is required at CCC. Class# is F.T085054, Rm 209 Towler Hall. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: ronmaxted@wwestsky.net

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

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

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

VOLUNTEER

CLATSOP CARE CENTER is looking for volunteers to assist in our Quality of Life Department. Your presence could make a difference in their lives. Volunteer roles can be customized to fit your schedule & preferences in terms of type of activity and time commitment. Volunteer roles include visiting & building friendships with individuals, reading aloud to residents, playing music, singing with residents, assisting on outings, conducting a movie night activity, assisting in craft activities, games, cooking activities & other activities. Volunteers will need to pass a criminal background check & a TB screening test. For

more information, call Brandy at 325-0313 Ext. 220 or Rosetta at ext. 222'.

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

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

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

OPEN MICS

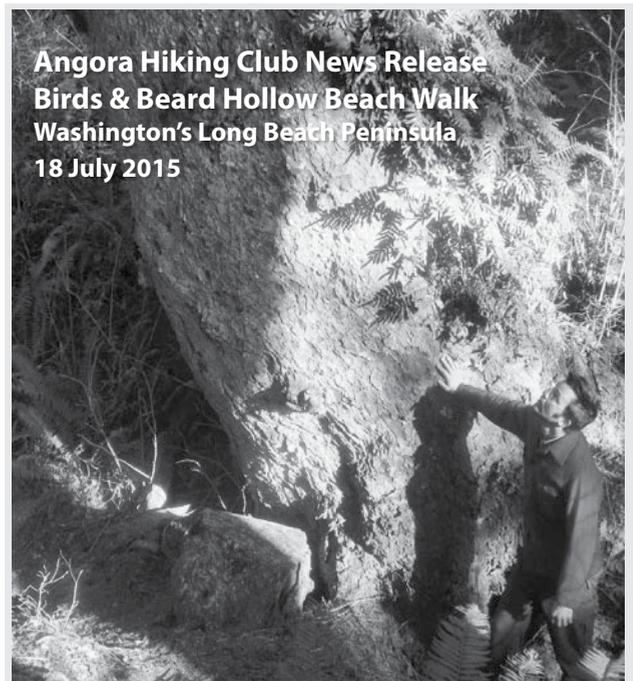
LAST TUESDAY poetry open mic. Port of Call, 9th & Commercial, Astoria, 7 to 9pm, Jan 27. Sign up onsite for a short time slot to read your own poems or a poem you like. Host: poet Ric Vrana.

WEEKLY JAM SESSION happens every Wed eve. from 7 to 10 at the "Port of Call" in Astoria (used to be the Shipyard). A 3 piece host band to jam with any one who wants to sit in. Peter Under 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!

LA MESA CONVERSATION GROUP. Join us on Tuesday nights this summer to share food, community, and culture! La Mesa de Conversacion (conversation table) brings together a group of community members to discuss common themes and informally practice both English and Spanish over shared meals. La Mesa will be held all summer on Tuesdays from 6-8, and is a family event, with activities for kids. Join us tomorrow night - we'll be talking about summer celebrations and traditions over a meal of fajitas provided by the Bunkhouse! For more info, contact Willa Childress at (503) 812-1056 or at wchildre@macalester.edu. 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. For directions 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



Angora Hiking Club News Release Birds & Beard Hollow Beach Walk Washington's Long Beach Peninsula 18 July 2015

JOIN INTERPRETIVE SPECIALIST AARON WEBSTER for a walk to view the waves, currents, and tides and how they interact to define Washington's beautiful and sometimes dangerous Long Beach coast.

Walkers will meet 18 July (Sat.), 9:00 AM, at the 6th Street parking lot (1 block West of Video Horizons) in Astoria. Car pool to 38th Place in Seaview, Washington. Arrive at the Seaview beach at about 9:30 AM to meet Aaron Webster, the Washington State Park Ranger naturalist. There is roadside parking along 38th Place approaching the Discovery Trail entrance to the beach, with no fees or time limits posted. This guided walk lead by Ranger Webster is about 3 miles South to Beard Hollow. It is all level. Possible birds to see are terns, gulls, eagles, cormorants, pelicans, peregrines, osprey, & dunlins. This is some of the most beautiful coast anywhere. A return walk back to 38th Place should result in approximately a 3 hour sojourn, leaving us ready for lunch! Wear sturdy shoes, bring bug repellent, water, and sunblock lotion. There are Rest Rooms at Beard's Hollow.

Annual dues to Angora members is \$7. Membership is not required to participate in hikes. Angora's annual schedule of hikes and where they occur is available on the website, www.AngoraHikingClub.org. FMI: contact Bob Westerberg, chief guide, at (503) 325 4315 or Westysr@charter.net. Hike leaders are Jim & Kathleen Hudson, (503) 861 2802. Please call if you plan to participate.

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."

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. **CLATSOP COUNTY PLANNING COMMISSION.** Planning meetings are open to the public. Meetings take place the second Tue. of ea.

TILLAMOOK PILOTS ASSOCIATION. Meets 1st Sat ea. month at the Airbase Cafe (Tillamook Air Museum) at 9am for their regular business meeting and to promote general aviation. Interested in learning to fly? Or simply interested in general aviation, 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. tillamookpilots.org.





Messages Sonja Grace mystic healer

Straight Up Karma

PEOPLE across the globe are born into families that present an amazing cosmic design. We get to work through all of our unresolved karma with this group of souls. Some people can't stand their soul pod and venture out severing ties. The emotional wound of being left, abandoned, betrayed and more can trigger all family members. The family is not always aware of the karmic implications and simply experience the loss and pain. Much deeper roots to this event are triggered from the childhood down through lifetimes of being abandon. Your family pod is simply providing you the opportunity to heal. It is hard to imagine when you are the recipient of such anger, betrayal and pain.

Is this random or a part of our karmic history? There is

nothing random here on earth. Every moment of every day you are working through your karma. Remember that time you were pushed off the jungle gym as a child and broke your arm? That is your karma in action. The fun began when you were born. All of those little kids you called friends were serious past life connections. Just as every person you know in this lifetime is a past life connection. I have clients who comment on how bossy their five year old is, acting as if she is the parent. Through my work I am able to see past lives and discover she actually was the mother in a lifetime during the 1800's. This is very common in family units. The roles and gender reverse each lifetime.

Karma is unresolved emotional wounds from past

lives. When we experience a difficult lifetime where we lost a loved one and feel abandoned, we don't always resolve those feelings. Instead we are overwhelmed by the feeling of loss and basically take it with us to the grave. So there we are in the spirit realm better known as heaven assessing how much karma we resolved while visiting earth.

We can spend up to one hundred years on the other side, looking out for our loved ones who remain on earth. Sometimes we experience a friend passing away with a big conflict that never got resolved with a family member. This is epidemic in my line of work. This is also karma in action. When we don't forgive and resolve old wounds we keep the cycle repeating. Lifetime after lifetime we come back trying to heal the pain. Different families, different cultures, countries and gender. Forgiveness is the key to resolving karma in this lifetime. When we can have compassion for ourselves we start to heal. When we have compassion for others we start to heal the world.

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 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

word and wisdom

By Tobi Nason



Using Sense and Sensibility

I watched "Sense and Sensibility" last night. Jane Austen's story covers a lot of territory. A father's death uproots a mother and her three daughters from the family home. (Her brother inherited it, as according to the law of the day.) She moves to a small country cottage. The two older Dashwood sisters, Eleanor and Marianne, each find suitors. Marianne's turns out to be a money-hungry fool and she ends up with a solid smitten Captain (played by Alan Rickman). Eleanor's suitor, (Hugh Grant), has rumors attached to him that makes him appear to be a cad, but he turns out to be most honorable.

The thing I loved most about the movie? It had quiet drama. Characters said what was necessary but with wit. Certain things did not get said because there was no need to - we're all on the same page, so to speak. Some things are said and left to linger in the air for just a moment, like a bit of bad gas.

Our society is so vastly different today. We live in a tell-all time. Our manners are, well, less refined. Someone offends us? We let them know. Toes tread upon? Boy, we want to clear the air right then and there, and then FaceBook it all.

Maybe it's preference. As I evolve (not age, but evolve) I'm finding I want to say less and mean more. I want others to choose words with more care and be more precise. I want more thoughtfulness in our communication.

As usual, I write this column for myself also. I want to become more like Eleanor. Bear burdens with grace and style. But, I'm wishing others would follow suit. Please. Words are powerful. They can hurt, sting, soothe, wound, and heal. Listen more, talk less.

I know I advise clients to voice thoughts, objections and needs within significant relationships. I also suggest that a person does not need be put-down, insulted or

dismissed by anyone. I still believe that, but I now think there may be a variety of ways to do this. One way may be the Eleanor way. Stand up straight, say little, walk away, and when the time is right, one beautifully worded statement will do.

Maybe developing an arsenal of responses is the best way to go. I'm not convinced that all slights and misunderstandings are created equal. You don't always need to use the Big Guns. Sometimes walking away is the best response.

Counselor's Advice: Try different ways to be. Are you always speaking your mind? Try not to. Always quick to judge? Slow down and let a person unfold before you. Have something to say? Think, choose your words with care and respect - then walk away.

Tobi Nason is a counselor located in Warrenton. She's a bit tired of the confrontational conversational style that is prevalent these days and is quite willing to just walk away....

The Joy of Pets

Treat yourself - adopt from the Animal Shelter and Enjoy!

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bodies in balance

Don't be Afraid...Be Prepared!
 Naturopathic First Aid

WE are being encouraged to be prepared for natural disaster all the time. As I contemplate what that entails for me and my family it spurred the idea of sharing with you, my devoted readers, what I keep on hand as tried and true naturopathic first aid. There are many situations we rely upon our medical system to handle, but minor injuries and issues can often be managed at home with some basic tools. It is important to keep in mind that in a disaster our medical system should be reserved for those in most immediate danger, so with that in mind let's review ways to be prepared! For cuts and abrasions make sure and stock some basic supplies: band-aids, butterfly bandages, gauze, cotton swabs, Q-tips, tape, ace bandages, and an antibacterial ointment. All these typical items will get you through most cuts and abrasions that are not in need of immediate medical attention. For stubborn bleeders black tea bags (like english breakfast or the standard Lipton tea) are ideal. Just immerse the tea bag in hot water to 'activate' it and place it over the bleeding (once cooled of course)... don't forget that pressure and elevation are also important. I'm a big fan of tinctures for a more natural anti-infective agent. These are alcohol extraction of herbs widely available in natural food stores. Thanks to the alcohol extraction, the alcohol itself is a helpful antiseptic, but then combined with anti-infective and healing herbs like Oregon grape, calendula, or goldenseal an ideal marriage is made. Remember to use

clean cotton swabs or gauze to apply, and of course it will sting a bit.

For sprains and strains, ice is the best first remedy along with rest and elevation especially if the knee or ankle is injured. Homeopathic Arnica topically and/or orally is a must in the initial day or two. Bromelain (a pineapple enzyme) is also something I keep around for this issue as



it is an effective anti-inflammatory when taken internally away from food. As more time passes from the initial injury topical castor oil can be applied to continue to remove inflammation. Remember blood flow is important so keep the joint moving as much as possible without overdoing it. Alternating hot and cold can achieve this task if use is too painful. This can be done in a bath, shower, with wash cloths or heating pads and ice...all things we have readily available in our homes.

Digestive first aid is another area to be prepared for. Most common urgent issues people have are vomiting or diarrhea. For vomiting a must try is ginger, this soothes the belly and ignites the fire of digestion to burn

off the unwanted irritant. Tea, ginger chew candy, ginger ale, powdered or fresh ginger root are all options. If that's not working then homeopathic Ipecac may be worth a try. This is most indicated for intense continuous nausea. Because electrolytes can often be imbalanced by persistent vomiting I find that salty foods are a good choice. Try popcorn with some celtic

sea salt and nutritional yeast. There are a variety of recipes for electrolyte rebalancing; one that I have used is: into 1 quart water mix, 1 tsp salt (again my preference is a natural rock or celtic sea salt), 1 tsp baking soda, and 1 tsp sugar OR (unless under one year old) 2 tsp honey. There are of course electrolyte replacement products on the market, so having a few of those on hand would work too. For diarrhea a first try would be rice water. This is made by boiling rice in extra water, but instead of allowing the rice to fully absorb the water (after about 10 minutes or less if an instant type rice) strain off and keep the water and discard the rice. Drink the strained rice water plain, in juice or mix into other food or beverage of choice. I have

By Tracy Erfling, N.D.

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



used this with children, adults and dogs and it always seems to work like a charm. Again with either of these digestive issues watch for dehydration: dry mouth, dry eyes (unable to tear), loss of skin elasticity, or lack of urination; any of these can be signs of necessary medical attention. An herb worth mention here is garlic, we all should have it around the kitchen; it is an easy addition to ward off those unwanted digestive bugs. You can swallow a whole peeled clove raw or chop it up and drink it down in some warm water...this could leave an odor in its wake so try before bed.

Bites, stings, or those random red swollen skin issues are the final topic. Again back to the kitchen, as raw grated potato is a wonderful treatment to draw out that irritant. Another similar therapy would be betonite clay or mud. Ice can be of use to help with swelling. If there is intense itching try homeopathic Apis, Urtica, or Sulphur or a strong mint tea applied topically. Make sure and watch for signs of infection, this would be streaking or red lines running away from the affected area, a foul smelling discharge, or a fever, any of these signal antibiotic therapy may be warranted.

These wonderful bodies we live in are terrific healers, just a few simple tools can help you and your family be ready for basic emergencies. Hope this helps you to think of ways be prepared!

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

FOOD GROOVE

CHEW ON THIS!

by Merianne Myers



LIFE is one big contradiction. To wit:

The media would have me believe we are hell-bent on perpetrating cruelties upon each other and nature in ways both relentless and heretofore unimagined.

My friends are hard working, artful, community activists hell-bent on making the world a better place, helping those in need and having a few laughs in the process.

Since day one, religion and its obligatory zealots have perpetrated some of the most horrendous crimes against nature and man in the name of whatever deity is purported to be the only one that counts.

Locally, churches share their facilities with non-believers like me, feed the hungry, provide safe haven for children of working parents and host community events.

The corporate monopoly of our country has put profit ahead of all life forms (including humans which their shareholders theoretically are) for so long that we can easily forget that they are the naughty kids and we are the parents. Granted, we are the lazy, inattentive parents. But, still.....

In my neck of the woods, there is a burgeoning economy of home-grown businesses offering great products, services and jobs while maintaining a social conscience.

In the ways of human nature and capitalism, it pays to play people against each

other. The grim gamut of vitriol and cruelty assaulting us daily from tv screens, radios, newspapers and internet can leave us thinking there is little to feel cheery about.

Our tiny corner of the known world is home to unparalleled natural beauty, stunningly high rates of volunteerism, creativity and determination despite decades in the economic dumps and ubiquitous access to art in all its forms.

Don't get me wrong. I know as well as the next guy that we are all in the same hand basket hurtling toward our collective doom. Perhaps this is because, of all the activities humankind has employed in the microsecond of our existence, hurtling toward our collective doom is the only constant.

My defense against this inevitability is daily celebration of my dumb luck to have been put here, in this place, amongst these people, at this time. When the chips are down, celebration of the chips that are still up is the only recourse. Turn off the tv/computer/ your brain. Sit in the sun, hang out with a friend, listen to music every day, read something inspirational, eat strawberries. And, scoot over a little would you? It's crowded here in this basket.

SERENITY SHORTCAKE

YOU can make this with any berry, stone fruit or heady mix of them all.

Slice the fruit and sprinkle with sugar.

Toss and set aside to macerate.

2 cups self-rising flour

2 1/2 Tablespoons of sugar

1/8 teaspoon salt

1 cube cold butter, cut into pieces

3/4 cup cold milk

1 teaspoon grated lemon or orange zest

Combine flour, sugar, salt and zest. Add chopped butter and pinch into the dry ingredients until you have a coarse meal consistency. Add the milk and mix just until dough forms a ball. Don't over mix.

Scoop out a palm full of dough, shape it roughly into a mound and place it on a buttered baking sheet. You should get 6 to 8 good-sized scones from a batch. Brush the tops with cream, sprinkle with sugar and bake at 400 degrees for 15 to 20 minutes until the tops and bottoms are toasty. Let cool.

Split shortcakes, layer with fruit, top with whipped cream scented with a dash of vanilla and a sprinkle of orange or lemon zest.

A frosty flute of Prosecco is optional. But, it shouldn't be.



The Soil Will Save Us Author Kristin

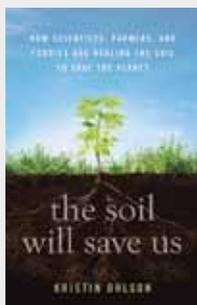
SEASIDE LIBRARY will host Kristin Ohlson, author of "The Soil Will Save Us", on **JULY 23**, at 7pm. There will be book sales and signings presented by Beach Books.

Thousands of years of poor farming and ranching practices and modern industrial agriculture have led to the loss of up to 80 percent of carbon from the world's soil. In "The Soil Will Save Us" journalist and bestselling author Kristin Ohlson makes an elegantly argued, passionate case for our "great green hope"—a way in which we can not only heal the land but also turn atmospheric carbon into beneficial soil carbon and potentially reverse global warming.

The granddaughter of farmers, Ohlson has long had an appreciation for the soil. A chance conversation with a chef led her to the crossroads of science, farming, food and environmentalism. She discovered that there is a vast kingdom of creatures under our feet—billions of microorganisms in a tablespoon of soil—that

take the carbon dioxide that plants pull from the atmosphere and turn it into life giving soil carbon. Ohlson introduces visionary scientists, farmers, foodies, ranchers and landscapers whose work shows that the earth can be healed. She offers the hope that problems like climate change, air and water pollution, and food quality have the same low tech solution through the soil

Kristin Ohlson is a freelance journalist, author, essayist, and fiction writer. "The Soil Will Save Us" was a finalist for the 2015 Oregon Book Award. Kristin lives in Portland, Oregon. The Seaside Library, 1131 Broadway. (503)738-6742.



SUMMER WORKSHOPS

Alder Creek Farm

Fall & Winter Veggie Workshop. July 12, 10am - noon. Alder Creek Farm, Nehalem. Growing vegetables you can harvest in the fall, winter, and early spring, taught by Chris Konieczka, small farm educator and seasoned Oregon farm worker & home gardener. Learn about simple and sophisticated strategies, varieties, planting times and how to plan for winter vegetable harvests on the Oregon coast. \$10. Register at www.foodrootsonw.org or contact Food Roots at 503-815-2800 or northcoastgrown@foodrootsonw.org

Designing a Home Orchard. Aug. 2, 10am - noon. Alder Creek Farm, Nehalem. \$10, Anita Azarenko, of OSU and La Mancha Orchard & Ranch, will lead you through practical considerations for establishing a home orchard, including advice on site prep, cultivar selection, irrigation and other considerations for installing an orchard on the north coast of Oregon. Anita will feature a case-study of Peace Crops farm, located in the Nehalem Valley, in order to tailor the information presented to our local climate, soils, and community. \$10. Register at www.foodrootsonw.org or call 503-815-2800.



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Custard King Version 2.015 : an Astoria Classic Rebooted

CUSTARD KING, a mid-century landmark on the corner of 16th and Commercial in downtown Astoria, reopened last month under new ownership. The iconic drive-in debuted in 1951 and was a well-known teen hangout for decades. Despite the eye-catching purple paint job, the business' popularity had declined in recent years; a "For Sale" sign in the window seemed to almost be a permanent fixture. In my 20 years as an Astoria resident, I had only eaten there once, was disappointed, and did not visit again.

Enter Biscuit the dog and his human companion Greg Glover. Glover, well-known weekday morning host for Portland radio station KNRK 94.7, had been spending so many of his weekends in Astoria, that he decided to rent an apartment here. In 2012, he and his now-wife Alana opened Commercial Astoria a small, weekend-only boutique where they sell vintage and used clothing, gifts for two and four-legged friends, and a large selection of used vinyl.

On weekends, Greg and Biscuit walked the streets of downtown Astoria, always winding up at Custard King for a Baby Burger treat. Over time, Glover got to know the former owners who kidded him about buying their store. The idea grew on him and this spring, the joke became reality when he convinced Laughing Planet Café CEO Franz Spielvogel and real estate broker David Demers to team up with him in purchasing and rebooting the 64 year-old Astoria landmark.

Glover attributes it all to Biscuit. In a recent interview for Astoria Rain, Glover stated that "we followed his [Biscuit's] nose to Custard King every week and he talked me into it."

The new Custard King, which opened for business in June, is a work in progress. Renovated inside and outside, the building, with its new understated white and ultramarine paint, no longer screams for attention. The much-loved original Custard King sign atop the structure remains and is destined for renovation soon. Other potential projects that will give Custard King more curb appeal include improvements to the parking lot, outdoor seating, and perhaps an Elvis-themed mural.

The new pared-down menu, centered on burgers both classic and adventurous, is a marriage of burger-joint nostalgia and 21st Century mindfulness.

Ingredients are sourced locally when possible. Beef is supplied by Reed and Hertig, hamburger buns are made by Astoria's Home Bakery, cheese and ice cream are from the Tillamook Creamery.

Diners can choose from a limited number of sides, beverages, and sweets to round out a meal. Kale salad and cole slaw are



Photo: Dinah Urell

made in-house. French fries, sweet potato fries, or tater tots come with the house fry sauce, available with or without pickle relish. Vanilla and chocolate shakes are hand made to order. A typical meal of burger, fries, and drink starts at \$10 for the basics and goes up from there.

On a recent visit to Custard King, a friend and I had The Elvis Burger, a Royale with Cheese, fries, tater tots, and a chocolate shake. The Elvis Burger is tricked out with pimiento cheese, a regional favorite from the Southern US (made from cheese, pimento, mayonnaise, and seasonings). The Elvis Burger was delightful, the pimento cheese added an exotic accent to the good flavor of the beef. I recommend having extra napkins on hand when eating the Elvis Burger as it tends to be fairly juicy. One can order pimento cheese as an add-in to any burger for \$1. I suspect it would be great as

were hot, crisp and perfectly salted, but the portion size was small. Kale for the King, a salad of organic lacinato kale, sunflower seeds, dried cranberries, queso fresco, and lemon parsley vinaigrette, needed a few tweaks in my humble opinion. Some of the kale was tough and the woody ribs should have been removed. The vinaigrette also needed a little more seasoning to boost the flavor. However, when I ate farther down toward the bottom of the box, the salad redeemed itself. The cranberries and queso fresco went well with the kale. I think with a little adjustment, this will be a very good salad.

The eponymous custard, a frozen soft serve dessert similar to ice cream, is seldom found outside of the Midwest. It's made with eggs, as well as sugar, and cream. It typically is dense and creamy with much less air incorporated into the mix than is typical for soft serve ice cream (which may contain up

to 50% air by volume). Unfortunately, Custard King's custard machine was not functioning when I visited the store, but I can't wait to give it a try.

The new Custard King is definitely worth a visit. I eagerly anticipate more improvements to the structure and look forward to sampling new menu items.

Custard King, still operating under soft opening conditions as of Hipfish press time is open from 11am - 5pm at 1597 Commercial Street in

Astoria. The King only accepts cash for the time being. Food is served for carry out and there is no seating. Parking is limited, it might be best to park nearby during a lunch rush. You can call your order in ahead at 503-325-KING.



Custard King circa 1950's. Courtesy Sara's Old Photos in Astoria.

a dip for fries or tater tots and intend to try it soon.

The Royale with Cheese and chocolate shake were also good. Custard King definitely has the basics down.

On another visit, I had sweet potato fries and Kale to the King. The sweet potato fries



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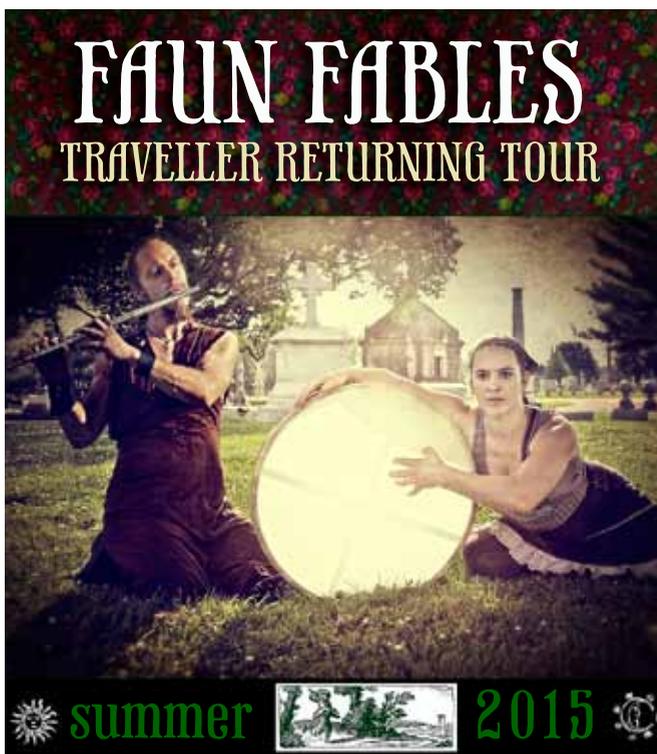
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