

september 2015 • vol 16 • issue 200

HIPFISH Issue 200

In Dedication to Marcy Westerling
1959 - 2015

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Advancing Democracy in Oregon

HIPFISH MONTHLY

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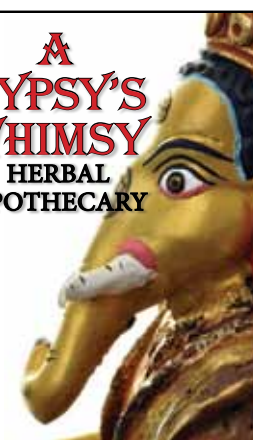
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Loving Legacy

by Dinah Urell

ON Sunday, August 23rd, 200 mourners gathered at the 1st Unitarian Church in Portland to celebrate the life, grieve her death and commit to her living legacy, beloved organizer, visionary, cancer warrior, and founder of the Rural Organizing Project, Marcy Westerling, who died on June 10, 5 years and 3 months after a diagnosis of Stage IV ovarian cancer.

Summer sun's rays were made hazy by forest fires that day, but the light of the sun in the church poured in clear, yet soft, with an air of ebullience, and the music of Prince (Marcy's choice) dancing off the walls. Over the next two hours, family, friends and associates eulogized through stories, songs, poems and slideshows of her life and death, this extraordinary person, who, with the help of all she could so infectiously enlist, tapped into the essence of a movement, helped to define it and grow it in a way that is now a living and working mechanism for social change, throughout rural Oregon, and recognized nationally.

Because of her illness Marcy stepped down as the Director of the Rural Organizing Project (based in Scappoose) in 2010, but continued as a force in the community of cancer diagnosis. Her blog, *livinglydying.com* – notes and essays on daily life with terminal cancer reached out globally. In an article written for YES magazine she said, "I chafe at being invisible as a person with cancer. I am a lifelong feminist and community organizer. I believe in breaking silence and sharing truth."

I first met Marcy the way that so many did, in a living room conversation. This was a planning session for the North Coast

Pride Network/LGBTQ group in the mid-90's. Her reputation for being an excellent organizer preceded her, as numerous people from the former Good Neighbors group on the coast had worked with her on the early Oregon anti-gay measures brought to the ballot by the Oregon Citizens' Alliance.

Prepared for serious political maneuverings, all in attendance were taken by an awakening surprise. Candid, funny, irreverent and more like a happy home ec instructor, Marcy Westerling embodied the spirit of the values she so directly and inherently could speak on – it was like second nature. Through Marcy, the work became the heart, and joy -- not without discernment, not without obvious anger at injustice -- but a way to embrace the human spirit, because every one matters. And her mission was to make it simple – when sometimes we try to make it all so complicated.

Personally Marcy touched a part of myself that was a part of my genesis to contribute something of value to the region that wanted to feed change. She inspired me to be true to the voice of justice. And since that time, 200 Hipfish ago, the publication has retained a link with the Rural Organizing Project, as a guide to assess the values that define this growing region and how to represent it through alternative newsprint on the coast.

Please read more about Marcy and ROP on pages 12 – 13, and so much more about the ongoing work, and colleague tributes to Marcy, at ruralorganizingproject.org.

Thank you Marcy.

From The Rural Organizing Project

The Rural Organizing Project (ROP) is a statewide organization of locally-based groups that work to create communities accountable to a standard of human dignity: the belief in the equal worth of all people, the need for equal access to justice and the right to self-determination. Starting in 1992, ROP's challenges to the anti-democratic right have earned ROP a national reputation for being an effective grassroots organization that takes on the hard issues.

We believe in 3 guiding principles:

- Every human being matters
 - Every issue is interconnected
 - It's all about transformational organizing
- The catalyst for ROP was the Oregon Citizens Alliance's outrageous Abnormal Behaviors Initiative, which targeted gay and lesbian Oregonians for legalized second-class citizenship. Oregonians in small towns across the state were mobilized, many for the first time, as basic tenets of the Constitution were at risk through this ballot initiative. ROP stepped into this organizing opportunity to fill a niche the radical right was trying to claim.

ROP is not your typical organization. We work with an organized grassroots base, not just a passive dues-paying membership. Our analysis is multi-issue, our activities are multi-tactic and we strategically coordinate our statewide organizing with key partners that counter the Right on every front in rural Oregon. Our lean-and-mean coordinating machine of a small staff is backed by hundreds of volunteer leaders and thousands of supporters spanning the 10th largest state in the nation. As Left Turn magazine reported of our model, this structure enables and requires ROP to focus on organizing and grassroots leadership development to maintain the depth and breadth of movement building work.

Today, ROP works with 50 member groups to organize on issues that impact human dignity and to advance inclusive democracy.

Call to Artists for the 10th Annual 2016

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ART

On the KWIS KWIS



It started with a hike on the Kwis Kwis trail at Fort Clatsop

A whisper through the trees

The light off of a spider web

Pulling me along the path

The trees being played by the wind

The burst of color from a salmon berry bush

A mushroom pushing up through the earth

The song of the stream

The eagle in undergrowth flight

The images flooding my senses

A call for art

A quest for collaboration

A three year journey that has brought us to this moment

A gathering of artists

Of music, performance, installation, costume, visual art and dance

A trail that is offering itself as stage, inspiration, magical sights and earthly delights

For one afternoon in the park

**Sunday
September 20 from 3-6**

A 3 mile hike for your life pleasure

All are welcome

The path eager to unfold its mysteries for you

Breath filling the lungs

Blood carried through the body

Imaginations expanded

A shared experience in nature

Our bodies taking flight

~ Marco Davis

Sunday in the Park w/Art

Lewis and Clark National Historical Park and Astoria performance artist and collaborator Marco Davis invite you to take in the Kwis Kwis Trail Sunday, Sept. 20 as it is transformed into an art installation, featuring music, performance, costume, visual art and dance. The hike/art experience takes place 3 to 6 p.m. on the park's approximately 3-mile Kwis Kwis trail.

Access the ongoing, family friendly event by parking at Fort Clatsop or the Fort to Sea Trailhead and following directions. Sunday in the Park w/Art will take place rain or shine and is free with admission to the park, payable at the Fort Clatsop Visitor Center or with an annual pass.

Dogs are welcome on leashes. For more information, please call Lewis and Clark National Historical Park at (503) 861-2471 or find the park on Facebook at [LewisandClarkNationalHistoricalPark](https://www.facebook.com/LewisandClarkNationalHistoricalPark).

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

ADVERTISING INQUIRIES - 503.338.4878

Send general email correspondence:

hipfish@charter.net.

HIPFISH is produced on the web at:

www.hipfishmonthly.com

Hipfish is printed at the Daily Astorian

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COVER: Marcy Westerling rides
downtown Scappoose - Kicking
democratic ass.

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Bob Goldberg

KALA VISUAL ARTS CURATOR:

Agnes Field

North Coast Peace Fest 2015 All For Peace!

Organized By Veterans For Peace, Chapter 164, celebrate
PEACE on Saturday, September 12 at the White Clover
Grange from 12:00 Noon to 4pm. Music, food, and Vendors
and no-profits, a \$5 donation benefits the Returning
Veterans Project (children under 12 Free).

Music by Sedona Fire Band, Rhythm Method and
The Nehalem All Star Band.

White Clover Grange
36585 Oregon Highway 53, near Nehalem.



Buddy Walk® at the Beach To Support Sammy's Place



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 devel-
opmental 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;

Fundraiser for prizes: www.sammysplace.info (Contest Rules at
online registration)
SAMMY'S PLACE - Oregon 501
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pendent living cabins, and oppor-
tunities to work, learn, and grow
throughout adulthood. We plan
to offer this to those who come
to live and work at Sammy's Place
with an emphasis on living close
to Nature. We need your help to
make this vision a reality. Become a
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this Buddy Walk. The prizes for
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gift card.
The Buddy
Walk is at
Quatat Park,
Seaside, OR,
Saturday,
Septem-
ber 19, at
9:30am.
To
Register or
become a

THE HARBOR New Volunteer Training Scheduled to start September 29th 2015

HAVE YOU BEEN LOOKING
for a way to give back to your
community? Do you want to help
individuals who have been affect-
ed by domestic violence and/or
sexual assault? Are you looking
for a way to increase job skills,
while doing work that makes a
difference in your community?

Volunteer with The Harbor!

Volunteer Training begins Sep-
tember 29th. Class will be held
Tuesdays and Thursdays from
5:30pm to 8:30pm. Come learn
the basics in Compassionate
Communication, Crisis interven-
tion, Active Listening, the impact
of Oppression on individuals and
communities, DV and the Law
and more. The training includes

educators from the Harbor as
well as experienced guest speak-
ers from the community.

The Harbor currently has
volunteer opportunities at the
shelter, during community events
and special projects. Some
volunteers work in client services
office, Déjà Vu's donation center,
and as ongoing advocates for
individuals accessing services.

All volunteers will need to at-
tend the first training September
29th, 2015. Training require-
ments vary depending on the
type of volunteer position. Con-
tact Chris, Volunteer Coordinator,
at 503-325-3426, or stop by our
office at 1361 Duane St, Astoria
to pick up your volunteer packet.

Gifts that make a Difference • Registration Open

SATURDAY, SEPTEMBER 12 is the first day to register for a table at
Gifts That Make a Difference. The holiday gifts fair returns Saturday,
December 12th, noon to four pm to the Liberty Theater's McTavish
Room after a two-year hiatus.

New sponsors Astoria Kiwanis and Lower Columbia TimeBank invite
all local nonprofit organizations to participate in this festive event where
the public may donate in the names of friends and family. Organiza-
tions may accept donations of money, volunteer hours, or goods.
Shoppers watch their gifts multiply: to their loved ones, their chosen
nonprofits, and the community at large.

Register online at www.locotimebank.org/gifts-fair or phone 503-
325-6886. For more information, email LCTimeBank@aol.com or
phone.

A small table space is \$20, a large table space is \$30 and may be
shared, and an unattended easel display space is \$10.

Gifts That Make a Difference provides showcasing and networking as
well as fundraising for dozens of nonprofits in an elegant venue comple-
mented by the best in local entertainers and food. Shoppers come for
the event and the meaning: donating money, goods or service hours
as their holiday gifts for family and friends. Fall brings a whole new set
of activities and the holidays are here before we know it, so groups are
encouraged to register early while space is available.

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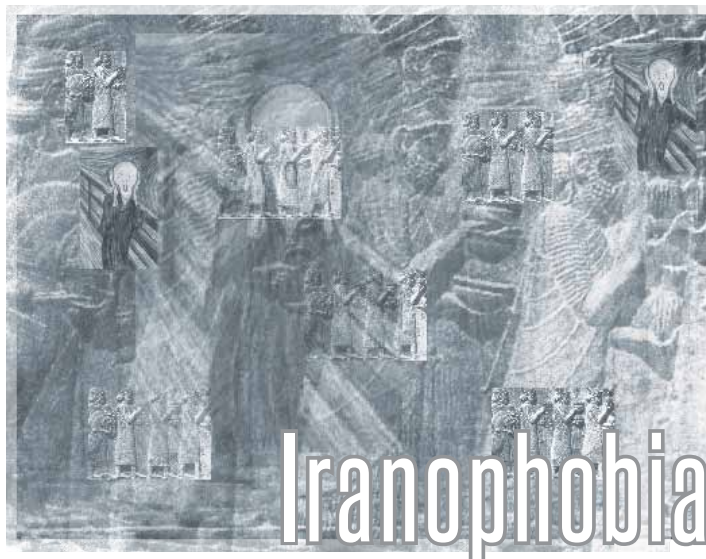
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EVER SINCE THE 1979 Iranian Revolution, the US has considered the country an implacable adversary. The political establishment, swayed by the Zionist war narrative, has pursued a vindictive policy toward Iran, labeling it a "state sponsor of terrorism." This is a largely political term thrown at countries opposed to American preeminence. The US set up the Iran Revolution in a 1953 CIA coup against an elected secular government headed by socialist Mohammad Mosaddegh, who had nationalized Iranian oil. They restored the Shah to power, and he obligingly restored free rein over oil reserves to American and British corporations. After suffering autocratic rule for the next quarter century, Iranians threw out the Shah and created the Islamic Republic, thus drawing lasting US antagonism.

We are more often than not the creators of our own adversaries, especially as we pursue world domination. In fact Iran has invaded no country in modern times. The US has militarily invaded or fomented coups in dozens of countries. And it was the US, still smarting over the Iranian Revolution, who gave arms including chemical weapons to our Iraqi ally, Saddam Hussein, to attack Iran and embroil it in devastating war during most of the eighties. Saddam later on became the devil figure we had to get rid of mainly because he too presided over a

country awash in nationalized oil. Iran has suffered to this day under US induced economic sanctions supported by its vassals in the EU/NATO alliance. Israel, for its part, exhibits relentless paranoia against Iran, mainly because it represents a challenge to its own regional predominance. Israel is one of the best armed countries in the world, with around 400 nuclear weapons that are never publicly mentioned by US officials or mainstream media. Israel forever plays the victim, surrounded by hostile Arab states ever seeking its demise. But Israel's continuous theft of Palestinian territories, coupled with increasingly brutal treatment of this native people, has made it ever more insecure. The more harm you do to your neighbor, the more you fear retaliation, the more insecure you feel, the more aggressive you behave in spiraling vicious cycle.

Israel's ever belligerent government sees a strong Iran, integrated into the world economy, as an "existential threat." In reality, a prosperous Iran, no longer ostracized by the West, would be far less dangerous than an isolated Iran tormented by sanctions and ever threatened with Israeli or US bombs. But Israel stew in its paranoia, crying wolf over the ever present threat of the Iranian "rogue state." Even though the real issue for Israel has always been fear of a potent regional rival backed by Russia and Syria, they raise their hue and cry over Iran's enrichment of uranium, supposedly with the goal of producing a nuclear bomb. None of Israel's innumerable well lobbied acolytes in the US ever questions the notion that Iran

possessing a nuclear bomb is some kind of ultimate evil.

Israel and its US sponsor act as if hundreds of Israeli nuclear weapons are somehow not a deterrent to Iran's few eventual bombs. Why? And here is where we descend into wild fantasy. Israel and its most avid American advocates believe and have said that Iran would launch its bomb at Israel in spite of Israel's massive retaliatory power. Or, they say, Iran would smuggle a suitcase nuclear weapon into Israel. As if Israel has long, unguarded borders. Why would Iran, at risk to its own continued existence, use its bomb to obliterate Israel? Because, paranoid Zionists say, Iranians believe they would be performing a righteous act that would reap Allah's greatest rewards in the afterlife. I am not making this up. But if American fundamentalist Christians, often Israel's staunchest supporters, can believe in the "rapture," their own instantaneous escape to heaven while God pours out wrath on everyone else in the "end times", then it is possible for Israelis to believe such nonsense of Iran, a country thousands of years old with a rich culture, which, incidentally, includes an ancient, accepted Jewish community.

The Obama administration has rightly seen that ending sanctions and restoring diplomatic relations is in US and Iranian interest. Hence they have conducted lengthy negotiations, producing an agreement whereby Iran allows inspectors full range of its uranium enrichment facilities. Iran is a signatory to the Nuclear Non-Proliferation Treaty, which Israel, with its "secret" nuclear arsenal has never signed. Iran has the right to enrich uranium to build reactors as a source of energy. But Israel and its ardent supporters have always claimed Iran really wants to make a bomb. Inevitably, Israel's ever belligerent Netanyahu and his cheer leaders in Congress, together with AIPAC, Israel's preponderant congressional lobby, have joined forces to scuttle the agreement. If they succeed, the Middle East will continue its dissolution in murderous chaos.

by Stephen Berk




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Read MESSAGES
every month in hipfish
pg 23

[pickled fish]

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Clatsop CASA Needs Volunteers Training Starts October 21, 2015

IF YOU ARE A STRONG believer in protecting our community's children and have a few hours a month to improve the life of a child, please consider becoming a CASA volunteer. Community members are needed to become Court Appointed Special Advocates (CASAs). Volunteer training begins Wednesday, October 21 from 6 pm – 9 pm, and continues for six weeks. Training takes place at Clatsop Community College, Astoria. Participants will gain understanding of the law and child welfare system dealing with child abuse and neglect, and will also gain a basic understanding of child

development, attachment, permanence and resiliency, substance abuse, domestic violence and other issues which affect children's safety. Upon successful completion of training, participants will be appointed by the court to advocate for the best interest of one or more children in foster care, with the support and guidance of CASA staff.

Volunteer application packets are available for download online at www.clatsop-casa.org. Please call Ann or Julia, 503-338-6063, or email casa@clatsopcasa.org to obtain more information on CASA and its services to children.

CHIP-in program Astoria Parks and Recreation Clean Astoria Aquatic Center September 13

ASTORIA PARKS AND RECREATION is excited to announce that on Sunday, September 13th, 2015, Citizens Helping Improve Parks (CHIP-in) will be helping to clean and improve the Astoria Aquatic Center.

Interested volunteers are invited to attend the CHIP-in event at the Aquatic Center, located at 1997 Marine Drive, from 1:00pm to 4:00pm. Volunteers will help clean-up trash, clean the inside of the Aquatic Center, remove weeds, shape shrubbery, repaint parking lot lines, put in bark mulch, and more!

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).

"What is Education For?" Oregon Humanities Talk knowledge and beauty or just competent workers



THE TILLAMOOK COUNTY PIONEER MUSEUM's next Great Speaker, Alexander Sager, will be leading an Oregon Humanities' Conversation Project discussion entitled "What is Education For?" on Saturday, SEPTEMBER 19, 1pm in the Museum's Main Gallery. Some discussion points will include our educational goals and how they relate to our becoming good citizens. Are we learning a love of knowledge and beauty? Does our education relate to social justice? Or are we spending billions of education dollars in reforms that only produce competent workers?

Alex Sager is an assistant professor of philosophy and university studies at Portland State University. He specializes in social and political philosophy and is closely involved with PSU projects that collaborate with Portland-area schools in philosophy-related educational projects.

Sponsored by the Pioneer Museum's Daisy Fund and Oregon Humanities, this program is free and open to the public. For more information call 503.842.4553 or visit www.tcpm.org.

Cultural Coalition Grants Opportunities and Workshops

THE CLATSOP COUNTY CULTURAL COALITION is funded by the Oregon Cultural Trust to award funds to projects that support, maintain, preserve and protect cultural programs in the visual and performing arts, heritage, and humanities in Clatsop County. Individuals and groups located in Clatsop County are eligible to apply. It is not necessary to have 501(c)3 non-profit status. Grant funds will be awarded in December 2015 to support activity occurring between January 1, and December 31, 2016. Grant funds are available up to \$2,000 per project and approximately \$8,500 will be awarded this year. The local coalition's funding priorities are to raise the awareness of culture; support the preservation, functionality, and/or sustained usage of physical facilities used for culture; and to strengthen the overall health of existing non-profit organizations, schools, individuals, or businesses related

to visual and performing arts, heritage, and/or humanities in Clatsop County.

The 2015 application for Clatsop Cultural Coalition grants is available online at www.clatsopculturalcoalition.org. Applications will be accepted starting September 15 and must be received prior to November 1, 2015. It is highly recommended that potential applicants attend a workshop to gain more information about the application process. The first workshop will be held 5:30-6:30 P.M. on Tuesday, September 22, at Studio A of the Paulson Pavilion at the Liberty Theater with entry through the 12th Street entrance. Doors open at 5 P.M. The second workshop will be held at 11 A.M. - 12 noon on Saturday, September 26, at the Clatsop College, South County Campus, 1455 N. Roosevelt Drive, in Seaside. Doors open at 10:30.

Clatsop Cultural Coalition Grant Workshops

5:30-6:30 PM
Tuesday, September 22
Studio A, Liberty Theater
Astoria

11 A.M.-Noon
Saturday, September 26
CCC South County Campus
Seaside



Exec. Dir. Sam Johnson at the Maritime Museum for Oregon Cultural Trust.

Tillamook County Cultural Coalition

THE TILLAMOOK COUNTY CULTURAL COALITION (TCCC), on behalf of the Oregon Cultural Trust, is soliciting requests from Tillamook County citizens and organizations interested in obtaining grant funding to develop projects that celebrate the arts, humanities, and heritage of our county.

To be considered, projects must address one or more of the following: education, community art, heritage, the environment and/or traditions.

To be eligible, grant applicants must be an individual(s), a non-profit organization or a governmental organization.

Individuals must be residents of Tillamook County and organizations must maintain a registered headquarters in Tillamook County. Priority will be given to activities that will benefit a significant number of Tillamook County residents.

Grants funded have ranged from \$500 to \$2,000. Recipients of the 2015 awards include: Tillamook Jr. High School Welcome Mosaic, The Barn Playhouse Sign, White Clover Grange Historical Photo Displays, Nehalem Historical Museum Oral History Project, Nesko Women's Club 90th Anniversary Celebration, Tillamook Head Start "Music Together" Program, and Pacific City Dorymen's Association "Launching Through the Surf" Exhibit.

Grant applications are due October 25, 2015. A free Grant Writing workshop will be held on September 21st, 6:30 - 8:00pm in the Copeland Room at the Tillamook County Library (Tillamook).

Detailed information about TCCC and the grant application are available at: <http://www.tcpm.org/tccc.htm>.

Applications will be reviewed and applicants will be notified by late November 30, 2015.

For more information, contact the TCCC at TillamookCCC@gmail.com.



Pacific City Dorymen's Association
"Launching Through the Surf" Exhibit.
Tyrone Marshall, "Launching and Landing"
(2011). Cultural Coalition recipient.



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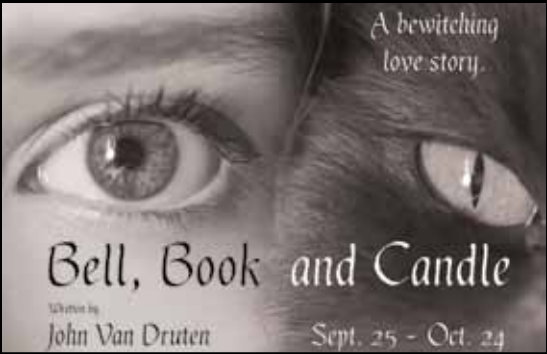
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Dia de la Independencia Lower Columbia Hispanic Council Celebrates

September 19

THE LOWER COLUMBIA HISPANIC COUNCIL will be hosting its annual celebration of the Dia de la Independencia (Independence Day of Mexico and other Latin American countries) and also national Hispanic Heritage month. The event will take place on Saturday September 19th from 4:00-8:30pm and continue from 9:00-1:00am for dancing at the Astoria Event Center at 894 Commercial Street. This is an all-ages indoor/outdoor event with entertainment and activities for the whole family. Admission cost is \$5 for adults and free for children.

9th street between Commercial and Marine Drive will be closed to traffic and tents will be setup for food vendors. Monte Alban, El Tapatio, Placa Jalisco, and the Hispanic Council will sell an assortment of Mexican foods and drinks. The Hispanic Council will sell margaritas and beer.

The event will feature music by local DJ Sonidos Eres, folk dancing presentations, music stage performance, and interactive Zumba dance lesson by Nayelli Dalida of the Astoria Arts and Movement Center. There will also be activities for the whole



family such as a photo booth, face painting, and arts and craft.

Everyone is welcome to come down and join in the festivities and enjoy great music and eat delicious food! Proceeds from the event will benefit the Lower Columbia Hispanic Council Scholarship Fund. A generous sponsorship from the Wauna Federal Credit Union helps to make possible the annual celebration.

Founded in 1998, The Lower Columbia Hispanic Council is a non-profit organization dedicated to serve the Hispanic community of the Lower Columbia River region. Our goals include promoting the health, education and social and economic advancement of area Latinos.

The Lower Columbia Hispanic Council has developed a handful of goals that they strive to meet every day. They have

increased and broadened the community's cultural awareness of the local Hispanic community. They have also taught the surrounding areas to celebrate the cultural diversity this population brings. Along with celebration, this organization educates the community of the needs and services available of local Hispanics. Another important goal of the LCHC is to improve access to social services for the Hispanic community, while improving the cultural awareness of the services provided. The Lower Columbia Hispanic Council also has develop collaborations and partnerships with other community organizations to identify and solve common issues. Last but not least, they provide communication and support to the people and organizations working with the Hispanic community of the Lower Columbia region.

THE ROCKAWAY BEACH CITIZENS for Watershed Protection Town Hall and Film • September 17

THE ROCKAWAY BEACH CITIZENS for Watershed Protection (RBCWP), a grass-roots association of citizens working to ensure clean, safe air and drinking water, is hosting a free town hall meeting on Thursday, September 17, 2015 from 5:30 to 8:30 pm at St. Mary's by the Sea Catholic Church in Rockaway Beach.

Join your coastal neighbors at 5:30 pm for an "Eat, Meet, and Greet" with soup from Fresh Café (a \$5.00 donation suggested). Starting at 6:00 will be Shane Anderson's film premiere of "Behind the Emerald Curtain." Filmed in Oregon coastal communities, the film exposes current forestry practices that put at risk our air and water quality and offers a look at practices that are fish and drinking water friendly. Following the film, there will be a panel presentation

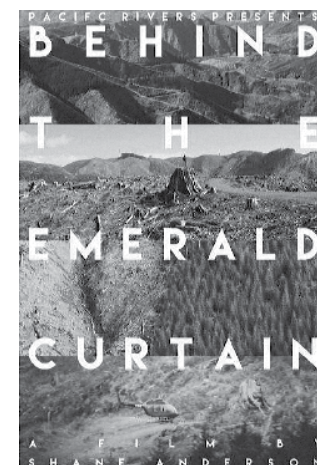


with audience Q and A by experts in the fields of forestry and public health. Included will be reports from local communities and opportunities to document personal stories. For the past several

years, RBCWP has been partnering with like-minded people throughout the north coast of Oregon via the North Coast Basin Coalition.

The issue of aerial herbicide spraying on private timber lands has gained media attention in the past few years due to some high profile incidents resulting in illnesses, crop damage, and drinking water pollution. An effort to reform aerial spraying practices to better protect fish-bearing streams, homes, and drinking water, to improve advance notification, and to require disclosure of sprayed substances stalled in the Oregon legislature earlier this year. Concerned citizens and conservation groups are hopeful that meaningful reforms can still take place.

The town hall meeting will be at St. Mary's by the Sea Catholic Church, 275 S. Pacific Avenue, Rockaway Beach. Please contact the Rockaway Beach Citizens for Watershed Protection at 503-355-2516 or visit the Facebook page for additional details. <https://www.facebook.com/rockawaybeachcitizens>



Filmed in Oregon coastal communities, **BEHIND THE EMERALD CURTAIN** exposes current forestry practices that put at risk our air and water quality and offers a look at practices that are fish and drinking water friendly.



**Artist and Author
Frances Stilwell Opens a
Window to the Natural
World of Oregon's Past.
Meet her at the
Brownsmead Cornfeed**

By Cathy Nist

FRANCES STILWELL'S newest book *"Oregon's Botanical Landscape: An Opportunity to Imagine Oregon before 1800"* evokes the landscapes of Oregon's native plants as they might have appeared in their natural settings prior to European colonization. The book encompasses 25 years of Stilwell's pastel and water-color paintings, presenting 82 of the artist's plein air Impressionistic visions in eight chapters, corresponding to the eight ecoregions of Oregon. Each chapter is presented by notes on Geography (by Glenn Grifflich) and Botany (by Victoria Tenbrink) of the region and each painting is accompanied by artist's notes, which contribute to the sense of place experienced by the viewer.

"I use the subjects of Science and the tools of Art to create the volume of air above the land and water we call Oregon," said Stilwell of her work. "My intention with this book was to create a sense of the world, as near as I could, that was here before European invasion."

Stilwell's expressive use of her medium explores qualities of light as well as movement and color. One can almost hear the sound of wind in branches or imagine droplets of dew evaporating from a flower as the sun warms the air on a summer morning. "I don't go after stamens and pistils and how many petals a flower has," Stilwell says of her technique, which is a skillful welding of her scientific and artistic backgrounds.

"Oregon's Botanical Landscape" has generated positive reviews including an endorsement by naturalist E. O. Wilson who stated, "This beautiful collection combines science and art in an original way, giving us a sense of the baseline in the world we acquired and are now recklessly changing."

Although Stilwell actually gains little profit from sales of "Oregon's Botanical Landscape," she envisions that someday her book could be available to all Oregonians by gracing the shelves of every library in the state. With that goal in mind, she said "If I could just get people to buy the books and donate them to their local libraries, that would be a wonderful thing to have happen."

Meet Frances Stilwell at the Brownsmead Corn Feed on Sunday, September 13, from 2 – 6pm at the Brownsmead Grange, on the corner of Fish Lane and Rudat Road in Brownsmead. Admission (\$9 for adults and \$7 for children 12 and under) gets you all the corn you can eat plus a full ham dinner, with beverages and dessert. Stilwell's books will be available for sale.

Frances Stilwell is also the author of "Come Walk Through Spring with Bessie Gragg Murphy and her Willamette Valley Wildflowers." If you miss her at the Corn Feed, her books may also be purchased at Powell's Books and Amazon.com. Examples of her pastels can be viewed online at pegasusartgallery.com

WEED WARS

by bob goldberg

OUR RELATIONSHIPS WITH OTHER critters (including people) are what this column is all about. All the vocabulary of invasion biology comes from military parlance. So a legitimate comparison can be made between, say, the reaction to the Iran deal, and the reaction we have towards what author Fred Pearce, an environmental writer from England, calls the new wild. The Obama administration came to the conclusion that fighting a war against Iran would be a losing proposition, and so negotiated a deal to stall and monitor their nuclear program in exchange for lifting sanctions. As with invasive species, the press here has focused on the opposition to the deal, and belligerence to Iran (the enemy). In both cases, the enemy is to be conquered, liquidated, destroyed, eradicated, beaten, with military force, including both conventional and chemical weapons.

Well, opponents (and supporters) of the Iran deal should read Pearce's new book, *The New Wild – Why Invasive Species Will Be Nature's Salvation*, published this year. Even the sections of the book lend itself to the Iran debate. Part One is called Alien Empires, and Part Two is called Myths and Demons. They would get a thorough analysis of the enemy (invasive species) and our fight against it, and why the fight – and in some ways the whole idea of conservation – doesn't make sense. Time doesn't go backward, and neither does ecology, says Pearce. He's right.

The *New Wild* has so many passages that are profound that they would form the basis for a great "little green book" to carry around. I'll just pick a few at random to give an idea of what the lucky reader is in for.

From Chapter 2, *New Worlds*: "three introduced species embody many of the profound changes that have accompanied recent human influences on the Australian landscape and ecology: the dingo [that's right, it's not native!], the sheep and the rabbit. Their stories tell an important truth about what happens when we take species round the world. We expect those species to transform our new worlds into replicas of the worlds we left behind. And when they are not so obliging, we blame them."

From Chapter 4, *Welcome to America*: "'Kudzu is the Lord's indulgent gift to Georgians,' Cope declared. It would 'heal' the soils. 'If we will feed the land, it will feed us.' Cope, the king of kudzu, was declared Georgia Conservation Man of the Year."

From Chapter 7, *Myths of the Aliens*: "He [Charles Elton] used the words of Sir Arthur Conan Doyle in *Lost World* to describe the task of repelling the invaders as 'one of the decisive battles of history.'" Also mentioned in Chapter 7 are John Wyndham's classic book, *Day of the Triffids*, and the even more classic *Invasion of the Body Snatchers* movie. Say no more.

From Chapter 8 (and one of my favorites), *Myths of the Pristine*: "In recent years, archaeologists have discovered hundreds of large earthworks in the Amazon rainforest that they conclude were urban centres that flourished until the

conquistadors came, bringing European diseases and European rule."

From Chapter 11, *Rebooting Conservation in the Urban Badlands* (another favorite): "Shaw was exploring one of hundreds of forgotten biological treasures in Britain's industrial badlands. They are, he says, the extreme case of our new novel ecosystems, and ecological resources of increasing importance in our crowded landscapes."

The book is full of history and interesting facts that I didn't know, and I dare say, most don't know. Perhaps the most amazing revelation is about ecology. Ecologists are increasingly throwing out the old paradigm of an ecological system that is mature, and requires 'native' species to thrive. In its place is emerging the much more reasonable paradigm that ecological systems are constantly changing, incorporating new species from wherever they come from, and adapting to changing conditions as best they can. Exactly as countries and cultures do. Makes sense to me.

Spoiler alert – here's the last paragraph of the book, summing up the thesis: "The more damage that humans do to nature – through climate change, pollution, grabbing land for intensive agriculture and plantation forestry – the more important alien species and novel ecosystems will be to ensuring nature's survival. Aliens are rapidly changing from being part of the problem to part of the solution. And in a world where supposedly pristine habitats require constant micromanagement to keep them going, where they are increasingly like theme parks for conservation scientists, the truly wild lies elsewhere. It is in the unmanaged badlands and novel ecosystems. The bits of nature we don't cosset and pamper. The new wild."

Love it! Gritty, not pretty. Get used to it. Five stars!

THE NEW WILD

WHY INVASIVE SPECIES
WILL BE NATURE'S SALVATION
FRED PEARCE

KAREN KAUFMAN

L.Ac. • Ph.D.

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beginnings in the 19th century"*
Excerpted from "Rachel Carson and
Her Sisters" by Robert K. Musil



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NEWS: Oregon LNG Hearings Sept 2-3, 2015

Warrenton, OR (September 3, 2015) – Over 200 people, the vast majority opposed to the Oregon LNG project, packed the City of Warrenton's public hearing about the proposed Oregon LNG terminal and pipeline, on September 3. Before the hearing, local activists rallied outside with signs, banners, and a mock-up of the proposed pipeline. And an overflow crowd presented hours of testimony urging a Hearings Officer to deny the Oregon LNG terminal and pipeline because it conflicts with the City's local land use laws. Because so many people wanted to testify, the Hearings Officer scheduled a second hearing on Thursday evening.

"Tonight's hearing demonstrated that people who live in this area fiercely oppose Oregon LNG's proposed terminal and pipeline," said Dan Serres, Conservation Director with Columbia Riverkeeper. "It's hard to imagine a project that would be more incompatible with the safety of local residents and health of the Columbia River Estuary – a linchpin for salmon survival and recovery."

"This has always been an outrageously risky and speculative venture," said Tessa Scheller, a Warrenton resident and founder of the Skipanon Watershed Council. "My family and this community have poured countless volunteer days and years, our treasure and time into restoring the Skipanon River's health. We have planted thousands of trees, replaced culverts and educated ourselves and this community while working together to remove dams, improve water quality, fish and wildlife habitat. LNG is a risk to everything we do."

Dozens of activists spoke about how Oregon LNG would threaten public safety, damage wetlands and other fish habitat, restrict public use and access to the terminal site, inhibit boats on nearby waterways, snarl local and regional transportation, and pollute

air and water quality. Others expressed frustration that Oregon LNG had submitted an application to Warrenton after being dealt a defeat in a property dispute with the U.S. Army Corps of Engineers, which owns a dredge disposal easement on the terminal site. Cheryl Johnson, a retired school librarian, said, "Oregon LNG doesn't have the right to use the site for an LNG terminal because the Army Corps has an easement there. But Oregon LNG is more than willing to waste everyone's time with a dead-end project. We are urging the City of Warrenton to protect this community's public safety, economic future, and River by rejecting Oregon LNG."



Photos courtesy Columbia Riverkeeper

EVENT SCHEDULE

Sunday, Sept. 13 - Town Hall with US Representative Suzanne Bonamici. 1:30 - 2:30 pm, Warrenton Community Center, 170 SW 3rd Street. Why isn't she speaking out against LNG proposals for Oregon?

Thursday, Sept. 17 - Columbia Pacific Common Sense monthly NO LNG meeting reviewing Warrenton hearing, planning for FERC hearing. 6 pm - potluck snacks & social; 6:30 - 8 pm - meeting. 3 Cups Coffee House, 279 W. Marine Drive, Astoria

Monday, September 21, FERC (Federal Energy Regulatory Commission) public hearing about OLNG. 1-4 pm and 6-9 pm. Clatsop County Fairgrounds, 92937 Walluski Loop, Astoria; on West Marine Drive/Hwy 202/Olney Avenue, go east 2.8 miles past 7th Street, turn left at Walluski Loop.



City Council Says NO to OLNG!

The Astoria City Council voted 4-1 on Sept 8, in favor of a strong resolution against Oregon LNG! There was large support from the audience, including some who testified about the destructive, dangerous impacts the terminal and pipeline would have on Astoria's jobs, economy, safety, air and water, traffic and roads, etc. City Council Russ Warr spoke and voted against the resolution. City Council will submit the resolution to state agencies, such as FERC, Governor Brown, Senators Merkley and Wyden, Representative Bonamici. Mayor Arline LaMear and Councilor Cindy Price took leadership regarding this resolution, supported by Councilors Drew Herzig and Zetty Nemlowill.



WHAT'S NEXT

- You have until September 18 at 5:00 pm to email comments to the City of Warrenton (buildingclerk@ci.warrenton.or.us). You can also mail comments, but make sure to get them in the mail early since the City must receive them by the September 18 deadline (Warrenton Planning Department, 225 S. Main Ave., PO Box 250, Warrenton, OR 97146). Check out Columbia Riverkeeper's website for the commenting fact sheet and detailed testimony to the City (<http://columbiariverkeeper.org/blog/important-lng-hearings-this-september/>).

- Columbia Riverkeeper will keep its website updated with whatever new testimony Oregon LNG submits to the City. You have until September 25th at 5:00 pm to read Oregon LNG's new evidence or testimony and send in comments that respond to the issues Oregon LNG raises. You can submit comments to the same email/mailling address listed above.

- Next, Oregon LNG will have until October 2nd to file a final rebuttal (the applicant always gets the last word under Oregon land use law).

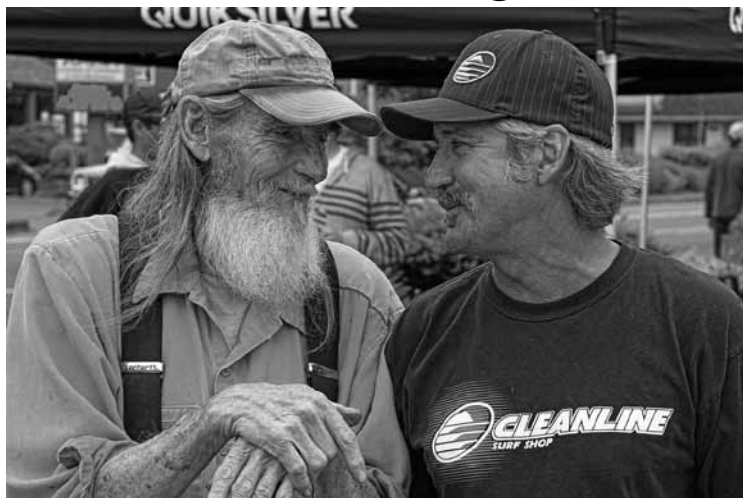
- The Hearings Officer will issue a decision approving or denying the terminal and pipeline. We'll let you know

as soon as the City announces this decision. Depending on how the Hearings Officer rules, Oregon LNG or anyone who participated in the Hearings Officer process (i.e., by submitting written testimony or speaking at the hearing) can appeal the decision to the City Commission.

September is a huge month for LNG. Stay tuned for more details on the Federal Energy Regulatory Commission (FERC) Draft Environmental Impact Statement hearings and public comment period. Stay in touch with Dan Serres at Columbia River Keeper (dan@columbiariverkeeper.org).

Cleanline Surf Shop

35 Years of Surfing Service



Josh Gizdavich (right), owner of Cleanline Surf reminisces with Seaside Dana Williams Photo: Scott Blackman

CLEANLINE SURF SHOP on the Coast celebrated 35 years of success in business this past August - with several hundred people in attendance at the festival like environment at their Seaside location! For owner Josh Gizdavich, it was a heartfelt thanks to his many friends and customers for their love, loyalty and support for 35 years!

Three bands played over a full afternoon of fun and activities: The Beerman Creek String Band kicked off the party with a lively set of bluegrass; Samsel and the Skirt followed, a unique acoustic alt rock duo from Portland and finishing off the afternoon were the Retroactive Gamma Rays from Lincoln City, a surf rock trio that spans classic electric 60's surf rock to 90's surf punk. LaChelle Nelson provided her Oh Snap! photo booth that was a wild hit with adults as well as kids. Free hamburgers and hot dogs on the grill fed the crowds all day but the real hit was Olukai's Shave ice booth! Games and great prizes were provided by Billabong, Roxy, Hippy Tree and Quiksilver and major prizes were raffled off to some lucky winners. Grand prize winner of a brand new Torq Surfboard was Morgan Heldt and longtime local Mary Romanaggi won a new women's Billabong wetsuit, among many other lucky winners! All in all, it was a great day of celebration!

The original owner since 1980 and an avid waterman, Josh Gizdavich has shared his passion for surfing and the ocean since the very beginning. Imagine when Gizdavich opened his doors at 719 First Avenue in Seaside in 1980, he was "the source" for all things surf. Surfers from around the NW and Canada sought out gear from Cleanline because it was the only shop in that era in the NW region.

Now 30+ surf, and surf related stores cover the range that he alone used to. A small, basic inventory was kept in the shop in the early days with a quiver of locally built surfboards, four wetsuits (one in each size were used for customers to try on and then Gizdavich would special order them), a few homemade leashes from bungee stretch cord, a box of wax and some early surfing magazines. Leap forward thirty five years to locations in both Seaside and Cannon Beach, a booming internet business and extensive board and wetsuit departments including quality apparel and outerwear, sunglasses, rentals and repairs. In addition Cleanline offers exceptional surf and stand up paddling lessons, events and coaching offered through their 11 year partnership with NW Women's Surf Camp's program and with local surf instructor Tony Gardner.

When asked why he started his business back in 1980, Gizdavich replied, "To get gear for myself and all of my friends!" Well, he's still doing it today for thousands of old and new customers and hundreds of his friends. Congratulations to Josh and his great staff, and to many more years of sharing the stoke!



Beerman Creek rip up the old time string music

ASTORIA INTERNATIONAL FILM FESTIVAL

9th annual – October 16, 17 and 18, 2015

The Liberty Theater

TWO AWARD-WINNING Oregon filmmakers will provide exclusive pre-release screenings of their latest films at the ninth-annual Astoria International Film Festival (AIFF) scheduled for October 16, 17 & 18, 2015 at the Liberty Theater in historic downtown Astoria.

A major coup, this year's film festival will include a West Coast Premiere, Exclusive Pre-release Screening. Ian McCluskey (Portland, OR) will screen his new documentary *Voyagers Without Trace* (Les Voyageurs Sans Trace) at AIFF one week before the film's Portland, OR Premiere at OMSI (Oregon Museum of Science & Industry).

A Northwest Premiere, Exclusive Pre-release Screening, filmed on the Oregon Coast Gary Lundgren (Ashland, OR) will screen his new sci-fi thriller *Black Road* (filmed on the Oregon Coast) at AIFF the day after the film's Los Angeles, CA Premiere, and one week before the film's Ashland, OR Premiere.

"The Astoria International Film Festival has constantly strived to showcase the best in filmmaking from Oregon. We truly value our local and resident filmmakers, and it is a privilege to be able to celebrate their work at the festival," said Ron Craig, AIFF Founder & Executive Director.

"A major coup for AIFF and the city of Astoria, any film festival would be honored to have one filmmaker of McCluskey's and Lundgren's exceptional caliber screen at their festival. To have both filmmakers screening over the same long weekend is extraordinary. And to have one screening be a West Coast Premiere and the other a Northwest Premiere, well let's just say the cinema stars have aligned over Astoria," said Craig. "Film lovers are in for a real treat."

Both award-winning filmmakers have screened previously at Astoria International Film Festival. McCluskey's documentary *Eloquent Nude: The Love and Legacy of Edward Weston & Charis Wilson* was an audience award winner in 2008. Lundgren's dramatic *Redwood Highway* was an audience award winner in 2013.

Both filmmakers are currently planning to attend the festival.

The complete lineup of films to be announced on September 15, 2015 will include documentary, dramatic and short films by U.S. and world independent filmmakers. Ron Craig shared that we can "Expect an intelligently and thoughtfully curated marquee of

films, some major coups, unheard of for a film festival of our intimate size."

Tickets (for each film and all AIFF films) are \$5.00 each and will go on sale at the Liberty Theater Box Office in late September.

The complete lineup of films and schedule will be available online at the Astoria International Film Festival's website -- goaiff.com -- on September 15, 2015.

The Astoria International Film Festival is a non-profit organization.

Voyagers Without Trace (Les Voyageurs Sans Trace)

Director Ian McCluskey is an award-winning film director and the founder of NW Documentary, a nonprofit organization that practices, teaches, and shares the art of nonfiction storytelling. His work has garnered more than a dozen top honors, including four Emmys, and has been featured in international film festivals such as Tribeca, London, and Clermont-Ferrand. His films have been broadcast in the U.S., Canada, and Europe. His work has also screened in major museums such as the Boston Museum of Fine Art and the San Francisco Museum of Modern Art.

The Story

In 1938, three French adventurers were the first to kayak the great rivers of the American West. Newlyweds Genevieve and Bernard de Colmont, and their friend Antoine de Seynes, were three dashing young Parisians seeking adventure. The Trio traveled from their homes in France, boldly setting out to be the first to kayak the Green and Colorado Rivers.

The Trio captured their 900-mile journey on 16mm color film, but the film has remained unseen in an archive for years. It offers a vivid window to a time when the Wild West was transitioning to the Modern West, when the rivers flowed wild and undammed, before guidebooks and GPS. They set out as a new vanguard of outdoor recreationalists, packing a new set of equipment



Les Voyageurs Sans Trace



and expectations, to seek out adventure merely for the joie de vivre.

They called themselves, Les Voyageurs Sans Trace—voyagers without trace, gliding lightly down the river, packing minimally, and vanishing into history.

Genevieve, who turned 22 on the journey, became the first woman to solo paddle the two rivers. She and Bernard were on their honeymoon, having been married just weeks before the trip.

Seventy-five years after their pioneering journey, filmmaker Ian McCluskey stumbles across a small historic marker in the corner of Wyoming. Inspired by their adventure, Ian learns to kayak, and sets out with two friends to retrace the French Trio's path. Seeing firsthand the places the French experienced, meeting colorful locals along the way, Ian's journey leads him through the heart of the American West and eventually back to Europe.

He uncovers unexpected connections to World War II, the French Resistance, Brigitte Bardot, and the spirit of adventure.

Website / film trailer
<http://www.frenchkayakfilm.com>

Black Road. Filmed on the Oregon Coast

A Neo-noir Thriller (sci-fi thriller). In 2029, a cyborg drifter risks his life to protect a woman from her demented ex. Set in a lawless coastal town after Oregon seceded from the Union.

Starring: Sam Daly, Leilani Sarelle, Simon Templeman, Michelle Lombardo, Danforth Comins and Andrew Wilson.

Website / film trailer
<http://jomafilms.com>

In Dedication

Marcy Westerling

Organizer and Visionary

The Rural Organizing Project

MARCY WESTERLING WAS A LEADER in organizing, educating, and mobilizing grassroots responses to violence, bigotry and injustice in rural communities. Marcy founded the Rural Organizing Project (ROP) in 1992 to develop the ongoing capacity of pro-democracy groups in rural and small town communities in Oregon. Under Marcy's leadership, this network of Human Dignity groups has grown to include over 60 groups representing nearly every county in the state.

Raised in small-town New York, Marcy grew up listening to stories of her grandfather's role protecting Jews in the Nazi resistance movement in Holland during WWII. She traced her identity as an organizer to her Dutch ancestry and the role her forebears played in the resistance movement during WWII. She recalled asking "why didn't you start the resistance earlier?," and vowed to never hesitate in "fighting back."

Marcy got a lesson in organizing in Italy her junior year of college when she was abducted, raped, and denied access to medical care, police or the courts. An underground network of women quickly came to her aid. She said she "learned principles of organizing under fire as these women stayed by my side at great personal risk to themselves." Her support system, Marcy said, not only addressed her immediate needs but also produced a "standing room only turnout" for the trial, which resulted in a landmark rape verdict for Italy. Returning to the United States, Marcy channeled her commitment to justice into founding a campus rape crisis center.

The Marcy Westerling Legacy Fund

Over 20 years ago, Marcy Westerling's passion and organizing brilliance sparked a statewide movement for human dignity. Rural Organizing Project continues to break new ground in rural Oregon, working county-by-county to build human dignity groups that advance democracy and justice, ever-evolving in response to our moment in time.

Today, because of Marcy's work in Oregon and nationally, ROP's model is an inspiration to organizers and communities around the country.

The Marcy Westerling Legacy Fund honors Marcy and her innovative approach to grassroots rural organizing. The Fund will extend Marcy's legacy here in Oregon through ROP's county-by-county organizing. In addition, projects of the Marcy Westerling Legacy Fund will document and share lessons from over two decades of organizing in rural Oregon, serving as a touchstone for decades of future rural organizers and leaders. Initial projects include Rural Organizing Voices and the establishment of a Marcy Westerling Collection at the University of Oregon.

ROP is a living legacy and testament to Marcy's work for justice. The Board and staff of ROP are humbled to continue the work in Marcy's name. An invitation to join ROP in honoring Marcy and advancing her vision through donation can be found at www.rop.org/legacy

After several years cutting her teeth in organizing with ACORN, Marcy moved to Scappoose, Oregon in 1986, enchanted by the idea of life on a houseboat. She founded the first human dignity group in her home of Columbia County after witnessing the growth of the reactionary right in their county. Oregon had become a battleground in the "culture wars." The Oregon Citizens Alliance (OCA) had launched a state-wide Constitutional ballot measure to define homosexuality as "abnormal and perverse" and enjoin state agencies from doing anything to "promote the homosexual agenda." The OCA and their religious right movement had made rural Oregon the political base of their extreme right insurgency. As Marcy was fast to point out, this attack was not just on the gay and lesbian community, but an attack on democracy at its core.

Founding Rural Organizing Project

In 1992, Marcy Westerling and other social justice leaders piled into a small car and traveled town by town across rural Oregon. Marcy, Suzanne Pharr, Scot Nakagawa and Pat McGuire met with folks in living rooms and church basements, in the wake of the rise of the religious right in their towns. From these initial living room conversations, twenty human dignity groups were formed. Each group was created to not only respond to the rise of the OCA and the ballot measure 9 campaign, but to be an on-going force in their communities to advance the basic ideals of human dignity and democracy. Those first twenty human dignity groups launched the Rural Organizing Project as a statewide organization to continue to support their work and link these rural pro-justice grassroots groups together.

The ROP organizing model that emerged through Marcy's leadership was a blend of traditional 'direct action organizing' and the more feminist traditions of the personal as political. The model was based on the values of inclusive democracy and human dignity, taking into account the interconnections between class, race and gender. It was transformational, taking a longer view of organizing and empowering rural, small town and frontier activists to develop and use their progressive voice. "Growing a base," she said, "is how we measure progress. We have never had significant faith in short-term policy success."

She nurtured, challenged and encouraged progressive-minded people from small towns in Oregon to organize in their own communities and commit to a broad agenda of social change including cutting-edge anti-racist solidarity work. Marcy forged close ties with Oregon's farm worker and immigrant rights movements and led ROP's mostly small-town and rural community members in developing a strong anti-racist culture. Marcy's groundbreaking solidarity work with Oregon's farm workers' union was documented in an ethnography titled "Building Alliances: Collaboration Between Causa and the Rural Organizing Project in Oregon." Marcy and PCUN President Ramon Ramirez spent a year as the "Marcy and Ramon roadshow," traveling the country telling the story of their collaboration.

A Cancer Warrior

Marcy was a force to be reckoned with: fiercely smart, brave and bold, profanely funny, strong and determined. She brought these



same qualities to her life as a cancer warrior – the moniker she had tattooed onto her wrist. "I dare the world to ignore my diagnosis just as I defy any attempt to limit me to my diagnosis," she wrote.

Following her diagnosis with Stage IV ovarian cancer, she tracked every possible option and enrolled in clinical trials and innovative approaches that took her from Philadelphia to the Bronx to Marin County and San Jose. She kept her doctors on their toes and organized other patients and an impressive support system everywhere she went. In Portland, she cycled to chemo and complementary care appointments with a large "Cancer Sucks" sign affixed to her bike.

Throughout her treatment, Marcy continued her lifelong role as a leader and organizer, informing and inspiring countless followers around the world through her reports from the frontlines of treatment on her blog, "Livingly Dying: Notes & Essays on Daily Life with Terminal Cancer," which was accessed by women from 45 countries. (online at www.livinglydying.org) She gave interviews, created a support group, and published articles in a range of venues including YES magazine.

Marcy shared her quest to "enjoy every moment of every day while having my pink slip from the world." Around treatments and recovery, Marcy also worked on special projects that raise up the history and unique organizing model of ROP as Open Society Fellow. To view some of this work, visit ruralorganizingvoices.org.

A number of prestigious awards and honors have recognized Marcy's accomplishments and pioneering leadership. In 2009 she was granted an Open Society Fellowship to advance her model of organizing at a national level. In 2003 she was selected from 3,000 nominations for a two-year Ford Foundation Leadership for a Changing World Fellowship, accompanied by a \$115,000 cash award. In 2001 she was one of eight national civil rights leaders selected for a two-week delegation to Israel. A frequent featured speaker, Marcy gave the 2000 commencement address at the University of Oregon. Marcy was honored with awards from organizations including the Oregon Chapter of the National Association of Social Workers, Ecumenical Ministries of Oregon, Social Justice Fund NW, Lesbian Community Project, McKenzie River Gathering Foundation, Columbia County Women's Resource Center, Coalition Against Hate Crimes, Oregon Gay and Lesbian Legal Alliance, and Right to Privacy PAC.

If Marcy had any regrets from her purpose-filled life, it was that she didn't have a chance to grow old with Mike, her partner in every sense of the word. She described her notion of heaven as one in which she would be by Mike's side for eternity in the gardens of their homestead, in the sun, with water bubbling nearby. In an essay written for the local Ovarian Cancer Alliance Marcy wrote, "While I stay saddened at how deeply interrupted my life was and how likely it is I will die younger than planned, I do marvel at how content Mike and I are with the life we rebuilt. We had a good life. We have a good life."

ROP Snap Shots



Touring “Why Aren’t There More Black People in Oregon?: A Hidden History.” Over 600 rural and small town Oregonians show up to tour stops in Astoria, Grants Pass, Redmond, Newport, Albany, and Bay City to learn more about Oregon’s history of white supremacy and racially exclusionary policies. Local host groups discuss how to advance human dignity work in their communities, building up local organizing capacity and leading to the development of a racial justice lens at the forefront of organizing across the state.

Rural Organizing Voices

Rural Organizing Voices is an online compilation of history, essays, interviews, and resources from ROP’s formation and organizing.

To view: ruralorganizingvoices.org



CARA SHUFELT
ROP Executive Director

At her core, Marcy was an organizer. She had a unique and incredible ability to see a role for everybody: whether doing data entry, writing letters, talking to neighbors or leading a local human dignity group, she could inspire and nudge people into action. She was uncanny in her ability to get people to do things they didn’t think they could do. She believed in bringing the biggest dilemmas of our moment

back to human dignity groups and communities — inviting human dignity leaders to be part of a “think tanks” that unpacked problems and developed action.

She’d ask questions like “what’s the impact of the war in our town?” “What unique strategies can we use?” and, “What does our community need?” She gave people more to do than show up to rallies or phone banks in Portland, she inspired them to have conversations in their own towns, take on big issues, and identify accessible actions and then encouraged and supported them with a high level of engagement and expectation. It was in our work together, and with Marcy’s mentorship, that I learned what concrete, action-oriented organizing looked like; how to be rooted in communities and realities; what it took to make organizing simple, straightforward and accessible; and what it means to democratize leadership.

STAND

VOTERS GUIDE.

Keeping human dignity alive in 2014 Elections. Human dignity groups have a long-standing tradition of offering analysis and information during election cycles. This year, these groups distributed over 30,000 STAND Voter Guides in English and Spanish reaching community members and voters in 35 of Oregon’s 36 counties, in addition to its distribution in HIPFiSH. The STAND Guide featured analysis of ballot measures, tools for selecting a candidate and strategies to address the Co\$t of War.

Small town Oregonians stand up for safe and welcoming communities.

When hate flyers were distributed in Albany, local leaders of the new human dignity group, CARE, jumped into action and passed a city council resolution. Motivated by a moral conviction to stand in solidarity with the #blacklivesmatter movement, several hundred march in Bend. These are just two of the dozens of stories of HDGs standing up for safe and welcoming communities.



Human dignity groups envision and participate in a state-wide month of action.

Local leaders from ROP’s Latino Advisory Board develop a plan for a state-wide month of Action to say “Yes!” to driver cards and “No!” to deportations. Multiple counties participate, including a 7-mile walk from Scappoose to St Helens and simultaneous rallies in three towns in Yamhill County.



The Annual Rural Caucus & Strategy Session.

23 years ago, Marcy Westerling convened the first Rural Caucus & Strategy Session. It was at that Caucus that 20 human dignity groups from across rural Oregon decided to form the Rural Organizing Project. Every year since, human dignity groups from around the state have convened for a gathering to assess the last year and make plans for next year. They strategize, celebrate, and honor the movement work together. This year, the Caucus was dedicated to Marcy Westerling, and in the photo attendees sing in her spirit.

The June 2015 Caucus weekend kicked off on Friday with a tour of farmworker housing. Folks on the tour went out to neighboring farms to learn about the ways that PCUN, Oregon’s farmworker union, fights and organizes for humane housing. The tour then explored the formation of the Farmworker Housing Development Corporation that has built beautiful farmworker housing complexes in Woodburn, complete with computer labs and playgrounds! That evening, PCUN and ROPers got together for a delicious dinner, a documentary, and discussion about Health Care for All Oregon.

Attendees at this year’s Caucus spent two days building cross-cultural relationships, developing organizing and election strategies across communities, and learning and practicing civil



disobedience from leaders engaged in the national “Not One More” campaign. In addition, this was our first completely bilingual Caucus; participants could participate in the days’ events in either

ruralorganizingproject.org


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TRASHION

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26
2015**

Julie "Fig" Yanko's
trashion made
from badminton
shuttlecocks,
drapery fringe and
upcycled sheepskin
fleece.
2014



CARTM's Director, Karen
Reddick-Yurka models her
evening dress made from
upcycled table linens.
2014



Local builder Phil Blanton created his
cedar shingle, tar paper outfit with
matching 2x4 sun hat. The donated
wooden shoes were purchased in The
Refinery to accompany the outfit.
2014

WHEN DOES A WAIST-BAND become
a waste-band? Only at CARTM's
famed Trashion Show—the traditional
event that celebrates the art of turning
waste materials into wearable "trashion."
Tickets are on sale now for the 4th annual
local favorite CARTM fundraiser which
takes place at NCRD on Saturday, Septem-
ber 26 at 7:00 p.m..

"We turn the NCRD Auditorium into our
version of a New York-style runway show,"
said Karen Reddick-Yurka, CARTM's execu-
tive director. "The amount of creativity
on our local runway blows any New York
designer out of the waste stream."

Karen's comments underscore the imagi-
nation and myriad of ways local creatives
turn trash into wearable couture. As one
who walks her talk, Karen's created an outfit
for the 2014 Trashion Show made from

discarded table linens she found in The
Refinery. "After the Trashion Show, I wore
that outfit to my daughter's college gradua-
tion and got so many compliments. When
people asked what it was made from, they
looked at me sideways but I couldn't have
been more proud of wearing something
unique, fashionable and completely up-
cycled."

The Trashion Show features over two
dozen models wearing unique creations. A
lively and locally inspired script, delivered
by emcee Aina Tonjes, accompanies the
show. Aina who is a self-proclaimed
"trashionista" works all year to create
an outfit for this event and her entrance
always kicks off the show in high style.

Only 200 tickets are sold to the event
which always sells out. Advance tickets,
on sale now, are \$20 for adults and \$10 for

children under 12. If available, tickets at
the door will be \$25. Ticket prices include
Trashion Show & Upcycle Party food, bev-
erages (nonalcoholic and alcohol), dancing
to mixes by DJ Hey, Fever!, unique silent
auction and CARTM's signature brand of
creative ambiance.

**Advance tickets can be purchased at The
Refinery @ CARTM, Creative Fabrics
in Wheeler or from any CARTM board
member: Linda Kozlowski, Susan Walsh,
Carl Vandervoort, Michael Maginnis,
Bryan Pohl, Rob Borgford, Betsy Chase
or Sam Mason. The 2015 Trashion Show/
Upcycle Party is made possible in part
with support from Recology and North
Coast Beach Rentals.**
For more information call 503-368-7764.

PHOTOS: Leanne Neal, 2014 Trashion Show.

coming up at kala

STUNNING RAYGUNS

KALA WELCOMES the Stunning Rayguns to the stage, Saturday Sept 19. The Portland band is composed of two musicians Collin Colebank and Raymond Martin. Their beautiful/manic psychedelic soundtracks are created with electric guitars, drums and computer noises, which collide and careen to form sonic tapestries on their constant quest for new musical exploration.

Formed in November 2014, the band has already earned a reputation as accomplished musicians whose crafted compositions constantly maintain unpredictable improvisation. The band are currently recording in an Astoria attic for a record to be released later this year.

Collin Colebank is on drums and sampling, with experience touring the USA as a band member and also accompanist for experimental classical musicians.

Raymond Martin on guitars and sampling has experience in the USA and Europe as a band member, soloist and soundtrack composer. Listen to the music at stunningrayguns.com. **Doors open at 8pm. \$5 cover. Music following at 8:30pm. Opening artist to be announced. KALA is located at 1017 Marine Drive in Astoria. Full Bar. 21+ please.**



AVA Artist in Residence Show for Second Saturday Art Walk

THE SECOND ROUND of AVA Artist in Residence exhibit during the 2nd Saturday Art Walk. They are David Coyne and H. Elizabeth. Coyne is located at the upstairs of the 1170 Commercial building, home to numerous artist studios in Astoria. Based on the Slavic folklore witch Baba Yaga, Coyne is working to complete an illustration working with graphite, watercolor, gouache, and acrylic. In addition an in-progress gouache painting heavily influenced by botanical renderings, and again, witchcraft. His focus is a connected theme to play with multiple



David Coyne, Baba Yaga

studio at the foot of 11th St. on the water-

front in the old fish market building from 5-8pm. She'll be in-process working on instructive pieces/ demos as well as talking about her work and offer a participatory piece ready for visitors to "make their mark" through clay carded graffiti.

The series she is working on explores our sense of perception of trees & time as it related to public & historical understanding of how we can relate to the ongoing conversation of forest "management". The work is based on the stand of Douglas Fir old growth protected by North Coast Land Conservancy efforts. There are others that look at maps, and the segmentation and division of land where others explore the scale, weight, and magnitude of ancient trees. FMI: heliz-koch-Obo6.squarespace.com/home/



H. Elizabeth,

understory in process

AVA a-i-r Seeks Artists

Astoria Visual Arts Artists-in-Residence Program ("AVA a-i-r") seeks applications from local artists interested in the upcoming artist's residency term. (October 1-December 30, 2015). Residency finalists (currently limited to locally based artists) are chosen on the basis of artistic merit by an independent panel of established working artists and arts patrons. The selected artists are provided with a small studio in the Astoria Downtown Historic District free of charge for a three-month residency period. AVA a-i-r is designed to encourage the creative, intellectual and personal growth of emerging artists. While no exhibition, publication or performance is required of the selected artist, community responsibility includes a weekend open studio event before the end of each AVA a-i-r session. For more information and to apply online, please visit: astoriavisualarts.org.

AVA Sponsors Artful Jumble: Benefit Sale & Public Hanging

Astoria Visual Arts invites you to its Artful Jumble Benefit, a sale and exhibit, on Saturday and Sunday, SEPTEMBER 12 AND 13, at KALA Gallery and Performance Space, 1017 Marine Drive, Astoria. All sales will benefit AVA, the region's oldest non-profit arts organization, placing arts and culture at the center of our changing economy since 1989. Funds raised will support the operating needs of AVA's current projects, including its artists-in-residence program, AVA a-i-r.

KALA will continue the sale on select days in September. Watch FB.



Divine Discontents

Seattle based singer-songwriter Secret Lee and the Divine Discontents grace the KALA stage on Saturday, October 3. The Electro - Acoustic trio is Secret Lee, acoustic guitar & vocals, Jim Marcotte, electric guitar, and Michael David Marcus on bass guitar.

Secret's lithe vocals craft exotict pop melodies to a trio of guttars and bass, both of rock and pop and a Steely Dan approach in jazz.

Kate Bush introduced a wide and wild vocal range against-thick synthesized textures of sound. Secret & the Discontents boil it down to what they use live, to create a romantic blend that will rock all your discontent. No emo here.

Doors open 8pm. Music begins after 8:30. \$7 at the door.

Cocktails. 21+ please.

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Cascadia Concert Opera Presents Mozart's DON GIOVANNI to Benefit the CCC Performing Arts Center

GOOD NEWS! You don't have to wait for the Astoria Music Festival to come to town again to hear opera here. For an evening of fine performances and glorious music, don't miss the Cascadia Concert Opera production, along with the North Coast Chorale, of Wolfgang Amadeus Mozart's Don Giovanni on Sunday, September 27.

Appearing as Leoporello (Don Giovanni's servant who disapproves of his master's excesses), is Deac Guidi who is a CCC voice faculty member. He's also appeared regularly at the Astoria Music Festival for the last several years. In Don Giovanni, he'll perform his vocal pyrotechnics to piano accompaniment.

Considered a groundbreaking, serio-comic masterpiece, Don Giovanni tells the story of a wealthy, charismatic Lothario-- a reckless seducer of women who gets his just if untimely deserts. The work is considered by some to be the height of Mozart's collaborations with librettist Lorenzo da Ponte. Exploring as it does the duplicitous nature of humanity, the opera has captivated audiences for hundreds of years—it's every bit as stirring today as it was in the 18th century. It is #10 in the list of operas most performed worldwide.

The pairing of Mozart's exquisite music and da Ponte's rather vulgar depiction of the legend of Don Juan—the quintessential rake and roué—has been called “a complex and electrifying opera that exemplifies Mozart's mastery of the form.” According to the

Encyclopedia Britannica, “For Mozart, it was an unusually intense work, and it was not entirely understood in his own time. Within a generation, however, it was recognized as one of the greatest of all operas.”

Currently in its seventh season, Cascadia Concert Opera (CCO) is a non-profit performing arts organization based in Eugene. Its troupe of established and emerging professional singers and pianists afford it a rather unique identity as “a touring ensemble, presenting opera in intimate venues throughout the Pacific Northwest.” At its website, we learn that Cascadia Concert Opera (CCO) “is a 501(c)3 non-profit arts organization that engages communities through the vibrant musical storytelling of opera. Each year we present operas in the early fall and tour numerous cities throughout Oregon.”

This remarkable event is sponsored by Partners for the PAC—part of ongoing efforts to raise money for the continued operation of the facility as a venue for affordable public arts and educational offerings. For more information: www.supportthepac.org.



PERFORMANCE: Sunday, September 27, 4 pm. (3:30 preconcert talk on Mozart and opera by Vincent Centeno and Denise Reed) at the Clatsop Community College (CCC) Performing Arts Center which is located at 588 16th Street in Astoria. Tickets are \$15 at the door.

31st Water Music Festival • OCT 9 - 10



ASHU Classical Saxophonist

ENRICH THE CRISP AUTUMN DAYS and begin the Fall season ~ with music! Once again, the Water Music Society is pleased to bring to the peninsula for your enjoyment 3 remarkably talented musical artists.

ON THE ROCKS, the a cappella ensemble of 10 men from the University of Oregon will live up to their fame and notoriety at the Inn at HARBOUR VILLAGE IN ILWACO, WASHINGTON, beginning at 7:00 pm on October 9th, as they showcase the finest instrument ever created – their voices. The OTR motto “Talent never graduates” is proven by the continuous yearly additions to OTR since it was founded in 1999 by Leo DaSilva and Peter Hollens. OTR gained

national recognition after their appearance on NBC's a cappella singing competition “The Singoff” and when their video of Lady Gaga's ‘Bad Romance’ went viral. Having the time of their lives has always been their goal, which is achieved every time they perform. This high energy group will rock your sox off! While you are rockin' out, enjoy the fruit & cheese buffet and no-host bar.

Continue the momentum at the OYSTERVILLE CHURCH IN OYSTERVILLE, WA at noon on Saturday, OCTOBER 10TH for the stellar performance of world renowned PAUL GALBRAITH, who at the age of 17 was nominated for a 1998 Grammy Award in the category of Best Solo Instrumental Album. His guitar is supported by a metal endpin, similar to that of a cello, which rests on a wooden resonance box. This instrument has two extra strings, one high, one low. Both the guitar's extraordinary design, which he helped create, and Galbraith's playing style are considered groundbreaking developments. Critics and audiences alike have been charmed by his rainbow range of tonal colors and textures, stating that “the faster movements have a dazzling ferocity and the slower one an introspective, thoughtful elegance.” The Guardian (U.K.) states, “Worth travelling a long distance to hear,” and Birmingham Post (U.K.) has stated, “It is not too often that a solo instrumental recital confounds

one's expectations.” The Scotsman reported, “He held his audience in rapt silence as if spell-bound by some magician.” Andres Segovia

hailed Galbraith as “magnificent and a great artist.” Share in his mind-boggling brilliance as he performs classical and Spanish guitar music.

The final performance on October 10th will feature classical saxophonist ASHU who has performed throughout the world, including his debut at Carnegie Hall at age 16, and continuously defies convention by winning major international awards and competition traditionally won by pianists and violinists. Born and raised in California, ASHU began playing the saxophone at age 10. Critics have described him as “just as much fun

to watch as to listen to.” ASHU was recently selected as the winner of the prestigious “Audience Prize” at the renowned International Musical Olympus Festival in St. Petersburg, Russia. ASHU has been featured in interviews and solo performances on NBC, CBS, NPR and numerous other live TV and radio broadcasts worldwide.

Accompanying ASHU on piano is Alexandre Moutouzkine who plays with heart-stopping intimacy and elegance. Winner of the Van Cliburn International Competition's Special Award for Artistic Potential at age 19, he has also claimed top prizes at the Nuremburg, Cleveland, Montreal and Arthur Rubinstein international competitions.

Tickets are available at the door, however, these small venues sell out quickly, so advance ticket purchases are recommended. For additional information and ticket purchases go to: watermusicfestival.com



All-Male Accapella - ON THE ROCKS



Guitarist Paul Galbraith, hailed by Segovia.

Friday 11

MUSIC

Eric Sappington. 5 – 8pm at the Manzanita Farmers Market.

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.

Lynyrd Skynyrd. \$61 - \$91, 8pm at Chinook Winds in Lincoln City. Reserve a seat by calling 1-888-MAIN ACT

Paul Mauer with Silence. 9pm at the Adrift Hotel in Long Beach.

ART

Opening Reception. For Inner Landscapes Photography. 5 – 7pm at the Lincoln City Cultural Center.

HAPPENING

Slow Drag at the Port. A car coasting competition. 4pm at the Port of Ilwaco.

Seaside Wheels and Waves. A car show in downtown Seaside.

Muttzanita Festival. A celebration of dogs and their humans. In Manzanita. muttzanita.com

THEATER

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

Saturday 12

MUSIC

Micah Babinski. 9am – 2pm at the Tillamook Farmers Market.

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

Pamela Mortensen. Didgeridoo, Native American flute and voice. 7pm at the Center for Contemplative Arts in Manzanita.

Big Horn Brass. Spin the Radio Dial concert. \$15, 7:30pm at the Liberty Theater in Astoria.

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

Lynyrd Skynyrd. \$61 - \$91, 8pm at Chinook Winds in Lincoln City. Reserve a seat by calling 1-888-MAIN ACT

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

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

ART

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

CINEMA

Culpa. Episode 4, a locally made film. 7:30pm at the Hoffman Center in Manzanita.

FOOD & DRINK

Wine Tasting & Silent Auction. At Redmen Hall in Skamokawa. 360-795-3007

Wine Tasting. Tommasi (Italy). 1 – 4pm at the Cellar on 10th in Astoria.

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

HAPPENING

Rod Run to the End of the World. A weekend full of classic cars, great people and lots of fun at Wilson Field in Ocean Park.

Conference on Extraordinary Living

Big Gay Skate Night. Costumes and bright colors are encouraged. DJ imcodefour will be spinning. All ages 7 – 9pm, adult skate at 9pm. \$3 entry, \$2 skate rental at the Astoria Armory.

North Coast Conservative BBQ. \$7.50, free hot dogs for kids. Noon – 3pm at Lighthouse Christian Church north of Gearhart.

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

Cannon Beach Home and Cottage Tour. Lecture and lunch at the Tolovana Inn at noon. The self-guided tour starts at 1pm. Wine, live music, and appetizers at 6pm at the Cannon Beach History Center & Museum. \$30, purchase tickets at the Coaster Theater or at the Cannon Beach History Center & Museum.

Muttzanita Festival. A celebration of dogs and their humans. In Manzanita. muttzanita.com

Live Comedy. With comedian Carl Wolfson. 5pm at the Pine Grove Community House in Manzanita. 503-368-PINE

North Coast Peace Fest. Food, live music, vendors and more. \$5 donation (children under 12 free), noon – 4pm at the White Clover Grange near Nehalem.

Crusin' the Bay Car Show. Free admission for non-participants, starting at 9am in the parking lot at the Bay House in Lincoln City. Beach, Bacon & Brewfest. 10am at Chinook Winds in Lincoln City.

The Mountain Man Tells Tall Tales. Join storyteller Doug Force for tall tales and adventures from the American West. Admission by donation, 3 – 4pm at the Lincoln City Cultural Center.

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.

OUTSIDE

Race to the Bar. 5K walk/run, 10K run. \$45, 5:30pm at the Peter Iredale Shipwreck at Fort Stevens State Park, Warrenton. raceto-thebar.com

Lunch Buddy Fundraiser. Take the plunge and cool off while supporting local youth. \$10 for youth under 12, \$20 for 12 and over. 1pm at Coffenbury Lake at Fort Stevens State Park, Warrenton.

Stewardship Work Party. Join the Lower Nehalem Community Trust for a volunteer work party at Alder Creek Farm, then hear about the new Cape Falcon Marine Reserve and enjoy complimentary fresh caught tuna, grilled to perfection! It will be a great opportunity to learn, lend a hand, and socialize over some fresh tuna, all in a beautiful setting. 10am – 2pm at Alder Creek Farm I Nehalem. RSVP at 503-368-3203.

THEATER

Still Life, Scenes from a Faraway Nearby. A dynamic performance based on end-of-life questions that will inspire family and community discussions and dialogue about life, death and dying. Join an after-performance discussion with panel members from hospice, caregivers and medical professionals about this critical topic. \$10 donation, 3pm at the Tillamook Library.

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

Sunday 13

MUSIC

The Distractions. 10am – 3pm at the Astoria Sunday Market.

Mise and Holiday Friends. No cover. 8pm at Fort George Brewery & Public House in Astoria.

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

HAPPENING

Rod Run to the End of the World. A weekend full of classic cars, great people and lots of fun at Wilson Field in Ocean Park.

Seaside Wheels and Waves. A car show in downtown Seaside.

Garden Tea and Presentation. Teas and treats. Life Beyond the Two-Season Garden Party will be presented by Debbie Teashon. \$20, 11am at the Tolovana Inn in Cannon Beach.

Redhead Roundup Talent Show. Need not be a natural redhead. Under 21 contest at 1pm, over 21 contest at 4pm. At Roadhouse 101 in Lincoln City. Enter by 9/10 by calling 541-996-4945

LECTURE

Native American History on the North Coast. With Stephen Beckham. 1pm at the Pine Grove Community House in Manzanita.

LITERARY

Poetry Event. Poet Judith Barrington will read from her new poetry book "The Conversation." \$5, 2pm at the Hoffman Center in Manzanita.

Monday 14

MUSIC

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

Heritage. No cover, 9pm at the Nauti Mermaid in Lincoln City.

Tuesday 15

MUSIC

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

LITERARY

Open Mic Astoria. 7pm at the Port of Call, the corner of Commercial and 9th. Sign up at 6:30pm and thereafter. Bring your own poems or read another's that moves you.

Lunch in the Loft. With author Deborah Reed. \$25 includes catered lunch and a signed copy of Reed's latest book "Olivay." Noon at Beach Books in Seaside. Make reservations at 503-738-3500

NW Author Series. Author JA Jance will present from her work. Free, 2pm at the Coaster Theater in Cannon Beach.

Wednesday 16

MUSIC

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

LITERARY

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

Thursday 17

MUSIC

Acustica World Music. Free, 5:30 – 8pm in the McTavish Room at the Liberty Theater in Astoria.

Tunes in the Dunes Ukulele All-Stars Concert. 7pm at the Lincoln City Cultural Center. 541-994-9994

Lincoln Pops Big Band. \$6, 7:30 – 10pm at the Gleneden Beach Community Club.

HAPPENING

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

Forestry, Pesticides, and Coastal Communities. Safeguarding the Future of Coastal Clean Water and Air. At a Town Hall Meeting. 5:30 – 6pm, Eat Meet & Greet with soup from Fresh Café (\$5 suggested donation), at 6pm, Shane Anderson's Film Behind the Emerald Curtain will be screened. At St Mary's by the Sea Catholic Church in Rockaway Beach.

LITERARY

A Nice Piece of Astoria. With author Matt Love. Free, 7pm at the Seaside Library.

Friday 18

MUSIC

Bob Brook. 5 – 8pm at the Manzanita Farmers Market.

3 Leg Torso. No cover, 9pm at the Adrift Hotel in Long Beach.

Bryan Nichols. No cover, 9pm at the Nauti Mermaid in Lincoln City.

Garry Mezler Band. 9pm at Roadhouse 101 in Lincoln City.

HAPPENING

Dance Party. With DJ Jabba The Slut. @1 and over. \$5, 9pm at the AAMC in Astoria.

Taste of Lincoln City. Sample treats from Lincoln City restaurants, and dance to a live band. 6 – 11pm at the Lincoln City Cultural Center. 503-996-0445

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

OUTSIDE

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

THEATER

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

Saturday 19

MUSIC

Stunning Rayguns. Psychedelia guitar and electronic drum duo, doors open 8pm, \$5 cover, Cocktails at KALA in Astoria.

Tico Marimba. 9am – 2pm at the Tillamook Farmers Market.

Bryan Nichols. No cover, 9pm at the Nauti Mermaid in Lincoln City.

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

3 Leg Torso. No cover, 9pm at the Adrift Hotel in Long Beach.

Johnny Wheels. 9pm at Roadhouse 101 in Lincoln City.

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

CINEMA

Olde Time Cartoons. Free, 9am at the Bijou Theater in Lincoln City.

FOOD & DRINK

Wine Tasting. Wines From Washington State. 1 – 4pm at the Cellar on 10th in Astoria.

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

HAPPENING

Dia de la Independencia Celebration. An all-ages indoor/outdoor event, celebrating Hispanic heritage with entertainment and activities for the whole family. Live music, dancing, food, vendors, and more. \$5 admission for adults, free for children. 4pm – 1am
Listings continued on pg. 21 - 23

MORE MUSIC



3 LEG TORSO

3 Leg Torso formed in 1996 as violin, cello and accordion trio with the mission of creating original modern chamber music for their unique instrumentation. Over the following years, the ensemble has expanded both it's musical mission and it's size to become a

quintet that now performs original compositions based on an eclectic synthesis of chamber music, tango, klezmer, latin, and Roma (Gypsy) music.

Sept 18-19, 8pm @ pickled fish/ Adrift Hotel in LB, WA



FireBirdSweet

This folk-flavored duo, Emma Gies and Micah Huang, interweave soaring vocal harmonies with earthy rhythm, creating a unique and sometimes surprising soundscape. Their heartfelt singing and candid lyrics are served up with versatile fiddle,

guitar and mandolin sounds. . Local guitar/vocalist River Cat (aka Eric Conley) opens.

Friday, Sept 25, 8pm @ Blue Scorcher in Astoria. Donations encouraged.



Benyaro is currently recording a new album with producer Danny Kadar (The Avett Brothers, Band of Horses, My Morning Jacket) and hoping for a spring 2016 release. The infectious acoustic pop of Ben Musser graces the Voodoo stage once again. The band is touring the US this fall, performing new material that will appear on the new album.

Saturday, October 3, 9pm@ the VooDoo Room, \$5 sug. donation

ASOC Theater bringing it to the community

SPONSORED by HIPFISH and The Bridge 94.9 this is the 11th (almost) annual presentation of a **TOPSEY TURVEY** twist on the Astor Street Opry Company's Award Winning, Historical, Hysterical, Broadway-Style, Musical Melodrama **SHANGHAIED IN ASTORIA** that will keep you in stitches as the cast of 2015 (along with a few special guests) attempt

to see what happens when they step into each other heels (and wigs) to have boys playing girls and the girls playing boys! Yes, this is the most outrageous, original, entertaining event this side of Vernonia! But definitely fun and absolutely silly time! But this unique show runs **TWO NIGHTS ONLY**, September 18th and Saturday September 19th with the box office opening at 6:00pm, doors at 6:30pm and show time 7:00pm.

Cast includes some of your favorite local performers including: Dave Bergquist, Bill Carr, Lily Deufel, Ashley Mundel, Dena Tuveng, Stephanie

Rowe Osborn, Jon Osborn, Zachary Robin Nethercot Sandoval, Ashleigh Rowles, Jamie Baird, Angie Lister, Jordan Griffin, Tim Murphy, Austin Brown, Arlene Holmes, Frank Sunderland, Darleen Van Auken, Chuck Meyer, Don Beitzel, Denny Holmes and Crystal Neher. And featuring on the Piano Phil Morrill, David Bennett on Banjo and on drums, Bill Brooks.

BUT WAIT THERE'S MORE! The MC, after a summer of long grueling competition amongst local drinking establishments and coffee houses will announce the winners for **2015 MISS VIVIAN AND VIRGINIA**.

The city wide competition had local drinking establishments choose their own "Miss Vivian" - a sturdy saloon owner from our shanghaied story, who's just trying to make a livin' in this rough mans world. While local coffee houses chose their own "Miss Virginia" the Sweet Heroine whose just trying to find her hero. Each sold custom made buttons with their image on it and every sale counted as a vote! So whoever sells the most... **WINS! YES...** this truly is an election that can be bought!

Tickets for this unique "fun-raising" are \$20.00 to 15.00 (sorry no comps or discounts for this show!) All proceeds go towards helping ASOC Production Committee to fund new productions and activities! And please remember there is no late seating or outside food or drink! Tickets can also be purchased at the door beginning one hour before show time, but tickets are going fast so reservations are recommended. Call now! 503-325-6104 or by going online @

TEEN THEATER

The Astor Street Opry Company will be holding a series of monthly Teen Theatre Workshops designed to show the ins, outs and all around, of live stage theater. Led by a team of ASOC Theatre Staff veterans, the workshops run 12:00pm to 4:00pm at the ASOC Playhouse 129 West Bond Street Astoria and are open to ages 13 to 18 or grades 7th to 12th.

The first in the series will be on October 24th with a Costume and Make-Up Workshop, just in time to get ready for Halloween! The workshops then continue on through May (excluding December) and will include on: November 21st Audition Prep and Monologues, January 16th Set Design and Construction, February 13th Projection and Voice Lessons, March 19th Jobs in Theater, April 16th Improvisation and May 21st May Showcase Prep.

The cost for each 4 hour workshop is \$10 per person and you can attend as many or as few as you like. For more information or to sign up please call our box office at 503-325-6104.

Sam Shepard's TRUE WEST

The Astor Street Opry Company presents "TRUE WEST" written by Pulitzer prize winning, actor/playwright and director Sam Shepard. Directed by Markus Brown and produced with permission by Samuel French Publishing House. True West opens on

Sept 18 - 19 Topsey Turvey
TRUE WEST
TEEN THEATER
SCROOGED Auditions



Friday, October 9 and performs through the 24th every Friday and Saturday evenings at 7pm (doors open at 6:30pm) with one Sunday Matinee at 2pm (doors open at 1:30pm) on October 18th

This years fall production is a thought-provoking show, geared for mature audiences as it takes you into the private lives of two brothers and the their roller coaster ride of a relationship that built up over 40 years as they are stuck together in their mother's home where they grew up with nothing other than booze, burnt toast, and the sound of yapping coyotes to occupy their time.

Performers include: Ben VanOsdol as Austin, a well educated struggling writer. Jason Hippert as Austin's older brother Lee, a drifter and a petty thief. Dan Driscoll as Saul, a Hollywood Producer and Karen Bain as the mother to Austin and Lee.

Sponsored by Mossy Tec, Bogh Electric, Astoria Warehousing Inc., L.J. Allen Construction and Wadsworth Electric. All proceeds go towards helping ASOC to fund new productions and activities. Tickets are only \$15.00 to 8.00.

FMI: to purchase tickets call 503-325-6104 or online @ www.astorstretoprycompany.com.

Bell, Book and Candle at The Coaster A bewitching love story. Sept 25 - Oct 24

GILLIAN HOLROYD is a modern witch who can cast spells and perform supernatural feats. After casting a spell on Shepherd Henderson, an unattached publisher, he falls head over heels in love with her at once and wants to marry her. But witches, unfortunately, cannot fall in love, and this little snag leads into a number of difficulties. Ultimately, Gillian breaks with her fellow witches, preferring the normal and human love offered her by the attractive publisher. But before their happily ever after, Gillian comes very near to losing Shepherd.

PERFORMANCES: September 25-October 24. Fri/Sat Performances begin at 7:30pm. Sunday shows begin at 3:00pm Purchase tickets by calling 503-436-1242 or online here

CAST: Priscilla Fairall, Daric Moore, Susi Brown, William Ham, E.J. Classen. By John Van Druten. Directed by Edward James. Stage Manager Katherine Lacaze

TAPA Dames at Sea this October

FOR ANYONE who loves the Hollywood musicals of the 30s & 40s, this campy, slap-happy romp will take you back to that nostalgic time and have you tapping your toes along with the music.

Selected as "Best Musical of the Year" by Time, Newsweek, and Outer Critics Circle, Dames at Sea's storyline revolves around the New York theater scene, into which sweet and innocent newcomer Ruby has come to make it big on Broadway. She takes over a vacated spot in the chorus of the new musical Dames at Sea on her very first day and meets Dick, a handsome sailor who happens to be from her hometown. Dick is also a songwriter and is hoping to get his tunes into a show.

Unfortunately, the theater is being torn down, and Ruby's Broadway debut is suddenly in peril. Dick and his pal, Lucky, come to the rescue, providing the deck of their battleship for the opening night performance. When the show's leading lady gets seasick as well, Ruby is drafted to step in, and aided by Dick's new songs, becomes the toast of the town and the star she'd always hoped to be!

Dames at Sea runs October 16 - 18, 23 - 24, 25 - 30, and 31st. Friday and Saturday performances, 7pm, Sunday matinees 2pm. Doors open one half hour prior to curtain. Opening Night Gala celebration, includes complimentary hors d'oeuvres and a beverage of choice with each ticket purchase!

Tickets for this production will be on sale starting September 16th. As always, reserved seating is available through Diamond Art Jewelers located at 307 Main Street in Tillamook - call (503) 842-7940 for reservations. Tickets are \$15 for adults, \$10 for students and seniors. For more information, email info@tillamooktheater.com or find us on Facebook.

Celebrating 35 years in Tillamook, TAPA is a non-profit community theater dedicated to providing high quality performing arts experiences through entertainment, education, and community participation. TAPA's Barn Community Playhouse is located at 1204 Ivy Street, on the corner of 12th and Ivy one block west of Hwy 101. www.tillamooktheater.com

JUST IN TIME FOR HALLOWEEN Liberty Theater Players The Haunting of Billog House This October

WHEN A FAMOUS Thriller novelist / playwright pays a weekend visit to his Sister in law, niece and his niece's boyfriend he gets a little 'too close for comfort' to his subject matter!

His sister in law is the new caretaker of one of the oldest (and allegedly most haunted) manor houses in New York State! Through a series of experiments in past life regression they all discover the diabolical secrets of the house.

Reader's Theatre with the Liberty Theater Players in the McTavish Room. Oct 21 - 22, 28-29 in the McTavish Room 7:00 pm Tickets are \$15 and on sale at the Liberty Box Office or at ticketswest.com 1203 Commercial Astoria. Box Office 503.325.5922 Ext 55. Open Wednesday-Saturday and 2 hours before curtain.



Bringing Life on the Farm to Art: Katherine Dunn at RiverSea Gallery



"Always, Aldo"
by Katherine
Dunn, acrylic on
paper, 16"x11"

CALLING ALL WINGS is a solo exhibition of paintings and sculpture by Katherine Dunn, an artist, writer and illustrator whose inspiration is born from her life on Apifera Farm, set amongst drifts of lavender in the northern foothills of the Willamette Valley. The show opens Saturday, September 12 during Astoria's Second Saturday Artwalk, from 5:00 to 8:00 and the artist will be in attendance. All work will remain on display through October 6.

Dunn lives amongst nature—both the land on her farm, and with many creatures. She and her husband raise sheep and take in an assortment of rescued farm animals that need a home. Some are elderly or blind equines, special needs and crippled goats

and a very grumpy pig. She calls those animals her "Misfits" and has written illustrated books about them, *Misfits of Love* (Healing Conversations in the Barnyard), and *Donkey Dream* (A Love Story of Pie and Farm). Both books are available at RiverSea.

Dunn has published three books and exhibited her illustration and artwork internationally since 1996. Having begun her

career as an illustrator in Minneapolis, she moved to Oregon in 2002, and then to her farm in 2004. Her artwork is in the private collections of Kim Bassinger and Naomi Watts among others, and is showcased on Sundance. This is her second solo exhibition at RiverSea Gallery.

ALSO AT RIVERSEA: Bringing to a close a magnificent summer season on the north coast, RiverSea Gallery presents a solo exhibition in the Alcove of new watercolors by regional favorite, Noel Thomas. *En Plein Air: What I Did on my Summer Vacation* is a gathering of smaller watercolors celebrating Astoria and the surrounding region. Iconic scenes mix with

odd nooks and crannies that the artist explored in his summer treks along trails and obscure byways.

Meet the artist at the opening reception during Astoria's Second Saturday Artwalk on Saturday, September 12 from 5:00 to 8:00, and view the show through October 6, 2015.

RiverSea Gallery, open daily at 1160 Commercial Street
For more information 503-325-1270, or visit the website at riverseagallery.com.



Noel Thomas, *Blue Bunk House*

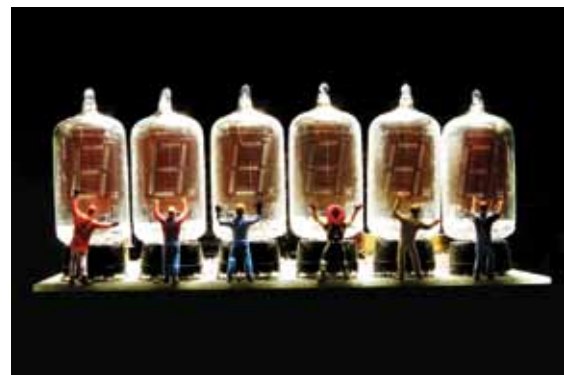
Photographer Mark Crummett at LightBox

LIGHTBOX PHOTOGRAPHIC GALLERY hosts an artist reception for photographer Mark Crummett of Portland, Oregon, on Sat., September 12th thru Oct 7. from 6-9pm. Featuring work from a number of Mark's series, the exhibit will reveal a window to the reality of his imaginary landscapes. Mark's work portrays the world of technology's revelations and mysteries with the use of miniature figures and sets.

"My photographs play with scale, and in doing so, also touch on the deeper idea of our relationships – with technology, with the world around us, with ourselves and with each other. By

recontextualizing the 3/4"-tall HO-scale model railroad figures, I let them help drive the narrative. Removed from their industrial-age, mid-century, middle American environment, what other stories do they have to tell? Because I'm distorting the expected scale, there's often a playful, dreamlike quality to my images. To me, this reflects the increasing absurdity of "real life." Which is stranger- worshipping a 10-foot-tall vacuum tube, or standing in days-long line to buy the latest tech toy? The universe, it's said, is not only stranger than we imagine, it's stranger than we can imagine." ~ Mark Crummett

ALSO IN THE GALLERY: new work from *LightBox Darkroom Members*, presenting archival fiber silver gelatin prints. *LightBox* offers supporting memberships for those who would like to help promote the creative photographic arts on the North Coast of Oregon, located at 1045 Marine Dr. in Astoria. Hours are Tues-Sat 11-5:30. Contact *LightBox* at 503-468-0238 or info@lightbox-photographic.com.



Patty Thurlby at Luminari Arts

LUMINARI ARTS presents artist Patty Thurlby in her show "What part of whimsical don't you understand," during Astoria's 2nd Saturday Art Walk. The exhibit features Thurlby's pieces created from the love of collecting found objects and incorporating them in an unusual way, making her art practical and whimsically artful.

Growing up predominantly in the Seattle area, Thurlby's first endeavors in art were making her own paper dolls and greeting cards. She attended the Lower Columbia College in Longview, WA and there took classes in basic design and acrylic painting. Those two classes opened a brand new chapter in her life. Shortly afterwards she was accepted into her first gallery and began to define herself as an artist.

2005 became a banner year for Patty as she retired from her "day job" as a dental assistant in Longview and moved to Gearhart, Oregon to concentrate her efforts solely on art. Her studio is a bright window filled room that overflows with tubs filled with ephemera, prisms and drawers of glass beads.

Opening Reception: Saturday, Sept 12, 5-9pm. Refreshments! Luminari Arts is located at 1133 Commercial in Astoria. Open daily.



Gin Laughery HOME GROUND at IMOGEN

FOR HER FIRST EXHIBITION at Imogen Gallery, Astoria artist, Gin Laughery brings a rich collection of monotype and collagraph prints. *Home Grounds* is a series of prints exploring imagery through abstraction as well as more literal interpretation. The exhibition will open during Astoria's Second Saturday Artwalk, September 12th with a reception for the artist, 5 – 8 pm. All are invited to attend and enjoy an evening with the artist. Gin Laughery will be available to answer questions about her technique and source of inspiration. Food and drink will be provided by the Astoria Coffeehouse and Bistro.

About this collection, Laughery states, "This series of monotypes and collagraphs records personal history. Places to which I am connected. A small part of something naturally occurring. Allegiance and affirmation. These are the places that know me. I think of creating landscapes as the physical process of printmaking: inks, brayers, papers, places and press, combined with observation and memory. A meditation of sorts." Through her intimate connection to two distinct regions

of Oregon, Laughery brings beautiful renditions of place, some through abstraction, primarily exploring use of stratification, skillfully creating a weave of color to visually describe the high desert at dusk. Other prints

reading more literally, like the fiery orange of sunset off the South Jetty, breaking the powerful force between sea and river.

Laughery has exhibited her work throughout the Northwest in both solo and group exhibitions. She has had her work juried into the prestigious *Au Naturel: Nudes In the 21st Century* hosted by Clatsop Community College, The Printmaker's Hand II, held at the Northwind Arts Center in Port Townsend, WA as well as the 2014 Around Oregon Annual at The Arts Center of Corvallis, OR. Laughery is also a founding member of the North Coast Printmak-



Gin Laughery, *Confluence Monotype*

ers' Collective.

Imogen Gallery is located at 240 11th Street. Regular business hours are Monday through Saturday, 11:00 to 5:00, 11:00 to 4:00 each Sunday and closed Wednesdays 503.468.0620. Imogen Gallery can also be found on the internet via Facebook or at www.imogengallery.com.

Dive Bars. Great Stories. A Writing Workshop in Astoria.



"MARTINIS ARE MARTINIS," said an Oregon Coast bartender, in response to a complaint from a Portland hipster couple about the alleged poor quality of a drink. She went on to add, "We have real problems here." Then she walked away.

It was a sensational story, the type only found in coastal dive bars, the type of story that can jolt any aspiring poet, writer or songwriter observing

it to document the experience in verse, story or song.

Join author and writing instructor Matt Love for a unique writing workshop where participants explore downtown Astoria's drinking holes in search of inspiration for tales, stories, poems, songs, characters, settings. Who knows what gold lurks out there in the dark? You don't even have to imbibe. Just observe, listen and converse.

In the course of his ongoing investigation of the Oregon Coast's dive bar culture, Love discovered his best stories in these joints. In fact, he's been asked the strangest random questions of his life in coastal dive bars and many of them led to articles, profiles, essays and books.

Questions such as:

Do you want some fresh trout?

Are you the FBI agent who shot Randy Weaver at Ruby Ridge?

Do you want to hear a story about Paul Newman?

Are you Colin Farrell?

Did you know Clark Gable had sex in here?

Coastal dives bring out these strange and wonderful inquiries, characters and scenes and Astoria has some of the best joints on the Oregon Coast, or anywhere for that matter. They are story machines in a way an ordinary classroom can never be.

The workshop will begin with an introduction and orientation at the Fort George Brewery Lovell Showroom on Friday, November 13, from 6:30 p.m. to 8:00 p.m. Participants will then fan out to the bars alone or in pairs with a prepared list of questions and writing exercises for the adventure. The goal is to gather material for the next day's session.

The workshop will resume the next morning at 10:00 a.m. Saturday, November 14 and conclude at 1:00 p.m. The cost is \$80 and participants will pay at the first session. Email Love at nestuccaspitpress@gmail.com to register. The class will be capped at 12 participants.

AT THE SEASIDE LIBRARY A Nice Piece Of Astoria with Author Matt Love

FRIENDS OF THE SEASIDE LIBRARY host local author, publisher, and raconteur, Matt Love, speaking about his latest book, "A Nice Piece of Astoria: A Narrative Guide," Thursday, Sept. 17, 7pm. The event will take place in the Community Room and there will be book sales and signings.

"A Nice Piece of Astoria" is a work of creative non-fiction that examines and updates the new and classic stories of Astoria. Love tours you through Astoria's beer, bars, taverns, The Goonies, Lewis and Clark, sea lions, rain, salmon, coffee, Vikings, paperboys, professional wrestling, the column, the Clatsop County Fair, the Columbia River, gentrification, hipsters, parks, The Ship Report, and his first year in town. The book includes a preface by Meriwether Lewis.

For 15 years the mighty Columbia River knocked: Matt, when are you coming to Astoria? There's something uniquely old and new here. So, in 2013 he finally answered and moved, with his husky Sonny, to its shores. "A Nice Piece of Astoria" is the authors' homage to his new hometown.

Matt Love grew up in Oregon City and is a lifelong educator and publisher of Nestucca Spit Press. He's the author/editor of 14 books about Oregon, including the Beaver State and Newport Trilogies. In 2009, Love won the Oregon Literary Art's Stewart H. Holbrook Literary Legacy Award for his contributions to Oregon history and literature.

Exploring The Oregon Coast Trail with Author Connie Soper

Seaside Library welcomes Connie Soper, author of "Exploring the Oregon Coast Trail." The event will take place in the Community Room, at 7:00 p.m., and there will be book sales and signings presented by Beach Books.

If you have taken even a short walk on any beach in Oregon, you have been on the Oregon Coast Trail. This

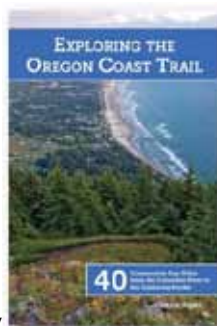
wonderfully scenic and diverse trail extends nearly 400 miles from the Columbia River to the California border, with over half those miles on sand. "Exploring the Oregon Coast Trail" provides the information you need to complete the entire trail, or to enjoy segments of it as day hikes. This book also provides insights on chapters on Oregon's coastal history that make hiking the trail a special and unique experience.

Some highlights of the book are: detailed route descriptions for 40 day hikes, mile by mile maps, directions for reaching the start and end points of each hike, logistical information that will help navigate the trail, and the history and personalities that make hiking this state jewel possible.

Portland author, Connie Soper, has hiked the entire OCT twice and has done extensive research to produce her book.

Soper hopes it will inspire people to explore this beautiful natural resource.

Seaside Public Library is located at 1131 Broadway. FMI: (503)738-6742 or www.seasidelibrary.org and www.facebook.com/seasidepubliclibrary



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!



JUDITH BARRINGTON reads from her new book of poetry, *The Conversation*, at a special Sunday Poetry Event at 2pm on Sunday September 13, at the Hoffman Center for the Arts in Manzanita.

Barrington won the Gregory O'Donoghue International Poetry Competition in 2013 and this resulted in Salmon Poetry, of County Clare, Ireland, publishing a new collection, *The Conversation*. The title poem was selected by Thomas McCarthy as the winner of the O'Donoghue competition.



"Judith Barrington spent the turning over of 2013 into 2014 in the hospital with surgery and recovery from a brain bleed. A year later she's produced a dense and beautiful book of poems (her first new full-length book of poems in more than 10 years) that looks back over her childhood, her family, her memories, her grief...with the kind of clarity only found through a lot of loss...." —Kirsten Rian, *The Oregonian*

Barrington is the award-winning author of four poetry collections, two poetry chapbooks, a prizewinning memoir, and a text on writing literary memoir. Her work has been published in numerous literary journals and anthologies.

With her partner Ruth Gundle, Barrington was awarded the Stewart H. Holbrook Award for outstanding contributions to Oregon's literary life. She is the co-founder of The Flight of the Mind Writing Workshops, which for seventeen years provided two week-long sessions on the McKenzie River, Oregon, bringing together outstanding teachers and participants from all over the U.S. She is one of the founders of Soapstone. Born in Brighton England, she's made her home in Portland since 1976.

Suggested donation of \$5 for the event which is open to the public. Barrington's reading will be followed by a Q&A, and book sales and signing.

Manzanita Writer Series
- Judith Barrington reads from *The Conversation*
- Brian Benson: *Going Somewhere: A Bicycle Journey Across America*

BRIAN BENSON reads from his book *Going Somewhere: A Bicycle Journey Across America* at the Hoffman Center at 7pm on Saturday, September 19.

Brian will also teach a writing workshop during the day on "The Elusive Art of Funny Ha-Ha." Whether you want to use humor in fiction or nonfiction, join Brian to learn how to find the funny in your writing. Read strong examples, discuss humor in writing and do a guided write. Bring a short (500-word max) piece for critique. Workshop fee is \$30, runs from 10-12:30 at the Hoffman Center for the Arts. Register at hoffmanblog.org.

Brian didn't plan to write a book when he set out on his 2,500-mile bike trip across country with a new girlfriend. Later, inspired to write by teachers like Cheryl Strayed and Karen Karbo, he created a memoir that is as much about an internal journey and relationship journey as it was a bike ride.

Brian's bio reveals a meandering journey to writing. "Over the years, I've built rock walls in northern Michigan and played jazz guitar in western Guatemala. I've edited a magazine for bohemian travelers and served egg rolls to Madisonian suburbanites. I've taught Spanish to five-year-olds and English to



fifty-year-olds and helped people learn to fix tiny bikes for tiny children. And all of this, in its own way, has led me to writing. These days, I spend my mornings putting words to paper and my nights teaching writing workshops, most often at the Attic Institute." Brian's new project is *The River Signal*, an original radio story written on a paddlewheel riverboat as it floats the Mississippi.

The popular Open Mic follows where up to nine local writers read 5 minutes of their original work. The suggested (not required) theme for the evening's Open Mic is "Me and My Bike."

Admission for the evening is \$7.

At the Hoffman Center held at the Hoffman Center for the Arts (across from Manzanita Library at 594 Laneda Avenue.) FMI: hoffmanblog.org > Kathie Hightower, kathiejhightower@gmail.com.

at the Astoria Event Center and on 9th St adjacent to the Event Center.

Get Ready Safe Kids NC Fair. A Disaster Preparedness Fair. 10am – 2pm at Lums in Warrenton.

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.

Lincoln City 50th Celebration Parade. Along Hwy 101 starting at the cultural Center and ending at the Community Center. 10am. Community picnic to follow the parade at Kirtsis Park in Lincoln City.

Fall Plant Sale. 10am – 2pm at the Connie Hansen Garden Conservancy in Lincoln City.

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

LECTURE

Great Speaker Series. Oregon Humanities Conversation Project. What is Education for? A panel discussion led by Alexander Sager. Free, 1pm at the Tillamook County Pioneer Museum in Tillamook.

LITERARY

Manzanita Writer's Series. Author Brian Benson will read from his book "Going Somewhere: A Bicycle Journey cross America." \$7, 7pm at the Hoffman Center in Manzanita.

Nye Beach Writer's Series. Author, poet, and naturalist Wallace Kaufman will read from his work. \$6, 7pm at the Newport Visual Arts Center.

OUTSIDE

SOLVE Beach & Riverside Cleanup. At a beach near you. solveoregon.org

Bridges to Breakers Hammerhead 100 Bike Ride. The route begins at McMenamins St.Johns Theater & Pub in North Portland and ends 100 miles later when you roll up to the Sand Trap Pub in Gearhart, where a "Beach Party Blast" will be waiting. This end-of-the-route celebration will feature live music by the King Brothers. \$75 per person, register at mcmenamins.com/events/139193-Bridges-to-Breakers-Hammerhead-100-Bike-Ride

THEATER

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

Sunday 20

MUSIC

Throwback. 10am – 3pm at the Astoria Sunday Market.

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

Rin Tin Tiger. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Larry Blake Medicine Show. 8:30pm at Snug Harbor Bar & Grill in Lincoln City.

ART

Sunday in the Park with Art. Lewis and Clark National Historical Park and Astoria performance artist and collaborator Marco Davis invite you to take in the Kwis Kwis Trail as it is transformed into an art installation, featuring music, performance, costume, visual art and dance. The hike/art experience takes place 3 to 6 p.m. on the park's approximately 3-mile Kwis Kwis trail. Free, with admission to the park. At Lewis and Clark National Historic Park, Warrenton.

FOOD & DRINK

Whiskey 101. Learn more about your favorite grain beverage made from grain Mash. Hosted by Diagio Master of Whiskey, Breck Taylor. Learn the difference between bourbon and

rye, Irish and Scotch and much more. \$20, includes whiskey tastings and appetizers.

1 – 3pm at Inferno Lounge in Astoria. RSVP on the Inferno Lounge Facebook page or in person at Inferno Lounge.

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.

LECTURE

In Their Footsteps Lecture Series. Slavery at the End of the Oregon Trail with R Gregory Nokes. 1pm in the River Room at the Fort Clatsop Visitor Center, Lewis & Clark National Historic Park.

OUTSIDE

Charity Golf Scramble. 1pm shotgun start at Salishan Spa and Golf Resort. 541-996-7102

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

Monday 21

MUSIC

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

Bachaco. 9pm at the Nauti Mermaid 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

OUTSIDE

Lets Go Birding–Bird Survey. Join a monthly bird survey and see some of the amazing variety of birds in our local area. The survey will monitor the bird species that are utilizing the park from season to season. No birding experience is required, and experts are welcome to come share their knowledge. Meet up a Battery Russell at Fort Stevens State Park, Hammond.

Tuesday 22

MUSIC

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

OUTSIDE

Paddle Trip. Participants must supply their own kayak and PFD. Experienced paddlers only. Reservations recommended. 9 – 11am at Siletz Bay National Wildlife Refuge. 541-270-0610

Wednesday 23

MUSIC

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

Thursday 24

MUSIC

Lincoln Pops Big Band. \$6, 7:30pm at the Gleneden Beach Community Club.

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

The Talbott Brothers. No cover, 9pm at the San Dune Pub in Manzanita.

HAPPENING

Annual Celebration of Honor. An event to honor active duty personnel, military

veterans and their families. In Lincoln City. oregoncoast.org/celebration-of-honor/

Buffalo Field Campaign. A traveling Road Show. The BFC will share music, stories, video, and activism inspired by the Yellow-stone bison and Native American musicians will be playing "indigenous funk." 7 – 9pm at the Lincoln City Cultural Center.

LITERARY

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

Exploring the Oregon Coast Trail. With Author Connie Soper. Free, 7pm at the Seaside Library.

Friday 25

MUSIC

Firebird Sweet and River Cat. Donations encouraged, 8pm at Blue Scorchers in Astoria.

Boy and Bean. 9pm at the Adrift Hotel in Long Beach.

Chris Carpenter and the Collective. 9pm at the Nauti Mermaid in Lincoln City.

The Ocean. 9pm at Roadhouse 101 in Lincoln City.

FOOD & DRINK

Pacific Northwest Brew Cup. At various locations in Astoria. pacificnorthwestbrew-cup.com/

HAPPENING

Annual Celebration of Honor. An event to honor active duty personnel, military veterans and their families. In Lincoln City. oregoncoast.org/celebration-of-honor/

THEATER

Bell, Book and Candle. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 26

MUSIC

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

Wild Hog in the Woods. 7pm at the Lincoln City Cultural Center. 541-994-9994

Boy and Bean. \$12, 6pm at the Peninsula Arts Center in Long Beach and 9pm, no cover, at the Adrift Hotel in Long Beach.

Chris Carpenter and the Collective. 9pm at the Nauti Mermaid in Lincoln City.

Dixie Wrecked. 9pm at Roadhouse 101 in Lincoln City.

Drop Dead Legs. A tribute to Early Van Halen. \$5 cover, 9pm at the San Dune Pub in Manzanita.

ART

Trashion Show. 7pm at the NCRD in Nehalem. 503-368-7764

FOOD & DRINK

Lasagna Dinner. \$10, \$5 for children 5 – 12. 5 – 7:30pm at the Rosburg School Cafeteria, Johnson Park, Rosburg.

Pacific Northwest Brew Cup. At various locations in Astoria. pacificnorthwestbrew-cup.com/

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

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

HAPPENING

Get Schooled Roller Derby Bout. The Shanghaied Roller Dolls will compete with

the Storm City Roller Girls. \$10, 5pm at the Astoria Armory.

Tillamook Citywide Garage Sale. Two blocks on 2nd St in Tillamook will be closed to host a City Wide Garage Sale. 9am – 4pm.

Annual Celebration of Honor. An event to honor active duty personnel, military veterans and their families. In Lincoln City. oregoncoast.org/celebration-of-honor/

OUTSIDE

Free Admission to WA State Parks.

THEATER

Bell, Book and Candle. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 27

MUSIC

Jessie Lee Falls. 10am – 3pm at the Astoria Sunday Market.

The Diamonds. \$30, 2pm at the Tillamook High School Auditorium.

Presidio Brass. \$12, 2pm at the Historic Raymond Theater in Raymond.

Don Giovanni. With Cascadia Concert Opera. \$15, 4pm at the PAC in Astoria.

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

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

FOOD & DRINK

Pacific Northwest Brew Cup. At various locations in Astoria. pacificnorthwestbrew-cup.com/

HAPPENING

Annual Celebration of Honor. An event to honor active duty personnel, military veterans and their families. In Lincoln City. oregoncoast.org/celebration-of-honor/

Dog Swim. Well-behaved dogs of all sizes and breeds are welcome to swim in the pools before they shut down for fall maintenance. Suggested admission is a donation of dog food for the animal shelter. 3:45 – 4:30pm at the Lincoln City Community Center Pool.

OUTSIDE

Mysterious Mushrooms of Fort Stevens. Join a Park Ranger for a program on wild mushroom followed by a hike to hunt for fungi. The program is free, but there is a \$5.00 day use parking fee. 1 – 3pm at Coffenburg Lake, Fort Stevens State Park, Hammond.

Monday 28

MUSIC

Adam Sweeney. 8pm at the Adrift Hotel in Long Beach.

Tuesday 29

MUSIC

Adam Sweeney. 8pm at the Adrift Hotel in Long Beach.

Wednesday 30

MUSIC

Mark Macminn. 8pm at the Adrift Hotel in Long Beach.

OUTSIDE

Wild Mushroom Hike. Free, meet at Battery Russell for a Ranger guided hike to look for and identify wild mushrooms. 1 – 3pm at Fort Stevens State Park, Hammond.

calendar cont. 22-23 ➡

WEEKLY

Friday

MUSIC

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

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

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

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

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

HAPPENING

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

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

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

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

Saturday

MUSIC

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

Open Mic. 3 – 6pm at the Beehive in Nehalem.

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

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

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

FOOD & DRINK

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

Sunday

MUSIC

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

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

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

Monday

HAPPENING

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

Tuesday

MUSIC

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

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

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

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

HAPPENING

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

THEATER

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

Wednesday

MUSIC

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

The Coconuts. Swing/Jazz/Country/Blue-grass/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.

•• music • visual arts • literarylecture • outdoor • theater

cont. Sept.

Thursday 1

MUSIC

Mark Macminn. 8pm at the Adrift Hotel in Long Beach.

Friday 2

MUSIC

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

George Thorogood & Los Lobos. \$40 - \$55, 8pm at Chinook Winds in Lincoln City.

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

FOOD & DRINK

Wild Mushroom Dinner. Paired with wine from Left Coast Winery. 7:30pm, reservations required. At the Depot Restaurant in Seaview. 360-642-7880

HAPPENING

Columbia River Country Days. In Wahkiakum County. cathlametchamber.com/bridge_dinner.php

Fungus Festival. Veronica Williams will put the “fun” in fungus during this fall event. Mushrooms and other foraged items should be available for purchase. At the Columbia-Pacific Farmers Market n Long Beach.

First Friday Nights. A mix of live music, games, film screenings, skills demonstrations, and hands-on activities. A cash bar and inspired snacks will be available. Free admittance, 7 – 9pm at the Barbey Maritime Center in Astoria.

THEATER

Bell, Book and Candle. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 3

MUSIC

Secret Lee and Divine Discontents. Sensual song stylings of Seattle-based Miss Secret Lee, electro-acoustic trio. \$7 cover – cocktails in a cabaret setting. 8pm at KALA in Astoria.

George Thorogood & Los Lobos. \$40 - \$55, 8pm at Chinook Winds in Lincoln City.

The Woolen Men. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

FOOD & DRINK

Wine Tasting. New NW Releases. 1 – 4pm at the Cellar on 10th in Astoria.

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

HAPPENING

Columbia River Country Days and Grays River Covered Bridge Dinner. In Wahkiakum County. cathlametchamber.com/bridge_dinner.php

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.

Artober Brewfest. Celebrating breweries, artisans, and culinary craftsmen with live music, food, vendors and beer. 11am – 6pm at the Lincoln City Cultural Center.

OUTSIDE

Mysterious Mushrooms of Fort Stevens. Join a Park Ranger for a program on wild mushroom followed by a hike to hunt for fungi.

The program is free, but there is a \$5.00 day use parking fee. 1 – 3pm at Coffenbury Lake, Fort Stevens State Park, Hammond.

Teed Off Abut Domestic Violence Golf Tournament. Call to register or to sponsor a hole. At Chinook Winds in Lincoln City. 541-574-9424

THEATER

Bell, Book and Candle. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 4

MUSIC

Greg Parke. 10am – 3pm at the Astoria Sunday Market.

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

Divine Discontents. No cover, 8pm at the Sou'wester Lodge in Seaview.

Snowblind Traveler. 8pm at the Adrift Hotel in Long Beach.

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

Wild Mushroom Hike. Free, meet at Battery Russell for a Ranger guided hike to look for and identify wild mushrooms. 1 – 3pm at Fort Stevens State Park, Hammond.

THEATER

Bell, Book and Candle. Drama. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

Monday 5

MUSIC

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

LITERARY

Lunch in the Loft. Janine Donoho and AJ Banner. Includes a catered lunch and signed book. Noon at Beach Books in Seaside. FMI and to register, call 503-738-3500

Tuesday 6

MUSIC

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

ART

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

Wednesday 7

MUSIC

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

Thursday 8

HAPPENING

Chinook Winds Open 10-Ball Championship. At Chinook Winds in Lincoln City. westernbca.org

Friday 9

MUSIC

Water Music Festival. At various locations on the Long Beach Peninsula. watermusic-festival.com/

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.

ART

Peninsula Arts Association Fall Show. Presenting the work of over 60 local artists. At the Peninsula Arts Association/Depot Building in Long Beach.

Opening Reception. For Nature Impressed. Showcasing four artists who work with nature printing techniques on clay, glass, wax and paper. 5 – 7pm at the Lincoln City Cultural Center.

HAPPENING

Chinook Winds Open 10-Ball Championship. At Chinook Winds in Lincoln City. westernbca.org

THEATER

ASOC Annual Fall Production. \$5 - \$10, 7pm at the ASOC Playhouse in Astoria.

Bell, Book and Candle. Drama. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 10

MUSIC

Water Music Festival. At various locations on the Long Beach Peninsula. watermusic-festival.com/

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

Garcia Birthday Band. No cover, 7pm at the Sand Trap Pub in Gearhart.

Miss Michael Jodell. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Green Hills Alone with Harlowe and Scott Hampton. No cover, 8pm at the Sou'wester Lodge in Seaview.

ART

Peninsula Arts Association Fall Show. Presenting the work of over 60 local artists. At the Peninsula Arts Association/Depot Building in Long Beach.

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

FOOD & DRINK

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

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

HAPPENING

One Sky, One World Kite Celebration. At the World Kite Museum in Long Beach. kitefestival.com/events/one-sky-one-world

Cranberrian Fair. A celebration of local harvest including all things cranberry. At locations on the long Beach Peninsula centering around the Columbia Pacific Heritage Museum in Ilwaco. columbiapacificheritagemuseum.com/news-events-2/cranberrian-fair/

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

Women's Spirituality Conference. At St Alban's Episcopal Church in Tillamook. 503-369-3160

Chinook Winds Open 10-Ball Championship. At Chinook Winds in Lincoln City. westernbca.org

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.

SHANGHAIED ROLLER DOLLS TAKE ON THE STORM CITY ROLLER GIRLS

Get schooled in roller derby at local roller derby league’s season opener on September 26

On Saturday, September 26, the Shanghaied Roller Dolls will compete with the Storm City Roller Girls of Clark County, WA at the Astoria Armory-407 17th Street, Astoria. Doors open at 4:00 PM and the bout begins at 5:00 PM. Admission is \$10 and all ages are welcome. SRD encourages fans to purchase advance tickets at brownpapertickets.com, Coldwater Surf & Skate, Gimre’s Shoes, or 94.3. Limited tickets will be available at the door.

Proceeds from the event will benefit the Friends of the Astoria Armory, a non-profit organization dedicated to fully restoring the Astoria Armory so that it can become the largest venue in Astoria for conventions, concerts, as well as recreation and sporting activities. To learn more about the Astoria Armory, follow the Friends of the Astoria Armory on Facebook or visit astoriarmory.com/.

Roller derby is one of the fastest growing amateur sports in the world, with over 1,100 leagues in over 40 countries. Evolved from 1930s marathon speed skating competitions, modern day roller derby is a fast-paced, competitive, full contact sport that requires speed, strategy, and athleticism.

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

Big Gay Skate Night

Get your gay skate on!

Astoria Armory- 407 17th St

Saturday September 12th at 7:00pm-11:00pm

The Lower Columbia Q Center is hosting gay skate night again! This is quickly becoming an anticipated local event. All ages are welcome between the hours of 7:00pm and 9:00pm. At 9:00pm transitions to adult skate. Entry is \$3.00 and \$2.00 for skate rental. Donations in excess of entry fee are welcome and appreciated. DJ imcodefour will be spinning. Costumes and bright colors are encouraged. Come support your local LGBT community and have a night to remember.

Look for Gay Skate Nights the 2nd Saturday of ea. month

Dance Your Joy at AAMC

The AAMC is a cooperative of passionate professionals who want to share the love of dance, fitness & performance art with you. Located at 342 10th St. in Astoria.

Monday

10:00-11:00am: Tai Chi with Angela Sidlo

6:00-7:00pm: Tap with Marco Davis (starts Sept 21st)

7:00-8:00pm: Dance for Musical Theater, Performance & Life w/ Marco Davis (starts Sept 21)

Tuesday

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

12:10-12:50pm: Qigong with Angela Sidlo (starts Sept 22nd)

Wednesday

10:00-11:00am: Tai Chi with Angela Sidlo

7:00-8:15pm: Belly Dance with Jessamyn Grace

Thursday

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

12:10-12:50pm: Qigong with Angela Sidlo (starts Sept 24th)

5:30-6:30pm: Tai Chi with Angela Sidlo

Friday

6:30-7:30pm: Zumba with Nayelli Dalida (every other Friday- Sept 11, 25/ Oct 2, 16, & 30)

Saturday

6:00-7:00pm: Argentine Tango with Estelle Olivares

7:00-8:00pm: Argentine Tango Practica with Estelle Olivares

News: New Fall Classes starting the 3rd week of September!! Tap and Dance with Marco Davis, Qigong with Angela Sidlo, and Zumba with Nayelli Friday evenings!

Sept15 | hipfishmonthly.com

22



HEAD, HEART & HEALTH NOTES

Palmistry and Your Inner Self Revealed At KALA • October 16

AN UNPRECEDENTED OPPORTUNITY at KALA, offers an evening of exploring palmistry involving audience participation using live-projected hand images on the stage screen, enabling you to learn and utilize facets of palmistry for your life/learning tools and information-sharing.

By observing your hands, Kathleen Dudley, palmistry oficianado, will study your character, health and psychological states as shown graphically on your hands. She will open a world of understanding to you about how to "read" yourself and others through observation of lines, shapes and colourations.

The study of palmistry has been around for hundreds of years--some claim thousands. It was initially established as a scientifically acceptable study in 1889 with the formation of the Chirological Society of Great Britain, and then in the United States in 1897 with the American Chirological Society.

Old-time country doctors and early psychologists, including C.G. Jung, understood the hands' indicators for revealing emotional, mental and physical health conditions.

- C.G. Jung considered palmistry an inward viewing of the psyche, and an explanation of

the individual's life manifestations.

- Mark Twain, upon experiencing his palm read stated "....exposed my character to me with humiliating accuracy."

- The lines on your palm physically change when you shift an emotional pattern or intellectual thought process over time.

- Lines on the fetus' palms are forming by the 17th week in utero.

Join us for an evening of palm-reading with Kathleen Dudley, Seaside, Oregon---a self-taught palmistry oficianado, hailing from New Mexico and reading palms for individuals and couples who seek greater spiritual, emotional, and physical understanding about who they are, and what unique paths they are journeying.

Doors open 7pm. 7:30pm - 9:30pm. \$10.

All Welcome. 1017 Marine Drive in Astoria.

Refreshments. 503.338.4878.



Homebirth Cesarean Workshop with Courtney Jarecki October 25th 10am-5pm

THIS WORKSHOP is for midwives, doulas, childbirth educators, lactation consultants, mental health workers, OB/GYNs, nurses, and advocates. A homebirth cesarean is a cesarean birth that transferred to the hospital from home or a birthing center during labor or pregnancy. This workshop will help professionals support women in birthing with dignity from home to the operating room.

Please email vitality@kestrelgates. with questions or to register. Cost is \$130



Sitka Yoga and Yoga Namaste Partner to Share Space in Downtown Astoria

ASTORIA'S ODD FELLOWS BUILDING is a hub of activity for dance and other fitness activities and it is adding a 2nd yoga business to the mix. Starting the second week of September, Yoga Namaste will share the 3rd floor studio space with Sitka Yoga at 342 10th St.

The move to share space by the two yoga businesses represents an effort to fully utilize a simple but elegant and centrally located studio in downtown Astoria. Yoga Namaste's Ute Swerdlhoff and Sitka Yoga's Dawn Hanson are keeping their businesses separate in every other regard, with separate web pages, schedules, and most importantly, each offering their own unique styles of yoga. They think that Sitka Yoga's move to the studio will diversify Astoria's yoga offerings and that the businesses will complement each other well.

Previously located up the coast in Grays Harbor Washington, Sitka Yoga offered classes in the yin, Hatha, and Vinyasa traditions, in addition to the occasional Vinyasa flow class with live DJ music. "The live DJ nights were some of the most fun gatherings we had at Sitka in Grays Harbor. It was usually a packed house of everyone from beginners to experienced yogi's and the energy in the room was always amazing" states owner, Dawn Hanson. Like many other yoga studios, including Yoga Namaste, Sitka hosts the occasional three-day to one week yoga retreat, as well. Information on Sitka's class schedule and yoga retreats is available on the sitkayoga.com webpage.

Sitka Yoga's Dawn Hanson comments, "There are so many different yoga traditions, to say nothing of the unique style that any given teacher has. If someone is interested in doing yoga, there is a teacher out there for them, and the only way to find out is to try out some classes."

SITKA YOGA is owned and operated by Dawn Hanson. Dawn is a 200 and 500 hour certified instructor who started doing yoga 20 years ago at the age of 20 as a new single mother. In addition to being Sitka Yoga's teacher, Dawn teaches regularly for Yoga Behind Bars, an organization that brings yoga to prisons throughout Washington State. Recently with Yoga Behind Bars, Dawn started piloting a program in Washington to teach prisoners to be yoga instructors. Photographs and information are available at www.sitkayoga.com

Celebrate National Public Lands Day by Scrambling to Outpace Diabetes, Sept. 26

LEWIS AND CLARK National Historical Park hosts the 6th annual South Slough Scramble on Saturday, September 26 at 10:00 a.m. In this free event, the Lewis & Clark National Park Association, Providence Seaside Hospital, and Sunset Empire Parks & Recreation District are teaming up for diabetes awareness. This Outpace Diabetes hike/run will include a health fair with information about diabetes, nutrition, and heart-healthy habits. The start/finish line and the health fair will be at the park's Netul Landing, approximately 1½ miles south of Fort Clatsop.

Runners and hikers can register for one of two options -- a 5K loop and a roughly 10K loop. Both loops will take participants along the ups and downs of the South Slough Trail, into the coastal hills, and along the Lewis and Clark River. The routes cross a number of scenic boardwalks and bridges. Please, no strollers or pets. The event will be held rain or shine.

Pre-register for free at the Fort Clatsop Visitor Center or online at www.sunsetempire.com, or register the day of the event at Netul Landing 9:00- 9:45 a.m.

National Public Lands Day is an annual event to encourage everyone to visit federal lands such as national parks. Admission to all National Park Service sites is free September 26.

Meditation Class at CCC

Learn how to sit quietly, be in your body, and listen to your heart in the practice of developing compassion for yourself and others. A secular class of self discovery, students help each other to create a home practice of meditation.

Starting this fall - Thursdays 6-7:30pm. at the college room 209 Towler Hall. Register at Clatsop College. For more info: Ron Maxted 503.338.9153, email ronmaxted@wwetksky.net



North Tillamook County Residents invited to talk about death and dying

The North Tillamook Library in Manzanita to hopes you will attend an Oregon Humanities discussion on the topic of death and dying. The event will be held Thursday, October 8 at 4:00 PM and is part of Oregon Humanities' statewide Talking about Dying initiative, created in partnership with Cambia Health Foundation. What do we think about when we think of dying? As people we've known have moved closer to death, what seemed to work well for them and the people close to them? What seemed difficult? When we think about our own dying, what do we want most? These and many more fascinating discussions await your input on October 8. The library is located at 571 Laneda in Manzanita. Call Bill Landau at 503-842-4792 for more information. **Also/Astoria Public Library, Friday Oct 9. 6pm.**

Saving Mothers' lives, in Africa and in the US Marion Toepke at KALA • Sunday Oct 11

MATERNAL MORTALITY has nearly halved over the past two and a half decades, yet 289,000 women worldwide still die each year as a result of pregnancy and childbirth. As mortality has declined, disparities have become more apparent. The risk of death is disproportionately highest among the most vulnerable women in the poorest of nations." (Ending Preventable Maternal Mortality: USAID Maternal Health Vision for Action, Evidence for Strategic Approaches, January 2015, pg. 7)

Around the world and even here in the United States, there is a crisis in childbirth. Women are dying in pregnancy and birth from curable, preventable causes. We in the United States can learn from the developing world about ways to face this problem.

Throughout the 20th century, the maternal mortality ratio in the developed world dropped dramatically, due to the development of blood transfusions, antibiotics, and safe anesthesia, all of which lead to safe(r) surgery. In the United States it reached a low of 7.2 per 100,000 births in 1987. It has risen ever since, more than doubling since that time. The majority of the world's countries have experienced a drop in the rate over this period.

And, proportionally, in the United States, four times more black women die of pregnancy and childbirth related causes than white. Black women experience the same proportion of the conditions which can lead to death, such as hemorrhage, infection, high blood pressure, obstructed labor, and embolism, as other women; only, their death rate from these conditions is higher. Amnesty International has written a report on this, called Deadly Delivery.

Looking at the world as a whole, we find huge differences in the likelihood of death in childbearing among the countries, following the fault line between the rich and the poor. The poorest part

of the world is sub-Saharan Africa, where the maternal mortality rate is ten times higher or more than for American black women. But unlike the United States, where maternal mortality has risen since 1987, that year brought about a change toward a steady reduction of childbearing deaths in most of the world.

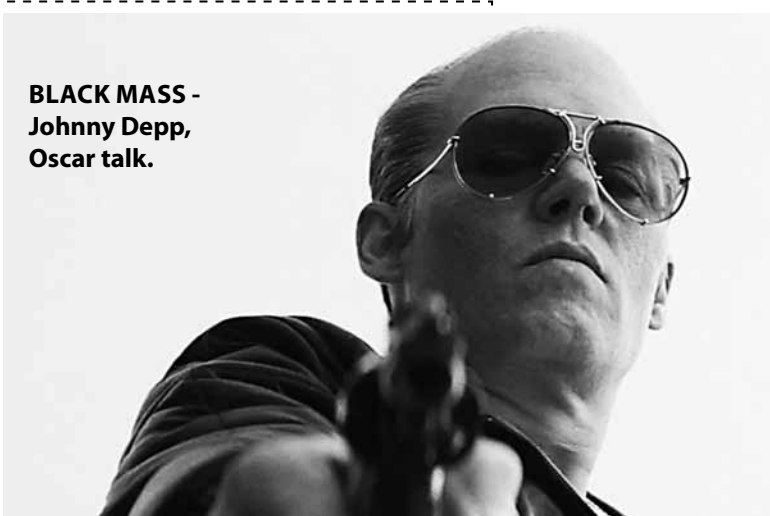
In 1987, at an International Women's Conference in Nairobi, Kenya in Africa, it was brought out that a disproportionate number of women in poor countries were dying of childbearing complications. The Safe Motherhood Initiative was started. Numerous organizations and thousands of workers have studied and worked on this problem. Research lead to programs which have brought about progress. Since 1987, maternal mortality world wide has been nearly halved, with the United States as an odd outlier with its increase in maternal deaths.

Marion Toepke is a nurse midwife and family nurse practitioner who has worked as a medical volunteer at Teso Safe Motherhood Center in Soroti Uganda, making yearly visits there since 2009. The maternal mortality ratio, though improving world-wide, still includes a high proportion of preventable deaths. And Uganda, like the United States, is experiencing a rising maternal mortality ratio. The work is not done for safe motherhood in Africa.

Come learn about prevention and treatment of maternal mortality, and about how you can help promote the work of Teso Safe Motherhood, a busy African maternity center, as well as how we might proceed to save the lives of the American mothers who are dying unnecessarily. FMI: lisbe-brown@msn.com

Sunday, October 11, 3-5pm, FREE. at KALA, 1017 Marine Drive.

BLACK MASS - Johnny Depp, Oscar talk.



BLACK MASS (SEPT. 18) After the Pirates of the Caribbean movies, Johnny Depp had arrived as a Hollywood movie star but with few non over-the-top performances, his reputation as a serious actor took a hit. Coming off three big budget disasters in a row, Johnny Depp returns to form with his portrayal of legendary Boston crime boss James "Whitey" Bulger. Already being considered as an Academy Award contending performance, the film follows the pathological Bulger's rise from common street thug in the '70s to the leader of the Winter Hill gang that fights for control of South Boston with the mob-connected Angiulo brothers. Bulger's counterpart is FBI agent John Connolly (Joel Edgerton), a childhood friend of Bulger's who's mission is to take down the Angiulos and their mob partners. To this end he recruits Bulger to provide inside information on his rivals, an unholy alliance that helps him rise in the bureau while Bulger gets immunity from extortion and murder while eliminating his competition. As brutal as Bulger can be to his enemies, he's devoted to his mother, dotes on his young son and tries to help his upstanding state senator brother Billy (Benedict Cumberbatch) as best he can – given they're on opposite sides of the law. But the mutually beneficial Conolly/Bulger arrangement is threatened when a federal prosecutor (Corey Stoll) obsessed with taking down Bulger enters the picture.

EVEREST (SEPT. 18)

Jake Gyllenhaal and Josh Brolin topline an all-star cast for this mountain climbing thriller telling the story of a 1996 assault on the world's highest peak that went famously, disastrously wrong. Forty three years after Mount Everest was first summited, climbing the world's tallest peak has become a business, although a dangerous and expensive one. New Zealander Rob Hall (Jason

Clarke) leads the Adventure Consultants expedition, with clients including cocky Texan Beck Weathers (Brolin), Yasuko Namba (Naoko Mori) a Japanese woman who's already conquered six of the Seven Summits and Doug Hansen (John Hawkes) a Seattle mailman making his second attempt at Everest. Hall's competitors include laid back American Scott Fischer (Gyllenhaal) who leads the Mountain Madness group and extreme tough guy Russian Anatoli Boukreev (Ingvar Sigurdsson). With the expedition leaders incentivized to get their clients (who have paid up to \$65k) to the top, when a weather window opens the team leaders agree to make their ascent together. Well aware that most deaths on Everest occur on the descent, teams must start downhill by a strict time deadline. But with so many climbers, the expeditions hit a bottleneck at the Hillary Step, a 40-foot vertical wall just before the summit. With the top within sight but time running out, the leaders decide to satisfy their clients and try to summit anyway, ignoring the deadline with tragic results.

MAZE RUNNER: THE SCORCH TRIALS (SEPT. 18)

The second installment in The Maze Runner series. Synopsis: In the next chapter in the Maze Runner saga, Thomas (Dylan O'Brien) and his fellow Gladers face their greatest challenge yet: searching for clues about the mysterious and powerful organization known as WCKD. Their journey takes them to the Scorch, a desolate landscape filled with unimaginable obstacles. Teaming up with resistance fighters, the Gladers take on WCKD's vastly superior forces and uncover its shocking plans for them all.

EVEREST
the story
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wrong.

SICARIO (SEPT. 25)

Prisoners director Denis Villeneuve returns with an edge-of-your-seat drug cartel thriller starring Emily Blunt and Benicio del Toro. Synopsis: After rising through the ranks of her male-dominated profession, idealistic FBI agent Kate Macer (Emily Blunt) receives a top assignment. Recruited by mysterious government official Matt Graver (Josh Brolin), Kate joins a task force for the escalating war against drugs. Led by the intense and shadowy Alejandro (Benicio Del Toro), the team travels back-and-forth across the U.S.-Mexican border, using one cartel boss (Bernardo Saracino) to flush out a bigger one (Julio Cesar Cedillo).

THE MARTIAN (OCT. 2) Described as Apollo 13 meets Cast Away, Matt Damon stars as astronaut Mark Watney who is left behind on Mars by his mission team and must survive alone in a hostile environment. Watney, a jocular, laidback guy, is the biologist and engineer in the crew of Ares 3, the third manned mission to Mars. But soon after landing, the team is hit by a storm with gale force winds, forcing them to abort their mission. During the evacuation, Watney is hit by flying debris which destroys his bio-monitor, leading his 5 crewmates to believe he is dead. They blast off to their orbiting spacecraft. When Watney wakes up, he is alone and facing overwhelming odds to survive, much less get rescued. Because Mars missions take years, Watney must somehow make a 30-day food supply last 4 years till the next mission arrives. Finding the solution in a bag of potatoes earmarked for Thanksgiving dinner, Watney must figure out how to grow potatoes on a planet where nothing grows. Like any good biologist, the answer soon hits him. Watney sets about turning the Hab(itat) into a potato farm. But plants require water. Lots of it. Watney improvises an ingenious but extremely dangerous solution. On it goes. For every problem solved, two new and potentially



SICARIO - Benicio del Toro in the drug cartel thriller

fatal ones crop up. With no one aware that he is still alive, Watney must travel 2,000 miles to Schiaparelli crater to meet Ares 4 when it lands in 4 years. He begins cannibalizing a Mars rover designed for short distances to make the long trek. Unknown to Watney, though, a sharp-eyed NASA operator has noticed the changes to the Hab that Watney has made and a planet-wide Watney watch ensues, sparking an internal NASA debate on how best to save Watney. An attempt to send Watney supplies literally goes up in smoke. When Watney's food supply is wiped out and with no time to build a new booster, the only way to rescue him before he starves to death for his Ares 3 mission, still en route to Earth, is to return to Mars to save him. However, NASA Administrator Teddy Sanders (Jeff Daniels) vetoes the idea as too dangerous for both crew and Watney. Scrupulously researched by author Andy Weir who wrote the novel, the life-and-death seriousness of Watney's situation is leavened by his joke-filled personal video diary which is a constant presence. With Jessica Chastain, Michael Peña, Kristen Wiig, Sean Bean and Chiwetel Ejiofor. Directed by Ridley Scott.



Matt Damon gets lost in space



FREE WILL ASTROLOGY

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September

ARIES (March 21-April 19): "Excess is the common substitute for energy," said poet Marianne Moore. That's a problem you should watch out for in the coming weeks. According to my astrological projections, you're a bit less lively and dynamic than usual. And you may be tempted to compensate by engaging in extreme behavior or resorting to a contrived show of force. Please don't! A better strategy would be to recharge your power. Lay low and take extra good care of yourself. Get high-quality food, sleep, entertainment, art, love, and relaxation.

TAURUS (April 20-May 20): For a pregnant woman, the fetus often begins to move for the first time during the fifth month of gestation. The sensation may resemble popcorn popping or a butterfly fluttering. It's small but dramatic: the distinct evidence that a live creature is growing inside her. Even if you are not literally expecting a baby, and even if you are male, I suspect you will soon feel the metaphorical equivalent of a fetus's first kicks. You're not ready to give birth yet, of course, but you are well on your way to generating a new creation.

GEMINI (May 21-June 20): "Since U Been Gone" is a pop song recorded by vocalist Kelly Clarkson. She won a Grammy for it, and made a lot of money from its sales. But two other singers turned down the chance to make it their own before Clarkson got her shot. The people who wrote the tune offered it first to Pink and then to Hillary Duff, but neither accepted. Don't be like those two singers, Gemini. Be like Clarkson. Recognize opportunities when they are presented to you, even if they are in disguise or partially cloaked.

CANCER (June 21-July 22): "Going with the flow" sounds easy and relaxing, but here's another side of the truth: Sometimes it can kick your ass. The rippling current you're floating on may swell up into a boisterous wave. The surge of the stream might get so hard and fast that your ride becomes more spirited than you anticipated. And yet I still think that going with the flow is your best strategy in the coming weeks. It will eventually deliver you to where you need to go, even if there are bouncy surprises along the way.

LEO (July 23-Aug. 22): "Money doesn't make you happy," said movie star and ex-California governor Arnold Schwarzenegger. "I now have \$50 million, but I was just as happy when I had \$48 million." Despite his avowal, I'm guessing that extra money would indeed make you at least somewhat happier. And the good news is that the coming months will be prime time for you to boost your economic fortunes. Your ability to attract good financial luck will be greater than usual, and it will zoom even higher if you focus on getting better educated and organized about how to bring more wealth your way.

VIRGO (Aug. 23-Sept. 22): "I stand up next to a mountain, and I chop it down with the edge of my hand." So sang Jimi Hendrix in his raucous psychedelic tune "Voodoo Child (Slight Return)." We could view his statement as an example of delusional grandiosity, and dismiss it as meaningless. Or we could say it's a funny and brash boast that Hendrix made as he imagined himself to be a mythic hero capable of unlikely feats. For the purposes of this horoscope, let's go with the latter interpretation. I encourage you to dream up a slew of extravagant brags about the outlandish magic powers you have at your disposal. I bet it will rouse hidden reserves of energy that will enhance your more practical powers.

LIBRA (Sept. 23-Oct. 22): It's the phase of your cycle when you have maximum power to transform yourself. If you work hard to rectify and purify your inner life, you will be able to generate a transcendent release. Moreover, you may tap into previously dormant or inaccessible aspects of your soul's code. Here are some tips on how to fully activate this magic. 1. Without any ambivalence, banish ghosts that are more trouble than they are worth. 2. Identify the one bad habit you most want to dissolve, and replace

it with a good habit. 3. Forgive everyone, including yourself. 4. Play a joke on your fear. 5. Discard or give away material objects that no longer have any meaning or use.

SCORPIO (Oct. 23-Nov. 21): According to the poet Rainer Maria Rilke, here's what God says to each of us: "Go the limits of your longing . . . Flare up like flame and make big shadows that I can move in. Let everything happen to you: beauty and terror. Just keep going. No feeling is final." Whether or not you're on speaking terms with the Creator, this is excellent advice. It's time to give everything you have and take everything you need. Hold nothing back and open yourself as wide and wild as you dare. Explore the feeling of having nothing to lose and expect the arrivals of useful surprises. (The translation of Rilke's poem is by Anita Barrows and Joanna Macy.)

SAGITTARIUS (Nov. 22-Dec. 21): When 16th-century Spanish invaders arrived in the land of the Mayans, they found a civilization that was in many ways highly advanced. The native people had a superior medical system and calendar. They built impressive cities with sophisticated architecture and paved roads. They were prolific artists, and had a profound understanding of mathematics and astronomy. And yet they did not make or use wheeled vehicles, which had been common in much of the rest of the world for over 2,000 years. I see a certain similarity between this odd disjunction and your life. Although you're mostly competent and authoritative, you are neglecting to employ a certain resource that would enhance your competence and authority even further. Fix this oversight!

CAPRICORN (Dec. 22-Jan. 19): If you have ever fantasized about taking a pilgrimage to a wild frontier or sacred sanctuary or your ancestral homeland, the next ten months will be an excellent time to do it. And the best time to plan such an adventure will be the coming weeks. Keep the following questions in mind as you brainstorm. 1. What are your life's greatest mysteries, and what sort of journey might bring an awakening that clarifies them? 2. Where could you go in order to clarify the curious yearnings that you have never fully understood? 3. What power spot on planet Earth might activate the changes you most want to make in your life?

AQUARIUS (Jan. 20-Feb. 18): When he died at the age of 77 in 1905, Aquarian author Jules Verne had published 54 books. You've probably heard of his science fiction novels *"Journey to the Center of the Earth"* and *"Twenty Thousand Leagues Under the Sea."* He was a major influence on numerous writers, including Jean-Paul Sartre, J. R. R. Tolkien, and Arthur Rimbaud. But one of his manuscripts never made it into book form. When he finished it in 1863, his publisher refused to publish it, so Verne stashed it in a safe. It remained there until his great-grandson discovered it in 1989. Five years later, Verne's "lost novel," *"Paris in the Twentieth Century,"* went on sale for the first time. I suspect that in the coming months, you may have a comparable experience, Aquarius. An old dream that was lost or never fulfilled may be available for recovery and resuscitation.

PISCES (Feb. 19-March 20): "I enjoy using the comedy technique of self-deprecation," says stand-up comic Arnold Brown, "but I'm not very good at it." Your task in the coming weeks, Pisces, is to undermine your own skills at self-deprecation. You may think they are too strong and entrenched to undo and unlearn, but I don't -- especially now, when the cosmic forces are conspiring to prove to you how beautiful you are. Cooperate with those cosmic forces! Exploit the advantages they are providing. Inundate yourself with approval, praise, and naked flattery.

Homework: What other name would you give yourself if you could take a vacation from your present name? Why?

FreeWillAstrology.com.

Bike Madame

By Margaret Hammitt-McDonald

Yo! Cruisin' In Da Bronx

FOR WEST COAST CYCLISTS, accustomed to roads and fellow road users legendary for their bike-friendliness (with memorable exceptions), riding in the nation's largest city may seem daunting. New York City is renowned for its public-transit network, but not for its bike-ability. While visiting my parents in the Bronx, I was surprised to find the local cycling experience pleasant. Like any city, the roads are congested, and many are in alarming disrepair, but for the most part, other road users were alert and aware of cyclists, making for a mostly enjoyable time on these well-traveled roads.

New York drivers are infamous for their combative style, but they are also apparently accustomed to a variety of contraptions traveling beside them. In Manhattan, bike lanes and routes are proliferating, some even separating cyclists from motorists, but parked vehicles remain a problem (watch for them swooping in front of you to nab a parking space and then opening their doors into traffic, including you). The Bronx, which is a hair less hectic than Manhattan, features some quieter streets you can navigate without benefit of a bike lane or separated bikeway. Double-parking is another pesky quirk of this busy megalopolis. I rode on Tremont Avenue, a busy street that runs the length of the Bronx, with little trouble, as for the most part, two lanes of traffic each way allowed motorists to get around me. The trouble came when I had to steer around double-parked cars and join the drivers. (Look ahead for the telltale hazard-light signal of a double-parker.)

The condition of the roads varies from mildly horrific to atrocious, with potholes galore and deep grooves in the pave-

ment where tractor-trailers have passed. The traffic news gives pothole reports so you can avoid the worst offenders. Motorists may not be aware of the bike-eating monsters that lurk on the right-hand side of the road, so signal that you're coming over and give them some time to react. If you think the sidewalk is a refuge from lunar craters, think again: I took my father, who's in a wheelchair, for a walk one day, and I spent about half the walk steering around cracks.



I rolled along one designated bikeway in the Bronx, which took me through Pelham Bay Park (three times the size of Central Park) to Orchard Beach,

City Island, and the Bartow-Pell Mansion. The bikeway was delightful, with one lane in each direction and sometimes even a passing lane up hills. It was not well tended in places, though, with trees growing into the path and fractured pavement to rival the much-abused roads.

A bike map of the city helps you plan routes, including "potential bike paths" through parks and green spaces, some of them on pavement, others on gravel or dirt. Unfortunately, not all of New York City's bridges are bike-accessible, necessitating a bus ride, and the buses do not have bike racks. You are only permitted to bring folding bikes on buses, and although you can take other types on subway trains, you must restrict your travels to non-rush hours. Clearly, the Big Apple has a long way to come on its way to true bike nirvana, but I was happy to find a much more accommodating place than I had expected from all the tales (and movie scenes) of carnivorous (bike-ivorous?) 18-wheelers and maniacal taxi drivers.

WORKSHOPS/CLASSES

MEDITATION CLASS AT CCC. Learn how to sit quietly, be in your body, and listen to your heart in the practice of developing compassion for yourself and others. A secular class of self discovery, students help each other to create a home practice of meditation. Starting this fall - Thursdays 6-7:30pm. at the college room 209 Towler Hall. Register at Clatsop College. For more info: Ron Macted 503.338.9153, email ronmacted@wwetsky.net

Writing Alive Workshop. Soul Renewal. September 22. With Dana Cunningham Anderson. Participants will write in response to prompts designed to support the experience of Soul Renewal. \$40 - \$60 sliding scale, 1 - 4pm at the Center for Contemplative Arts in Manzanita. 503-398-5800

Writing Alive Workshop. Thursdays, September 17 - October 22. 1 - 3pm at the Center for Contemplative Arts in Manzanita. FMI, call 503-398-5800

SoulCollage for Women. September 19. With Kathryn King. "Return to Innocence" is the theme of this class. Music, poetry and meditation will assist participants make powerful SoulCollage cards together. \$60, includes all materials. 10am - 3pm at the Center for Contemplative Arts in Manzanita. 360-513-0409

WEST AFRICAN DANCE, MUSIC AND SONG. OCTOBER 3 - 4. AT THE BAY CITY ARTS CENTER. FMI AND TO REGISTER, CALL 541-992-6358.

Photo Hiking. October 17. Hike with professional photographers and learn basic techniques. \$20, 9 - 11am at Devils Lake and D-River beach in Lincoln City. 541-994-3405

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

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

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

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

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

BODY WORK•YOGA•FITNESS

YOGA NAMASTE. Level 1&2 90 minutes Yoga classes. Monday 8a.m., Wednesday 6:30p.m., Friday 6:30a.m. and 8:30a.m. \$16 walk-in. Community yoga Wednesday 5:15p.m. \$12 walk-in. 342 10th street, Astoria. Check website for

weekend workshops. www.yoganam.com. 530 440 9761.

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

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

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

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

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

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

Yoga in Gearhart. Gearhart Workout. For more information log on to www.gearhartworkout.com 3470 Hwy. 101 N. Suite 104 in Gearhart

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 /QIGONG. ASTORIA. Angela Sidlo teaches Tai Chi at Astoria Arts & Movement Center! Mon 10-11, Wed 10 - 11, Thur 5:30 - 6:30. QiGong, Tue, 12:10 - 12:50, Thur 12:10 - 12:50. Starts in Sept. Call Angela to register 503-338-9921

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

LEARN SELF DEFENSE. American Kenpo Karate (Ocean Park, Wa) Private & Semi-Private Lessons (Adults Only, \$10.00 Per Lesson. Currently Teaching Wednesdays And Saturdays). For Free Introductory Lesson Contact Instructor Jon Belcher At: Phone: 360-665-0860 E-Mail: Jonbelcher1741@Yahoo.Com

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

ZUMBA. Come join the Zumba party at North County Recreation District in Nehalem, Oregon. Winter class runs through March. Attire: Loose gym clothing, non-gripping sneakers, a water bottle & lots of energy! Rosa Erlebach -

instructor. Ncrd. 36155 9th Street Nehalem, Or 97131(503) 368-4595 Rerlebach@Gmail.Com

SPIRITUALITY

CONVERSATIONS WITH MOTHER MARY. Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Every Second Sunday, 10:30 to 12:30ish. In Seaside, Oregon. Call or email for directions: 503-717-4302 beachhouse11111@gmail.com. Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

Woman's Worth Workshop Series. The Divine Within. June 27. With Kathleen Dudley. Join us as we discover explore and journey deeper into our feminine -- understanding our intrinsic worth, our essence and spiritual path and how the Divine Feminine manifests in our life. 4 - 6pm at Wholistic Reflexology, Seaside Yoga Studio. Saturdays through Aug 29. Register by calling 503-717-5129

8am - 12:30pm. In room 310, Towler Hall, CCC in Astoria. Register at Ichrma.org/

Art & Mindfulness. With Amy Selena Reynolds. Once a month , 2nd Saturdays, 1-4 pm. Deepen your connection with your heart, mind, and spirit, play with creativity, find out where are and meditation begin. No previous art or meditation experience is necessary. Bring a journal and your favorite pen. All other supplies will be provided. Class fee: \$30 (Note: No one will be turned away for lack of funds. Please contact Amy if you have a financial hardship but want to take a class.) Call Amy at 503-421-7412 or email amyselena888@gmail.com

COLUMBIA RIVER MEDITATION GROUP. Sponsored by Great Vow Monastery. Meets ever Wednesday in the Flag Room of the Public Library. Time: 5:45 - 6:55. MOVING to Clatsop Community College on Tuesdays @ 6-7:30pm, starting Sept 30. Regstration is required at CCC. Class# is F.T085054, Rm 209 Towler Hall. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Macted - 503.338.9153. email: ronmacted@wwetsky.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 cem-

eteries to catalog the information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcounty-gensoc@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@nehaletel.net

MEETINGS/MEET-UPS

GRIEF SUPPORT GROUP. ASTORIA/SEASIDE. Lower Columbia Hosice is currently offering free bereavement and grief support group meetings twice per month: 1st Thurs. 2-4pm @ Bob Chisholm Comm. Center, Meeting Rm. 1, 1225 Ave. A, Seaside. 3rd Tues. 4:30-6pm, Columbia Memorial Hospital, Columbia Center, Chinok Rm, 2021 Exchange St., Astoria. Questions call: 503-338-6230.

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.

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.

ENCORE. Join us for the ENCORE Lunch Bunch the first Tuesday of the month. Questions about Lunch Bunch? Call Reta Leithner 503-717-2297. ENCORE is a membership organization for people age 50 and older who are interested in life-long learning opportunities. ENCORE is sponsored by Clatsop Community College, and offers classes in a variety of subjects, social events, and occasional educational trips. For more information, please refer to our website: www.encorelearn.org or contact Mary Kemhus-Fryling, Clatsop Community College Community Education Coordinator, 503-338-2408, or toll free at 1-855-252-8767.

La Leche League of Astoria

La Leche League of Astoria

2015 Fall Series Meeting Notice

Breastfeeding Information and Support

If you are interested in breastfeeding your baby, consider attending a La Leche League meeting. You will meet other mothers who have breastfed their babies and mothers with babies around the same age as your own. Group meetings provide an opportunity for both new and experienced mothers to connect and share their questions and concerns with each other. Babies and toddlers are always welcome. Meetings are held on the Third Thursday of each month from 11:00 - 12:30 at 320 South Street, Astoria. Come join us!

- September 17 Great Expectations: Breastfeeding Benefits Everyone
- October 15 Realistic Expectations: A New Baby in Your Family
- November 19 What to Expect: The Normal Course of Breastfeeding
- December 17 New Beginnings: Baby's First Foods

Le Leche League is on Facebook! If you "like" La Leche League of Astoria, you will be reminded about upcoming meetings and other events. Stroller Club Walk will continue on the River Walk (weather permitting), on the other Thursdays of the month, at 11 am.

At monthly meetings, there is a great selection of books in the Lending Library covering many topics, including childbirth, breastfeeding and parenting. Mothers-to-be are welcome at meetings.

La Leche League Leaders are available to answer breastfeeding questions and concerns.

La Leche League Leaders are available to answer breastfeeding questions and concerns. For more information on meetings or questions, please call/text Megan Oien @ 503.440.4942 or Janet

Weidman @ 503.741-0345



THE LOWER COLUMBIA CLASSICS CAR CLUB. Invitation to all who are interested in Collector Cars to attend one of our monthly meetings. The meetings are held at Steve Jordan's Shop Building, located at 35232 Helligso Lane in rural Astoria - meet on the 3rd Thursday of each month. If you are interested and need the directions to get there, you may call Steve Jordan at 503-325-1807

THE ASTORIA CHESS CLUB. meets Saturday mornings at 11:30 AM at Three Cups Coffee House and Thursday evenings at 5:30 PM at the Hotel Elliott's wine bar. Players of all ages and skill levels are welcome to attend. For more information, contact us at astoriachessclub@gmail.com or visit our Facebook page."

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. Meetings are held on the Third Thursday of each month from 11:00 - 12:30 at 320 South Street, Astoria. La Leche League Leaders are available to answer breastfeeding questions and concerns. Megan Oien@503.440.4942 or Janet Weidman@503.741.0345



Messages Sonja Grace mystic healer

The Human Experience

WE ALL FEEL THE EARTH changing. We view these changes through various forms of impact like the weather noting how warm it's been or what a cool summer we have had. Others mark the changes through the financial market. Some continue with a doom and gloom prediction of failed crops and a water shortage. We feel it but sometimes we can't see it. We depend on the news and the internet to inform us of earth changes.

Numerous people contact me and tell me about their fears of the future. Sea levels are rising, large groups of animals are dying, bees face extinction, and many ask, what are we supposed to do? How can humanity sit calmly and read the morning paper and sip

their coffee knowing imminent change is on the way?

I look to my guides and ask these questions feeling an answer from the Divine is easier to embrace. They always tell me we are now in the fifth dimension and in this higher frequency we must raise our energy in order to match the current vibration. If we don't do our homework and spiritually align ourselves, then we will have a rough time. Humanity started a new phase around 14,000 years ago. This phase is winding down. In this new fifth dimension we are able to experience for the first time other dimensions opening up to earth. This means it's a free-way of activity. Other life forms have come here to intercept and guide our next move. I see

it daily and marvel over the layers of reality we live within.

We are constantly being bombarded with cosmic rays and solar flares. These energies impacts the earth's atmosphere affecting the electromagnetic field and all life on earth. In 774 AD the earth experienced impact from cosmic rays and gamma radiation causing global damage to our atmosphere. I asked the guides what's up with that. They smiled and told me this is how all consciousness shifts in the universe. Wow cosmic particles changing DNA around the galaxy and beyond. My mind soars to new possibilities with daily downloads to the evolution of human consciousness. We are very young as a species and our responsibility to transform while living on earth is paramount. Humanity is curious like a child and wants to try everything. We are no longer innocent children but full-fledged adults who need to take responsibility for our actions. Let us take heed to repairing what we can here on earth and find the tools within to evolve the human consciousness for our futures lives. We are infinite as souls who happen to be having a human experience.

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 an 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

Moving On

MOVING ON is a phrase that captures my imagination. Moving on implies, to me, a re-invention of oneself or of one's circumstances. A leaving of something, a heading towards something. Moving on....

Much of my counseling work involves change, the fear of change, resistance to change. You name it - if it involves change, emotions click in. We so want the change to be beneficial! It needs to be the "right decision." I've written about change probably more than any other topic. We live with change. We learn to adapt with every change that enters life. If we don't learn, we are destined to be handed the same circumstances again and again until we learn something.

Moving on. When someone at a meeting is locked onto a topic and it has been discussed ad nauseum, someone will say, "Let's move on. Next topic is...."

Here's a thought for you. How many topics or issues do you harbor that prevent you from Moving On?

I know that moving on for some is scary. How can I move on, when my (family, job,

weight, etc) are still creating problems for me? My thought would be is that some issues are held onto precisely because the problems are known and familiar and part of one's identity. It is easier to continue a path rather than take the big steps - emotionally, psychically and physically- to Move On.

I'm not against taking the easier path, if the path gets you where you think you want to be. If it's not the right path, it's time to rethink the stories you tell yourself about who you are.

Some people are locked into a vision of who they think they are which is no longer useful or accurate. The vision can be a mixture of good and bad. For example: I believe in marriage so I will stay in this marriage despite the emotional abuse because it's not that bad, and I'm a better person for staying and trying to work it out - because That's Who I Am. Or: I want to be a nice person so I treat everyone nicely even though I wish I could speak more honestly because I really don't want to spend time with Sally and I can't tell her because I'm a nice person and That's Who I Am.

Hm. Moving on can mean moving on in your personal growth. Leave useless behaviors behind. Nice - or Too Nice? Helpful - or Too Helpful? Passive to an annoying degree? Outspoken to an obnoxious degree? We all change and sometimes we need to take a look at ourselves. What works, what doesn't? Is your sense of generosity - identifier: Generous Person - making you broke? Listening ear - identifier: Good Listener! - burning you out emotionally? Time to redefine oneself.

Move on. Try on a new identifier, such as Person with Good Boundaries. Or Person who is Clear on Limitations. Good Enough Person, how's that?

Moving on... There's a place in the sun.. for you and everyone... Moving on.... Moving on. It's a beautiful song.

I'm moving on in my own way.

Tobi Nason is a counselor located in Warrenton (503)440-0587.

word and wisdom

By Tobi Nason

The Joy of Pets

Treat yourself - adopt from the Animal Shelter and Enjoy!

"I never married because there was no need. I have three pets at home which answer the same purpose as a husband. I have a dog which growls every morning, a parrot which swears all afternoon, and a cat that comes home late at night."

Marie Corelli

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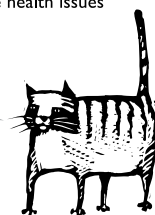
Tasks include the following:

- Cleaning and restocking cat cages
- Grooming and socializing felines
- Assisting with adoptions
- Watching for and reporting possible health problems

Tasks include the following

- Walking the dogs
- Grooming and socializing them
- Feeding the canines periodically
- Watching for and reporting possible health issues

Call for
orientation
training



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Office: 503.436.0335 Fax: 503.436-0604

bodies in balance

Nutrition in a Bottle

WHEN beginning down the road of natural healthcare it is common to jump into supplements blindly. The plethora of information and advertising to sort through in order to make good choices for you and your family is daunting. I thought for this month I would try to simplify some of the basics; so that you the consumer have some confidence when facing your next supplement choice.

First a simple note on "why supplements?" Sadly our planet, the water, soil, and microflora necessary to grow nutrient dense food, is becoming more depleted. Therefore the foods we choose are less able to provide us the basic nutrients needed to optimize our health. Second we have come to rely on foods that are less and less fresh. Third we are living longer and therefore experimenting with how far these bodies can take us, a worthy experiment, but not an equal experience for all. Therefore the mighty supplement has been born to attempt to replace all these deficiencies and shortcomings!?! Cynical as that may sound I find that the right combination of nutrients has turned around the health of many of my patients.

What would I choose for my family? There are a basic 5 that I would like to share with you... starting with the multivitamin. This is an easy way to cover your bases. It is not meant to be therapeutic, meaning it alone is not designed to cure a deficiency but it is assurance that whatever may have been missing in that meal of chicken nuggets and french fries is indeed being covered. And indeed even those of us with the cleanest of diets can benefit from a well balanced multivitamin. What I would look for would be something that is whole food based, meaning that beyond the list of all the vitamins and minerals, when you actually look at the ingredients you see food items that you recognize like carrot, buckwheat, kelp, alfalfa or rice for example. This means that

the B vitamins, vitamin C, D, E, mixed carotenoids, major minerals like calcium, magnesium, potassium, zinc, or iron (if indicated) and trace minerals like selenium, boron, manganese, etc. are coming from food and not chemicals. You may have to take more than one a day. Ideally there are also some digestive enzymes to assure good assimilation of the nutrients. And incidentally herbs can be a terrific source of many of these nutrients as well!

Second on the list would be a good quality fish oil. Fish oils not only add an important component to our cell walls al-



lowing for better absorption of the nutrients listed above; they are also a wonderful, natural source of anti-inflammatories. Reducing inflammation is a key to sustaining good quality health and longevity. When looking for a fish oil choose your fish sources carefully. As we know all too well here on the Oregon coast our fish are in trouble, so choosing fish that are small and reproduce quickly (like mackerel and sardines) is a much better health and environmental choice. Also look for the key words cold-pressed as this form of processing assures the quality of the oil stays intact.

Third would be Vitamin D3. This nutrient is especially important to us northwesterners as the sun from about this time of year through May is at an angle to the planet that is not able to deliver the necessary rays which our skin converts to Vit. D. This vitamin works very similarly to a hormone in the

body and touches upon many systems including the skin, immune system, bones, and endocrine system. For all these reasons this is a key nutrient as many of us have proven to be truly deficient! Ideally Vitamin D should be taken in an emulsified form since it is a fat soluble vitamin. But at the very least take this with some food that contains fat, like eggs, salad

dressing, butter, most dairy products or nuts.

Fourth would be probiotics. Our bodies are dependent on the presence of good gut flora. Not only is it essential for digestion of many foods and absorption of vitamins and minerals; it is also the foundation of a good immune system. Over 60% of our immunity is housed in our intestines, and a large part of that system is due to a health supply of probiotics...so embrace the microflora! When looking for a good probiotic choose something refrigerated or enteric coated. This will ensure that there are plenty of viable organisms which will make it past the high acidity in the stomach. Also choose a formula that has multiple organisms, like acidophilus, lactobacillus and bifidus. Although there can be conditions where one specific organism is key, often we are looking to replenish a whole microcosm... so the more the merrier.

By Tracy Erfling, N.D.

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



Last is somewhat of a toss up between a digestive enzyme or adrenal support. Both digestive troubles and adrenal insufficiency (i.e. fatigue, poor stress management) are so common I would just go by what resonates between the two for you. An easy start digestive aid is papaya enzymes, they taste good and are very safe and helpful in a variety of digestive situations. Adrenal support is typically found in the way of an herbal formulation, which is more challenging to give advice on here. That being said there are many ginseng products out there which could be a nice first go to for energy production. There are of course many wonderful natural health practitioners which are versed in the nuances of adrenal health, so don't hesitate to find some guidance if you need it.

So where is the best place to shop for supplements? If there is a local naturopathic physician in your area this would be the first go to as many of the most reputable companies are available to physicians only. Otherwise, in my area I guide people to the local health food stores, herb shops, or the natural food sections in the larger stores. I try to steer away from large box store pharmacies, although some smaller pharmacies may have better options. Of course online there are a gazillion options as well...a topic for another day.

Hope this brief guide has been a useful simplification to help you feel a bit more informed when making your next supplement choice. As always if you have questions or topics you are interested in hearing more about please feel free to contact me via email.

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

CHEW ON THIS!

by Merianne Myers



"Well, I never been to Spain, But I kinda like the music," Three Dog Night nailed one of the top 5 reasons why I've always wanted to go to Spain. They are, in no particular order: Geography, Sun, Music, Food, Art. My list goes far beyond 5, but I'll not burden you with the details. I have endless insupportable excuses for never having gone to Spain. Every single one of them contains the word 'money' or 'time,' admittedly two of the lamest reasons possible for not doing something. On the upside, I'm not dead yet and, with the passage of time, I've become less impressed with the importance of logic on one's decision making. So, Spain is absolutely on my dance card.

Catalonia, a fiercely independent region of Spain, occupies the northeastern corner of the country; a triangle of earth pointing across the Mediterranean to Italy. It can claim Salvador Dali, Miro, Jose Carreras and Ferran Adria among its native sons. Toss in the Pyrenees, the Costa Brava, Barcelona and Romesco and behold the influence that place has on genius. (Which serves to explain why the Lower Columbia Pacific is home to such brilliance.)

As part of the minuscule bit of research I throw at all my columns, I ran across this sentence pulled from one of the many 'visit Spain' websites, "...Catalonia developed into one of the preferred touristical destinations." Oh, the delight in discovery of a brand new word! If it makes me this happy, I can only imagine how tickled the copy writer who invented it must feel.

Dis- gression being the bet- ter part of valor, as I believe it to be, I have taken the scenic route to the crux of the mat- ter which is Romesco. So much more than a sauce, Romesco evokes the blazing sun, vineyards, olive groves, sunflower fields, tempestuous Flamenco and lusty rumba catalana of Spain in general and Catalonia in particular.

There is some disagreement amongst Catalans as to whether Romesco is of Roman or Moorish origin. I am vaguely disinterested in the answer. For me, Romesco is all about tomatoes and peppers which did not show up in Europe until the 16th century when sailing ships began importing all manner of pillaged goods from the new world to the old.

Romesco is delicious as a pasta sauce, a dip for roasted vegetables, a sandwich spread, a top dressing for a meatloaf before you pop it in the oven, a basting medium for roast chicken, a sexy addition to soup stock and much, much more.



NEVER BEEN TO SPAIN ROMESCO SAUCE

Makes 3 cups
3 slicing tomatoes or 6 Romas
10 garlic cloves
2 slices crusty bread
1/2 cup almonds
1/2 cup filberts or pine nuts
or walnuts

OR

1 cup almonds
1 roasted red, yellow or orange bell pepper
1 Tablespoon red wine vinegar
1 Tablespoon sherry vinegar
1 teaspoon smoked paprika
Pinch of cayenne
1 teaspoon salt
3/4 cup olive oil

Preheat oven to 450. Put tomatoes, pepper, nuts and bread on a baking sheet and roast, turning occasionally. Bread and nuts will be done before the veggies. Keep an eye out.

Put bread and nuts in a food processor and pulse until coarse grind. Add everything else except the olive oil and pulse until desired consistency. With the machine running, pour olive oil in a thin stream until well blended. Taste and adjust seasoning.

NOTE: The amounts are suggestions, add or subtract as you wish. If you like spicy, substitute Poblano or Chipotle peppers for the sweet peppers. If you are using this as a sauce over pasta, you may want a bit more oil to make a thinner sauce.

Keeps for up to a week in a sealed container in the fridge.



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2016 OSU Master Gardener Training Class

NOW IS THE TIME to register for the OSU Clatsop County Extension Service Master Gardener Program. Applications are available online at <http://extension.oregonstate.edu/clatsop/gardening/master-gardener-classes-events>, at the Clatsop County Extension office, 2001 Marine Drive, Room 210, Astoria, (503) 325-8573, or request an application by email from Stacey Hall at stacey.hall@oregonstate.edu. Classes are held at Clatsop Community College – South County Campus in Seaside on Wednesdays from 8:30 a.m. to 4:00 p.m. beginning January 6 and ending March 23. Students will receive over 60 hours of intensive gardening education in the classroom and an additional 60 hours of Volunteer Service as hands-on training. The cost is \$150 and includes your handbook.

The Master Gardener curriculum provides the volunteer with information and references on subjects such as botany, soil management, pruning techniques, integrated pest management and more. The classes are taught by OSU Extension Faculty, veteran Master

Gardeners and experts in their respective fields. Students of all ages and abilities, beginners and experienced gardeners alike, are welcomed in the program.

Your Volunteer Service time is a fun time spent working on projects such as the OSU Extension Master Gardener Information Line, Sunday Market or other plant clinics, as well as hands-on gardening in the Demonstration Garden with Veteran Master Gardeners. The remainder of your community service may be spent on many different projects as diverse as helping to develop and maintain an pet friendly garden project at the Animal Shelter, teaching high school students the basics of gardening, and the annual "Spring into Gardening" and "Winterizing your Garden" events.

If you like to have fun exploring gardening, and are prepared to learn more about sustainable gardening methods to share with the local community please apply to the Extension Office by Monday, November 30, 2015.

Fall is in the air!

Perennials, shrubs, fruit trees,
mums, pumpkins, leaf rakes,
cover crop seed.



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(through September 30)



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OVER 46+ BEERS from across the Pacific Northwest compete in the 14th Annual PNW Brew Cup to be the first keg to blow in the "Thar She Blows" contest. The beer brewer list is growing.

From GROUND BREAKER Gluten Free to all the great coastal breweries from the Long Beach Peninsula's NORTH JETTY BREWING to Lincoln City's RUSTY TRUCK, the friendly little Brew Cup that started out on one 12th St. block founded by Baked Alaska's Chris and Jen Holen is now a mega-fest of brews and music on the Columbia, afforded by the coming crisp of Fall air and thirst for deliciousness and individuality that drives the craft beer movement.

Two Special Events

• PNW Brew Cup Brewer's Reception:

Thursday, September 24 from 6-8pm

Kick off the weekend at the Barbey Maritime Center (2042 Marine Drive) from 6-8pm

to try select beers, meet with North Coast brewers, and sample some delicious eats from the North Coast Food Web.

Tickets are \$35 and include sample tastings, a 2015 Pacific Northwest Brew Cup tasting mug that can be used throughout the weekend, and tasting tokens for the Brew Cup! This event is 21 and over only.

• PNW Brew Cup Brewer's Breakfast: Beer and Pizza...for Breakfast!

Keep the weekend going strong with beer and pizza...for breakfast! A hearty breakfast and beer cocktail – think Beer-mosas – by Baked Alaska at the Brewer's Breakfast on Saturday, Sept. 26.

Sponsored by Pacific Power, a lively panel of local and international brewers and Economic Developers will be engaging in conversation on the economic impact of beer – you don't want to miss this! Tickets are \$15. This event is 21 and over only.

Brewed Up by the Astoria Downtown Association. FREE Admission. Purchase a Souvenir Tasting mug (\$9 ea.) and \$1 tasting tokens. Then tip back and enjoy the stellar line-up of music on the PNW Brew Cup Stage.

Friday, September 25th

- 1:00 – 2:30 – Brownsmead Flats
- North Coast Old Time Barber Shop Brew Cup
- Music Officiaters, Brownsmead, OR
- 3:00 – 4:30 – Boomrad
- Country-Croon – Seattle, WA
- 5:00 – 6:30 – The Talbott Brothers
- Heartland Rock – Imperial, NE
- 7:00 – 8:30 – Three for Silver
- Anti-Americana, World-non-Folk – Portland, OR
- 9:00 – 10:00 – Vinyl Gold
- Neo Soul, Funk – Portland, OR

Saturday, September 26th

- 11:00am -12pm – Troll Radio Review
- 12:15 – 1:00 – Kelsey Mousley
- R&B Songwriting Songstress
- 1:15 -2:00 – Jamie Leopold & the Short Stories
- Quirky Traveling Folk, Portland OR
- 2:15 – 3:00 – Bart Budwig + Band
- Americana, Nuevo-country-folk – Enterprise, OR
- 4:15 – 5:00 – Michael Hurley & the Croakers
- Americana, Folk Legends – Planet Earth

- 6:00 – 7:00 – Beach Fire
- Psych-soul-pop-disco – Portland, OR
- 7:30 – 8:30 – Vaudeville Etiquette
- Ameri-soul-acana – Seattle, WA
- 9:00 – 10:00 – Smokey Brights
- AM Pop Magic – Seattle, WA

Sunday, September 27th

- 11:00 – 11:45 – An American Forrest
- Western Americana – Adna, WA
- 12:00 – 12:45 – Robt Sarazin Blake
- Celtic, Folk-punk – Bellingham, WA
- 1:15 – 2:30 – Student Loan Stringband
- Bluegrass/Newgrass – Portland, OR
- 3:00 – 4:00 – Hook & Anchor
- Americana-rock-in-stock – Astoria + Portland,

Robert Sarazin Blake

& THE put-it-all-down-in-a LETTERS Americana artist with a touch of the punk and Irish from Bellingham and stages of the world. Sunday at Noon.



FOOD GROOVE

NORTH COAST FOOD WEB

Serves up Cooking Classes

North Coast FOOD WEB believes in the power of food to foster good health and to unite a community through the shared often joyous experience of cooking and eating together.

Cooking Up Community is a program of broadreachingfood experiences to instill and enhance cooking skills, a love of the art and an appreciation for the farmers, fishermen, ranchers and foragers who are essential in the quest for food and economic security in our ruralcommunities.



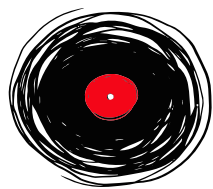
The curriculum of one off classes begins this month. Multiweek courses will begin in October starting with a 5week course on Basic Techniques launching on October 3rd. Each class will top out at 12 students and will be a handson experience ending with a shared meal.

Classes for everyone from foodies to neophytes will include cooking for one or two, meals on a budget, addressing special dietary needs, cooking for the week a delicious detour from the drivethrough, entertaining, cooking with kids and more.

"We believe that cooking and eating together enhances community health beyond the nutritional value of what we create, beyond the delight of planting, nurturing and harvestingsomething to eat, beyond the support we can engender for our local producers. Getting our hands on our food, preparing it with others, sitting at table with new friends we might never have met otherwise that's growing community. It's a delicious weapon in the war on hunger, a

productive treatment for ill health and a celebration of the timeless art of food preparation,"writes North Coast Food Web Board member Merianne Myers.

For registration information, go to northcoastfoodweb.org or call cooking class



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-Sondra Eaton,
Owner/Manager
Peninsula Golf Course &
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Gearhart Hotel & Sand Trap Pub**



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Bridges to Breakers Beach Party Blast
Saturday, September 19

Come by to join our party, which will be rockin' out to the King Brothers, and join bike riders for a buffet that's open to all.

Music: 2:30 pm - Free | Buffet: 2:30 pm - \$25 (free to ride participants) | All ages

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5:00 pm
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astoriadowntown.com

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SEPT. 25, 26, 27 ...FEATURING 36+ NW BEERS & CIDERS!
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GREAT BEER GOOD FOOD LIVE MUSIC

—FOR YOU TO ENJOY ALONG THE COLUMBIA RIVER—

BREWERS' RECEPTION

Thurs. Sept 24 • 6-8 pm

Kick off the weekend with us at the
Barbey Maritime Center (2042 Marine
Dr.) from 6-8 pm to try select beers,
meet with Northwest brewers, and
sample some delicious eats from
the North Coast Food Web.

\$35 Tickets online or at the door.

This event is 21+ only.

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GET-AWAY!**

BREWER'S BREAKFAST

Sat. Sept 26 • 9:30-11 am

Beer-mosas and Pizza for Breakfast
at Baked Alaska (#1-12th Street Pier
12). Sponsored by Pacific Power, a
lively panel of local and international
brewers and Economic Developers
will be engaging in conversation on
the economic impact of beer – you
don't want to miss this! \$15 Tickets
online or at the door. This event is
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2014 People's Choice Award winner was Prodigal Son Brewing in Pendleton, OR for their Huckleberry Wheat.
2014 "Thar She Blows" Award, for the first keg to go was Mill City Brew Works from Camas, WA for their Logsplitter Imperial IPA.
Who will it be this year?!!