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North Coast Land Conservancy throws a  
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Not to Miss: Palmistry Revealed event p23

The Counterculture Message of Pope Francis p10 Jean & Dinah Oct 23

The Justice & Jazz of Chuck Wilder p9 Luke Ydstie First album p12



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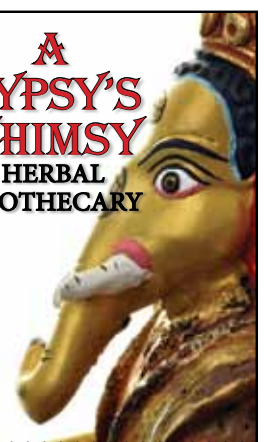
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# BOYS OF ASTORIA

## 2016 CALENDAR

### 2016 UNVEILING



The Man Behind the Camera.

Photo: Dinah Urell

ASTORIA PHOTOGRAPHER TYLER LITTLE unveils the 2016 Boys of Astoria Calendar, follow-up to one of last year's biggest surprises on the streets, soaked in a lot of beer and big culture - proving the town is rich with willing creative types, that just happen to all be men.

Little is a strong collaborator, working with each of his monthly models to concept a personal scheme...er theme, and together they take off for an interactive day in front of Little's lens. A vibrant lighting technique brings each unique scene super-alive, and while the cover shot couldn't get any more macho, the boys in Boys of Astoria, take on a more absurdist verve than a testosterone twist -- not saying all, but this year's calendar provides a wider sweep in concept, fascinating, and well ... just damn fun. Solo, duo and group shots keep the continuity and humor flowing. You can buy sight unseen online or wait till the unveiling party, but this calendar ... every Astorian should own. See YOU at the unveiling. - D. Urell



**Saturday, 10/24 @ KALA**  
**Doors open 7:30pm \$5 Cover Full Bar**  
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# ART

@KALA

## OUT OF CONTROL

**Eva Kirk**  
**With Alex Schumaker**  
**@KALA**

**K**ALA joyfully welcomes Eva Kirk, with artist Alex Schumaker this October Art Walk in Astoria. Kirk, is a multimedia artist from Astoria who works with acrylic, collage, and any other medium she may have at hand. Her chaotic and colorful work is semi-inspired by dreams, the internet and cartoons. The pieces in this show are done mostly on paper.

Kirk (24 years old) was born in Portland and grew up in the Hamlet and Astoria area. Her father, an amateur naturalist and archaeologist when not working in carpentry, was always cataloging plants and animals surrounding their house, and would often take her out exploring in the woods. Kirk studied art at Astoria High School with teacher, Nancy Spann, at Portland Community College, and is currently enrolled in the Clatsop Community College art transfer program. She considers herself more of a self-taught artist.



Alex Schumaker, Skeleton

"I want my work to be more raw, free and personal. I'm interested in art history though and I have been taking classes with Bill Ittmann at CCC. The current images are very personal and are influenced by growing up slightly autistic. I just recently started learning about this, and trying to understand how this affects my brain, and how my brain works differently from other

people—like fixating on certain things and being attracted to unique situations—like otherworldly or fantasy life. Out of Control refers to some elements of violence and accidental events that have no correlation to real events, and sometimes death, but not in a negative way, but more aesthetic—the idea of death and decay—or other-worldliness. My life is in transition right now and this is reflected in my work. I don't plan things out, but just let them come. I really like clashing colors, images and ideas in my work."

### Alex Schumaker

Local artist Alex Schumaker draws much of his inspiration from cartoons, witchcraft and strange music. Using mostly acrylics on wood panels, his works are a combination of symbolism and characters, fitting for the Halloween season.my work."

**Saturday, Oct 10, 5 – 8pm. KALA • 117 Marine Drive in Astoria • 503.338.4878. Open select weekends and by appt.**



Eva Kirk, Out of Control



**jean mann**  
queen o' the tenor guitar,  
uke and various other happy  
noise-makers  
w/ Dinah Urell • Friday Oct 23

**S**INCE 2000, jazz-tinged, Americana singer-songwriter jean has played 100+ dates per year - locally, regionally and nationally.

In 2014, she took her songs to Europe - dazzling the masses in France, Belgium, Germany and The Netherlands. (Ask her about driving in Paris and on the Autobahn).

She's garnered fans the likes of Cyndi Lauper and jazz sensation, Jacqui Naylor. It's no wonder. jean gains hordes of happy ears wherever she performs her musical prose; a truly soul-quenching voice in today's independent music scene.

With five original records in her growing catalog, (blue flower friday records) jean headlines house concerts and listening rooms,

churches, wineries, festivals, and has performed in such iconic rooms as Yoshi's in San Francisco, Tractor Tavern in Seattle, and CBGB's in New York. She has shared the stage with Laura Veirs (Rouner Records) and Vicci Martinez (The Voice) and opened for Peter Himmelman and Blame Sally.

And every year, due to her prowess on tenor guitar, if you're keeping up, she's one of (and sometimes the only woman) featured at Astoria's amazing Tenor Guitar Gathering. So, since she sounds so damn good, KALA asked Jean to please come and grace the stage. One of the owners who likes to sing will be joining Jean that eve, and Jean may join her too. By October 23, they'll have it all figured out.

**So, Join Jean and Dinah for some music making, Friday, Oct 23 at 8pm. \$8 at the door. Door at 7:30, Cocktails and FUN! KALA is located at 1017 Marine Drive in Astoria. 503.338.4878. IN the meantime listen to Jean at [jeanmann.net](http://jeanmann.net). Dinah you can hear singing down the street.**





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**KALA VISUAL ARTS CURATOR:**

**Agnes Field**

## Raising The Dough For Danish Maid Bakery

THE ASTORIA DOWNTOWN FAMILY-OWNED and run business, Danish Maid Bakery, will be closed for several weeks. The owner and sole baker, John Lindstrom, has been in the hospital and had his leg amputated. As a result, the entire family is out of work with no income, medical bills are rising, and there will need to be upgrades to the home and business to make them wheelchair accessible.

A community-wide fund raiser will be held on Saturday, October 24, 2015 with a Walk-a-Thon on the Astoria River Trail from 10:00 am to 12:00 noon. The walk will begin at the Maritime Memorial at Bay and West Marine Drive and will end at the Columbia River Maritime Museum Barbey Center (the old train station) at 20th and Marine Drive. There will be a Silent Auction at the Barbey Center from 12:00 noon to 1:00 pm. Dozens of items for the auction have been donated by many local businesses and individuals.

Walkers are asked to make a donation or get friends to sponsor them for the walk but even if you can't make a donation, come and show your support for the Lindstrom family.

On Friday, October 9, Rusty Cup at 1213 Commercial Street will donate \$1 for each drink sold. On Saturday, October 17, Astoria Coffee



House at 243 11th Street will donate 25% of the day's proceeds. So eat, drink, and help Raise the Dough for Danish Maid.

Donations may also be made to the Wells Fargo account "Raising the Dough for Danish Maid Bakery". To help with the event or for questions, call Muriel Jensen at 503-325-5683.

## Workshops focus on fish passage

TWO UPCOMING forest landowner workshops in Seaside and Salem will highlight best practices to restore and enhance fish habitat in forested streams. The Oregon Forest Resources Institute has organized the free one-day workshops, scheduled for Oct. 27 and Oct. 29, in collaboration with various public and private partners. These include the Oregon Watershed Enhancement Board, the Oregon Department of Forestry, the Oregon Department of Fish and Wildlife, Associated Oregon Loggers, the Oregon Small Woodland Association, Hancock Forest Management, the Oregon Forest Industries Council, Oregon State University and Greenwood Resources.

Each workshop will provide technical assistance, tools and resources to guide landowners with fish habitat and passage projects. Half the day will be spent in the classroom, and the re-

mainder in the field visiting recent fish passage and habitat projects. The aim is to encourage more forest landowners to take on fish habitat restoration or passage. The workshops will help landowners get the information they need to start planning successful projects."

The North Coast Fish Passage and Habitat Workshop is scheduled for Oct. 27 in Seaside at the Seaside Civic and Convention Center, 415 First Ave. The Willamette Valley Fish Passage and Habitat Workshop will take place on Oct. 29 in Salem at the Chemeketa-Eola Viticulture Center, 215 Doaks Ferry Road NW. Both workshops will be held from 8 a.m. to 4:30 p.m. The deadline to register is Oct. 18. To register go to [www.eventbrite.com](http://www.eventbrite.com) and search North Coast Fish Passage and Habitat Workshop.



## Oregon Health Authority announces dates for Behavioral Health System town halls

SEN. SARA GELSER, D-Corvallis, and OHA Director Lynne Saxton are traveling the state to hear from adolescents, adults and families who have had difficulties accessing mental health and substance use disorder treatment in Oregon. Beginning in September through November, OHA will host six statewide town hall meetings for individuals and families to talk about their experiences.

Please save the dates below and watch your email and the OHA website at [www.oregon.gov/oha/amh/Pages/strategic.aspx](http://www.oregon.gov/oha/amh/Pages/strategic.aspx) for additional information, including confirmed meeting locations in the following cities: --

Astoria, Wednesday, November 4, 5-8pm

Albany, Monday, November 9, 5-8pm

Portland, Friday, November 20, 5-8pm.

Please RSVP to [BH.TownHalls@dhs.oh.state.or.us](mailto:BH.TownHalls@dhs.oh.state.or.us) and specify which meeting you will attend. Also use this email address if you require real-time transcription, interpretive services or other accommodations.

## Columbia Pacific Common Sense NO LNG meeting

Thursday, October 15

6:00pm potluck snacks & social

6:30 - 8 pm meeting

3 Cups Coffee House -

279 West Marine Drive, Astoria

There is life after FERC! What's next?

Discussion and Q&A w/ Dan Serres,

Conservation Director of

Columbia Riverkeeper.

Congratulations to **Columbia Pacific Common Sense**, the Astoria-based grassroots group opposed to LNG proposals on the Columbia.

CREDO recently named CPCS a Climate Hero for its work and awarded it \$500!

It takes a lot of villages and volunteers - plus some money - to defeat Oregon LNG.

CREDO is a social change organization that supports activism and funds progressive nonprofits.

**Easy ways to tell  
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we're counting on  
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Oregon Governor Kate Brown has the authority, evidence, and responsibility to say NO to Oregon LNG now. She can stop the waste of state funds and staff being used to process OLN's permits and applications. She can stop our time, talent, and energy being needed to defeat Oregon LNG.

1. Send a postcard, email, or letter to Governor Brown.

2. If you've written letters to the editor about OLN, send a copy to Governor Brown.

3. If you have copies of your comments to City of Warrenton, FERC, or Clatsop County about OLN, send a copy to Governor Brown.

Governor Brown contact info:

Governor Kate Brown

State Capitol Building

900 Court Street NE, 160

Salem, OR 97301

Phone: (503) 378-4582

[oregon.gov/gov/Pages/](http://oregon.gov/gov/Pages/share-your-opinion.aspx)

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## Astoria Co-op Grocery Lecture Series Season Kick-off **Myth-Busters: Breast cancer awareness** from a metastatic breast cancer patient's perspective



OCTOBER IS BREAST CANCER AWARENESS MONTH, and an upcoming talk sponsored by Astoria Co-op Grocery brings the issue into focus with a different take "pink ribbon" messages you typically hear. Speaker, Laura Snyder says there are pervasive myths surrounding breast cancer. With data and statistics Snyder will suggest much different action plans for individuals and groups concerned about breast cancer.

Snyder is a 52-year-old proud mother of two teenagers. She is a former bookseller and Astoria school board member. These days, she is a full-time metastatic breast cancer patient. This includes medical appointments, medication, scans, waiting for results; the usual for the estimated 155,000 metastatic breast cancer patients living in the U.S. today. Part of it is educating herself and others and advocating for action to channel public and private money to scientific research that can make a difference in patients' lives.

"The goal of this talk is to change the entire paradigm of breast cancer awareness in our community

to a new awareness of what is actually needed to end breast cancer. No one dies of early stage breast cancer. It is only when it spreads, or metastasizes beyond the primary site to bones, the lymphatic system, and vital organs, that it becomes a terminal illness," Snyder said.

Snyder says awareness has taken on an iconic tone, when in fact it does not save lives.

"I would like to debunk these myths and challenge the sexualization and commercialization of the breast cancer cause. I hope that the talk will give people tools and ideas to change awareness to action," Snyder said.

Snyder's lecture is on Thursday October 8 at the Fort George Lovell Showroom at 426 14th Street in Astoria. The talk begins at 7 p.m. and goes until 8 p.m. Doors open at 6 p.m. and food and drinks are available for purchase from the Taproom. There will be time for questions and answers. The event is free and open to all ages. It is part of Astoria Co-op Grocery's food and wellness lecture series, Beers to Your Health, ever second Thursday of the month at Fort George.

## Heritage Square Environmental Assessment & Cleanup Project Update

THE CITY OF ASTORIA and its environmental consultant team will host a public meeting on Tuesday, October 13, 2015 from 6:00 to 7:30pm., in the Astoria City Hall Council Chambers, 2nd Floor, 1095 Duane Street. The Team will be presenting a brief update on the environmental assessment and upcoming cleanup of Heritage Square. This update is part of a 30-day public comment period (for the proposed cleanup) that is scheduled to end by November 3rd, 2015, and which can be extended if necessary.

The Heritage Square environmental assessment and cleanup is funded by a Brownfields Grant from the Environmental Protection Agency. Additional information on this project is available at the project website: [www.astoria.or.us/page/400](http://www.astoria.or.us/page/400)

## Gifts that make a Difference Registration Open

Organizations can **now** 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. Organizations 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](http://www.locotimebank.org/gifts-fair) or phone 503-325-6886. For more information, email [LCTimeBank@aol.com](mailto: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 complemented 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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pg 27

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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](http://www.clatsop-casa.org). Please call Ann or Julia, 503-338-6063, or email [casa@clatsopcasa.org](mailto:casa@clatsopcasa.org) to obtain more information on CASA and its services to children.

## Seaview Manor Bazaar at Seaview Manor Benefits THE HARBOR

Friday and Saturday  
October 23,24, 2015  
10:00am to 4:00pm  
135, 12th Avenue  
Seaside, OR 97138

This is an event that features juried art and handmade crafts by local and international artisans including holiday and personal items, home décor and gifts. Items are priced between \$5.00 and \$400.00. Proceeds are donated to The Harbor. The Harbor is the domestic violence and sexual assault resource center serving Clatsop County.

Learn more: [Seaviewmanorbazaar.blogspot](http://Seaviewmanorbazaar.blogspot)

## In Their Footsteps The Oregon Historical Railroads Project



FORT CLATSOP PRESENTS In Their Footsteps free speaker series event. The Oregon Historical Railroads Project by Edward Kamholz is on Sunday, October 18, 1pm.

Edward Kamholz's presentation will focus on railroad logging in Oregon with special emphasis on northwest Oregon.

The Oregon Historical Railroads Project is an historical survey of Oregon's private, public and urban/interurban railroads examining their development patterns with an ongoing effort to make this information available to the public in the form of an on-line map. This resource will track the arrival, establish-

ment, and spread of Anglo culture in the state from the 1870s through the mid-twentieth century. More information is available at [www.ohrp.org](http://www.ohrp.org).

Edward J. Kamholz, M.B.A., is a forest historian and co-author of *The Oregonian-American Lumber Company: Ain't No More* (2003, Stanford University Press).

This monthly Sunday forum is sponsored by the Lewis & Clark National Park Association and the park. These programs are held in the Netul River Room of Fort Clatsop's visitor center and are free of charge. FMI: (503) 861-2471.

## Inspired By Astoria Column Oct 24 • Benefit Exhibition

**THE CULMINATION** of the renovation of the historic and iconic Astoria Column has finally come. To celebrate the four months of hard work by a dedicated and skilled crew, Imogen Gallery is honored to be hosting an exhibition and fundraiser to benefit FRIENDS OF THE ASTORIA COLUMN. Please join us for this special evening Saturday, October 24th 6 – 8 pm at our pop-up gallery space located in the Carruthers Building, 1198 Commercial Street. All are invited to attend the event and enjoy an evening of celebration with the Column's restoration crew. The exhibition will be available for viewing through November 14, Second Saturday Artwalk, hours are 11 – 5 pm Wednesday through Sunday.

For several months now, visitors and locals alike have looked up to Coxcomb Hill, to view the Astoria Column, blanketed in its white shroud. At long last, the monument has been unveiled and scaffolding taken down, to reveal the freshly restored tower. The Astoria Column, erected in 1926 is considered the "crowning monument" of 12 historical markers that commemorate the move west by Great Northern Railroad, beginning in Minnesota. Being the final monument, it took on historical significance as it celebrated the early settlers of Astoria and their role in expanding the United States to the Pacific Ocean. Depicted on the monument is the pictorial narration of events that transpired in the settlement of the area, beginning with the Lewis and Clark Expedition, and culminating with the arrival of the railroad.

The Column over the years has gone through several restorations, the most recent up until now was in 1995. Several of the crew members have returned to participate in the current project, including native Astorian, Aretta Christie. Christie who serves as Documentation Manager to the project felt that the community should get the chance to get to know the individuals who've been working diligently through summer heat, early fall storms and even vandalism to complete the formidable task of repainting the entire structure in the original sgraffito process, an ancient Italian technique. The crew members are all professional artists and have come from as far away as Virginia. Many have had affiliations with the Seattle Opera, as scenic artists.

The October 24th event will be a threefold exhibition and fundraising event. Included to this unique exhibit



Photos: Jeff Daly

will be the paintings, photographs and sculpture of 14 crew members, giving a glimpse of their personal work as artists. There will also be work presented by Astoria High School art students, who have been asked to recreate the full mural's imagery in individual segments that will be hung side by side. The third component to the exhibition will be an interpretive display of historic photographs collected over the years by John Goodenberger, locally noted historian and preservationist who also assisted with both the 1995 restoration and the current project.

Imogen Gallery is located at 240 11th Street, on the vibrant block shared with Cargo and Astoria Coffeehouse & Bistro. Open Monday through Saturday, 11:00 to 5:00, 11:00 to 4:00 each Sunday.







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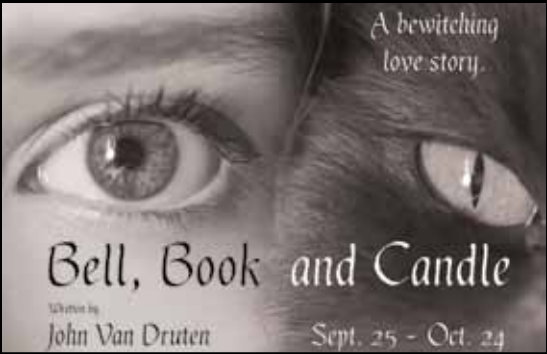
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## Groups share accounts of fight against timber industry power

### Rockaway Beach gathering draws crowd for second year

By Scott Gilbert

**H**OPE was in the air Sept. 17 at the second annual town hall event presented by Rockaway Beach Citizens for Watershed Protection, a group that got its start over something very different in the air.

Aerial pesticide spraying on private timberland that is the source of drinking water for Rockaway Beach drove the creation of the group. The group's influence and grasp of forestry issues have both expanded as it has formed alliances with others seeking clean air, clean water and environmental justice, aiming to change Oregon's forestry law that favors the powerful timber industry.

"Forestry, Pesticides and North Coast Communities" was the name of the program at St. Mary by the Sea Catholic Church, featuring the premiere of "Behind the Emerald Curtain" by documentary filmmaker Shane Anderson.

The half-hour film pulls away the "Emerald Curtain" of Oregon's unjustified reputation for environmental purity, with a deft examination of clear-cutting, pesticide spraying, steep-slope logging, stream degradation, worsening deforestation and other timber issues. "As a filmmaker, I look for stories that affect me," said Anderson, "and all the stories I came across in Oregon affected me deeply."

The film was done in conjunction with Portland-based Pacific Rivers Council, which works to protect and restore rivers and watersheds. Greg Haller, the group's conservation coordinator, talked about the goal of reforming Oregon's forestry law, which is skimpy on oversight and restrictions. Pacific Rivers, which is working with other groups sharing similar goals, is currently arranging screenings of the powerhouse "Behind the Emerald Curtain" around the state.

"We need to really highlight these problems and really do that through storytelling," Haller said. "Essentially, what we're trying to do is reform where people can log and how they log."

Deke Gunderson, an environmental toxicologist who teaches in the environmental studies program at Pacific University in Forest Grove, cheered on the Rockaway Beach group and the area residents who filled the fellowship hall at St. Mary.

"You're doing the right thing," he said, comparing the group to the one led by Love Canal activist Lois Gibbs, who spoke at Pacific University last year. "You have to make a stink about things. You have to create bad publicity for the private industry that's creating some of these problems."

He gave a brief rundown on how mixtures of pesticides and chemi-



**THE JETTY CREEK WATERSHED** — now 82 percent logged — is the source of drinking water for Rockaway Beach and is the site of logging practices that led to the formation of Rockaway Beach Citizens for Watershed Protection.



**LANDSLIDE** Landslides like this one are among the dangers tied to current Oregon forestry practices, as explored in the film "Behind the Emerald Curtain."



**FORLORN WATERFALL** Water cascades down a barren hillside, picking up sediment and other contaminants as it passes through an Oregon clear-cut in a scene from "Behind the Emerald Curtain."

Photos courtesy of Shane Anderson/Pacific Rivers/Lighthawk



icals, which are sprayed on clear-cuts to wipe out species that compete with timber-company seedlings, can combine to create highly carcinogenic dioxin and other unpredictable formulations. "There's always more to that mix than what they're talking about," he said.

Chandra LeGue, western field coordinator for Portland-based Oregon Wild, talked about her group's longtime focus on protecting and restoring federal lands, which have much stronger environmental rules than their private counterparts. She noted, however, that the group is establishing ties to others who are fighting the private-land problems that gave rise to the Rockaway Beach group.

"We're going to be hiring a grassroots organizer," she said, who will "work with some of the communities here on the north coast."

Wheeler city manager Geoff Wullschlager described the frustration of trying to get spray information from a timber company and state officials. He used an online bulletin board to update his city's residents, who turned up the heat on the timber company.

"Your voice matters," said Wullschlager, adding that the message to take from the town hall was: "When you do get together — regardless of county divide or city lines — when you get together as a group, they do hear you."

Lisa Arkin, executive director of the Eugene-based environmental justice grassroots group Beyond Toxics, described recent successes in which the organization has played a role. Many of them were in Oregon House Bill 3549, the "baby buffer bill" that became law and re-established a 60-foot buffer in which pesticides can't be sprayed around homes and schools.

The law also established a 24-hour pesticide complaint hotline with a 24-hour response deadline, meaning people exposed to pesticides and citing health problems can now get the spray records promptly. Spray notifications that currently cost money will be put online in a free, searchable format, and applicator training was made more stringent.

A big success, she said, was simply getting a health-based policy added to Oregon forestry law. "We got the Legislature talking about health in the Forest Practices Act," she said.

Screenings of "Behind the Emerald Curtain" and its eventual release online will be announced at [pacificrivers.org](http://pacificrivers.org). Rockaway Beach Citizens for Watershed Protection is online at [facebook.com/rockawaybeachcitizens](http://facebook.com/rockawaybeachcitizens) and can be reached at [rockawaycitizen.water@gmail.com](mailto:rockawaycitizen.water@gmail.com) or 503-355-2516.



# My Heroes Have Never Been Cowboys

ON SEPTEMBER 27, 2015, friends gathered at the Bridgewater Bistro in Astoria to mourn, remember and celebrate Dr. Charles "Chuck" Wilder. Known to the region as jazz pianist par excellence, there is strong reason, and all that knew and loved Chuck would agree, Dr. Charles fully graced it. As you read the piece "My Heroes Have Never Been Cowboys" he penned for publisher Michael McKusker's now defunct quarterly North Coast Times Eagle, (written on MLK's birthday in 1987), you'll have resource to understand that the art of jazz was fully embodied in this man. And the greatest beauty was in the listening. He made no bones about it, performing the hundreds of nights that he did here on the coast over 30 years, Chuck allowed himself to play the music that deeply touched his soul -- jazz ruminations -- and we got to hear it. If, you were listening.

Chuck's daughter Cara got up to the microphone at the Bridgewater memorial (where Chuck last played for a number of years) and simply stated to folks, "Dad was Justice and Jazz." Chuck Wilder came to the region as the first director of Clatsop Community Action - which continues 30 years later - with a doctoral degree in Social Welfare from Berkeley Campus. As McKusker noted in his radio prologue dedicated to his friend this past September, "in the turbulent times."

Chuck Wilder cared, he helped poor people, he helped all people, with his heart and his music, and what I'm really trying to finally say is -- you heard the real thing on the keys, he was the man, there weren't no other.

- Friend and Musical Associate, Dinah Urell

**I GREW UP** with mostly white-ethnic steelworkers and gangsters in Youngstown, Ohio, where the rivers caught fire and the snow turned gray overnight. The satanic mills are idle now, good news for the Mahoning and the Cuyahoga Rivers but a lingering death for the steelworkers.

As a kid I was what they euphemistically called a 'bad egg'. So my family, members of the minority WASP small-business clique, often sent me to my room at night. There I would lie in the dark fiddling with the dial of my Silvertone radio, tracing the contours of the universe like the blind man in the cave. Alan Freed was in Cleveland then calling himself "MoonDog". At exactly midnight, this unspeakably funky, erotic baritone sax would launch into his there, "Blues for the Red Boy" by the Tod Rhodes band (I'll pay \$50 for a clean copy on the old 'King' label).

The later it got the more stations you could pick up; Detroit, Chicago, New York, and from Boston, the legendary 'Symphony Sid'. That's when I started listening to 'Bird' and Art Tatum and Hampton Hawes and all those other shadowy, angelic figures who were going to rearrange my life. I was only 13 or 14, but through some genetic fluke I could hear it right away.

I went down to the record store and asked; "Do you have anything by Charlie Parker?" and they brought me this 10-inch LP with his picture on the cover. I took it in my pink little hands and stared at it, and thought, "This can't be him. This guy's a nigger."

I mean, I really did think nigger, because that's how it was in that grimy little corner of industrial civilization gone berserk. (Blacks) were okay in their place---far away from or wives and daughters company board-rooms, labor unions, crime syndicates, etc. They even excelled at certain primitive, glandular stuff, like what you heard on some of the Nashville stations back then or what they had in mind for our wives and daughters. But they weren't supposed to be able to cope very well with the intellectual and moral demands of high civilization, which is why they needed watching rather carefully.

They weren't supposed to be able to forge from the crucible of their collective misery our most aesthetically advanced and technically challenging indigenous art form.

Something was awry. My parents, neighbors, teachers, etc., were regular Christian folks. They wouldn't lie on purpose. But music has no purpose other than to be heard, and therefore can't lie at all.

Anyhow, I wanted to learn it real bad and the only way to do that was to go where it was being played. So it wasn't long before I was sneaking out of my room down to the local black & tan pubs and roadhouses and after-joints. Then on to Cleveland (when I was 15 my dad took me to hear Sonny Stitt at a place called the

'Hi Hat') and later to Chicago and San Francisco where history was being made every night at the 'Beehive' and 'Jimbo's Bop City' and other teeming, exotic, subterranean conservatories of that era. At certain times they'd let me sit in, and that's how I started learning to play.

But I learned something else, too. I learned real fast and hard and close-up what our lies had done and were doing to a whole beautiful race of men, women and children. Those buttons the (Saul) Alinsky organizers used to pass around the ghetto summed it up plenty: "Is There Life After Birth?"

I got to thinking stuff like, 'how many Charlie Parkers and Billie Holidays have we effectively maimed, crippled, aborted, destroyed, before they ever got a chance to fly?"

And what of all the rest, the ones who couldn't run faster or fly higher than whitey? Don't forget what they had given me. So I didn't have to wait for Vietnam to experience the kind of radical moral damage (not to be confused with anything so trifling or expungable as guilt) that would push me to the margins of society for the rest of my life.

I gave up music for a long time and started reading and listening to Dr. King and getting involved in Civil Rights activities in the Bay Area. I hung out with Beat poets, anarchists, Trots, neo-Wobblies, Muslims, SDS'ers, and even some of those really chilly, straight-looking 'Party' guys who would march right into a neighborhood and say, "Are you ready for the city-wide rent strike, folks?"

I started making the connections between race and poverty, power and privilege, and so on, taking it out into the streets.

Heady stuff, and for a while it worked. And partly because it worked, soon enough along comes John Kennedy and LBJ with their 'War On Poverty' hype saying, "Hey kid, don't get too weird because we'll send you to graduate school and train you and pay you to fight in a way that'll make your mom and dad and your President proud, and you'll have a real income so you can play music on the weekend."

(Everybody likes to fit in somewhere, get a little status and legitimacy. I was such a pushover that I'm still doing it 20 years later with Ronnie Ray-gun at the helm busting his cruel little britches to rid the land of all of damaged, marginal types.)

America had found a place for us after all, just like (Herbert) Marcuse said it would in One Dimensional Man. We would be sequestered in universities and bureaucracies with responsible

## Justice and Jazz Chuck Wilder Sept. 29, 1939 Sept. 17, 2015



sound-  
ing names like 'Human  
Resources Development Council, Inc.'

We could dissect the beast, contrive piecemeal solutions, and do society's dirty-work. They even invented and Alice in Wonderland phrase to describe it: "Working within the System" --- just to remind us that there was only one (system) and who was in control.

I wonder how much longer I can do it. It's getting awfully cold out there again and we're losing so much ground. Mostly I just want to climb into my bubble and play. Nothing can touch you there, and sometimes you can bring folks a little ways home, back to music and a symbolic form, an evolving of the human spirit, and not just a vortex of sensations. Sometimes I even imaging that if I play my piano good enough, if I squeeze (the music) out of the deepest chambers of my soul like the heart pumps bold, maybe it'll help bring a few people closer together for a moment or two.

That's what it's all about anyway, what Dr. King really tried to teach us. Which poet said it best (Rexroth, Auden, Rene Char)? "We must love one another or die." And at least for that brief, turbulent historical moment (of the 1960's) lots of us seemed to believe it --- to believe that it was possible for each of us to identify with the suffering and thwarted hopes and aspirations of other human beings wherever they were and whether or not we ever got to know their names or faces. And from that would come solidarity and commitment, sister and brotherhood, vision and steady work --- the things Dr. King's birthday will forever stand for and that America has already forgotten.

In fact, some people still don't understand why we should have a national holiday for Dr. King. There are too many other deserving candidates, they say (chiefly white males). But I remember in the early '60's when I first started organizing in places like the Mission District and Hunter's Point where you had families of seven living in two-room high-rise apartments and tenements with rats and roaches, rotten pipes and cracked plaster, enforced dependency, degradation, despair...And two out of three times there would be a picture on a wall --- usually one of those cheap mass-produced red, white and blue tapestries --- a picture of Martin Luther King. And I'm here to tell you that's it. That's all the hope there was in that home and millions like it all across America.

cont. pg 12



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



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**In LAUDATO SI: ON CARE FOR OUR COMMON HOME**, Pope Francis lays out a comprehensive critique of the ideology and practices that have led modern human society to a vast ecological crisis that threatens not only the earth's precious biodiversity, but also warms its climate to the point that the lives of future generations are gravely threatened. In the spirit of Francis of Assisi, recognizing the fellowship of humanity as brother and sister to all created beings, the pope also elaborates a way to so alter our self-destructive path as to re-create a healthy, bountiful world serving the deepest needs of all, rather than the compulsions of consumerism. This is a rare Encyclical, comparable in scope to Pacem in Terris, Pope John XXIII's treatise on peace written in the context of nuclear confrontation in the Cuban Missile Crisis. Its effect was to turn the Catholic Church, though not the world, toward peacemaking. Pope Francis may get a broader response, particularly from the young, as they will be most severely affected by continuation of the present treatment of the earth.

At the outset, Francis refers to Pope Paul VI's 1971 statement foreseeing 'ecological catastrophe under the effective explosion of industrial civilization' and the 'the urgent need for a radical change in the conduct of humanity.' In 1972, the Club of Rome, a group of secular intellectuals published *The Limits to Growth*, which posited "spaceship earth" as a delicate combination of ecosystems that could not withstand a reigning ideology of unbounded growth. The seventies saw a reappraisal in scholarly circles of the consumer culture, with particular regard for its toxic effect on the environment. This perspective filtered into society as the ecology movement, which brought about a body of environmental law in much of the industrialized world. But when President Jimmy Carter, recognizing the limits to consumption, exhorted his fellow Americans to live more simply, he met disdainful rejection, and from the eighties onward, consumerism, full throttle, spread its acquisitive ideology worldwide. At this point, with seas acidifying and coral reefs, the mothers of sea life dying, and polar icecaps melting, bringing rising sea levels that will inundate many of the world's largest populations, Pope Francis rises to indict a "deified market", a "technocratic paradigm" and a "throwaway culture". Globalized consumerism, he says, "may well be leaving to coming generations debris, desolation and filth." He does not blame this state of affairs on capitalism per se, stating: "Business is a noble calling..." Local and regional enterprises or cooperatives do not acquire the power and mania for dominion that transnational corporations and finance do. Also command or authoritarian economies can be just as destructive to the environment as more market driven ones.

Francis intertwines three ideals in his plea for radical change in our way of life: the need to recognize the massive inequalities the present system has generated and thus attend to the cry of billions

of the desperately poor; the need for all nations to come together in binding agreements setting strict limits on further exploitation of the earth; and the need to subordinate individual private gain to the common good. One means of serving the common good is heeding God's biblically stated "preferential option for the poor." In the seventies, that practice came to life in Latin American "base communities", where priests and nuns shared the lives of the poor, becoming their advocates. An Argentine, Francis is the first Latin American pope and has intimate familiarity with this practice.

As did St. Francis, Pope Francis sees all life as interconnected. Untrammelled lust for wealth creates industrial excess,

which enriches the few and impoverishes the many, along with the earth. Big commercial fishing, for example, uses dynamite and cyanide, which traumatizes the sea bed. As oceans yield fewer fish due to such abuse and acidification from greenhouse gases, marginal fishing communities are uprooted, the people turned into migrants without benefit of refugee status. This also happens in the poor Global South when free trade agreements permit agribusiness giants to sell grain at lower prices than indigenous small farmers, thus uprooting them from their land, driving them to cities where they live impoverished lives amid heaps of trash. Here we see a paradigm where the economic overwhelms the political, as international agreements give license to corporations under an ever expanding free trade regimen. Yet when the nations come together in yearly conferences to set limits on the use of fossil fuels and other producers of greenhouse gases, many of the same economic powers keep them from enacting enforcement mechanisms.

Francis laments the ascendancy of a technocratic paradigm, which sees rapidly changing technology as the means of "progress". But technology replaces people with machines, thus depriving them of decent work. And the digital links it creates are far more superficial than

those of family and community. Moreover, the notion that a godlike technology will deliver the world from the effects of industrial excess is absurd, since technology is the handmaiden of industry, enabling it to alter the earth and exploit its resources at an ever more rapid pace. Technology also universalizes the consumerist lifestyle, thus stretching the planet's capacity to the breaking point. Industrial technology enables toxic extractive procedures that rip the earth apart, polluting vital water aquifers. Francis recognizes in the technocratic mindset a myopia, wherein attention is paid to particular problems at the expense of seeing the bigger picture. With its instrumental mindset, technology lacks a vision of truth, beauty or ethical virtue

present in timeless religious writings. The alternative to the technocratic paradigm and the throwaway consumer culture it serves is a restored vision of the common good and the interconnected-

edness of all life. Here is where the orientation to life of the medieval saint most informs the present pope. The belief that life is creation and not mere matter generated by chance to be manipulated and controlled, is of essence. For creation implies divine spirit running through all matter making it sacramental and therefore holy. This is the mystical vision of life that transcends and unifies all particular expressions of faith. The vision and feeling of the sacredness of all creation enables us to treat all aspects of it, living and non-living as Thou. Twentieth century Jewish mystic, Martin Buber distinguished between "I-Thou" and "I-it" relationships. If the other created being, human or non-human, is Thou, then I treat the other with dignity, as an end, and not simply a means to my end. But technocratic consumerism contains only I-it relationships. All creation is reduced to matter or energy to be manipulated or violated for momentary gain. Endless novelty in consumer products flood the markets, while depleting resources and leaving mountains of toxic waste. People consume to fill the empti-

ness inside that comes of a society lacking transcendent purpose.

Francis would have us see all life, even that which seems small and insignificant, as Thou, as St. Francis and, indeed Jesus did. A vital aspect of Thou is the sacred trust between human generations. The rapid loss of biodiversity as species become extinct, due to human alteration of the earth, means that our children and grandchildren will see an ever decreasing number of the immense variety of species that have populated the earth. All these species are of importance in the web of life, and we have no right to destroy them. Francis sees an anthropocentrism at the center of the techno-economic paradigm that wrongly degrades our common home, heedless of the species it extinguishes, to feed ever increasing, wasteful human consumption.

The use of water is a particularly telling example of what Francis means by respect for life. While it is the basis of all life, prevalent industrial processes squander and pollute water, rendering it unnecessarily scarce. Agribusiness cuts down rain forests to make palm oil or graze cattle. These practices cause the loss of thousands of species, desertification and drought. We can already feel their effects, as witness the intense drought in California and much of Africa. Francis observes that the Amazon and Congo basins, the "lungs of the planet," are not treasured as such, but exploited and damaged in service of short-term commercial gain. Ever scarcer water is often privatized, or sold as a commodity which the poor cannot afford. Treating the poor as Thou, and not throwaway people, governments should guarantee an inalienable right to water.

The bottom line then is the covenant between generations. Without radical change in human treatment of sister earth, our children and grandchildren will have a much diminished world, ridden by drought, famine, intense heat, great water shortage and pandemic disease. Responsibility to posterity, as well as to the earth itself, must in the final analysis drive people away from compulsive consumption and towards preservation. The vast ecological crisis caused by our wasteful way of life calls us to what Pope Francis calls "ecological conversion." This involves rejecting the throwaway culture by reusing materials, avoiding plastic and living more simply. Boycotting the biggest polluters and those that privatize the commons is worth consideration. Repenting of the false need for limitless mastery over creation, we gain freedom to experience inner peace, as we serve the poor and revive the earth, rebuilding communities of nourishment. However, Francis is clear that such positive change depends on binding international agreement, led by large, wealthy industrial powers like the US, to greatly reduce greenhouse gases. Minus such action, catastrophic effects will occur, initially in the poor nations of the Global South, and ultimately worldwide. Should the present impasse continue, the effects of climate change could become so severe that doomsday scenarios would no longer be unrealistic.

By  
Stephen  
Berk



## The Countercultural Message of Pope Francis to All Humanity



# ASTORIA INTERNATIONAL FILM FESTIVAL

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

The Liberty Theater

## Friday, October 16

5:15 – 7:05pm **The Salt of the Earth**

Reception @ Lightbox Photographic Gallery follows screening  
Documentary (PG13) France, Brazil. Directed by Wim Wenders  
Oscar Nominee, 2015 Academy Awards Best Documentary  
Hauntingly beautiful documentary on the renowned photographer  
Sebastiao Salgado. Salgado has traveled for the last 40 years through the  
continents, in the footsteps of an ever-changing humanity, witnessing the  
major events of our recent history: international conflicts, starvation and  
exodus. He is now embarking on a huge photographic project, a tribute to  
the planet's beauty. – Cannes

7:15 – 8:35pm **Voyagers Without Trace** (Les Voyageurs Sans Trace)

Documentary USA. Directed by Ian McCluskey - Northwest Filmmaker  
West Coast Premiere, Exclusive Pre-Release Screening  
Ian McCluskey will be present!

In 1938, three French adventurers were the first to kayak the great rivers  
of the American West. Seventy-five years later, filmmaker Ian McCluskey  
stumbles across a historic marker in Wyoming. Inspired, Ian learns to kayak  
and sets out with two friends to retrace the French Trio's path down the  
Green and Colorado Rivers. Ian's journey leads him through the American  
West and back to Europe. He uncovers unexpected connections to World  
War II, the French Resistance, Brigitte Bardot, and the spirit of adventure.

8:45 – 10:45pm **Wild Tales**

Dramatic (R) Argentina, Spain. Directed by Damian Szifron  
Spanish with English subtitles. Oscar Nominee, 2015 Academy Awards  
Best Foreign Language Film  
"Wickedly hilarious and delightfully deranged" since premiering at the  
Cannes Film Festival (where it allegedly received a 10 minute standing ova-  
tion), Wild Tales has invited audiences to experience the pleasure of losing  
control. -- Cannes



## Saturday, October 17

12 noon – 1:40 pm

**Dinosaur 13**

Documentary USA.  
Directed by Todd Douglas Miller  
Todd Douglas Miller's en-  
grossing documentary of  
what remains the world's  
largest, most complete Ty-  
rannosaurus Rex skeleton.  
This Sundance Opening  
Night film chronicles an  
unprecedented saga in  
American history and  
details the fierce battle to  
possess a 65-million-year-  
old treasure. Filmmaker  
Todd Miller excavates  
layer after layer, expos-  
ing human emotion in a  
dramatic tale that is as  
complex as it is fascinat-  
ing. – Sundance

**THE 9TH ANNUAL ASTORIA International Film Festival**  
(AIFF) opens on Friday, October 16 and continues through  
Sunday, October 18. Smart, intriguing and stimulating films  
from around the world, including four major coups unheard of  
for a film festival of AIFF's intimate size.

All of the films have been meticulously selected from the  
top film festivals – Cannes, New York, Sundance, Toronto,  
Venice, as well as outstanding examples of Northwest film-  
making at its finest, to celebrate Astoria's "arts and smarts"  
(Smithsonian Magazine) moniker.

Filmgoers can expect a thoughtfully curated collection of  
ten world and USA independent filmmakers' films –  
documentaries and dramatics -- and one short film, com-  
plemented by opportunities to interact with the filmmakers  
and fellow filmgoers, including Q&A with the directors who  
will be present, and after-film receptions. Films \$5, Pass \$40.

2:00 – 3:30pm. **Finding Vivian Maier**

Documentary USA. Directed by John Maloof and Charlie Siskel  
Oscar Nominated, 2015 Academy Awards Best Documentary  
"Absorbing, touching and satisfyingly enjoyable." Now considered one  
of the 20th century's greatest street photographers, Vivian Maier was a  
mysterious nanny who secretly took over 100,000 photographs that went  
unseen during her lifetime. Since buying her work by chance at auction,  
John Maloof has crusaded to put this prolific photographer in the history  
books. Maier's life and art are revealed through never-before-seen photo-  
graphs, films, and interviews. – Toronto

4:00 – 6:00pm. **Ingrid Bergman: In Her Own Words**

Reception follows screening  
Documentary Sweden, Directed by Stig Björkman  
Swedish and English with English subtitles.  
World Premiere: Cannes Film Festival, May 2015  
North America Premiere: New York Film Festival, October 2015  
Sweden's planned submission to the 2016 Academy Awards, Best Docu-  
mentary  
The 9th Astoria International Film Festival pays tribute to Astoria's Scandi-  
navian heritage with this year's "Centerpiece Film."  
This is a lovingly crafted film about one of the cinema's most luminous and  
enchanting presences, composed from her letters and diaries (extracts  
of which are read by Alicia Vikander), the memories of her children (Pia  
Lindström and Isabella, Ingrid, and Roberto Rossellini), and a few close  
friends and colleagues (including Liv Ullmann and Sigourney Weaver),  
photographs, and moments from thousands of feet of Super-8 and 16mm  
footage shot by Bergman herself throughout the years. Stig Björkman's  
focus is not on Bergman the star but on Bergman the woman and mother:  
orphaned at 13, drawn to acting on the stage and then on film, sailing  
for Hollywood at 24 and then leaving it all behind for a new and different  
life with Roberto Rossellini. Ingrid Bergman in Her Own Words is, finally, a  
self-portrait of a truly independent woman. A Rialto Pictures release. – New  
York Film Festival

7:00 -- 8:30pm **Black Road**

Sci-Fi Thriller USA, Directed by Gary Lundgren, Northwest Film-  
maker  
Northwest Premiere, Gary Lundgren will be present!  
In 2029, an ex-military drifter risks his life to protect a woman from her dan-  
gerous ex in a lawless coastal town after Oregon secedes from  
the Union. He's aided by his A.I. (artificial intelligence) implant  
"Clyde" who proves partner and friend.

8:45 – 10:45pm, **Clouds of Sils Maria**

Dramatic (R) France, Directed by Oliver Assayas  
"Clouds of Sils Maria is an absorbing, richly detailed drama  
with impressive depth and intelligence." Academy Award  
winner Juliette Binoche (The English Patient), Kristen Stewart  
(Twilight Saga) and Chloë Grace Moretz deliver career-defining  
performances in this seductive and mesmerizing masterpiece.  
Shot on location in the village of Sils Maria, Switzerland as well  
as Zurich, Leipzig, Germany and South Tyrol, Italy. -- Cannes

## Sunday, October 18

11:30 – 12 noon, **Coffee & Croissants** -- FREE

12 noon – 1:20pm, **Voyagers Without Trace** (Les Voyageurs  
Sans Trace)



## Les Voyageurs Sans Trace

Second screening. Please see listing under Friday at 7:15 pm. Ian McClus-  
key will be present!

1:30 – 1:50pm, **The Radio** (short film) -- FREE

Dramatic USA, Directed by Michael Boylan. Michael Boylan will be present!  
When a love-struck young boy suddenly loses his uncle, he is left devas-  
tated and without a clue how to win the affection of a girl from his middle  
school; until his mother gives him a transistor radio that had belonged to  
his uncle. In this touching short film, the boy learns valuable lessons about  
life, love, and making each moment count.

2:00 – 3:30pm, **Seymour (Bernstein): An Introduction**

Documentary USA. Directed by Ethan Hawke  
The 9th Astoria International Film Festival pays tribute to the stellar work  
and achievements of the Astoria Music Festival with this compelling  
documentary.  
In this wonderfully warm, witty, and intimate tribute from his friend, Ethan  
Hawke, the great classical pianist Seymour shares unforgettable stories  
from his remarkable life and eye-opening words of wisdom, as well as in-  
sightful reflections on the dedication, perseverance, and fortitude essential  
to creating both art and a rewarding life. – Toronto

3:45 – 5:15pm, **Casablanca**

Romantic Dram USA. Directed by Michael Curtiz  
An undisputed masterpiece and perhaps Hollywood's quintessential  
statement on love and romance, Casablanca has only improved with age,  
boasting career-defining performances from Humphrey Bogart and Ingrid  
Bergman. Bergman, the subject of this year's "Centerpiece Film", is best  
remembered for her role in Casablanca.

**Bill Plympton's animated shorts**

Sprinkled throughout the Festival lineup will be select shorts from indie  
animation legend Bill Plympton (born and raised in Portland). Plympton's  
shorts are frequent official selections at the major film festivals around the  
world, as well as Comic-Con International: San Diego.

FOR MORE DETAILS PLEASE VISIT [GOAIFF.COM](http://GOAIFF.COM)

Astoria International Film Festival is a non-profit organization





# Come Together: LUKE YDSTIE'S First Solo Album *Collected Essential Works*

By  
Robin  
Bacior

**SOMETIMES THINGS FALL INTO PLACE.** That seems to be the motto for Luke Ydstie's relationship with music. A childhood native of Astoria, Ydstie grew up in the midst of music; his father, a jazz bassist (now in London for some time), and his sister a musician he's played with throughout the years (including in local band The Hackles). His childhood was active with music, but it was never a focus, more of a passing.

"We'd fool around on the piano and stuff like that, try and sing the harmonies on Simon and Garfunkel records," Ydstie said.

Despite his seemingly peripheral interest, it was enough to propel Ydstie to head to PSU for a music degree, focusing on bass (after a brief stint as a vocal major). During his time at PSU, Ydstie began playing casually with a few other musicians, one being Israel Nebecker. One day while Ydstie was waiting for the bus he ran into Nebecker, who at the time was in the midst of recording the first Blind Pilot album, *Three Rounds And A Sound*, and looking for a bassist.

"I very obviously had a bass on my back," Ydstie laughed. Though he hadn't been playing long, Ydstie went in to record on the album and became a permanent member of Blind Pilot. The album launched a high amount of success for Blind Pilot, leading to a hefty amount of touring. During this time, starting roughly around 2011, Ydstie began tinkering with his own songs, though with no endpoint in mind.

"I didn't really have any intention of making an album until it happened," Ydstie said. That decision was made roughly two years ago. From then, Ydstie began slowly putting one together, starting by recording the basics at Portland's Type Foundry with friend Adam Selzer. Ydstie figured he'd take the tracks home and finish the record up. This happened to coincide with having his first child with longtime partner, Kati Claborn (Blind Pilot, Hook & Anchor).

"Hazel was born, and those tracks just sat there for a while," Ydstie laughed.

About a year later, Ydstie found the time and turned them into his first solo album, *Collected Essential Works*. The name came as a small joke, though one most don't seem to catch on to.

"I was trying to pull from lyrics, but it all seemed too serious or something, so I just went with something that seemed really serious," Ydstie laughed.

With elements that compliment his contemporary groups Blind Pilot and Hook & Anchor, Ydstie explores his own territory away from the bass. Aside from percussion, banjo and harmonies (Ryan Dobrowski and Kati Claborn), Ydstie arranged and played every instrument on the album.

"Not having bass and being able to do whatever I want to the songs, it definitely feels like a very different beast," Ydstie said.



Tracks like "Shine" stand out as Ydstie's strength as a songwriter. Sparse melodic placement, enough to accent the pop-fluent vocal hooks. There's a simplicity to his music that one might tie to his longtime role as a bassist, that ear for the main point.

"I don't always think like a bass player," Ydstie said. "Over years of playing I've gotten to a place where I feel I do already and have the necessary restraint to be a good bass player, which I feel is really a large part of the picture, that restraint. I think as far as how that affects songwriting, it's been an evolution that's parallel of how to be a better bass player and how to be a better songwriter and how those things feed into each other."

That sense of restraint feels present in these songs. The overall tone of the album rides a mellow line, with enough movement to feel upbeat, but never pushing. Everything feels placed, not fallen. Though Ydstie's musical path feels like natural coincidence, maybe his success comes from understanding when to step.

"With songwriting and exploring that more, a big part of the thing has been sort of choosing really carefully what you put in there, every word being important," Ydstie said. "It's like playing [bass], it's so easy to play a bunch of notes, and it's so easy to throw a bunch of words and make something, it's really easy to overburden stuff, and I think avoiding that does a lot of good for both those roles."

**LUKE YDSTIE CD RELEASE EVENTS: Friday, October 9, 9:30pm, No cover, VooDoo Room • Saturday, October 10, 46 North Farm in Olney, Barn doors open at 7pm, show starts at 8, \$15 per person. Limited Tickets! CDs & Vinyl available for sale. Refreshments available by donation. Go to [46northfarm.com](http://46northfarm.com) to purchase tickets; Sunday, Oct 11, Fort George Brewery, 8pm.**

Justice and Jazz cont.

Today we focus our national shame myopically on those who have no home at all. We invent a new sociological category ("The Homeless"), a new code word for wholesale, systematically induced and thoroughly preventable human misery and despair. The (Regan) Administration dawdles and broods over the onerous prospect of spending a couple hundred million dollars on the problem (not really "the problem" at all, only its most conspicuous casualties), after it has just finished decimating conventional public housing and other critically needed mainstream social programs in this country, after it has annually approved five-times as much money for military bands as it has to house the homeless.

And we let them get away with it? It's supposed to be our land, too --- and that's another thing Dr. King tried to teach us --- but it isn't any more.

I think we should try and take it back. I think we should quit screwing around, get off this "networking" kick (another code word for some sort of quasi-political masturbation), and get down to some serious, sustained organizing, coalition-building, social and political action.

If it strikes some of you as rather old fashioned and utopian, you're right: old fashioned because it's the only means short of violence by which a powerless people has ever managed to shape history rather than let it grind them into human fodder; utopian because you've got to have a pretty big, powerful dream just to lever the real thing forward a few inches at a time. And, one way or another, you've got to start at home.

Look around the North Coast at all these little enclaves and coteries of artists, crafts-people, intellectuals, anti-nuclear groups, women's and human rights activists, hip entrepreneurs and chic professionals, KMUNines, Times Eagle muckrakers, and so on. But nothing much ever seems to happen --- just more coffee and conversation, more frazzled indignation, more "networking."

(Some groups will take issue, saying, "Our impact is subtle, diffuse, prefigurative. You just can't measure it that way." Right. I'll be damned if I can get it to register at all --- which, I hasten to add, is not to dismiss either the intrinsic value or latent potential. Without these groups, we wouldn't even have that.)

Why, for instance, are we content to hand total initiative for community and economic development over to the Chamber of Commerce, the Port Authority, the military, the absentee corporations? Why do we only react at best? Why not get our own dreams and our own act together? If we don't, you can bet your quiche who's going to lose out, and then you may have to go someplace else to get away from the beast and talk about what needs to be done without bothering to do it.

Of course we're not unique. It's the same all over America these days.

Why try to keep it secret? We're through trying. We've washed our hands of it. We just want to be left alone with our toys, our career paths, our self-fulfilling little projects and diversions, our omnivorous pursuit of meaningful relationships and rosy self-images. And that would be just fine (Who am I to knock it?), except for two things.

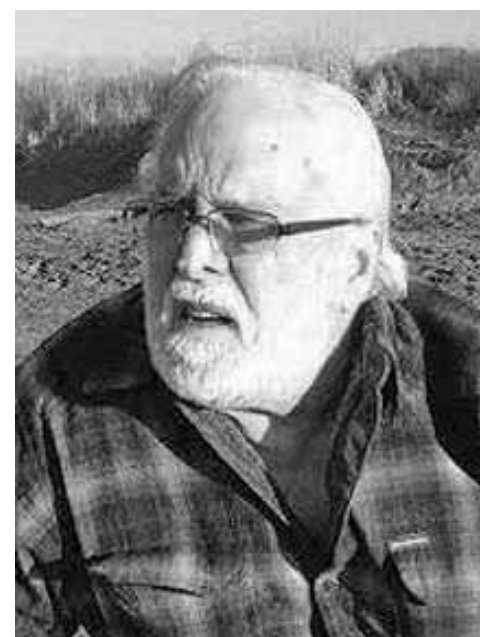
First, we have no right to allow other people, very large numbers of people indeed, to suffer as a result of the same institutional arrangements that make it possible for us to carry on this way. Obviously, I am convinced not only that we have no such right, but also a positive obligation to change these arrangements. But I can't prove it to you. Either you understand it or you don't.

Second, there is growing (many say conclusive) evidence that the planet itself cannot endure arrangements of this kind much longer. It needs us to come back to each other, just like the poet said. It needs us now. To these ears, it cries to us almost the way Billie Holiday did when she sang "Strange

Southern tree s/ Bear Strange Fruit / Blood on the leaves / And blood at the root / Black bodies swinging / In the Southern breeze, / Strange Fruit / Hanging from the poplar trees...

Once upon a time, Martin Luther King was my hero because I thought he stood for the kind of person we should all try to become in order to make a better world. It's no fairy tale any longer, but maybe I was wrong. Maybe he stood for what we must become to keep the one we've got.

~ Dr. Charles Wilder, NORTH COAST TIMES EAGLE, MARCH 1987





## The North Coast Symphonic Band Rain, Rivers and Sea • Oct 25

THE NORTH COAST SYMPHONIC BAND begins its 36th season of presenting quality wind band music to the greater North Coast community by presenting a concert titled "Rain, Rivers and the Sea" at 2 P.M. on Sunday, October 25, at the Liberty Theater, 1203 Commercial, in Astoria. Dave Becker of Manzanita returns as conductor and musical director with a seasoned group of forty-five musicians. Local guitarist David Drury and trombonist Bob Joiner will be featured soloists and Drury's Basin Street NW Duo will perform a pre-show at 1:30 P.M. Auditorium doors open at 1:15 with open seating.

Conductor Dave Becker is an avid fisherman on the Columbia River and in Nehalem Bay. His inspiration to plan this concert featuring music influenced by or about water came to him as he captained his boat called "Major Scales." Drury will solo on "Here's That Rainy Day" in an arrangement by Dave Robertson of Rockaway. Joiner will go "Slidin' Down the Mississippi" with a medley of tasty old-time jazz tunes based on river melodies. All will recognize G.F. Handel's "Water Music" as it fills the Liberty Theater with its buoyant sounds. Richard Roger's "Victory at Sea" will present the grandeur of music inspired by America's Greatest Generation. Even the marches will relate to water as the NCSB performs Karl King's "The Coast Guards March" and John Philip Sousa's "Hands Across the Sea." Johan de Meij's "Aquarium Suite" consists three movements inspired by tropical fish including neon tetras, seahorses, and guppies. The concert's river music includes "American Riversongs," "Platt River Run," and "Bridges over the River Cam." After the dry summer we've experienced recently, come prepared to get doused in the moist sounds of the North Coast Symphonic Band in concert.

Tickets for the October 25th concert are available at the Liberty Theater Box Office which is open Tuesday through Saturday from 2 - 5:30 P.M. and two hours before the performance. Regular admission is \$15, student admission is \$7, and children twelve and under are admitted free. Ticket prices are kept low because the generosity of band patrons helps cover expenses.

Most sections of the band are full with waiting lists but there are still openings in some sections such as trumpet, oboe and percussion. Interested musicians should own their own instrument, play at the advanced high school level or higher and be willing to rehearse weekly. Contact Personnel Director Lee Stromquist at [encore1@charter.net](mailto:encore1@charter.net) or 503-861-1328 for information about joining the band or the waiting list. For more information about the concert, email [ncsband@charter.net](mailto:ncsband@charter.net) or call 503-325-2431.



Bob Joiner and Dave Drury deliver jazz

## Astoria Visual Arts Expands Artist-in-Residence Program Two Local Artists Selected for Oct-Dec. Residencies

ASTORIA VISUAL ARTS Artist-in-Residence Program, has selected Kinzi Gordon and Liz Harris of Astoria for the upcoming three-month residencies, which run Oct 1st through Dec 30th.

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

Kinzi Gordon will be creating an interactive mural of dual elements, working with the concept of a story about the layers of fantasy projected over our

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

AVA was founded in 1989 as a non-profit membership organization to enhance, strengthen and promote the arts in the Greater Astoria Area. For more informa-



Ribbon 2, Liz Harris

reality, and how our technology blurs the lines between them. Gordon will create illustrations on transparencies to be placed anywhere on a first layer of mural, by visitors to the studio, thereby engaging with her audience.

[www.cargocollective.com/kinzigordon](http://www.cargocollective.com/kinzigordon)

Artist Liz Harris creates intricate black ink drawings on paper, adapted into prints and wall-paintings. Expressing precarious tension between cohesion and dissolution, these compositions are formed from pattern fields that break apart and mutate, only to reincorporate themselves back into the larger whole. Harris plans to work on a detailed wall-painting for the duration of the residency, and a series of smaller drawings that will be published in an upcoming (2016) art book by Shelter Press. Explorations will continue a recent trajectory into pattern making that incorporates a more organic line. This line is based off of studies of water surface texture.

<http://www.repeatingpattern.com/>



A History Of Touch Kinzi Gordon

tion about AVA or to support or learn more about the AVA a-i-r Program. [www.astoriavisualarts.org](http://www.astoriavisualarts.org)

### Saturday October 10 Art walk.

Astoria Visual Arts Invitational

Dozens of Astoria Visual Arts members and regional artists. 5-8pm Fort George Lovell Showroom 1483 Duane St.

### Saturday Oct 17th

Astoria Visual Arts annual membership meeting at Fort George Lovell Showroom 11am-1pm.

AVA welcomes its members and the public to its annual membership meeting on October 17th 11am at the Fort George Lovell Showroom, 1483 Duane St., Astoria. During the meeting, AVA members will elect nominees to the AVA governing board. Light refreshments will be provided.

For more information visit: [www.astoriavisualarts.org](http://www.astoriavisualarts.org)

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# B2B Baja to the Beaufort Sea *Riding the Wild Edge*

By Lorraine Ortiz

Just don't call it a coffee table book.

When North Coast Land Conservancy throws a launch party for *The Wild Edge: Freedom to Roam the Pacific Coast* in Astoria on Oct. 23, it's doing more than helping sell a book full of pretty pictures.

Published by the non-profit, Seattle-based press Braided River, *The Wild Edge* is a book—and something more. It is witness to a stunningly beautiful and precarious part of the Earth. It is a voice at



Katie Voelke, Executive Director of North Coast Land Conservancy. Photo: Randall Henderson

the leading edge of a movement to conserve land and water with an eye to connectivity—in this case, the interconnectedness of the disparate ecosystems all along the coast of North America, from the tip of Baja to the Beaufort Sea high in the Arctic. And it's a call to action—or actions, because at its heart, the book is a testament

to the power of small groups and individuals to collectively make a difference—on behalf of marine and coastal conservation.

And it's a gorgeous photography book.

How Seaside-based North Coast Land Conservancy got involved with *The Wild Edge* and came to throw the first launch party for the book is another story of connectivity. It began two years ago, when Eugene writer Bonnie Henderson was asked by an editor working on *The Wild Edge* to contribute to the book by writing a dozen profiles of conservation champions along the book's Baja-to-Beaufort—or “B2B”—territory. Henderson is the author of four books, including two hiking guidebooks published by Mountaineers Books, of which Braided River is an imprint. She jumped at the opportunity. Henderson had also been volunteering for NCLC for several years, leading canoe tours of NCLC preserves on the John Day and Skipanon rivers and contributing articles to the land trust's newsletters, and she was already a convert to the gospel of connectivity. Her connection to the North Coast, like that of many people, started in childhood with visits to a friend's beach house and continued during college summers, when she waited tables in Cannon Beach. After college she started her journalism career—which would lead from newspapers to magazines, books, public relations and even writing interpretive signage for wildlife refuges—as an editor at the *Seaside Signal*. She became acquainted with NCLC through her brother, Randall Henderson, who serves on the group's board of directors. Once she met land trust founder Neal Maine and Executive Director Katie Voelke, she says, “I was just captured by the group's vision, the dedication and effectiveness of the staff, and just the magic of the whole enterprise.

“I love that NCLC works only with willing landowners—no one is being pressured to conserve their land. But people are drawn to the mission and want to be a part of it. Particularly in the face of challenges such as climate change, the concept of land conservation and landscape connectivity—of assuring that plants and animals here will always have room to move, to adapt to whatever comes their way—is really compelling.”

Editors at Braided River had suggestions about whom Henderson should interview for *The Wild Edge*, including activists photographer Florian Schultz had met and been impressed with in his travels from Cabo San Lucas to Alaska's North Slope. But they also asked Henderson if she had any ideas for people to profile. “I have one,” she recalls telling them. Not only would Katie Voelke represent the important work of land trusts—alongside that of scientists, academics, tribal leaders,



Rugged shoreline along Katmai National Park, Alaska. Photo: Florian Schulz

and others—but she knew Katie to be a thoughtful, articulate spokesperson for the role of regional land conservation in the larger effort to preserve a healthy planet.

“I love what Katie has to say about the concept of land restoration,” Henderson says. “She tries to avoid using the word



Wild Edge contributor, journalist and author, Bonnie Henderson

‘restore’—‘What are we restoring it to? Like it was when dinosaurs roamed the Earth?’ Her point is that conditions on this planet are in constant flux. We are in a period of rapid climate change right now. I'm glad there are people working on that issue—trying to put the brakes on global warming. Meanwhile, investing a lot of resources to save one particular species or another isn't nearly as powerful as investing in habitat. Because if critters don't have space, they have no hope of adapting and surviving in a quickly changing world.”

“Is it a coastline? Not exactly. The B2B—Baja California to the Beaufort Sea—contains a shoreline, but its reach is broader, deeper, more ample ... It's a wildlife corridor, a migratory pathway, a trade route, a channel of nutrient flow, a biological hot zone, a corridor of idea exchange and energy transfer. Its constants are energy, movement, and life.”

Photographer Florian Schultz is hard to wrench out of the field—he is at work on other projects and was not available to come to the Oct. 23 launch party in Astoria. But Barcott agreed to come, both to read from the book and to share some of Schultz's images.

Serendipitously, at the same time *The Wild Edge* was in development, North Coast Land Conservancy was moving toward taking on a new challenge of its own, one entirely aligned with the philosophy and mission of the book. *The Coastal Edge Conser-*



Bigeye jacks in the Cabo Pulmo National Marine Park, Baja California Sur, Mexico. Photo Florian Schulz



vation Initiative doesn't have the geographical reach of B2B, but relatively speaking, it's still big—stretching from Tillamook Head to Nehalem Bay. And it is ambitious. The goal is to conserve large tracts of what are currently commercial tree farms and allowing them to grow once again into complex, uneven-age, biodiverse rainforests. For the land conservancy, the charm of this stretch of the Oregon Coast lies in the proximity of the ridge tops to the ocean shore—a matter of a mile or just a few miles in some cases, such as at Onion Peak and Angora Peak east of Arch Cape. In places such as these, by conserving just a few hundred acres it is possible to conserve an entire watershed. That's big bonus for wildlife. And it's huge for humans who value clean water, salmon, and scenery.

In addition to speaking and showing Schultz's photography, Barcott will be available to sign books, as will Henderson. The new edition of her *Day Hiking: Oregon Coast*—published by Mountaineers Books—has just been released and will be available at the event as well. Since completing the profiles for *The Wild Edge*, Henderson has deepened her involvement with NCLC, transitioning from occasional volunteer to part-time staff member. Working mainly from her home in Eugene, she now writes and edits newsletters and press releases, works on the website, and otherwise assists the land conservancy with its communications.

"At this point in my life," says Henderson—she's 60—"I don't want to waste time. I want to use my skills to contribute to something meaningful. Land conservation, and conservation of this particular landscape, and NCLC's approach to it, fits that bill perfectly."

"There was no travel budget for the profiles," Henderson says of the interviewing she did for *The Wild Edge*. "I did it all with telephone interviews. I talked with a researcher at his office in Cabo San Lucas, I talked with some people in an office on St. Paul Island in the middle of the Bering Sea. I interviewed one guy by satellite phone while he waited for the ocean to thaw around the boat he was single-handing up the BC coast off the Great Bear Rainforest. I tracked down a couple of orca researchers on vacation in Hawaii and talked to a native fisherman in Bristol Bay. It was absolutely the best kind of writing assignment—totally aligned with my own interests."

One of her profile subjects—Ezequiel Ezcurra, a professor of plant ecology and director of the Institute for Mexico and the United States at the University of California—wound up writing the forward for *The Wild Edge*. "This book is a celebration of one of the most heterogeneous arrays of environments on Earth that, paradoxically, function as one single life-giving region," Ezcurra writes.

"Reading this book and looking at its beautiful images, we cannot help but wonder about these enigmatic connections between the land and the sea and how these connections might change in the future as a result of the human-driven transformation of our planet. If all things are so interrelated, how can we allow nature to be destroyed bit by bit without recognizing the impact this destruction will have on the continuity of life on Earth?"

Seattle author Bruce Barcott was asked to write the introduction for *The Wild Edge*. "This book," he begins his essay, "is about a new way of looking at the world."

## New book explores North America's Wild Edge

STRETCHING along the jagged western edge of the North American continent, the Baja to Beaufort ecosystem encompasses a range of oceanic and coastal habitats, including rivers, estuaries, lagoons, forests, and other large interconnected landscapes. This region is also home to many migrating marine species—gray and blue whales, Pacific salmon, leatherback sea turtles, and bluefin tuna—that travel thousands of miles, seamlessly across national borders. They link north to south, the tropics to the Arctic, and even ocean to forest.

Through images and words from German photographer Florian Schulz, an introduction by Bruce Barcott, an epilogue by Philippe Cousteau, essays by leading scientists and writers, and personal stories of local environmental champions, *The Wild Edge: Freedom to Roam the Pacific Coast* highlights the critical notion that ecosystems are interrelated—and that ecosystem health is wholly dependent upon the preservation of ecosystem connectivity. The book highlights the astonishing breadth of the "B2B" ecosystem and how it can be safeguarded. It suggests that success lies in preserving connectivity and protecting not only the biological "hotspots" but also the threads that connect them, from the ocean floor to the highest branches of redwoods and Sitka spruce.

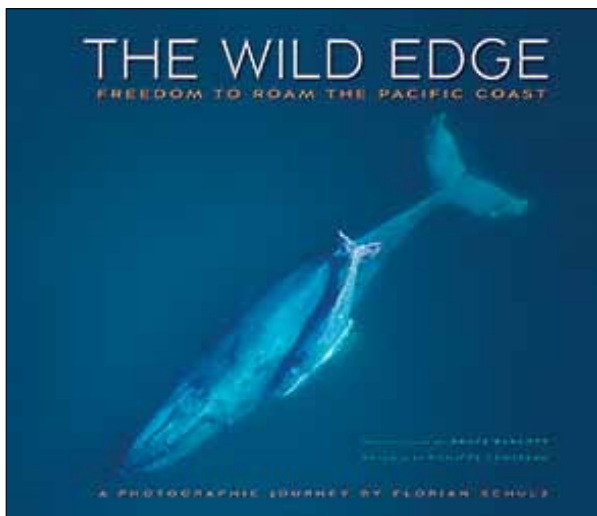
Like the award-winning *Freedom to Roam: Yellowstone to Yukon* (2005), Schulz's first project with nonprofit Braided River press, *The Wild Edge* is designed to reach beyond the printed page to connect with audiences through presentations such as this one in Astoria (the book's first launch party), museum exhibits, and other collaborations with conservation organizations working towards marine and coastal protection, such as North Coast Land Conservancy. *The Wild Edge* brilliantly documents this rich corridor and makes a compelling call to action. It clearly demonstrates both why we must be concerned, and why we can be hopeful.

## An Environmental Writer of Wide Vision

BRUCE BARCOTT is a former Guggenheim Fellow in nonfiction and an award-winning author who writes about science, the environment, and the outdoor world. He is a frequent contributor to the *New York Times*, *Rolling Stone*, *National*

*Geographic*, *Atlantic Monthly*, *Outside* magazine, and many other national publications. *The Last Flight of the Scarlet Macaw*, his critically praised true story of a woman fighting a global corporation and a corrupt government to save the world's most beautiful bird, was reviewed on the front cover the *New York Times Book Review* and was adopted as a "One Book"

choice by a number of cities and colleges across the United States. His previous book, *The Measure of a Mountain: Beauty and Terror on Mount Rainier*, earned the Washington State Governor's Award. His latest book, *Weed: The Future of Legal Marijuana in America*, was published by Time Books in April 2015. Barcott lives on Bainbridge Island, outside of Seattle, with his wife, author Claire Dederer.



# A Wild Evening in Astoria

Friday, October 23

5 to 7 p.m.

The Loft at the Red Building,  
20 Basin Street, Astoria

Join supporters of North Coast Land Conservancy at a gala evening celebrating coastal conservation and release of the landmark book *The Wild Edge: Freedom to Roam the Pacific Coast*,

a dazzling photographic journey from the deep ocean to the summit of coastal-fronting mountains from Baja to the Arctic. Seattle author Bruce Barcott, lead essayist for *The Wild Edge*, will read and share images by photographer Florian Schulz following an introduction by NCLC's Katie Voelke, one of the conservation champions profiled in the book. Enjoy food and drink provided by North Coast Food Web and Fort George Brewery and buy copies of *The Wild Edge* signed by Barcott and contributing author Bonnie Henderson.

Proceeds benefit NCLC's conservation work on the Oregon Coast.

Tickets (\$10) are available at North Coast Land Conservancy's Seaside office (2609 N. Roosevelt Drive; 503-738-9126) or online at [wildedge.brownpapertickets.com](http://wildedge.brownpapertickets.com).

A few VIP tickets (\$100, \$150 and \$250)—including a pre-event reception from 4 to 5 p.m., signed copies of *The Wild Edge* and other gifts—are still available from the same sources.

NCLC is grateful for additional in-kind support from Anchor Graphics and Cannery Pier Hotel.







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Altar Installation

LUMINARI ARTS celebrates October with frightening Halloween tricks and treats! Diane Jackson's life size paper mache Day of the Dead altar installation features Guillermo the mariachi and Winnifred, his beloved, in after death repose! Also featured: Day of the Dead dolls by Charlotte Bruhn and Alan Issacson, hand painted skull hooks by Desi Trash; a vast selection of jewelry and cards perfect for the season, and scary gifts for goblins, ghouls and zombies!

Get into the season everyday and Astoria's Oct. 2nd Saturday Art Walk, 5 – 8pm. Luminari is locacted at 1133 Commercial in Astoria. Open 7 days a week.

Ghostly Tales from Around the World  
with storyteller Alton Takiyama-Chung  
At Astoria Public Library • Oct 23

AFRAID OF THE DARK? You will be after listening to Ghostly Tales from Around the World at the Astoria Public Library-450 10th Street, Astoria. On Friday, October 23 at 6pm, award-winning storyteller Alton Takiyama-Chung will perform stories ranging from benign Halloween tales to those that make adults uncomfortable to those that make teenagers look over their shoulders into the shadows. As this event is intended for an adult audience, the stories may be too frightening for young children. Admission is free.



Takiyama-Chung grew up with the stories, superstitions, and magic of the Hawaiian Islands. This, combined with his Japanese and Korean roots, gives him a unique perspective to tell cultural tales and personal stories with a deep sense of reverence and authenticity. Not only does he breathe life into traditional Asian folktales with sensitivity and deep connection, but he can also touch into the fire of ancient Hawaiian legends and tell them with passion and respect. Alton also collects oral histories from elders for the Oregon Nikkei Legacy Center and tells true stories of the Japanese-Americans during WWII, but his true passion is telling ghost stories:

"When I became a storyteller, the first stories I told were ghost stories. Growing up in Hawaii,

many people told obake or ghost stories or tales of strange things that happened to them or a friend. As an adult, I was not hearing those stories anymore and I realized that the stories I heard as a child were part of the culture of that time. I have since tried to document and preserve many of the stories I heard growing up as a slice of life, a reflection of the time in Hawaii when I was a child."

Dance with DJ I'mcodefour  
this Halloween

Check out listings for Halloween in the Daily Calendar – the coast gets spooky, real spooky, with parties galore for big kids.

DJ I'Mcodefour gets down at the AAMC, Costume prizes, and friendly atmosphere and a huge dance floor give you space to be who you wanna be.

Who are you?  
Located at 342 10th St., 2nd Flr in Astoria. \$5 Cover, 21+ please.





## Friday 9

### MUSIC

Water Music Festival. At various locations on the Long Beach Peninsula. [watermusic-festival.com/](http://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.

Luke Ydstie. CD release party. 9pm at the Voodoo Room in Astoria.

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

Wild Bells. No cover, 9pm at the Adrift Hotel in Long Beach.

### 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

Fungus Festival. Featuring an appearance by local mushroom and foraging expert Veronica Williams. 3 – 6pm. Held during the Columbia-Pacific Farmers Market in Long Beach.

State of the Bays Celebration. Learn about the Five Estuaries of Tillamook County. Tours, field trips, and discussions. See website ([tbnep.org/state-of-the-bays-2015](http://tbnep.org/state-of-the-bays-2015)) for schedule and locations.

Chinook Winds Open 10-Ball Championship. At Chinook Winds in Lincoln City. [westernbca.org](http://westernbca.org)

### LECTURE

Talking About Dying. A community conversation. 6pm at the Astoria Public Library.

### THEATER

True West. \$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/](http://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.

Jesse Lee Falls. \$15, 7pm at the Astoria Armory.

Staphanie Schneiderman. \$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.

Tiny Barn Show. Luke Ydstie CD Release Party. \$15, limited number of tickets. 8pm at 46 North Farm, 897502 Hwy 202 Astoria. Get tickets at [46northfarm.com/events.html](http://46northfarm.com/events.html)

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

Wild Bells. No cover, 9pm at the Adrift Hotel in Long Beach.

### 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](http://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/](http://columbiapacificheritagemuseum.com/news-events-2/cranberrian-fair/)

Home & Chef Tour. Tour five beautiful country homes with fantastic treats from local restaurants provided at each residence plus special event at Brim's Farm & Garden. \$25, 11am – 4pm near Astoria. [assistancelaguecp.org/events/home-tour](http://assistancelaguecp.org/events/home-tour)

Community Tribute for Sharnelle Fee. Open to the public. 3 – 5pm at the Warrenton Community Center.

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

Comin' in Over the Rock. Food, drink, live music, story telling. A benefit to raise money to reprint a new edition of Peter Lindsey's "Comin' in Over the Rock." Donations accepted, 7pm at the Cannon Beach Chamber Community Hall.

State of the Bays Celebration. Learn about the Five Estuaries of Tillamook County. Tours, field trips, and discussions. See website ([tbnep.org/state-of-the-bays-2015](http://tbnep.org/state-of-the-bays-2015)) for schedule and locations.

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](http://westernbca.org)

### LECTURE

Talking About Dying. A community conversation. 2pm at the Driftwood Public Library in Lincoln City.

### LITERARY

Mystery Author Book Signing. Jan Bono will be signing the first two books in her long-awaited cozy mystery series set on the Long Beach Peninsula. 10am – 2pm at Long Beach Coffee Roasters.

### OUTSIDE

Fall Kite Festival. 10am – 4pm on the beach at the D-River Wayside in Lincoln City.

### THEATER

True West. \$8 - \$16, 7pm at the ASOC Playhouse in Astoria.

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

## Sunday 11

### MUSIC

Ray Prestegard. 10am – 3pm at the Astoria Sunday Market.

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

Etza Rose. 8pm at the Adrift Hotel in Long Beach.

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

Luke Ydstie/Brian Bovenizer. No cover. 8pm at Fort George Brewery & Public House in Astoria.

### ART

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

### HAPPENING

One Sky, One World Kite Celebration. At the World Kite Museum in Long Beach. [kitefestival.com/events/one-sky-one-world](http://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/](http://columbiapacificheritagemuseum.com/news-events-2/cranberrian-fair/)

Chinook Winds Open 10-Ball Championship. At Chinook Winds in Lincoln City. [westernbca.org](http://westernbca.org)

### LECTURE

Midwives and Mothers in Africa. Learn about Teso Safe Motherhood, a clinic in Uganda that is improving lives for mothers and babies, and how you can help. Join midwife Marion Toepke who has done medical volunteer work at Teso Safe Motherhood in Uganda since 2009, to learn about these trends and the reasons for future hope for safer childbirth. Also handcrafted jewelry, purses and belts on display made by African women in Teso Community. Complimentary refreshments. 3-5pm at KALA in Astoria. 1017 Marine Drive, Astoria.

### OUTSIDE

Great Columbia Crossing 10K Run/Walk. Across the Astoria Megler Bridge. \$40 - \$45. [greatcolumbiacrossing.com/](http://greatcolumbiacrossing.com/)

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.

Fall Kite Festival. 10am – 4pm on the beach at the D-River Wayside in Lincoln City.

## Monday 12

### MUSIC

Etza Rose. 8pm at the Adrift Hotel in Long Beach.

### ART

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

## Tuesday 13

### MUSIC

Etza Rose. 8pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

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

## Wednesday 14

### MUSIC

Robin Bacior. 8pm at the Adrift Hotel in Long Beach.

### HAPPENING

Night of All Knowledge Team Trivia Tournament. Free, 6pm at the Seaside Library.

### 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.

## Thursday 15

### MUSIC

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

Little Wings. No cover, 8pm at the Sou'wester Lodge in Seaview.

Robin Bacior. 8pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

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

### LECTURE

Lower Columbia Diversity Project. Cops and Community, A Local Perspective. A panel discussion of Community Policing with representatives from the Astoria, Cannon Beach, Gearhart, Seaside, and Warrenton Police Departments. 7 – 9pm at the Judge Guy Boyington Building in Astoria.

### LITERARY

Dark & Stormy Night. Mystery, crime and thriller writer, L.J. Sellers, author of the Detective Jackson mysteries, the Agent Dallas thrillers, Wrongful Death and The Trap will speak. Free, 4pm at the Driftwood Public Library in Lincoln City.

### THEATER

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

I Hate Hamlet. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

## Friday 16

### MUSIC

The Von Trapps. No cover, 7pm at the Sand Trap Pub in Gearhart.

Moorea Masa. 9pm at the Adrift Hotel in Long Beach.

### CINEMA

Astoria International Film Festival. All events \$40, individual screenings \$5 each. At the Liberty Theater in Astoria. Schedule at [goaiff.com](http://goaiff.com)

### HAPPENING

Palmistry and your Inner Self Revealed. Palmistry officianado Kathleen Dudley analyzes your palm, on screen, on stage. Participate or just be an audience member. Learn tools to understand this very old technique of self-analysis. \$10 admission. Cocktails and soup available. 7:30 – 9:30 at KALA in Astoria. 1017 Marine Drive.

### THEATER

True West. \$5 - \$10, 7pm at the ASOC Playhouse in Astoria.

Dames at Sea. Musical. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

I Hate Hamlet. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

## Saturday 17

### MUSIC

Hi Fi Mojo. 9pm at Roadhouse 101 in Lincoln City.

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

*Listings continued on pg. 21 - 23*

## MORE MUSIC



## Robin Bacior

Portland singer/pianist Robin Bacior's voice speaks of a much older soul. With well-crafted folk vignettes softly painted in waltz timing, her songs reveal honest

pictures with instrumentation as a medium to illuminate her lyrics.

**October 14 – 15, 8pm at the Adrift Hotel in Long Beach**



## The Von Trapps

The great-grandchildren of the Captain and Maria von Trapp, are reinventing the legacy of their birthright for the modern age. Bright, melodic acoustic

tunes fly off the stage.

**Friday, October 16 at The Sandtrap in Gearhart. 7pm, FREE. All ages Welcome.**

## Midlo

Songwriter, musician and performer Mike Midlo plays a concert of his original Northwest music on six-string guitar **Sunday, November 8** at 4 p.m. for an Oysterville WA house concert. Using the stage name MidLo, he has toured America to considerable acclaim, sharing his songs in folk, country, ballad and lyric styles, with “a tune to whistle and a good story to tell.”

Writers Robert Michael Pyle of Gray's River and Florence Sage of Astoria open the concert with “a dash of poetry.”

Midlo donated the concert as a fundraiser for Fishtrap



Writing and the West program in Enterprise in Wallowa County, where he is Fishtrap program manager, and brings the concert to Oysterville at no charge, courtesy of

For information or to attend, call Sydney Stevens at 360-665-4716.



## Bell, Book and Candle at The Coaster a bewitching love story. thru Oct 24



Susi Brown and Daric Moore get  
witchy in Bell, Book & Candle

**GILLIAN HOLROYD** is a New York City 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 to 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.

CAST: PRISCILLA FAIRALL (Gillian Holroyd) DARIC MOORE (Shepherd Henderson), SUSI BROWN (Miss Holroyd), WILLIAM HAM (Nicky Holroyd), KATHERINE LACAZE (Stage Manager)

EDWARD JAMES (Director / Set Designer) – Edward James is a life-long theater professional. After earning a Masters in Playwriting, he developed his acting chops in the Midwest working at The Guthrie Theater in Minneapolis, Actors Theater of Louisville and Kentucky Shakespeare Festival among others. He lived a decade in New York, doing regional theater and appearing on numerous daytime and prime-time television shows including All My Children, The Cosby Show and Dr. Ruth. For thirteen years, he was Artistic Director for Sylvia's Class Act Dinner Theater in Portland where he produced and directed more than 50 shows. Credits since then include directing Don't Dress for Dinner and Christmas Carol for the defunct River Theater, The Passion Of Dracula, The Foreigner and The Farndale Murder Mystery for Astor Street Opry, and She Loves Me at the Coaster Theater. Currently, he hosts Kaleidoscope Wednesdays on KMUN-FM. And, once upon a very long time ago, he was a military intelligence agent.

**Performances: Sept 25 - October 4, 9, 10, 15, 16, 17, 18, 23, 24. Talkback Thursday: Oct. 15. Thurs, Fri, and Sat performances start at 7:30pm. \$15 - \$20.**

## ASOC presents **TRUE WEST**

**LOCAL THEATER GUY** **MARKUS BROWN**, loved for his super-snide portrayal of Shanghai'd villain Crooke, comes this time to the director/producer role at ASOC, and it is once again. Brown brought us Cuckoo's Nest a coupla seasons ago, and we must again thank him for taking these edgy, classic tour de force works to local stage.

Sam Shepard's TRUE WEST, which premiered in 1980, is said to be the third in a family trilogy, which includes Fool For Love, and Buried Child, (seen in these parts and directed by Karen Bain on the PAC stage at least a decade ago). Speaking of Karen Bain, a rare treat, she's not sitting in the director's chair but acting in this one.

On choosing TRUE WEST, Brown says, "It's always struck a chord in my soul, from both the type of story it is and from a personal up-bringing with my brother."

Witnessed mostly in their mother's kitchen, Austin and Lee put up the brotherly fight, one a screen writer, and the other, a pest of sorts, perhaps the black sheep. We see them tangle in Shepard style, and at the root may be a symbol for tangling with one's own creativity. Whatever the case as Brown comments, "The show is one story, with many



Jason Hippert and Ben Van Osdol

underwritten themes. It highlights the difficulties between siblings, the dynamics of a supposed poor childhood, the gentrification of the Californian countryside (or the death of the old west) and many more."

Brown also designed the sets, with the help of Thomas Brownson and Robert Allen in construction. Remembering the Cuckoo's nest stage which played a strong creative role in that production, we can look forward to the same treatment here.

"It's" always a pleasure to undertake a show and then explore and sound out ideas and concepts the show may have buried in its texts, with likeminded people. This cast, Jason Hippert, Ben VanOsdol, Karen Bain and Dan Driscoll,

has been amazing to work with, they've brought their own life experiences to flesh out these fascinating characters," says Brown.

**Mentally sizzle into fall with this thought-provoking, roller-coaster of a ride. True West opens on 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. \$15 to \$8. For more info or to purchase tickets call 503-325-6104 or online @ [www.astorstreetypry-company.com](http://www.astorstreetypry-company.com). ASOC Playhouse is located at 129 West Bond Street in Astoria.**

### Riverbend Players Present Over the River and Through the Woods

**TENGO FAMIGLIA!** -- an Italian expression that means "hold the family together" -- weaves its way throughout "Over the River and Through the Woods," the hit off-Broadway comedy written by Joe DiPietro, presented by Riverbend Players October 17 - November 1. This clever comedy spotlights the priority shift in the younger generation from family-centered identities to career-driven ones.

Directed by Jeff Slamal, the story takes shape after 29 year-old grandson Nick announces that a job promotion would move him across the country from New Jersey to Seattle. His crestfallen Italian grandparents immediately plot to

make him stay. A barrage of humor and sentimentality ensues as Nick's grandparents try to change his mind about moving, by introducing a charming young woman into the mix. The cast includes Peter McClure, Annie Naranjo-Rivera, Janet Robinson, Mike Scott, Sedona Torres, Michael Dinan.

PERFORMANCES at the North County Recreation District Theater, 36155 Ninth St, Nehalem, OR. Show times are as follows: Friday, 10/23 & 10/30 @7pm, Saturday 10/17, 10/24, 10/31 @7pm, Sunday 10/18 & 11/01 @2pm. Admission is \$15 (children under 12 free). For information or advance tickets call 503-368-7008.

### 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!

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. FMI: email [info@tillamooktheater.com](mailto:info@tillamooktheater.com) or find us on Facebook.

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](http://www.tillamooktheater.com)

### JUST IN TIME FOR HALLOWEEN

#### Liberty Theater Players

#### The Haunting of Billop 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](http://ticketswest.com) 1203 Commercial Astoria. Box Office 503.325.5922 Ext 55. Open Wednesday-Saturday and 2 hours before curtain.





## Laura Hamje: Edge of The World At IMOGEN



Rails, 8 x 10 oil

ASTORIA, known as a place of icons and vast views has attracted locals and travelers alike, who pay homage to the historic and not so historic. Photographing, painting, and writing about such places as the Astor Column, the Goonie's House, Big Red, the Flavel House, remnants of pilings left from the grand days of a thriving fishing industry, but one of the most iconic is the Megler Bridge. This is what has captured the attention of Seattle based artist Laura Hamje, who

brings a new series of oil paintings, Edge of The World for her first solo exhibition in Astoria. The exhibition will open for Astoria's Second Saturday Artwalk, October 10th with a reception for the artist, 5 – 8 pm. All are invited to attend and enjoy an evening with the artist. Food and drink will be provided by the Astoria Coffee-house and Bistro. The exhibition will be available for viewing through October 10th through November 10th.

Laura Hamje has found herself haunted for years by our own beloved bridges, as a result her imagery most often focuses on our grand and iconic Megler Bridge. Her strong love and fascination for the area has become informative to her work, shaping her vision and sense of composition.

While this is Hamje's first exhibition in Astoria, her paintings have been shown up and down the west coast from Seattle to Los Angeles, most recently including participation in Out of Sight, a curated survey exhibition of contemporary Northwest artists that was held in Seattle in the shadow of the first ever Seattle Art Fair, that took place this summer. She has also been juried into Au Naturel: Nudes In the 21st Century by Jane Beebe,

owner and director of PDX Contemporary, where she was awarded 2nd place for her drawing. She earned her BFA from the University of Washington, studied in Rome, Italy as well as the Chicago Art Institute.

Imogen Gallery is located at 240 11th Street. Open Mon - Sat, 11:00 to 5:00, 11:00 to 4:00 each Sunday. 503.468.0620, [www.imogengallery.com](http://www.imogengallery.com).

## Loren Nelson UNDER WRAPS At LightBox

LIGHTBOX PHOTOGRAPHIC Gallery will host an opening and artist reception for photographer Loren Nelson of Portland, Oregon, on Saturday evening October 10th from 6-9pm. The exhibit "Under Wraps" includes 25 fiber silver gelatin prints of one of Loren's signature series, which explores the beauty and intrigue of structures under wraps.

Loren Nelson shoots film and uses a traditional darkroom to produce selenium-toned silver gelatin prints, in limited editions. Using a view camera encourages a meditative approach, which is well suited to his subject matter which includes landscapes; seascapes; flowers and leaves; and "Under Wraps", a series on plastic-wrapped buildings.

In 1996 I accidentally began a series of photographs of plastic-wrapped buildings and other structures, entitled Under Wraps. And it is likely that these images are a natural outgrowth of my fascination with architecture. I caught sight of a motel under construction near my home, draped in white plastic, and glowing against a threatening black sky. I squeezed through the fence, exposed a few negatives, and figured I was done. I wasn't. Three wrapped structures later I realized I was captivated by these temporary sculptures, and soon had an informal collaboration with family, friends and colleagues, who continue to alert me to sightings.

The images in this show are also a commentary on transition and transformation, as well. And as this portfolio evolves, I imagine the plastic covering not so much as concealing a mysterious metamorphosis, but rather as a protective skin, carefully sutured, protecting the renovation and healing within.

Whether a structure is rising anew, undergoing repairs, or getting a fresh coat of paint, we are reminded of our own ability to change our lives, remain structurally sound, and gain new life."

~ Loren Nelson

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



116 Marion St., Salem

## A Tribute to Water: Marie Powell and Penny Treat at RiverSea Gallery

**IN WATER, WATER...** North Coast artists Marie Powell and Penny Treat present a collaborative exhibition at RiverSea Gallery that includes original monotypes, woodblock prints and an installation of paintings on silk fabrics. This body of work pays tribute to water as a precious resource for all life forms on earth, one that is increasingly compromised by the demands of human civilization, population increases and climate change. The show opens during Astoria's Second Saturday Artwalk on October 10, with a reception from 5:00 to 8:00. Both artists will be on hand to discuss their work and the inspiration that fueled their collaboration. All artwork will be exhibited through November 10, 2015.



Marie Powell, Rough Bar

## Also at RiverSea: Supernatural Aid - Imaginary Historic Scenes by Benz and Chang

Showing in the Alcove at RiverSea Gallery is *Supernatural Aid*, a collection of figurative and mysterious walnut ink paintings by Benz and Chang, inspired by vintage photos, curios, and spiritualism in the early 20th Century. This exhibit opens October 10 with a reception from 5:00 to 8:00 as part of Astoria's Second Saturday

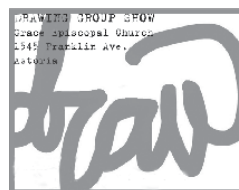


The Photographer, 1933

Artwalk. Portland artist, Dave Benz will be in house to answer all questions, including queries about the mysterious and elusive Chang, who will not be making an appearance. All work will remain on display through November 10, 2015.

Dave Benz works diligently to fool viewers into thinking they are looking at odd, vintage photographs, perhaps ones that spent a bit too long in a less than optimum environment. They seem to record certain actual events, but that impression is a false one. These works are paintings based on imaginary narratives and playfully set in specific years, as duly noted by their titles. Their effect relies not only on Benz' artistic depictions, but also on his intensive research of history, costume and popular trends of the depicted time periods. The exclusive use of walnut ink as a medium offers rich sepia tones that readily mimic the look of early photographs. Aging techniques, coded notations and vintage frames all add to the effect. Chang works silently in the background, and his level of assistance is questionable, as Benz will readily explain.

RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. 503-325-1270, or visit the website at [riverseagallery.com](http://riverseagallery.com).



**DRAW Group  
Art Show  
thru Nov. 4  
Grace Episcopal  
Parrish Hall  
1545 Franklin St.  
Astoria**

Carol Scott  
Bill Fitch  
Mike Tuell  
Eleanor Green  
Phyllis Taylor  
Chris Bryant  
Nancy Carruthers  
Greg Darms  
Lynne Johnson  
Vicki Baker  
Noel Thomas  
Jeff Donnelly  
Gheri Fouts  
John Wecker  
Christi Payne



## Oregon Pacific: Poems of Nancy Slavin A Culmination of 22 years on the Coast



for serenity that often accompanies living near the ocean, the poems in Oregon Pacific are familiar to coastal-dwellers and visitors alike.

Nancy Slavin is a writer, poet, English teacher, and violence-prevention educator who lived recently relocate from Tillamook County to the Portland area. She's a longtime English and writing instructor for Tillamook Bay Community College. Her novel, Moorings, was published in 2013 by Feather Mountain Press. More of her work can be found in Rain Magazine, Barrelhouse, hip mama, Literary Mama, and Oregon Humanities Magazine. Her website is [www.nancyslavin.com](http://www.nancyslavin.com).

[nancyslavin.com](http://www.nancyslavin.com).

Nancy Slavin will be holding her costal book launch for Oregon Pacific October 17 at Beach Books in Seaside, 616 Broadway St, Seaside, OR 97138. The reading will begin at 7pm, following the Written in the Sand event. Smoked salmon and other coastal fare will be served. For more information, contact Karen Emmerling at Beach Books, (503) 738-3500.

**JUST IN TIME** for the autumn rains, Oregon Pacific, a book of poems about the place from where all the rains originate is here. Written over her 22+ year span of time living on the north Oregon coast, teacher, poet, and non-violence educator, Nancy Slavin, explores in her collection the possibility for reconciliation of our feminine, natural, and peace-loving qualities with our masculine, material and war-faring values. Replete with storms, salmon, and the search

## Just In Time For Halloween Monsters At The Seaside Public Library With Award Winning Author MELISSA ESKUE OUSLEY

FRIENDS OF THE SEASIDE LIBRARY host award-winning Oregon coast author Melissa Eskue Ousley on Thursday, October 22, at 7pm.. Melissa will be talking about monster myths of the Pacific Northwest and beyond, and reading from Sunset Empire, her upcoming young adult novel. The event will take place in the Community Room and there will be book sales and signings.

Combining the legends of indigenous people in the Pacific Northwest with those of the region's Scandinavian settlers, Sunset Empire blends mythology and fantasy with the area's history and culture. The story showcases a number of sites local readers will recognize, including Fort Stevens, Shively Park, the Liberty Theater, and Astoria's infamous tunnels.

"Sunset Empire is a love letter to the Oregon coast and a tale about how the choices we make can turn us into monsters," said Eskue Ousley. "It also features an angry ghost and some of the Pacific Northwest's most famous mythical beasts."

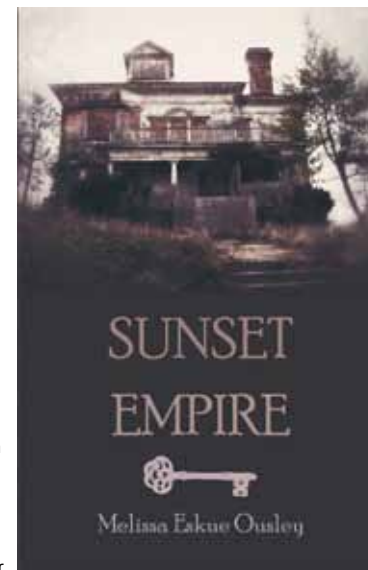
In the book, after moving to Oregon to live with her strict grandmother, sixteen-year-old Elyse Pthan discovers the terrible heritage her mother kept hidden. Her family may be responsible for the 1922 fire that nearly destroyed Astoria, the death of a girl who longs for vengeance as she haunts the tunnels beneath the city, and mysterious disappearances spanning hundreds of years. Helping her uncover the truth is Phantom, an enigmatic and surprisingly attractive boy, considering his scars, his talent as a

pickpocket, and his status as the local social outcast. Phantom has a dark heritage of his own, one that could turn him from friend to hunter.

Eskue Ousley's debut novel, Sign of the Throne, won a 2014 Eric Hoffer Book Award and a 2014 Readers' Favorite International Book Award. Her third book in the Solas Beir fantasy trilogy, The Sower Comes, was released this summer and is available at local bookstores.

For a limited time, a preview of Sunset Empire will be available to read for free. More information can be found on the author's web site, [MelissaEskueOusley.com](http://MelissaEskueOusley.com).

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



## Daniel Wilson Reads ROBOGENESIS

Daniel H. Wilson reads from his book ROBOGENESIS at the Hoffman Center for the Arts in Manzanita at 7pm on Saturday, October 17.

Wilson is not only a New York Times bestselling sci-fi author, he happens to have his PhD in Robotics from Carnegie Mellon University, along with a master's degrees in Artificial Intelligence and Robotics.

He's author of the New York Times bestselling Robopocalypse and its sequel Robogenesis, as well as seven other books, including *How to Survive a Robot Uprising*, *A Boy and His Bot*, and *Amped*.

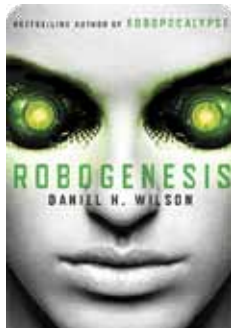
His novel Robopocalypse was purchased by DreamWorks and is currently being adapted for film by Steven Spielberg.

Besides writing books, Wilson hosted *The Works* on the History Channel in 2008, a program revealing the unseen secrets and history of everyday life, from how garbage is handled, to other topics like beer, steel, tattoos, and of course, robots. His playable story app, Mayday! Deep Space, is available at the App Store.

Following Wilson's reading is Q&A, the popular Open Mic 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 "Surviving Machines."



Admission for the evening is \$7. The Manzanita Writers' Series is a program of the Hoffman Center for the Arts. (across from Manzanita Library at 594 Laneda Avenue.) FMI: Kathie.kathiejhighower@gmail.com



## Grays River Library Hosts Romance Readers with October "Tea & Sympathy"

ROMANCE BOOK LOVERS are invited to explore the treasure trove of love stories newly organized and filling the shelves of the FREE library at the Grays River Valley Center in Rosburg, Washington.

Readers can harvest favorites from the huge collection of beloved authors and delve into two additional shelves of the Harlequin and Silhouette Collections, and more, many in large print editions.

Gather favorites to take home and stay for tea...pull up a comfy chair and relax awhile in the cozy library of the old Rosburg School. Open for browsing Tues - Sat noon to 5pm for FREE borrowing and use of seven computers, with WiFi access for your laptop too. While you're romancing, discover more of the Center's assets: a well equipped fitness room, sewing room and gym, meeting & class space, rentable kitchen and dining room. Notice the free Friday movie schedule, see what interest groups meet here, and be sure to check the upcoming events calendar. For more details and driving instructions call 360-465-2310 during library hours.

## Crazy Eights Author Tour At Seaside Public Library

THE CRAZY EIGHTS AUTHOR TOUR founded in 2012, will hit the road this fall for its second edition. Oregon author George Byron Wright said the idea came to him while on a road trip doing research for his next novel. Wright had been considering ways to stimulate more interest in Oregon's writing and publishing communities by connecting them with readers, booksellers and libraries in an invigorating new way.

Once the idea jelled, he was able to interest 28 of Oregon's award winning authors, eight independent bookstores, and a number of libraries, to participate in an author tour that would bring eight authors at a time to eight separate venues across the state from mid-September to mid-November. "The tour is totally volunteer," says Wright. "The generosity of the authors is what makes the tour work. They are passionate about supporting independent bookstores, libraries and our communities of readers."

The event format will be something akin to speed dating only with authors. Each author will have eight minutes to address the audience about their life as a writer

and introduce a featured book. It will be a fast-paced literary slam. A mixer, wherein the authors will interact one-on-one with members of the audience to discuss their work and personally sign books, will follow the rapid-fire presentations.

Authors coming to the Seaside Public Library are: Dan DeWeese (Oregon Book Award fiction nominee "You Don't Love This Man"), Jane Kirkpatrick (Oregon Book Award finalist "A light in the Wilderness"), new work "The Memory Weaver"), Molly Gloss (Oregon Book Award winner, most recent, "Falling From Horses", PNBA winner), Lauren Kessler (Oregon Book Awards, on David Letterman twice, newest: "Raising the Barre"), Craig Lesley (Oregon Book Award, Pulitzer nominee for "Storm Riders" & "Sky Fisherman"), Susan Hill Long (Oregon Book Awards winner YA novel "Whistle in the Dark"), Barbara Corrado Pope (Historical novelist, "Cezanne's Quarry" Oregon Book Award finalist), Karen Speaker Zacharias (Winner of the Weatherford Award "Mother of Rain" new "Burdy"), Emcee: George Byron Wright (Noted for Oregon-based novels: "In the Wake of Our Misdeed") Seaside Public Library 1131 Broadway. FMI: (503) 738-6742. visit us at [www.seasidelibrary.org](http://www.seasidelibrary.org) and facebook.



Moorea Masa. 9pm at the Adrift Hotel in Long Beach.

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

#### CINEMA

Astoria International Film Festival. All events \$40, individual screenings \$5 each. At the Liberty Theater in Astoria. Schedule at goaiff.com/?wSectionID=4136

#### FOOD & DRINK

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

Winemaker's Dinner. NW Premier Wineries. 6pm, reservations required. At the Cellar on 10th in Astoria. 503-325-6600

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

#### HAPPENING

Annual Dog Show on the Beach. Prizes, a raffle, a hot "dog" roast & over 20 canine categories. Registration starts at 9am, events from 10am – 2:30pm at the Surfsand Resort in Cannon Beach.

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

#### LITERARY

Written in the Sand. 18 Oregon authors will sign and discuss their books. The authors include: Sandy & Scott Blackman, Cindy Brown, Juliet Cardinal, Sher Davidson, Bill Hall, Robert Hamm, Paula Judith Johnson, Gloria Linkey, Matt Love, Melissa Ousley, Honey Perkel, Brian D. Ratty, Carolyn Rose, Kate Dyer-Seeley, Nancy Slavin, Connie Soper, Susan Stoner, Greg E. Zschomler. 11am – 3pm at Beach Books in Seaside.

Book Launch. Author Nancy Slavin will present from her new book "Oregon Pacific". 7pm at Beach Books in Seaside.

Manzanita Writers Series. Daniel Wilson will read from "Robogenesis." \$7, 7pm at the Hoffman Center in Manzanita.

Nye Beach Writers' Series. Three Oregon Book Award honorees (Alex Tizon, Cari Luna, and Dawn Diez Willis) will read from their work. \$6, 7pm at the Newport Visual Arts 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.

Team Pride Golf Tourney. Football jerseys, hockey sweaters, baseball shirts, and the one day we'll allow basketball tank tops. \$60 per player, cart rental \$15 per player. 1pm shotgun start at the Gearhart Hotel.

Lower Nehalem Community Trust - Garden Volunteer Party. Help prepare the Garden at Alder Creek Farm for the winter. Soup and salad lunch provided. 9am – 2pm at Alder Creek Farm in Nehalem.

Photo Hiking. Hike with professional photographers Bob Gibson and Jeri Knudsen and learn basic techniques. \$20 per person, 9 – 11am at Devils Lake and D River Beach in Lincoln City.

#### THEATER

True West. \$8 - \$16, 7pm at the ASOC Playhouse in Astoria.

Dames at Sea. Musical. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

I Hate Hamlet. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

## Sunday 18

Rene Izquierdo & Clear Galhano. \$25, 3pm at Camp Winema north of Neskowin.

Mostly Musicals Concert. Featuring Deac Guidi, Ann Bronson, and Richard Bowman. \$15, 3:30pm at the PAC in Astoria.

NW Loopfest. A performance art festival of technology and sound. 5pm – midnight at the Lincoln City Cultural Center.

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

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

#### CINEMA

Astoria International Film Festival. All events \$40, individual screenings \$5 each. At the Liberty Theater in Astoria. Schedule at goaiff.com/?wSectionID=4136

#### FOOD & DRINK

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

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

#### LECTURE

In Their Footsteps Lecture Series. The Oregon Historical Railroads Project with Edward Kamholz. 1pm in the Netul River Room at the Fort Clatsop Visitor Center, Warrenton.

#### HAPPENING

Bongo Bingo Fundraiser. One \$20 ticket includes 12 traditional bingo games and there will be bongos, door prizes and lots of fun. 3 – 5pm at the Eventuary in Lincoln City.

#### THEATER

True West. \$8 - \$16, 2pm at the ASOC Playhouse in Astoria.

Dames at Sea. Musical. \$15, 2pm at the Barn Community Playhouse in Tillamook.

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

## Monday 19

#### FOOD & DRINK

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

## Tuesday 20

#### LECTURE

Beauty From the Beast. Robert Lillie relates the Beauty from the Beast story of the Pacific Northwest by highlighting spectacular scenery in national, state, and local parklands. Free, 6 – 7pm at the Naselle Library.

## Wednesday 21

#### MUSIC

The Horsenecks. 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.

#### THEATER

The Haunting of Billop House. Reader's Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

## Thursday 22

#### MUSIC

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

#### CINEMA

Manzanita Film Series. Mostly documentaries from the Northwest Film School in Portland. 7:30 pm. \$5 admission charge. Refreshments will be available for purchase. At the Hoffman Center in Manzanita.

#### HAPPENING

Fall Teen Program. Game night. Open to all teens that need something to do for a while. Stop by the Tillamook Library from 5:30 pm to 7:00 pm to play board games.

#### LITERARY

Monsters at the Seaside Library. Oregon coast author Melissa Eskue Ousley be talking about monster myths of the Pacific Northwest and beyond, and reading from "Sunset Empire", her upcoming young adult novel. Free, 7pm at the Seaside Library.

Dark and Stormy Night. First time mystery writer and author of Crooked River, Valerie Geary, will speak at 4pm. Free at the Driftwood Public Library in Lincoln City.

#### THEATER

The Haunting of Billop House. Reader's Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

I Hate Hamlet. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

## Friday 23

#### MUSIC

Jean Mann and Dinah Urell. Seattle Singer/songwriter featured, in concert w/ local vocalist Dinah Urell. \$8 cover. Doors open 7:30, music at 8pm. At KALA in Astoria.

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

Anna Tivel. 9pm at the Adrift Hotel in Long Beach.

Blues for the Bakery. With Big Monti. \$5 cover will be donated to help cover medical expenses for the family that operates Danish Maid Bakery. 9:30pm at the Merry Time Bar & Grill in Astoria.

#### FOOD & DRINK

Wild Mushroom and Pike Brewing Dinner. Reservations requested. At the Shelburne Restaurant in the Shelburne Inn in Seaview. 360-642-4150

#### HAPPENING

A Wild Evening. A gala evening celebrating coastal conservation and release of the landmark book "The Wild Edge: Freedom to Roam the Pacific Coast" by Florian Schulz. \$10 (25 VIP tickets are available for \$110 - \$250 and include a pre-event reception). 5 – 7pm at the Loft in the Red Building in Astoria. Tickets at http://wildedge.brownpapeartickets.com/

Ghostly Tales from Around the World. With award-winning storyteller Alton Takiyama-Chung. The stories are intended for adults and may be too frightening for young children. Free, 6pm at the Astoria Public Library.

Annual Seaview Manor Bazaar. 10am – 4pm at 135 12th Ave in Seaside. seaviewmanor-bazaar.blogspot.com

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

#### THEATER

True West. \$8 - \$16, 7pm at the ASOC Playhouse in Astoria.

Dames at Sea. Musical. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

I Hate Hamlet. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

## Saturday 24

#### MUSIC

Miss Michael Jodell. \$11, 7pm at the Peninsula Arts Center in Long Beach.

Mozart's Don Giovanni with Cascadia Concert Opera. \$17, 7pm at the Lincoln City Cultural Center.

Mike Coykendall. No cover, 8pm at the Sou'wester Lodge in Seaview.

Anna Tivel. 9pm at the Adrift Hotel in Long Beach.

Schwing. 9pm at Roadhouse 101 in Lincoln City.

Unlikely Saints. 9pm at the Snug Harbor Bar & Grill in Lincoln City.

#### FOOD & DRINK

Wine Tasting. Oregon Pinot Noir #5. 1 – 4pm at the Cellar on 10th in Astoria.

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

#### HAPPENING

Boys of Astoria Calendar Unveiling. Doors open 7:30. Start the eve with Complimentary gourmet Sloppy Joe Buffet, be the first to get your 2nd Annual Boys of Astoria Calendar by Artist Tyler Little, Holiday Friends at 9pm. \$5 Cover. At KALA in Astoria.

Oktoberfest. Live music, dinner, raffle, auction. \$5 for admission only, \$20 for admission plus dinner, \$10 for children 6 – 12, children 6 and under free. friendsofchinookschool.org

Haunted Ship. Free admission. Food drive. Sunset – 10pm at Pier 17 in Astoria.

Annual Seaview Manor Bazaar. 10am – 4pm at 135 12th Ave in Seaside. seaviewmanor-bazaar.blogspot.com

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

#### FOOD & DRINK

Perry Reader Bayocean Program. Perry Reader will discuss Bayocean and the Geology of its demise. Free, 1 – 3pm at the Tillamook Library.

#### 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.

#### THEATER

True West. \$8 - \$16, 7pm at the ASOC Playhouse in Astoria.

Dames at Sea. Musical. \$15, 7pm at the Barn Community Playhouse in Tillamook.

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

I Hate Hamlet. Comedy. \$14, 7:30pm at Theater West in Lincoln City.

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

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

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

Dan Golden. World Music. 7:30 – 10:30pm at McKeown's Restaurant & Bar in Seaside.

#### 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.









## 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 officianado, 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 officianado, 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 at 7pm. \$10 admission. Cocktails and le Soup de jour available. Audience members may choose to participate by lending their palm for reading and analysis. Reading begins at 7:30pm. KALA is located at 1017 Marine Drive in Astoria.**



### 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.com](mailto:vitality@kestrelgates.com) with questions or to register. Cost is \$130

### Healthy Essentials at CCC

**ESSENTIAL OILS A BEGINNERS GUIDE** PER022604 (0 Credit) Immerse yourself in the world of aromatherapy and learn how its therapeutic benefits can help you achieve health and wellness. Students will learn basic information about the history of aromatherapy, the importance of quality and safety guidelines. Five essential oils will be profiled and each student will learn blending techniques and make products to take home and use. Supplies fee: \$15 payable to instructor at class. Please preregister to ensure adequate supplies. w1 sidlo 09:00am-12:00pm s towl-307 \$20.00+ start date: October 10 end date: october 10

**HERBAL & AROMATIC PLANTS FOR WINTER WELLNESS** PER022613 (0 Credit) Essential oils are becoming a bigger part of integrative medicine. This workshop will explore the various ways aromatherapy can enhance your health and wellness for the fall & winter months. We will explore natural aromatic & herbal remedies for all ages. Learn what oils and herbs are safe to use and what application methods to use. We will create respiratory salves, salt scrubs, natural hand sanitizers, immune supporting herbal remedies and more in this hands-on class. Supplies fee: \$15 payable to instructor at class. Please preregister to ensure adequate supplies. w1 sidlo 09:00am-12:00pm s towl-307 \$20.00+ start date: october 24 end date: October 24

**EASY STEPS TO GREAT SKIN USING ESSENTIAL OILS** PER022612 (0 Credit) Explore holistic aromatherapy for skin care. Students will learn how to effectively choose and create natural skin care products using carriers, herbs, botanicals and essential oils. Gain in-depth knowledge into various essential oil properties and benefits, carriers and herbs, and which to use for certain skin care types. Students will learn how to effectively create a therapeutic skin care products in this hands on class. Supplies fee: \$15 payable to instructor at class. Please preregister to ensure adequate supplies. w1 sidlo 09:00am-12:00pm s towl-307 \$20.00+ start date: november 14 end date: November 14

### Talking About Dying community discussion at Astoria Library

**DEATH** is part of the human experience; all of us have experienced loss, and all of us will die one day. Yet conversations about death and dying are difficult and often avoided even with our closest family members and friends. Residents are invited to participate in a community conversation about death and dying on Friday, October 9, 6pm, at Astoria Public Library.

Talking about Dying is a one-time, ninety-minute community discussion that provides Oregonians with an opportunity to reflect on what stories and influences shape their thinking about death and dying and to hear different perspectives and ideas from fellow community members. Participants will explore essential questions: 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?

Participants will come away from this conversation with a strengthened sense of community support and collective engagement around these questions, as well as a resource list with tools and information to help them consider how to shape a meaningful approach to death and dying.

Talking about Dying is a statewide initiative by Oregon Humanities, created in partnership with Cambia Health Foundation, to bring thirty conversations about death and dying to communities across the state from September through November. These conversations will be facilitated by trained professionals working in the fields of chaplaincy, counseling, gerontology, facilitation, and hospice care. For more information about this free community discussion, please contact Astoria Public Library at 503-325-7323 or [comments@astorialibrary.org](mailto:comments@astorialibrary.org).

### 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@wwwetsky.net](mailto:ronmaxted@wwwetsky.net)



### 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: [lisbebrown@msn.com](mailto:lisbebrown@msn.com)

### African Crafts Benefit Sale

Hand crafted purses, bracelets, necklaces, and belts, made by African Women in the community of Teso Safe Motherhood. Slide Show and Commentary

Sunday, October 11, 3-5pm, All Welcome, at KALA, 1017 Marine Drive. Astoria





STEVE JOBS

**STEVE JOBS (OCT. 9)** Michael Fassbinder stars as the brilliant but personally-challenged co-founder and face of Apple Computer in this biopic directed by Danny Boyle (*Slumdog Millionaire*) and written by *The West Wing*'s Aaron Sorkin. Story is structured around three pivotal product launches, the first, in 1984, shows Jobs stressing over the introduction of the first Macintosh. But with minutes to go before the show, the Mac refuses to say "hello," something Jobs desperately wants, railing at his system developer to fix it. Into this moment of crisis walks ex-girlfriend Chrisann (Katherine Waterston) with her 5-year-old daughter Lisa (Makenzie Moss) who Jobs denies he is the father of and asks for money, saying that Jobs is worth \$441M while they are on welfare. For all his brilliant foresight in personal computing, Jobs' skill at human relationships is abysmal. Jobs is loved and cherished by his core group including right hand woman Joanna Hoffman (Kate Winslet), his buffer to the world and electronics genius and co-Apple founder Steve Wozniak (Seth Rogen), who are all too aware of his propensity for ego and harsh treatment of his workers. Cut to four years later and the glow of initial triumph has turned sour. Fired by Apple after losing a battle with corporate CEO John Sculley (Jeff Daniels), Jobs is introducing his new company's NeXT computer when again he meets now 9-year-old Lisa, who now considers Jobs her dad. By 1998, reestablished at Apple, Jobs is on the verge of introducing the iMac when 19-year-old Lisa confronts him for the first time about their relationship.

### THE WALK (OCT. 9)

The hair-raising real life story of French high wire walker Phillippe Petit's who performed the "artistic crime of the century" walking between the two towers of the World Trade Center in 1974. Joseph Gordon-Leavitt plays the larger-than-life Petit, a self-admitted "crazy" artiste whose specialty is public (and often illegal) wire walks after being mentored as a child by Papa Rudy (Ben Kingsley). Still a teenager, after walking the twin belfries of the Tower of Notre Dame in Paris and being arrested, Petit plans his biggest stunt yet when he sees plans for the World Trade Center. Like a heist movie, Petit enlists girlfriend Annie (Charlott Le Bon) and photographer Jean-Louis (Clement Sibony) into his crew to start the years-

long process of planning and executing the walk. Once in New York to case the not-yet-completed Towers, inside man Barry Greenhouse (Steve Valentine), who has an office in the Trade Center and motormouth electronics salesman J.P. (James Badge Dale) join the team. No detail in planning is overlooked. The team hide out in the towers after hours to inspect the roof, take aerial photographs, and must figure out how to bridge the 200 foot gap between the towers with a one-inch steel cable. After injuring his foot, Petit nearly is forced to scrub the walk, but after working all night, at 7 am on Tuesday, August 6, 1974 Petit steps onto the wire a quarter mile in the air and makes history. James Marsh's documentary on Petit's walk, *Man On Wire*, won an Academy Award in 2008.



**THE WALK**  
The hair-raising real life story of French high wire walker Phillippe Petit.

### BRIDGE OF SPIES (OCT. 16)

Steven Spielberg returns to the thriller genre with this true Cold War story of insurance lawyer James B. Donovan (Tom Hanks) who is recruited by the CIA to negotiate the release of a captured American spy plane pilot from the Soviets. After master spy Rudolf Abel (Mark Rylance) is caught selling secrets to the Soviets, Donovan is approached to defend him on espionage charges. At the height of Cold War hysteria, every lawyer has turned down the unpopular job, but Donovan accepts, reasoning that even

enemy agents deserve a fair trial. Unsurprisingly given the anti-Communist fervor of the times, Donovan loses the case, but he and Abel forge a bond of trust between them. Donovan is summoned to Langley to meet with CIA Director Allen Dulles, who tasks him with negotiating a prisoner exchange with the Soviets – Abel for U2 spy plane pilot Francis Gary Powers (Austin Stowell), who has been shot down over the Soviet Union. Donovan travels alone to East Berlin in the midst of the wall being constructed and must pass through dangerous East German checkpoints to meet his Soviet counterpart. On the way, Donovan witnesses East Germans shot as they attempt to cross over to the West. Once in East Berlin, Donovan must navigate through a treacherous East German lawyer, Vogel, who has an agenda of his own, to meet with Soviet bureaucrats who initially turn him down flat. Into this 3-way circle of distrust is thrust a wildcard, American student Frederic Pryor who has been arrested and charged with spying and who Donovan is determined to save.



**50-year-old Monica Bellucci becomes the oldest actress to play a Bond girl.**

**CRIMSON PEAK (OCT. 16)** Tom Hiddleston, Mia Wasikowska and Jessica Chastain star in director Guillermo Del Toro's gothic horror. After marrying the charming and seductive Sir Thomas Sharpe (Hiddleston), young Edith (Mia Wasikowska) finds herself swept away to his remote gothic mansion in the English hills. Also living there is Lady Lucille (Chastain), Thomas' alluring sister and protector of her family's dark secrets. Able to communicate with the dead, Edith tries to decipher the mystery behind the ghostly visions that haunt her new home. As she comes closer to the truth, Edith may learn that true monsters are made of flesh and blood.

**SPECTRE (Nov. 6)** One of the fall's most anticipated releases is the 24th installment in the James Bond series. In his fourth appearance in the role, Daniel Craig as Bond faces off against the mysterious criminal organization SPECTRE and an old enemy from his past. After an assassination attempt by Bond in Mexico City leads to a pitched battle with enemy agents, Bond returns to London with a mysterious octopus ring and is faced with an internal battle between Mallory (Ralph Fiennes) and Max Denbeigh, the head of the new combined intelligence organization who regards Bond and MI-6 as antiquated and unnecessary. Bond discovers the ring he possesses is from the SPECTRE organization, which has been behind the events of the past 3 Bond movies. Synopsis: A cryptic message from the past leads James Bond (Daniel Craig) to Mexico City and Rome, where he meets the beautiful widow (Monica Bellucci) of an infamous criminal. After infiltrating a secret meeting, 007 uncovers the existence of the sinister organization SPECTRE. Needing the help of the daughter of an old nemesis, he embarks on a mission to find her. As Bond ventures toward the heart of SPECTRE, he discovers a chilling connection between himself and the enemy (Christoph Waltz) he seeks. *Skyfall* director Sam Mendes returns along with Bond regulars Naomi Harris (Moneypenny) and Ben Whishaw (Q). 50-year-old Monica Bellucci becomes the oldest actress to play a Bond girl.







# FREE WILL ASTROLOGY

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## October

**ARIES** (March 21-April 19): The next seven weeks will NOT be a favorable time to fool around with psychic vampires and charismatic jerks. I recommend you avoid the following mistakes, as well: failing to protect the wounded areas of your psyche; demanding perfection from those you care about; and trying to fulfill questionable desires that have led you astray in the past. Now I'll name some positive actions you'd be wise to consider: hunting for skillful healers who can relieve your angst and aches; favoring the companionship of people who are empathetic and emotionally intelligent; and getting educated about how to build the kind of intimacy you can thrive on.

**TAURUS** (April 20-May 20): You may have seen websites that offer practical tips on how to improve your mastery of life's little details. They tell you how to de-clutter your home, or how to keep baked goods from going stale, or why you should shop for shoes at night to get the best fit. I recently came across a humorous site that provides the opposite: bad life tips. For instance, it suggests that you make job interviews less stressful by only applying for jobs you don't want. Put your laptop in cold water to prevent overheating. To save time, brush your teeth while you eat. In the two sets of examples I've just given, it's easy to tell the difference between which tips are trustworthy and which aren't. But in the coming days, you might find it more challenging to distinguish between the good advice and bad advice you'll receive. Be very discerning.

**GEMINI** (May 21-June 20): On a windy afternoon last spring I was walking through a quiet neighborhood in Berkeley. In one yard there was a garden plot filled with the young green stems of as-yet unidentifiable plants. Anchored in their midst was a small handwritten sign. Its message seemed to be directed not at passers-by like me but at the sprouts themselves. "Grow faster, you little bastards!" the sign said – as if the blooming things might be bullied into ripening. I hope you're smart enough not to make similar demands on yourself and those you care about, Gemini. It's not even necessary. I suspect that everything in your life will just naturally grow with vigor in the coming weeks.

**CANCER** (June 21-July 22): "I am rooted, but I flow," wrote Virginia Woolf in her novel *The Waves*. That paradoxical image reminds me of you right now. You are as grounded as a tree and as fluid as a river. Your foundation is deep and strong, even as you are resilient in your ability to adapt to changing circumstances. This is your birthright as a Cancerian! Enjoy and use the blessings it confers. (P.S. If for some strange reason you're not experiencing an exquisite version of what I've described, there must be some obstacle you are mistakenly tolerating. Get rid of it.)

**LEO** (July 23-Aug. 22): Should I offer my congratulations? You have corralled a gorgeous mess of problems that are more interesting and provocative than everyone else's. It's unclear how long this odd good fortune will last, however. So I suggest you act decisively to take maximum advantage of the opportunities that your dilemmas have cracked open. If anyone can turn the heartache of misplaced energy into practical wisdom, you can. If anyone can harness chaos to drum up new assets, it's you. Is it possible to be both cunning and conscientious, both strategic and ethical? For you right now, I think it is.

**VIRGO** (Aug. 23-Sept. 22): Let's say you have walked along the same path or driven down the same road a thousand times. Then, one day, as you repeat your familiar route, a certain object or scene snags your attention for the first time. Maybe it's a small fountain or a statue of the Buddhist goddess Guanyin or a wall with graffiti that says "Crap happens, but so does magic." It has always been there. You've been subconsciously aware of it. But at this moment, for unknown reasons, it finally arrives in your conscious mind. I believe this is an apt metaphor for your life in

the coming weeks. More than once, you will suddenly tune in to facts, situations, or influences that had previously been invisible to you. That's a good thing! But it might initially bring a jolt.

**LIBRA** (Sept. 23-Oct. 22): The 20th century's most influential artist may have been Pablo Picasso. He created thousands of paintings, and was still churning them out when he was 91 years old. A journalist asked him which one was his favorite. "The next one," he said. I suggest you adopt a similar attitude in the coming weeks, Libra. What you did in the past is irrelevant. You should neither depend on nor be weighed down by anything that has come before. For now, all that matters are the accomplishments and adventures that lie ahead of you.

**SCORPIO** (Oct. 23-Nov. 21): A windbreak is a line of stout trees or thick bushes that provides shelter from the wind. I think you need a metaphorical version: someone or something to shield you from a relentless force that has been putting pressure on you; a buffer zone or protected haven where you can take refuge from a stressful barrage that has been hampering your ability to act with clarity and grace. Do you know what you will have to do to get it? Here's your battle cry: "I need sanctuary! I deserve sanctuary!"

**SAGITTARIUS** (Nov. 22-Dec. 21): Your fellow Sagittarian Walt Disney accomplished a lot. He was a pioneer in the art of animation and made movies that won numerous Academy Awards. He built theme parks, created an entertainment empire, and amassed fantastic wealth. Why was he so successful? In part because he had high standards, worked hard, and harbored an obsessive devotion to his quirky vision. If you aspire to cultivate any of those qualities, now is a favorable time to raise your mastery to the next level. Disney had one other trait you might consider working on: He liked to play the game of life by his own rules. For example, his favorite breakfast was doughnuts dipped in Scotch whisky. What would be your equivalent?

**CAPRICORN** (Dec. 22-Jan. 19): October is Fix the Fundamentals Month. It will be a favorable time to substitute good habits for bad habits. You will attract lucky breaks and practical blessings as you work to transform overwrought compulsions into rigorous passions. You will thrive as you seek to discover the holy yearning that's hidden at the root of devitalizing addictions. To get started, instigate free-wheeling experiments that will propel you out of your sticky rut and in the direction of a percolating groove.

**AQUARIUS** (Jan. 20-Feb. 18): Have you made your travel plans yet? Have you plotted your escape? I hope you will hightail it to a festive playground where some of your inhibitions will shrink, or else journey to a holy spot where your spiritual yearnings will ripen. What would be even better is if you made a pilgrimage to a place that satisfied both of those agendas – filled up your senses with novel enticements and fed your hunger for transcendent insights. Off you go, Aquarius! Why aren't you already on your way? If you can't manage a real getaway in the near future, please at least stage a jailbreak for your imagination.

**PISCES** (Feb. 19-March 20): Pablo Neruda's *Book of Questions* consists entirely of 316 questions. It's one of those rare texts that makes no assertions and draws no conclusions. In this spirit, and in honor of the sphinx-like phase you're now passing through, I offer you six pertinent riddles: 1. What is the most important thing you have never done? 2. How could you play a joke on your fears? 3. Identify the people in your life who have made you real to yourself. 4. Name a good old thing you would have to give up in order to get a great new thing. 5. What's the one feeling you want to feel more than any other in the next three years? 6. What inspires you to love?

Homework: Send testimonies about how you've redeemed the dark side to: Sex Laugh, uaregod@comcast.net.

# Bike Madame

By Margaret Hammitt-McDonald

## Framed! Or That's What Bikes Are Made Of

**"CHECK THIS OUT!"** my brother-in-law declared. We were standing in his garage which, like many garages in Boulder, Colorado, housed equipment for a variety of outdoor activities. He directed me to a wall where a sleek bicycle hung from its storage hooks and lifted it down with two fingers. My geek factor kicked in: wow, carbon fiber—holly futuristic! But would a breeze blow it off the road? Since then, I've wondered about bike frames: their materials, their shape, and how the classic diamond frame supplanted other bicycle shapes of yesteryear.

When you picture old bikes, perhaps you imagine the penny-farthing, that lopsided creation with one huge wheel and one tiny wheel. It may be iconic, but the first bicycle was

actually the hobby horse, a wooden proto-bike that resembles the pedal-less balance bikes toddlers propel with their feet. According to "Crazy Guy on a Bike" ([www.crazyguyonabike.com/doc/page/?page\\_id=40616](http://www.crazyguyonabike.com/doc/page/?page_id=40616)), Karl Drais, a prolific inventor, created a "running machine" with no drive train, a wooden frame and wheels, a leather seat, and a lever for steering. The democratically-minded Drais conceived of the machine as a cheap alternative to a horse. The safety bicycle, sporting the diamond frame that's still the standard today, was designed by Harry John Lawson, an English engineer, in 1876, so named because with this design, riders were less likely to fly over the handlebars if they hit a bump in the road ("Safety Bicycle," [https://en.wikipedia.org/wiki/Safety\\_bicycle](https://en.wikipedia.org/wiki/Safety_bicycle)).

The classic diamond frame is made up of tubes fashioned from steel or other materials. It consists of a top tube running horizontally from the seat to the handlebars, a head tube for the handlebars and front fork, a seat tube to hold the seat and connect it with the rest of the frame, and a down tube running

from the top tube to meet the seat tube and the chain stays in the area where you'll find the crankshaft and pedals. The chain stays are parallel tubes that connect the crank area with the part in back where the rear derailleur and gears go. The seat stays are also parallel tubes that come down from the seat area to the derailleur/gear area. The headset is the part that holds the handlebars. Except for recumbents and other specialized cycles, most bikes are variations on this diamond theme.

An REI article set me straight on the ingredients that go into a frame ("Understanding Bike Frame Materials," <http://www.rei.com/learn/expert-advice/bike-frame-materials.html>). Steel is the classic material for



making bike frames because it's sturdy and strong. It's still used in the forms of carbon steel and chromoly (chrome-molybdenum) as the most common frame materials. Chromoly is a lighter alloy which uses butting (adding more material in high-stress areas, usually inside the tubes where you can't see it) for support. Aluminum is making a comeback because of its lightness and rust resistance, a good choice for our rainy coast. Because titanium is both lighter and stronger than steel, it's often used in high-end bikes. So is carbon fiber, that almost weightless material I met in my brother-in-law's garage a few years ago.

The subject gets more technical from here, but suffice it to say that engineers focus on typical areas of stress and the intended use of the bike (casual riding, track racing, etc.) when deciding on changes, small and large, to its shape, called bike geometry. I hope this introduction encourages you to explore the subject in more depth, or at least makes you want to give your bike's skeletal structure some lovin'.



## 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 Maxted 503.338.9153, email ronmaxted@wwetsky.net

**SOCK MONKEY WORKSHOP.** October 9 and 16. Hey all you adults...stop by the Tillamook Co. Library on Oct. 9th and 16th from 2:30 pm to 5:00 pm and have fun making a Sock Monkey. This will be a 2 part workshop. Make your very own Sock Monkey or use it as a Christmas gift. Please call 503-842-4792 to register.

**Grant Writing Workshop.** October 22. It will include basic elements of a proposal, do's and don'ts of writing and submitting a proposal, how to follow up. Free, 1 – 2:30pm at the Badolett Library at CCC in Astoria. Register at grantspace.org/course-offerings/training-calendar/san-francisco/introduction-to-proposal-writing-2015-10-22-astoria-or

**QUILTING POOL OF FISH WORKSHOP.** October 14. With Doris Bash. A small baby quilt project. \$35 plus pattern and materials. 9:30am – 4pm at Creative Fabrics in Wheeler. 503-368-5900

**PLAN, PLANT, PREP, AND PRUNE Workshop and Plant Clinic.** October 17. With WSU Master Gardeners. "Do's, Don't and Shoulds for Winter Gardening". Don't put away your gardening gloves just yet! We will help you develop a Fall / Winter "action plan" in preparation for your 2016 Spring garden and landscape. Free, 10am – 1pm at the Columbia Pacific Heritage Museum in Ilwaco.

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

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

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

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

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

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

## 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. Hemlock, Cannon Beach, Call Joy: 503.738.6560

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

## SPIRITUALITY

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

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

**COLUMBIA RIVER MEDITATION GROUP.** Sponsored by Great Vow Monastery. Meets ever Wednesday in the FLAG Room of the Public Library. Time: 5:45 - 6:55. MOVING to Clatsop Community College on Tuesdays @ 6-7:30pm, starting Sept 30. Registration is required at CCC. Class# is F.T085054, Rm 209 Towler Hall. All are welcome to practice - quiet setting and slow walking meditation. Local contact: Ron Maxted - 503.338.9153. email: ronmaxted@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 cemeteries to catalog the information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested,

contact the society at www.clatsopcountygensoc@gmail.com or call 503-325-1963 or 503-298-8917.

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

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

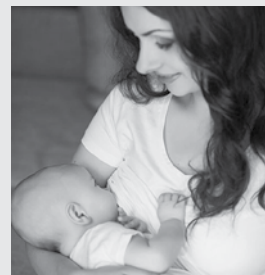
Le Leche League is on Facebook! If you “like” La Leche League of Astoria, you will be reminded about upcoming meetings and other events. Stroller Club Walk will continue on the River Walk (weather permitting), on the other Thursdays of the month, at 11 am.

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

### Namaste'

**A**S I SAT in meditation waiting for my yoga class to start I saw Babaji sitting in front of me. This regular occurrence takes me into such a deep state of awareness, I find myself moving my body without thought. He reminded me that my yoga practice was between me and God. The other people in the room were mirrors of different aspects of myself. As he said this a vision of the entire room and all the people in it turned into a matrix of mirrors. I felt the compassion I have for my fellow humans as I identified all parts of their emotional experience inside of me. I moved through class with my focus being with the Divine. I was suddenly aware the class was coming to a close. I thanked Babaji and said namaste' with the final gesture of hands in a prayer position.

People go to yoga classes with the intent of getting into shape, exercise, stretching and spiritual growth. Where do we find nirvana while struggling to hold 'Baddha Konasana' or bound ankle pose? The base of my 35 year practice is meditation and for me it is easy to drop into that state while moving my body. I have years of ballet training and a career in dance under my belt so this also helps me to feel comfortable with the movement, but not everyone is comfortable. So how do we get there when we aren't feeling flexible with our body? The key is to focus on your breathing and remain in a state of meditation. Some yoga classes taught in a gym setting can be more exercise oriented. If you are lucky there are a few good teachers at fitness centers who also

teach in yoga studios. Some Yoga studios are designed for an emphasis on the spiritual practice. The body is not used to stretching and folding in the ways of the ancient pre Vedic Indian tradition. In Vedic Sanskrit the word yoga comes from the root yui and means to add, to join, to unite or to attach, often in reference to yoking or harnessing an oxen or horse. Sanskrit words containing yoga take on the meaning of connection, contact, and union with a simple version being combined. Yoga is a physical, mental and spiritual practice that was developed in the fifth century BCE in India. It was brought to the western world in the 19th century by yoga gurus. There have been studies of cancer, schizophrenia, asthma and heart disease where people having these illnesses experienced improved health and wellness from practicing yoga. These studies are mixed and reportedly inconclusive but I know from my students their experience of psychological healing and stress management through yoga and meditation has been tremendous. I find for myself it is a doorway to nirvana.

*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](http://www.sonjagrace.com)*

## The Power of Masks

By Tobin Nason

word and wisdom

IF YOU'VE EVER WORN a Halloween mask, you remember how much fun it was to be a witch, princess or pirate. It was fun to be someone else, at least for a few hours. Part of the fun was the reactions from others. The little neighbor ladies who acted scared of the witch or fawned over the pretty princess, validated the ruse. What power to be a witch! A princess! A gnarly pirate!

Here you and I are, all grown-up. Masked parties still exist, and getting dressed up is still an option. So many grown-ups will have fun dressing as someone or something. To some extent, the costume reflects some part of the wearer, be it extreme creativity or elaborate elegance. I remember someone wearing a brown hooded gown with a length of Saran wrap trailing behind him. I happened to step on it, and he asked me to get off his "slime." He was a slug. I said, "How clever! How did you come up with the idea?" He said his wife called him a slug, and it sounded like a good costume idea.

Aside from Halloween, do we dress up, play act? Yep. We may not be pirates and princess (or slugs) but every day we choose to present ourselves to the world in a certain framework. We want to self-identify ourselves the best we can to others. It's visual short-

hand. "Here's how I want the world to see me." Younger folks experiment, older folks settle into a comfort zone. It seems the more you know yourself, the more your style will shine through.- a benefit of aging, perhaps.

Masks have been around since the Stone age. They played a big part of rituals all through history. Something you can Google if you are interested. Masks gave liberty to the wearer to behave in a brave new manner - maybe more bold, more risqué, more solicitous towards someone or within a social context. If we assume that clothing is a form of masking, then it makes sense that a short flirty dress encourages the wearer to be a bit more flirty than when the person wears business attire. Then world then responds. The flirty person in the flirty dress gets much flirting done and she realizes she has a side that often gets submerged. The Flirt. Let her out, for Pete's sake!!

In essence, all our clothing choices become a form of masking. We choose to dress a certain way because we feel comfortable in a certain style. The world responds. We choose to follow dress codes at work because to do otherwise would say, "I don't play well with others, I will do as I darn well please."

We all wear masks. Our attire which can vary from situation to situation (work pants day, fancy satin dazzle-me pants by night) shows that our clothing can express or hide a part of ourselves. If you know yourself fairly well, your clothing style will reflect that. The ease and comfort will show. But if you are trying to be something you are not, the clothing will look odd, not good, ill-chosen. The more your style matches who you really are, the easier it will be to be with people. They will respond. The mask is pretty reflective of the true you. Take it off totally and there will be few surprises.

I guess the bottom line is to try to be who you are most of the time. If you work in a professional arena at times, dress for that, because you are a professional at that time. If you are harboring a flirty/sexy/silly side, then put that mask on at other times. Socialize and wear the sexy, flirty, wild, silly mask. Show the world who you are. If the mask fits, wear it.

Tobin Nason is a counselor located in Warrenton. Ph (503) 440-0587. I wear many "hats" (masks) during the course of a week. Counselor, mediator, activities director, writer, dog lover.... for starters.

## The Joy of Pets

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Marie Corelli

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### THE LOWER COLUMBIA CLINIC

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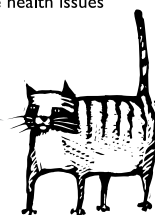
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- Grooming and socializing felines
- Assisting with adoptions
- Watching for and reporting possible health problems

#### 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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## bodies in balance

# The Newest Naturopathic Pearls

**A**FTER attending this year's AANP (American Association of Naturopathic Physicians) conference a breadth of new ideas were presented, a few of which I thought may interest you. While the treatment protocols for conditions from infertility to cancer were covered, there were some stand out tests and therapies that were not on my radar, until now. One of the great benefits of attending these conferences is not only to hobnob with your fellow professionals but equally important, to find what new and interesting things people are doing to treat the vast array of illnesses these human bodies experience. I should note that I will merely be introducing these ideas and am not currently using any of them in my practice. BUT if any one of them appeal to you feel free to contact me and I can assist you with finding more resources, OR you can use the AANP website (naturopathic.org) to find providers who are.

Genetic medicine is not a new field; medicine has been utilizing genetics (i.e. genetic testing and counseling) for quite some time to help determine and counsel people on the potential risk for acquiring or passing along conditions such as breast cancer, cystic fibrosis, Huntington's disease, etc. What IS (relatively) new is genomics which is the use of genetic mapping to determine the expression or function of our unique, individual genes. Another subclass of this emerging field is nutrigenomics i.e. our ability to utilize, metabolize, detoxify and create key nutrients. It uses the basics of genetic testing either through blood or cell sampling to decode the genetic material unique to us and specific to nutrition. The results can determine if certain nutrients or cofactors are needed in order to optimize the functioning of our cellular metabolism. Based on what I learned it is not so much geneticists but rather medical professionals who are utilizing this testing and information to treat patients suffering from a variety of conditions. Different from (yet related to) epigenetics which are the outside influences that affect how the genetic material in our bodies express themselves. These emerging sciences are a wonderful link between our inherent genetics and the things we can do or take to influence our health.

The next few topics center around the digestive system. I've written time and time again that this system is the cornerstone of our health. It is a key determinant in how we assimilate the outside world. There are indeed a whole symphony of activities which create a healthy gut...from emotions to food choices to chewing to enzymes to muscular activity to microbes, it is no wonder

this system needs so much attention.

A healthy digestive system is in large part established at birth when the combination of the actual birth itself, breastfeeding and of course maternal health come together to colonize our guts. If and when we are first breastfed the initial portion of breast milk we feed upon is called colostrum. This is a very nutrient and immunologically dense fluid which is an important initiator of our gut health. Not only does it contain immunoglobulins which give our immunity a healthy start but many many microbes too, which find homes in the gut. Similarly these microbes begin to assist the immune system, establishing defense from all the new 'stuff' the world has to offer...no small job for such tiny single celled microbes. It should come as no surprise that this nourishing colostrum is available as a supplement which (considering its nutrient density and healing potential, alongside the extent of gut health issues our bodies face) may be a welcome addition to a gut repair therapy.

Fecal transplant is a more extreme way to approach the idea of microflora repair/regeneration. The basic premise here is that you utilize the bacteria naturally shed in fecal material and ingest or replete in an enema in order to recolonize your intestines. The fecal matter is from either yourself or a near genetic relative either of which have flora your body will recognize and welcome to 'reboot' the system. While I learned about the implementation of this therapy in a very clinical format just Googling fecal transplant opened my eyes to a host of do-it-yourself options. HOWEVER, we're dealing with feces here, not something to take lightly, so I would have to recommend the guidance of a knowledgeable professional in the implementation of this therapy. And how do either colostrum or fecal transplant compare to probiotics? The short answer is that they are a more focused, individualized and concentrated form of a probiotic therapy ideally suited for a 'reboot' (or more short-term therapy) while probiotics may assist in maintaining over time what you may be lacking dietarily.

Seeing as inflammatory issues surrounding digestive health are quite common it is an area that continues to be studied for new diagnostic tools and therapies. One diagnosis which is worth mention is SIBO (small intestine bacterial overgrowth). I may have introduced this before but will again as there is a whole body of research and treatment success that continues to emerge surrounding SIBO. The name somewhat speaks for

By Tracy Erfling, N.D.

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



itself and is a more specific diagnosis than leaky gut, which is relatively common. This is a condition which I suspect in those who have chronic bowel inflammation, poor digestive function, or who maybe in the past have tried food eliminations, leaky gut or candida therapies and are just not getting better. Another diagnosis which was an ah-ha moment for me was non-celiac gluten sensitivity. There is testing to determine if someone who has tested negative for celiac may still have a diagnosable sensitivity to gluten. Sometimes it seems unnecessary to do this testing when it has been determined through elimination diet that gluten is an issue, but on the other hand some people need to see results...this may be their answer.

As if fecal transplant wasn't strange enough, wait until you hear about Helminthic therapy. In case you are not totally up on your biology, helminths are worms, and this therapy uses hookworms specifically. The basic premise is that this parasitic worm which resides in the gut, literally hooking into the lining of the intestine in order to feed off blood. This will challenge the immune system in a way that refocuses its attention away from self back to not self. They are being studied specifically for autoimmune conditions, which are an increasingly problematic health concern. The process itself was described as a fairly simple infection through the skin with hookworm eggs followed by some discomfort and mild sickness as they mature and colonize, then the healing begins. It is a self limiting therapy in that the worms die in 3-5 years or can be killed off with medications earlier if not being tolerated. Worth a try? For some this could be a health altering therapy worth exploring. And last but certainly not least...MUSHROOMS or more specifically mycelium; the underground network from which bloom the mushroom. I will leave you with the name Peter Stamets, mycologist extraordinaire, the most wonderfully inspirational speaker of the bunch, who reminded us all that the healing power of nature is alive and well, and that mycelium can heal the planet...check him out at fungi.com.

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



## FOOD GROOVE

### CHEW ON THIS!

by Merianne Myers



#### YOU KNOW

when you wake up worrying in the middle of the night, sometimes because of a bad dream and sometimes because of bad reality and you can't get back to sleep because no matter how dire things seem by day, they're always worse in the 3 a.m. rehash? Me, too.

I'm more of a wee hours bad reality victim. My subconscious is apparently welcoming of what many would consider bad dreams. Any scenario that involves bad guys, peril and imminent death and/or destruction invariably ends with me killing the perpetrators and waking curiously refreshed. But, reality. That's a whole 'nutha thang. (Apologies to Keb' Mo' who was singing about women. Women do not worry me. Maybe because I am one. Maybe because they are on my list of Last, Best Hopes. Reality, on the other hand, scares the bejeezus out of me if it catches me with my guard down.)

What wakes me in the darkest hour is usually an exotic cocktail of:

- Subduction zone quakes
- Liquified Natural Gas terminals
- Shootings in schools
- Deranged, delusional, dishonest, mad people running for office
- Haranguing coverage of said people by media mistaking insanity for news
- Poverty, hunger, homelessness, inadequate healthcare, etc, etc, etc

When I was a kid awakened by wickedness in the night, my

grandmother would encourage me to think happy thoughts. My internal dialog in the face of such advice went something like, "Are you serious?!" My audible dialog was inevitably, "Can I come to bed with you?" That was before I learned to cook.

There is simply no reason to lie awake stewing when I can get up and fix something completely wondrous and life-affirming. Added bonus - I love breakfast. Just not first thing in the morning. But, in the middle of the night? I'm in!

I was lucky to work in a couple of restaurants with the brilliant Isabel Villaseñor who would sometimes cook for the crew. I developed a hopeless craving for her simple, perfectly prepared meals. Chilaquiles is the quintessential example of that. They're perfect for breakfast, lunch, dinner or midnight madness. They are lovely plain or embellished with a fried egg, black beans or whole, roasted jalapeños. Sometimes, in a fit of creativity and longing I put Chilaquile Sauce on something else altogether.



Next time you awaken to demons using your brain for their playground, offer them Chilaquiles. The act of cooking something simple and artful has a way of making reality snap into perfect order with all the beauty, love, wonder and silliness at the top of the list and all the crazy at the bottom where it belongs.

## DEMONICALLY DELICIOUS CHILAQUILES

I keep some of this sauce in the fridge for emergency food aid, day or night.

- 4 dried Guajillo chilies
- 2 cloves garlic
- 4 medium tomatoes
- 1/2 teaspoon salt (or to taste)
- 10 or 12 corn tortillas, cut into 1" squares

For sauce: Cook chilies and tomatoes in just enough water to cover for 15 minutes. Blend or process the chilies, tomatoes, water, garlic and salt.

Heat 1/2 cup soy or canola oil in a sauté pan. Cut 12 tortillas into 1" squares and fry until lightly golden but not crispy.

Heat another pan and add the sauce and fried tortillas, simmering gently for about 8 minutes. Drain on paper towels.

Plate and garnish with sour cream and a bit of grated Jack cheese.

## Cooking Up Community!

by Merianne Myers

**ALL OF US** at North Coast Food Web are through promising the kitchen so many of you have helped build is coming soon. We are now cooking in that very kitchen and you are invited to join us. Cooking classes have begun and more are being added weekly. Class fees are reasonable and scholarships are available.

Regardless of your cooking acumen, there is something on the agenda for you. There is just nothing that creates joy, impressive skills, improved health, new friends and dinner quite like cooking and eating together.

For more information:  
[northcoastfoodweb.org](http://northcoastfoodweb.org)



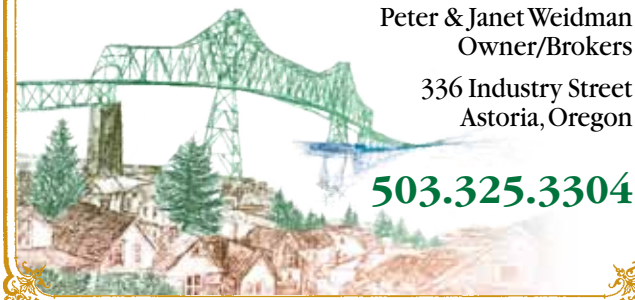
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By Sam Shepard

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## Clatsop County Master Gardeners Present: Winterizing Your Garden Oct 17 Clatsop County Fairgrounds

**CLATSOP COUNTY MASTER GARDENERS** present a day of Winterizing garden advice, tips, steps and procedures to assist local gardeners in optimum production and beauty for next year's growing season. Efforts in the Fall reap rewards in the Spring. Master Gardeners will be available all day to answer and address gardening questions and issues.

### Other events include:

Plant Sale - Perennials that thrive in Clatsop County are featured, many from the Fairgrounds Master Gardener Demo Garden - Specialty plants include a huge Jade Plant and Zebra Grasses.

Garden Rummage Sale - Gently used garden tools, pots, art and books.

Demonstrations - Dividing plants and bulb for winter survival and robust growing season

Soil pH clinic - Proper soil pH soil levels insure availability of nutrients to plants. Bring soil samples from your garden to learn what amendments are needed for optimum plant health.

### Speakers

11am: Caren Black - Seed Saving and Storage.

Caren Black has been studying and saving seed for the past ten years at her homestead, Earth Haven on Youngs River Rd. She became interested in seed saving when she realized the threat genetically modified seeds represent to natural seed stock. Saving and exchanging seed establishes freedom and independence for growers concerned about diversity and restoring the earth. How to gather and save seed is based on the growing habits of each plant. Caren will share both procedure and philosophy she has learned in her exciting seed saving journey.



12:30pm: Chuck Meyers - Worm Bin Composting & Preparing Tools for Winter Storage.

Chuck Meyers has been a Master Gardener since 2009 and gardening since he was ten years old. Chuck brings a practical approach to gardening. He describes Worm Composting as "the easiest least complicated composting there is". He says worm composting allows gardeners to be self-sufficient rather than reliant on commercial fertilizers. Chuck will show gardeners how to construct and maintain worm composting bins.

Practicality also drives Chuck's care of Garden Tools. He will bring sharpening tools and also discuss best tools to purchase and advice for maintaining tools for years to come.

1:30pm: **PANEL DISCUSSION** - Preparing Gardens for Winter. A Panel Discussion of seasoned Master Gardeners will advise gardeners on essential winter preparation for a bountiful growing season next year. Vegetable and Perennial beds, Soil preparation, Weed removal, Mulching, Potted Plants are just a few topics. Bring questions and issues for feedback on personal garden problems.

## Assistance League of the Columbia Pacific 8th Annual Home & Chef Tour

FALL IS IN THE AIR and so are the plans for Assistance League of the Columbia Pacific's 8th Annual Home & Chef Tour which is set for Saturday, October 10, 11am to 4pm. This year the tour features five beautiful homes with fantastic treats provided by local restaurants at each residence.

This year it's going Country! Tickets for the 2015 Home & Chef Tour are available for \$25.00 and can be purchased at Holly McHone Jewelers at 1150 Commercial Street in Astoria and at all branch locations for Columbia Bank within Clatsop County. Tickets also available for sale at each home on the day of the tour. Five homes will be featured. offering tasty bites from some of the area's finest restaurants, featuring Fulio's, Baked Alaska, Astoria Coffeehouse & Bistro, Blue Scorchers, Drake Radditz Guide Service, and Beach Burrito. This year a special event takes place at Brims Farm & Garden located at 34963 Hwy 105, in Lewis & Clark.

The tour directly benefits signature program Assistance League of the Columbia Pacific's, Operation School Bell which provides clothing for Clatsop County schoolchildren and it is the nonprofit volunteer organizations' major fundraiser for each year. Other programs include providing duffel bags of comfort items to kids entering the foster care system, assistance in covering athletic fees for schoolchildren and providing prom gowns for high school students through Cinderella's Closet.

For more information about this upcoming event, contact Mary Davies at 503-738-2672 or visit www.assistanceleaguecp.org.

## FOOD GROOVE

### Gardening Workshops at CCC

GET PREPARED for next year's garden season. Clatsop Community College hosts workshops to help you create your perfect outdoor space and nurture healthy plants.

**LANDSCAPES AND HARDSCAPES FOR LIVING ON THE COAST** will be held Tuesday, October 13, from 3:30-5:30 pm at the main campus in Astoria. Cost is \$20 and preregistration is recommended. A properly designed yard saves you time and money. It looks good and provides a comfortable outdoor space for you and your family. Use landscaping and hardscaping techniques to redirect water flow and create windbreaks in your home garden, as well as create visual interest and appeal. Learn to use various materials to design a garden space that works for you, to use the right plant for the right space, and techniques for stone work.

**PRUNING YOUR ORNAMENTALS** Saturday, October 17, from 9 - 11am at the CCC South County Center, 1455 N. Roosevelt, Seaside. Cost is \$20 and preregistration is recommended. Proper pruning encourages healthy plants and can be used to create interesting branching patterns. Learn why to prune, when to prune and how to properly prune woody ornamental trees and shrubs. To register go to www.clatsopcc.edu/schedule and search under Course Title or call 503-338-2402.

### Help Put the Community Garden to Rest for the Winter • At Alder Creek Farm

Join folks in the garden at Alder Creek Farm, Oct 17, 9am to 2pm to prepare the garden for the winter season. The soil has been so productive and giving the past several months and it's now time to take extra care in preparing it for a winter rest. We invite gardener wanna-be's and those who just would like to dig in the dirt are invited to the farm for a day of caring for the community garden.

In keeping with the annual tradition, a soup and salad lunch will be prepared by Garden Coach Karen with food grown in the garden. Come enjoy a bowl of soup, get some great exercise in the garden, meet new friends and help get the garden ready for the winter season.

FMI: contact Karen Matthews, Lower Nehalem Community Trust Community Garden Coordinator at: karen@nehalemtrust.org Alder Creek Farm is located at 35955 Underhill Lane, Nehalem. OR.

### FOODleOff at Old Town Frame and North Coast Food Web Kitchen

NorthCoast Food Web is partnering with Old Town Frame for the October Art Walk to feature food art by kids. Both locations will have kid art on display, Food Web will be doing food at both venues and there will be Food Web reps at Old Town Frame as well as at the North Coast Food Web Kitchen on 18th. Old Town is hosting a Foodle Off event which is a food version of the annual Doodle Off. Folks will be provided with materials to create their own food themed art. Doodle and food! Food and doodle! All ages welcome. Great food, great fun!!!

### Mushrooms Hear the Talk. Walk the Walk

Dane Osis, a ranger at Fort Stevens State Park will lead a mushroom foraging orientation walk to find and identify edible and inedible mushrooms in the Ecola Creek Forest Reserve.

Meet on Sunday, October 18 at 10am at the Cannon Beach City Hall lot. Bring a basket and knife: dress for the weather. Sponsored by the Ecola Creek Awareness Project.



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