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Astoria's Inaugural Pride

A new city-wide festival is a celebration for all

ON JUNE 9, 2016, Astoria's inaugural PRIDE FEST kicks off. As you stroll or cruise down Commercial, you see PRIDE Flags interspersed between Astoria Music Festival flags, and various businesses dressing window storefronts in rainbow colors, as is the spirit of tradition for city festivals in Astoria.

Things change, morph, grow, transform. Ain't it beautiful! In the mid 90's the LGBT community on the coast was active on many levels. Potlucks, mixers, shared space with the Clatsop County Aids Coalition at the No. 10 6th St. building (destroyed by fire) on the Astoria waterfront, a "gay films galore" movie night . . . one activity comes to mind—getting together with folks to get the postage on the newsletter, or mailers for various events, a social function of the past for certain.



OUT on the COAST Newsletter 1999.

We can look back at that time, the mid 90s, when we were OUT on the COAST with fond memories; our courage, care and joy in building community, and gaining visibility. What's different now? The strides



accomplished on state and national levels for equality and human rights legislation – a chain reaction of consciousness raising and a great awareness of all-inclusiveness, and how much better it works for humanity.

Today, the new Lower Columbia Q Center, (soon to establish 501c3 status) reaches way "out." The LCQC is positioned to assist the coastal community at a new paradigm of understanding, healing and exploration. We are after all, an evolving species. And, it has become apparent that people of all walks of life have discovered that celebrating who we are, rather than who we shouldn't be, is just really a whole lot more fun.

So it is with greatest joy, A HAPPY HAPPY INAUGURAL ASTORIA PRIDE TO ALL!
- Dinah Urell, a proud-to-be PRIDE Parade Grand Marshall.

Marko Liias, openly gay senator from Washington, with Finnish-Astoria roots, joins local organizers, Tessa James Scheller and Dinah Urell as parade marshalls.

IN CONJUNCTION with Inaugural ASTORIA PRIDE WEEKEND, KALA proudly presents the "The Coast is Queer" with special guest curator, noted Portland Gallerist Mark Woolley.

The exhibit presents queer-identified artists, a celebration of diverse art being produced in Oregon by queer artists. The artists selected are and but not all necessarily exploring queerness in their art—they are just producing interesting, well crafted and highly original works that reflect their inner vision." Artists include; Paul Soriano, Dorothy Goode, Wesley Yuni, Chuck E. Bloom, Tabor Porter and Greg Carrigan, Marne Lucas, and Sid Deluca.

Complimentary apps, and No-Host Cocktail Bar continues through the eve and celebratory weekend, light dancing follows.

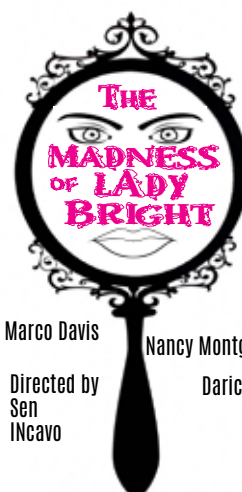
KALA is located at 1017 Marine Drive in Astoria. The COAST IS QUEER, open Sunday June 12, Noon to 4pm. Sat/Sun thru June Noon to 4pm.



The Coast is QUEER @ KALA

Art Exhibit

Opens June 11



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BOOK LAUNCH @ KALA

Robert Michael Pyle *Chinook & Chanterelle*

KALA welcomes naturalist writer Robert Michael Pyle, Friday June 17, in a celebration book launch of his second full-length book of poetry, *Chinook & Chanterelle*, published by LOST HORSE PRESS. Doors open at 7pm, reading to begin at 7:30pm, and a complimentary light salmon buffet follows, plus book sales and signings. Admission is \$8.

As we near the summer solstice, an evening with author Pyle is a perfect companion to call in the season that allows us more time spent with nature and in a time of year we may like to get closer to our own nature. American author Floyd Skloot says of *Chinook & Chanterelle*, "At the heart of this marvelous book is the saving grace of close observation, the life-affirming depth of feeling and engagement and understanding of birds, butterflies, fish, critters, the rich flora all around us. Pyle savors and praises, seeing what joins us to our environment and what it can show us of ourselves, lifting his and our spirits."

Rich in natural images, stories, and indelible episodes from the whole world around us, Pyle's poems also track the territory of loss and grief—for his late wife Thea—as it rises onto the higher ground of rediscovery, redemption, and re-enchantment. They exalt the ordi-

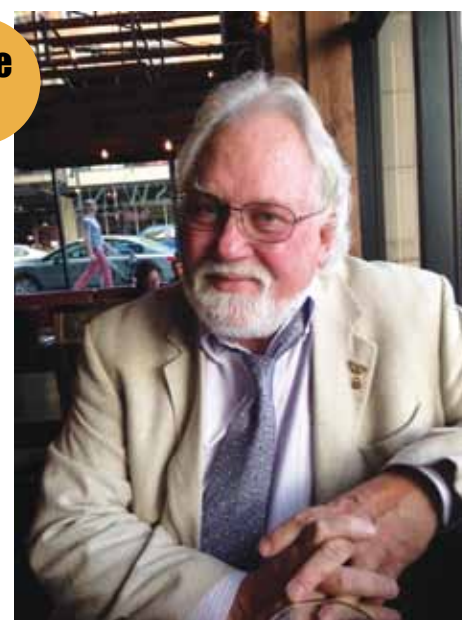
nary even as they find the extraordinary in physical details that we too often look right through.

Pyle is America's best-known lepidopterist, authoring entomological texts, such as *The Audubon Society Field Guide to North American Butterflies*, *Watching Washington Butterflies*, and of his nine books of prose, butterfly takes precedent—one road trip, 'an 88,000-mile sprint to every corner of America' produced *Mariposa Road: The First Butterfly Big Year*, 'part road-trip tale, part travelogue, and part memoir of people and species Pyle encountered along the way.'

LOST HORSE PRESS, independent and non-profit, based in Sandpoint, Idaho, has produced a handsome book; a ribbed natural fiber cover produces an art print quality of Thea Pyle's wood cuts, the inside front and back, flanked by a luminescent gold paper—this a delight that digital books cannot compete with.

Please Join KALA Friday, June 17, 7:30pm, (doors open 7pm) \$8, includes complimentary salmon buffet. To read Robert Michael Pyle is spirit-awakening, for his exuberance towards nature, his honesty and lively wit shine on, and then to hear Pyle read Pyle is just a dandy pleasure.

KALA, 1017 Marine Drive in Astoria. 503.38.4878



LIGHT, SWEET, CRUDE

By Robert Michael Pyle

"The price of light, sweet, crude is up ten dollars a barrel," said the radio this morning. Oil that is.

"Light, sweet, crude"—is this the only entity whose name is made entirely of adjectives?

"Great Spangled Fritillary" comes to mind, and "Big Brown Bat"—but they're tied down by nouns in the end.

Vaguely salacious, "light, sweet, crude" Might limn relationship these days, how some folks like to keep romance.

Neither hog bellies nor sugar beets, Grain futures or carbon credits— Surely no other commodity name

oils imagination, greases desire, lubricates lust as this one does. For don't we all, be honest now, like things a little bit that way?

ROBERT MICHAEL PYLE writes essay, poetry, and fiction from an old Swedish farmstead along a tributary of the Lower Columbia River in southwestern Washington. His twenty books include *Wintergreen* and *The Tangled Bank*. A Guggenheim Fellow, he has received the John Burroughs Medal and several other writing awards. Pyle's poems have appeared in magazines including the *North American Review*, and in a chapbook, *Letting the Flies Out*. *Evolution of the Genus IRIS* was his first full-length book of poems; *Chinook & Chanterelle* is his second collection from Lost Horse Press.

Ric's Poetry Mic

**New Venue
New Night**

FORMERLY "The Last Tuesday Poetry Open Mic" has a new name, a new place to meet and a new date. In honor of the founder Ric Vrana, the event will be called Ric's Poetry Mic and will be held at WineKraft, 80 10th Street (on the west end of the Pier 11 Building) in Astoria. The event moves to the first Tuesday of every month, resuming on Tuesday, July 5. Readings are from 7 p.m. to 8:30 p.m., with sign up to read at 6:45 p.m. All poetry friends are welcome to come to read and listen. ?'s-Contact: Mary Lou McAuley <mmcauley05@gmail.com>

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Misogyny and Transphobia a community discussion This free community conversation is part of the Diversity Dialogues series at the Astoria Public Library



THE LOWER COLUMBIA DIVERSITY PROJECT and Astor Library Friends Association present Diversity Dialogues, a series of discussions and presentations focusing on topics related to diversity. The first event in the series is "Misogyny and Transphobia", a community conversation facilitated by Drew Herzig of the Lower Columbia Diversity Project. The event will take place on Friday, June 24, 2016 at 6:00pm at the Astoria Public Library, 450 10th Street, Astoria. There is no fee for admission.

Transgender issues have been very much in the news of late. The civil rights of the transgender community are being affirmed, but the backlash has been intense. What's going on? How does the controversy about transgender rights, especially the rights of transgender women, reflect our society's view of women in general? How is our cultural misogyny shaping the conversation? What do terms such as gender identity and gender expression mean? And what's the big deal about bathrooms? Questions such as these will be the focus of the June 24, 2016 event.

The mission of the Lower Columbia Diversity Project is to engage pro-actively with diversity issues in the region, educate the community on the benefits of diversity, tolerance, and inclusion, and provide a forum through which individuals, groups, and organizations may address concerns relating to diversity in the community.

Oregon Motor Voter Ballot Returns Outpace Peers

PORTLAND - This January, Oregon launched Oregon Motor Voter (OMV), our nation's first automatic voter registration system. OMV added 43,577 new voters to the electorate for the May Primary. On average, 808 eligible Oregonians register every day through automatic voter registration. Previously, Oregon registered an average of 2,023 new voters per month. With Oregon Motor Voter, our state is making great strides in getting a ballot into the hands of every eligible Oregonian.

Initial calculations of (unofficial) turnout of automatically registered voters signals success. Early analysis of returned ballots by age and party affiliation, demonstrate positive outcomes for voter participation for those who were registered through automatic voter registration (AVR).

The majority of AVR voters by age and major party voted at higher rates than their traditionally registered peers. Young people that registered with a party consistently out performed their traditionally registered peers. Young automatically registered Independent Party members turned out 9.5% higher and young Republican AVR members participated in the election at a 15.5% greater rate. Oregon has seen growth in unaffiliated voters of all ages for a number of year. It is the role of political parties in Oregon to educate and motivate the electorate in general about the value of affiliating with a party so there can be broader participation in primaries, regardless of their method of registration.

Nikki Fisher, Executive Director of the Bus Project noted, "The primary results show that Oregon Motor Voter is working to get ballots in the hands of more eligible voters. We believe democracy works



What's UP Downtown? ADHDA Summer Shopper Surveys

By Cara Mico

BUSINESS AS USUAL is rarely business as usual, as any Oregon Coast resident knows. Our needs change as frequently as the weather which makes business forecasting a fun, if not interesting, challenge. Precisely what entices people into downtown businesses is the question the Astoria Downtown Historic District Association wants to answer to support existing businesses and recruit new businesses to the area, and ADHDA has already made a lot of progress towards this goal.

This summer, ADHDA volunteers and staff are surveying shoppers, residents, and businesses within the 38-block district (located between Exchange and the Columbia, from 5th to 17th) to find out how people use Downtown Astoria and what goods they can and can't find locally. The results will inform the larger Business Cluster Analysis which ADHDA has been working on for the last year.

"We already know that there are a few recurring issues," ADHDA Director Alana Garner said. "Increased parking zones, the need for better lighting in certain areas, and the need to tackle the downtown vacancy rate are all a part of the business cluster analysis project that this survey will address," Garner added. "The ultimate goal of a business cluster analysis is to understand what people are and are not buying downtown, help existing businesses increase their sales, and to recruit new businesses to the Downtown District that will fill consumer needs."

Surveyors will be stationed at participating businesses, the Astoria Sunday Market, the Liberty Theater, and ADHDA's 2nd Saturday Art Walk throughout the summer to engage in a dialog with residents and tourists alike. They'll be easily recognizable and are very friendly (if you're local you'll probably recognize a face or two). The survey is brief and non-invasive and is very important for the work that ADHDA has been doing. If you want to tell us how you use downtown Astoria but don't have time to take the survey in person, you can take the short survey online. Either way participants can be entered into a drawing for a gift basket of local goodies. Find the survey online at AstoriaDowntown.com.

If you want to help ADHDA better understand how people shop downtown, there are numerous ways you can get involved. In addition to taking the survey, you can volunteer to interview customers. If you have a few hours this summer and like talking to people, volunteer for a two hour shift by contacting Alana Garner at Alana@astoriadowntown.com. ADHDA provides all of the training and materials necessary and this is a great way to meet your neighbors!

If you're a business owner you can let ADHDA survey your customers either in person or online. Our staff and volunteers have been busy all spring reaching out to store owners so if you are a business owner and you haven't already heard about the project, it's likely you know someone who has. Join the conversation by contacting ADHDA and give us your feedback about the project.

Astoria Downtown Historic District Association is a nonprofit organization working to preserve the character of Astoria while promoting its future. ADHDA has hosted educational programs such as "Novel Efforts Downtown", also known as the NEDtalks, holds monthly downtown meetings, represents the downtown merchants at City meetings, and holds fundraisers such as the annual Jane Barnes Revue and the PNW Brew Cup.

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It's obvious to young people, if not to those who customarily vote for the "lesser of evils," that the Democratic Party is wholly corrupted. For several decades they have utilized party insiders, called superdelegates,

Clinton won the New York primary due to massive suppression of would-be Sanders voters, it may be that the fix is now in. In that case, even if Sanders wins big enough in remaining contests to come to the conven-

Why the Green Party Deserves Serious Consideration by Stephen Berk

not voted for in primaries, as some thirty per cent of the total. These political professionals are pledged to squelch any populist insurgency and see to it that the establishment's candidate, in this case Hillary Clinton, gains the nomination. During the primaries, Clinton has relied on hundreds of millions she has raked in from big financial institutions like Goldman Sachs, as well as a fossil fuel industry that resists effective action against climate change, and gargantuan agribusiness, personified by companies like Monsanto, which have done so much to obliterate small independent farmers, especially in the poor countries of the Global South. Bernie Sanders' insurgent campaign, which has stressed ending massive wealth inequalities and building green infrastructure to combat climate change, has gamely competed with the behemoth Clinton machine by raising small contributions from millions of people. But Sanders draws his support in good part from Independents, now more populous than registered Democrats or Republicans. And he has beaten Clinton by the largest margins in states that have open primaries, allowing Independents to vote. This could occur in California, by far the biggest state and one with open primaries.

The reason that Independents now comprise close to forty percent of the electorate is because ever larger numbers of Americans realize that the two parties, bought by wealthy special interests, have sent their jobs overseas, created a low wage economy at home, make only token efforts against climate change, and support endless wars fought for oil and other resources and to enrich the corporate war machine. Since

keep him from the nomination. Should Clinton, with the aid of party insiders, defeat Sanders progressives, it may well be time for them to consider voting for a third party



that could eventually drive the Democrats leftward.

Dr. Jill Stein, now running for the second time on the Green ticket, states that third parties have played influential roles in US history. The Liberty Party of the 1840s influenced the coalition that would form the new Republican Party, as the Whigs, one of the two major parties, disintegrated in the following decade. Their influence drove the Republicans in an antislavery direction. In the 1890s, faced with plutocratic domination and inequalities not unlike those of today, the People's Party arose and ultimately fused with a newly reformist Democratic Party under Congressman William Jennings Bryan. Though Bryan would lose three Democratic presidential campaigns, much of the pro-labor, egalitarian reformism he inherited from the Populists became law during the Progressive era (1900-17). Later, FDR's New Deal enacted reforms like Social Security and stronger pro-labor legislation largely because of pressure from small parties and movements on the left.

Today Jill Stein and the Green Party platform could eventually gain enough support from disaffected Democrats and burgeoning Independents to pressure the corrupted system toward reform. While Stein stresses combatting inequality and addressing climate change as does Sanders, she goes further than the Vermont senator on most issues, and she frontally attacks the warfare state, which Sanders has tacitly supported. Stein realizes we will not be able to relieve student debt and reintroduce free public college education,

nor green the infrastructure to combat climate change without abolishing our massive imperial overstretch. Thus she would close more than 700 US military bases around the world while cutting the bloated "defense" budget by over 50 percent (still leaving it by far the highest in the world). And she would end arms shipments to countries, including Israel, which violate human rights. In an interview with Todd Chretien of Socialist Worker, she decries the \$6 trillion spent on "wars for oil or wars on terror, whatever you call them" since 9/11/01. The devastation in Iraq, with over a million

Iraqis killed, she states, laid the groundwork for the Islamic State, as al-Qaeda grew out of our actions in Afghanistan. Locating the "origins of Jihadist terrorism" in "the CIA and the Saudi monarchy, which created this religious, extremist force...to fight the USSR in Afghanistan," she states we created a "Frankenstein monster. And it unleashed the Saudis...enabled by us as a terrorist monarchy in their own right."

While Sanders's youthful, progressive constituency pressures him away from endless wars, he has consistently avoided such condemnation of empire. Clinton embraces and seeks to expand imperialism, aiming at dangerous and foolhardy confrontation with great powers, Russia and China, and Sanders has stated he would support her if she is nominated. Hence the only way for progressives to stand against imperial wars, take on the climate crisis and the full run of domestic need may well be to support Jill Stein and the Greens should Bernie fail to be nominated.



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pg 27



Help attack a notorious weed at Circle Creek in Seaside

thrives in moist riparian areas such as the floodplain at Circle Creek, where volunteers will be working.

Dense patches of policeman's helmet choke out other plant species and reduce native plant and animal diversity while increasing the risk of stream bank erosion. When touched, the plant's mature seedpods split and eject seeds up to 20 feet. A single

IMPATIENS GLANDULIFERA—an invasive plant better known as policeman's helmet—is becoming a scourge in the Necanicum River watershed. Help arrest this public enemy at Circle Creek Habitat Reserve at a volunteer stewardship day on Saturday, June 11, from 10 a.m. to 1 p.m.

Native to Asia, policeman's helmet is named for the plant's white, pink or purple flowers, whose shape resembles an old-fashioned British policeman's helmet. It was first sighted in the Necanicum River watershed about 3 years ago and has since spread widely. It

plant can produce up to 800 seeds, which remain viable for 18 months or more and can even germinate under water. We've timed this stewardship day—a partnership with Necanicum Watershed Council—to pull up plants before they have a chance to set seeds.

If you'd like to help, contact NCLC Stewardship Director Melissa Reich at 503-738-9126, melissar@nclctrust.org, for details and directions. Visit NCLC-trust.org for more information about this stewardship day and a link to a fact sheet about this weed.

Summit to Examine Lower Columbia River's Vulnerability to Climate Change

June 17



THE LOWER COLUMBIA ESTUARY Partnership invites all people interested in climate change and the Columbia River to join the 10th annual Science to Policy Summit. The Summit takes place Friday, June 17, from 9:00am - 3:00pm at the Hilton Vancouver, Washington. This year, the Summit will examine emerging climate change research and its implications for the lower river and estuary.

The event will open with remarks from Congresswoman Suzanne Bonamici (OR-1). Expert panelists then will present changes in regional climate, sea level rise, ocean acidification and hypoxia, cold water refugia for migrating fish, as well as climate change's impacts on Native American culture. Presenters represent the Northwest Association of Networked Ocean Observing Systems, University of Washington, Northwest Power and Conservation Council, Confederated Tribes of Grand Ronde, and the Lower Columbia Estuary Partnership.

In the afternoon, attendees will discuss and help define how these climate changes impact the lower Columbia River's management plan and how targets should shift to address the threats and vulnerabilities of climate change.

"Climate change in the Columbia Basin is here. Warmer temperatures, more intense storms, increased drought, and more rain with less snow are affecting all aspects of our lives - from the foods we grow, to the fish in our rivers, to the amount of toxic runoff. We have the opportunity and challenge to take

action now to be sure that the actions we make today are strategic, are based on the best science, and meet our changed climate. We will have to shift our approach and make decision not only on impacts of past actions but on projected impacts," Debrah Marriott, Executive Director, Lower Columbia Estuary Partnership.

Registration is required, and people can pre-register online at www.estuarypartnership.com/StoP2016.

About the Lower Columbia Estuary Partnership:

The Estuary Partnership was established in 1995 by the Governors of Washington and Oregon and the US EPA to provide regional coordination, to advance science, and to get on-the-ground results in the lower Columbia River and estuary. It is a collaborative program of the states of Oregon and Washington, federal agencies, tribal governments, non-profit organizations, businesses and economic interests, and citizens. The Estuary Partnership restores and protects habitat, improves water quality and reduces pollution, and provides information about the river to a range of audiences. The lower Columbia River and estuary is an "Estuary of National Significance," one of only 28 National Estuary Programs in the nation. The US EPA administers the National Estuary Program, created in the 1987 amendments to the Clean Water Act. The Estuary Partnership is a 501(c)3 non-profit corporation. For more information, visit www.estuarypartnership.org.

West Coast Leaders Sign Comprehensive Agreements at Global Clean Energy Ministerial

(San Francisco, CA) — On behalf of a region of 53 million people, three U.S. governors and British Columbia's environment minister joined the mayors of six major West Coast cities today to announce the Pacific North America Climate Leadership Agreement at the Clean Energy Ministerial (CEM7).

Leaders from the Pacific Coast Collaborative (PCC) — a partnership between California, Oregon, Washington, and British Columbia — teamed up with mayors from Los Angeles, Portland, San Francisco, Seattle, Oakland, Calif., and Vancouver to approve a pact to move the region's clean energy economy forward. With a combined GDP of USD \$2.8 trillion, the Pacific North America region represents the world's fifth largest economy.

West Coast leaders, including Oregon Governor Kate Brown, inked the agreement with regional states and cities as a part of the subnational portion of the Ministerial. Today and tomorrow, energy ministers, elected officials, business leaders, and other high-level delegates from 23 countries and the European Commission will work to fulfill the pledges made last December at the COP21 global climate change talks in Paris with clean energy policy commitments.

The Pacific Coast Collaborative cities agreement outlines areas of cooperation to slash greenhouse gas emissions and advance a clean energy economy. The agreement includes a specific focus on energy systems, buildings, transportation, and waste management in cities. As climate change requires decisive action at the subnational level to realize the promise of the Paris accord, cities, states, and provinces are acting with a growing recognition that they have a

unique role to play in executing the wide-ranging solutions advanced in the agreement.

Key provisions of the agreement include: 1) implementing energy data reporting and benchmarking for at least 75 percent of eligible large building square footage; 2) expanding consumer, municipal, utility, and private sector adoption of zero-emission vehicles and development of a Pacific Coast electric vehicle charging network from Southern California to British Columbia; 3) accelerating the deployment of distributed, community-scale renewable energy, which is integrated into the grid to help lower the carbon intensity of heating fuels in commercial and residential buildings; and 4) reducing carbon emissions from the food waste stream by preventing and recovering organic waste and promoting composting.

Also during CEM7, PCC leaders will meet to sign the Pacific Coast Climate Leadership Action Plan, an update to the Pacific Coast Action Plan on Climate and Energy, which the leaders signed in 2013. The Action Plan of 2016 has a stronger emphasis than in the past. The Action Plan also promotes more resilient communities in the face of a changing climate, with a focus on historically underserved communities that bear the brunt of climate change impacts.

Oregon Governor Kate Brown stated "Oregon took action this year to create a vision of a future free of coal-powered electricity, a testament to our commitment to reduce global carbon emissions. The Pacific Coast region is leading the fight against climate change, and our partnership demonstrates that we're even more powerful when we collaborate."

What: Science to Policy Summit: Climate Change

Where: Hilton Vancouver Washington

When: Friday, June 17, 2016, 9am – 3pm



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Late Skate and Party

Get your gay skate on!

Astoria Armory- 1636 Exchange Street

Saturday June 18 9pm-11pm

The Lower Columbia Q Center and Astoria Armory present: Late Skate and Party in the Mezzanine on February 27 from 8-11. Come join your friends and family as we take to the skate floor and work it out! Not a fan of skating, no problem! We have the party in the mezzanine for the 21+ crowd; a bar, tables to sit and visit, a birds eye view of all the action below and plenty of room to dance, dance, dance!!!

In the spirit of Fisher Poets, our theme for this skate party is: Fishermen, interpret as you want!

\$3 at the door and \$3 skate rental.

Lower Columbia Q Center Meeting

Astoria Armory - 1636 Exchange Street Astoria,

Wednesday, March 16th 6pm-8pm

Attention all LGBTIQ community members and allies! We will be meeting at the Astoria Armory to discuss the great strides we have made in our efforts to build awareness, community, educational opportunities and pride, as well as future endeavors to increase safety, visibility and support services in Clatsop County and beyond. Something often said in the LGBTIQ community is that "we get to choose our family". We want to extend a welcome to the people of the Lower Columbia Region to join our family. Please attend this meeting to see how you can help.

Mission: The Lower Columbia Q Center is a safe and welcoming resource and peer support service for the LGBTIQ community, friends, family, and allies of the Lower Columbia Region.

Lower Columbia Gender Alliance/Trans Support

The Lower Columbia Gender Alliance holds peer support group meetings on the third Thursday of each month. Meetings are open to transgender, gender queer, questioning and family members or partners. Meetings will be at 6:30 pm at the Q center. For Information call Jeralyn O'Brien @ 503-341-3777

Monthly LGBTQ Events in Lincoln County

- 1st Wed of ea. month, 7pm is Trans Parents Coffee Hour at the Chalet in Newport.
 - 2nd Tues. ea month, 4pm is LGBT+ & Allies Happy Hour at Georgie's in Newport.
 - 2nd Wed. ea month - 6pm to 7:30pm PFLAG Group at St. Stephen's at 9th and Hurbert in Newport.
 - 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.
 - February 1, 2pm - 4pm, Love is Love Party, OCCC Commons.
- To connect with Oregon Central Coast Chapter of PFLAG, call (541)265-7194, email: pflagoccc@gmail.com

PSYCH - K Workshop to be offered in Astoria

OREGON-BASED Alcohol & Drug counselor Rita Soman is committed to helping addicted individuals achieve long-term recovery.

Soman is the Founder of Addictions & Family Counseling, an Oregon state-certified outpatient A & D program. For much of the time while working there, she used traditional talk therapy with her clients, but was not satisfied with its outcome. "Talk therapy is good for insights," Soman says, "but in my 28 years of experience I have found that very few people really have the capacity for that. It takes a lot of work and a lot of time to do insight-oriented psychotherapy and really get people to look at their root issues and achieve the kind of light-bulb-going-off, ah-ha moment that signals deep insight. I know talk therapy has done some people good, but many remain in therapy for years without ever getting any better.

We put people on a behavior therapy program and yet Dr. Daniel A. Amen, a prominent psychiatrist, states that behavior is not the problem. It is the expression of the problem. Dr. Amen further states that we are heading towards a disaster with the hundreds of thousands of people whose problems are getting worse as a result of undiagnosed and untreated underlying causes.

Soman has been incorporating the PSYCH-K® process in her private practice since 2006. Developed by a psychotherapist, Robert M. Williams, PSYCH-K is a simple, direct, and verifiable process. It utilizes the mind/body interface of muscle testing (kinesiology) to access the self-limiting "files" of the subconscious mind, to change self-definitions from negative to positive, and to re-frame the perceptions of childhood trauma.

Soman says, "With PSYCH-K process, we are not engaging in symptom substitution, which often occurs in traditional psychotherapy, where one self-destructive habit is replaced with another.

"The 'secret to life' is BELIEF. Rather than genes, it is our beliefs that control our lives. PSYCH-K is a set of simple, self-empowering techniques to change your beliefs and perceptions that impact your life at a cellular level."

—Bruce Lipton, PhD, Cellular Biologist, author of "The Biology Of Belief."

Rita Soman, MA, CADC III is an Addiction Treatment Specialist, and Internationally Certified PSYCH-K® Instructor. She offers ACCBO-approved 14 CEUs to counselors for her Basic PSYCH-K workshop. She is a co-author of two books, "The Thought That Changed My Life Forever" and "Thank God I Am An Empowered Woman." For more info visit: www.ritasoman.com.

PSYCH-K Workshop facilitated by Rita Soman: Saturday & Sunday, June 25-26, (10am-6pm) CEUs included. At the Hampton Inn in Astoria 201 39th St. Call to register: 503.667.2023 More info: www.ritasoman.com

CLATSOP COUNTY DEMOCRATS MEET fourth Monday of each month at 7pm. Doors open at 6:30pm, at the Astoria Yacht Club, located on the second floor of the building immediately to the east of the former Astoria Riverwalk Inn and above Tiki Tours. Access is by the external staircase on the north/beautiful Columbia River side of the building overlooking the West Mooring Basin. www.ClatsopDemocrats.org

PACIFIC COUNTY DEMOCRATS

Monday, May 9, June 13, 7pm, No Meeting July/Aug 2016
North County Annex
1216 Robert Bush Drive, South Bend, WA

CREATE

Columbia River Estuary Action Team

Save the date: Thursday, June 16 at 3 Cups Coffee House in Astoria, at 6:30 pm: The first meeting for CREATE!

CREATE is the Columbia River Estuary Action Team, working on forests, salmon, ports and plants, and an exciting array of other issues we estuary-ites care about. CREATE is the group emerging from Columbia Pacific Common Sense. CREATE's coordinators, are Kathleen Zunkel, of Warrenton, and Roger Rocka, of Astoria. All interested welcome.

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**“Your Liberation is Bound to Mine” event
brings together. immigrant, indigenous and
LGBTQ voices around free trade and
the Trans-Pacific Partnership.**



The panel also served as the last stop on the Lakbay Lumad USA tour, a journey of indigenous filipino Lumad people across the United States.

Portland, OR--On Saturday May 14th, activists and organizers from El Salvador to the Philippines gathered to share their stories of struggle and resistance against human rights violations fueled by free trade agreements.

“We must stop free trade because it is destroying our people and our land,” said speaker Francisco Aguirre, a labor activist who immigrated to the United States in 1995. “The U.S. empowers corporations like Monsanto to take over agriculture and land, causing violence. When we migrate seeking safety, the U.S then calls us illegal human beings.” Aguirre, whose son was killed this last year in El Salvador, was one of several speakers who spoke about corporations thwarting indigenous ways of life and wreaking violence at home. Julio Bautista, an educator working with underserved students in Tigard/Tualatin school district concluded, “Free trade agreements are very successful at displacing people.”

The event, entitled, “Your Liberation is Bound to Mine” featured immigrant, indigenous and LGBTQ voices around free trade and specifically the Trans-Pacific Partnership, the newest and largest trade deal involving 40% of the world’s economy comprised of 12 countries: the U.S., Mexico, Chile, Peru, Canada, Japan, Vietnam, Brunei, Singapore, Malaysia, Australia and New Zealand. Because the Trans-Pacific partnership is signed but not yet ratified, activists were eager to put a stop to the enormous trade deal. President Obama has stated that with the TPP, the U.S., rather than the China, will set the rules of the world economy. The trade deal is set to become even larger as countries like the Philippines, Thailand, Colombia are seeking to join the agreement.

The panel also served as the last stop on the Lakbay Lumad USA tour, a journey of indigenous filipino Lumad people across the United States. The Lumad have been outspoken against the U.S. in its ruling of the world economy and its complicity in the displacement of indigenous and Filipino people. Lumad singer and songwriter Kerlan Fenagel said, “Our farms and our schools, our livelihoods were burned and destroyed to make way for big mining.” Nicole Ramirez, a Filipina organizer in Seattle stated, “The TPP will only intensify U.S. power and militarization in the Philippines. The TPP and the Asian Pacific Pivot have no respect for Philippine sovereignty.”

While the U.S. has made previous provisions to not trade with countries committing gross human rights violations like slave labor, the TPP provides no such protections for oppressed people. In Brunei, one of the member countries, government policy prohibits stoning of openly gay individuals--as Benjamin Gerritz, an HIV activist and community worker noted, “The priority is the oil of these countries--the priority is profit over people.”

The afternoon event ended with a call from Lumad leader, Monico Ito Cayog, a Bagobo elder from Davao del Sur, Southern Philippines: “Indigenous people are like small fish in our traditional ways that are constantly being eaten by bigger fish. Wisdom tell us we must join together and become a big fish to defeat the other fish.”

1st Annual Manzanita Music Festival July 23-24

YOU MAY HAVE HEARD the exciting news about the 1st annual Manzanita Music Festival to be held Saturday and Sunday, July 23 and 24 in beautiful downtown Manzanita. But did you know how the festival was born? Three talented women, whose love of music and Manzanita compelled them to create the Festival. The organizers of the event are three moms from Manzanita.

“Our kids are all grown so we are creating something for the community.” Co-producer, Marcie Russo is in the wine and hospitality business. She created and ran a restaurant everyone knows, The Wave, in Manzanita. Marcie later created the Garlic Company and put together awesome regional live music for her guests. Co-producer, Dawn Lind, has lived in Manzanita for over 10 years, teaches yoga at NCRD and yoga roots. Her background is in real estate and dance. Dawn has a musical family; sons Skylar and Daegon both play guitar. Beth Carter-Boyer, Festival Director, has lived in Manzanita for 2 years, but her family has been here for the last 30. Beth was fortunate to bring her kids here since they were born and they spent many summers here. Beth has produced events in the past, involving music and art in Seattle. “We are all HUGE music fans. It’s healing, fun, and it connects us all.” (Mission Statement and Press Release attached)

Partnering with The Hoffman Center for the Arts (HCFA), North Country Recreation

District (NCRD) and Lostrom & Company Real Estate, The festival is pleased to present some of the finest talent on 2 stages, Oregon has to offer; Jazz, Americana, Reggae, Country, Bluegrass and Folk. It will kick off 1-9pm on Saturday, after the 26th Annual Manzanita Walk and Run, and 1-5pm on Sunday. Musical artists set to perform at the festival include Kate and the Crocodiles, The Junebugs, Sol Seed, Kelsey Mousley, Blue Jug, Boomer & the Millenials, Woodknot, Hearts of Oak, Jenny Don’t and the Spurs, Julie Amici, The Sextones, Mystery Ride, Jaime Leopold and the Short Stories, Maggie and the Katz, as well as others-tba.

Admission is \$10 per day OR \$15 for the weekend. Craft beer, wine and food will be available at the festival. Donations of canned foods for the North Country Food Bank will kindly be accepted at the gate.

Festival producers will continue to accept sponsorships through June 10th to help them pull off the multi-genre event. Proceeds from which will fund music outreach programs in local schools and various area nonprofit groups. For more information and/or how you could help make this festival happen by being a sponsor, please contact Beth Carter-Boyer, Festival Director at (425) 394-3828 or manzanitamusicfestival@gmail.com.

Music Lineup

- KATE and the CROCODILES
- the JUNEBUGS
- MAGGIE and the KATZ
- WOOD KNOT
- KELSEY MOUSLEY
- JULIE AMICI
- JENNY DON’T and the SPURS
- BLUE JUG
- SOL SEED
- MYSTERY RIDE
- THE SEXTONES
- SHAMELESS
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The Harbor: Where Violence Ends and Hope Begins

by Erin Hofseth

A Five Year Vision Melissa Van Horn is the new Executive Director at The Harbor

Each of us has lived through some devastation; some loneliness, some weather superstorm or spiritual superstorm. When we look at each other we must say, I understand. I understand how you feel because I have been there myself. We must support each other because each of us is more alike than we are unlike. —Maya Angelou

resource center for any survivor of domestic violence or sexual assault, this includes all genders.

When Van Horn moved back to the area in October of 2015, she joined the agency's board of directors. At this same time she was working as a case manager for Clatsop Community Action. After Soderberg resigned from her position as executive director, another board member suggested that Van Horn apply for the position. She took that advice and has been working to stabilize the agency ever since.

Stability is the key word for this first year. The agency has two building projects that have been underway for quite some time.

Funding is the major obstacle in completing both of them. The first, and most important, project is the Safe House/Shelter. The Harbor's previous Safe House was too well known to be a safe place for victims to flee, and there were many structural issues with the building itself. That building was sold and they are now working towards getting another of their properties remodeled and up to code. According to Van Horn, the funding for this project could potentially be covered through a grant from the Department of Justice. "We have applied for guarantee funding from the DOJ (Department of Justice). It is contingent on the fact that we are able to get three bids, which believe it or not has been really difficult to nail down." Van Horn has high hopes though, "If we can get these bids in, we could potentially have the money from the DOJ at the beginning of summer and be done with the shelter at the end of summer."

The other construction project, the Van Dusen building, is currently frozen due to lack of funding. This building was gifted to the agency 3 years ago, and it has needed a lot of construction work in an effort to create a usable space. The previous director's goal was to get it remodeled so that the agency could use it as their office and advocacy headquarters. According to Van Horn:

"Julie's focus was on getting into the new building, and she did a lot of grassroots fundraising. She raised about 45,000 dollars from the community. We have essentially put 216,000 dollars into the Van Dusen building and we have another 150,000 dollars to go. This is just to bring it up to code. There is a lot of electrical

work that needs to be done. There is an elevator that is from the 40's or 50's that needs to be re-certified and brought up to code."

Van Horn's five year vision for the agency is stability, structure and growth. "I think the first two years are going to be about getting stable again. By the end of December in this first year I'm hoping the Safe House will be finished. By the end of next year I'd like to have Van Dusen either finished or sold, and just have that project completed." She is also working on creating consistency within the agency, "I want systems in place so that when we go to work with other agencies, like DHS, or the police department, people know exactly what to expect," she explains. "Going forward I would like to have some very culturally specific services provided," she says. "I would like to provide Spanish speaking services because it such a huge need in our community."

Growth and expansion within the agency is dependent upon funding. As a non-profit organization, The Harbor's existence rides completely upon grant funding and donations. Their annual fundraiser, Soup Bowl, will be taking place on June 4th at the Masonic Lodge, beginning at 5:30pm. Chris Wright, The Harbor's Volunteer/Training Coordinator, organized the event themed, "40 for 40." "In honor of our 40th birthday, we are trying to raise 40,000 this year," says Van Horn. The Harbor has teamed up with art professor, Richard Roland, and artists from Clatsop Community College to provide beautiful, handmade, ceramic bowls for the event. Tickets are \$40 and include the bowl as well as the meal. All bowls have been wood fired in Roland's Astoria Dragon Kiln; an Anagama kiln that produces an earthy, rustic glaze. "This is a unique opportunity to really bring the community in to what we do, and to have buy-in," says Van Horn. "I really feel like art, and healing and community are interconnected."

The Harbor is a beautiful resource for our community and an essential service for survivors of abuse. Please help to keep this agency alive through financial support, attending Soup Bowl, or shopping at, or donating to, the agency's fabulous thrift store, Déjà vu, in which all sales go to support The Harbor.

For more information on how you can get involved please call: 503-325-3426 or visit their website: www.harbornw.org



HOPE does begin at The Harbor (formerly known as the Women's Resource Center), and it begins upon first entrance into the agency. There's a palpable sense of peace there; essential for a person experiencing crisis. The Harbor is Clatsop County's non-profit resource center for survivors of domestic violence and sexual assault. Each of the agency's four advocates has extensive training and experience in client advocacy, trauma, and empowering survivors of abuse.

The Harbor's executive director, Melissa Van Horn, came on board in February of this year and has hit the ground running. Working long weekday hours, plus weekends, she has been busy playing catch-up, "I took over an agency that, over the last 2 years, has lost revenue." This is the result of both neglected grant renewals, as well as donor withdrawals.

Van Horn explains, "Our operating budget wasn't huge to begin with. It was about 675,000 dollars a year. We're down to about 500,000 dollars a year and our personnel incomes in at about 489,000 dollars. We're operating at a deficit right now at about 80,000 dollars a year upside down."

This explains why the new director is spending so much of her time writing grants. In fact, she has put her own studies, a Master's Degree in Feminist Literature, on hold and is currently taking an online grant writing class. Van Horn holds a BA in Social Sciences with a formal minor in Psychology, "I studied family systems, abuse theory, oppressionist theory and gender studies." She has since dedicated her life to social services and non-profit work.

"I started out thinking that I would work in family services, so I did an internship at Quinalt Indian Nation, in Family Services. I was offered a position at the end of that internship, but I'd realized that family services were not for me." In realizing this, Van Horn decided to dip into the local non-profit sector. She and some friends started a grassroots organization in Ocean Shores Washington called Operation Fairy Godmother. The mission of the organization was to send teenagers with economic difficulties to prom. "It doesn't seem like a big deal, but it really is. When you're a kid, it's a rite of passage," she explains. "The first year that we did it, we sent 11 girls to prom." Their organization's services included bringing formal invitations to school, hiring a seamstress to alter dresses, paying for prom tickets and dinner, and even setting up a "shopping mall" at the community center with gowns and jewelry. They generated funding for their organization through fundraisers and donations. At this same time Van Horn also served on an oversight committee for her local food bank.

Van Horn came to The Harbor in February of 2014 as a volunteer advocate. Six months later she moved out of the area, but continued to do consulting work for the director at the time, Julie Soderberg. She consulted on policies, procedures, and developing systems for advocates. It was around this same time that the agency went from "The Women's Resource Center" to "The Harbor." For 38 years the agency was known as the Women's Resource Center. This title was changed by Soderberg in order to present a more inclusive approach. The Harbor is a



How long have you been at the Harbor?

I've been with the agency for 22 years. The first year and a half I was a volunteer for Déjà Vu thrift store and during that time they took me along to all the trainings. One of the advocates was getting ready to retire so they began to train me to take over her position. I've been with the Harbor on payroll for over 20 years.

What drives your passion for advocacy? Why are you here?

The reason I'm here is because I am a survivor. I remember as I was going through my own experience that I didn't have a voice. I didn't know how to navigate the systems. I don't want another survivor to have to go through that. I have a passion for being that voice.

How have you changed personally since you became an advocate?

Well, obviously I've grown up since I was in my 30's when I came here. I can tell you 30 years ago I was a dancer at a bar and I'm the complete opposite now. Now I'm a sexual assault advocate for The Harbor. Complete opposite paths.

Do you feel like your experience as a survivor helps you as an advocate?

If you go to any of the colleges and try to take a class on how to be a domestic violence or sexual assault advocate, there are no such classes. So, what makes the best advocates, in my experience, is if you've walked it, talked it, and know it. It's not something that you can teach someone out of book, but if you've been there, then you remember the emotions, you remember the feelings, and you remember the ups and downs. That makes you a better advocate for your clients who are going to experience those same emotions and feelings.

You do most of the training for new advocates at The Harbor. Do you like that role?

I love it. Chris does the 40-hour volunteer training, and then once they decide that they definitely want to be on board, then I'm the "come-to" girl, and yes, I love it. In fact I tell them all the time, when they apologize for asking 100 questions a day, I remind them that it's when you stop asking questions that my hairs stand up, because I still ask questions after 22 years. I'm still learning stuff. So I like that they come to me and pick my brain every chance they get.

In your opinion, what is the value of having a resource center in our county? How important is it?

It's very important. I'm a firm believer that each county needs an agency like this because when you're going through domestic or sexual violence, most of the time, you don't want to bother anybody. You don't know the resources, but you don't know who to call to find them; and then when you do find someone, you're thinking, "Well, I don't want to bother you." I find that this is an

also builds a bond between that client and the agency and staff. I have clients that still come in to see me after 20 years. They come in every week just to do a check-in because there's a bond there, and it's helped to alter their lives, and now their children's lives, and their grandchildren's lives. So, yes, I think it's very, very important that there's a place where we can go when we are in need a helping hand.

You've been here for 22 years. Do you feel burnt out?

No. Hats off to the directors, but had I taken the position to be a director, I would definitely be burnt out because that's not my forte. My forte is not bookwork, my forte is with the clients, and I absolutely do not have burn-out at this point.

Tell me about the award that you just won?

I won what's called the "passion award." I won that from the state of Oregon for being the longest standing advocate in the state.

What do you do for self-care?

I have a great therapist, I eat a lot of chocolate, and I live on the coast. I have the most beautiful view; and again, I believe in the healing power of chocolate.

You're a lover of people. Have you always been that way?

Yes. My nickname when I first started this job was "Feliz Mariposa." I didn't know what that meant, and I had a Latina woman tell me that it means, "Happy Butterfly." She said, "You can tell that you love people and that you care

Q & A: Advocate Sharon Moore of The Harbor

Sharon Moore is a standout. And the Oregon Coalition against Domestic Violence and Sexual Assault recently bestowed Sharon the "Passion Award" for her 22 years of dedicated service as an advocate—the longest standing advocate in Oregon history (the average length of duty of a sexual assault is 2 – 5 years). Sharon Moore talks to hipfish about compassion, understanding and standing strong.

energy that we all have right after something like this has happened. So it's very important, again, that you have somebody there that can navigate the systems with you and provide you with information and referrals on who to call to get the information that you need. It

because you're just like a little happy butterfly all the time." I guess I've always possessed that. I don't know that I've always recognized it in myself, but other people have told me that.

So would you say that this is your calling?

This is definitely my calling. I tell a lot of my co-workers that when people first come to us, it feels like they crawl in. By the time they're done working with us and they have found their own strength again, they walk out; eyes forward, chest puffed up, feeling good and confident about themselves again.

Would you say that being an advocate has helped you come full circle with your own trauma?

Yes. It's helped me with my own healing, and it has also helped the people that I work with to find healing. Yep; full circle.

Presented by Coast Community Radio



Thursday, July 21 • 7:30 – 9:30

at the Astoria Armory

Tickets \$20 at the door, or \$17 in advance at CoastRadio.org

COME AND LISTEN! COME AND DANCE!

By Wayne Downing

Politics in My Town

Return with me now . . . This could happen to you.

Pictures of candidates are tied to little parachutes and falling from the sky. Some guy's going down the street riding an elephant with a great big speaker dangling from his trunk. Three beauty queens are riding donkeys and singing theme songs.

Maybe this is the kind of small town madness you see in those sci-fi movies at two o'clock in the morning.

I have to do something. I pick up the phone and dial 911. "Help me, please!" I cry (I think I got the receiver wet, I'm a very nervous guy.) "Politicians have swarmed right outside my window

. . ." I'm breaking down, my voice barely above a whisper. "I'm all alone," I whimper. "I'm afraid."

This kind of thing has been going on for three days now. Since then I've seen gangs of candidates with bow ties and big grinning smiles pushing against my bedroom window. They're all hollering at me, but I can only hear a few of them. "More, more for us!" . . . (Damn Republicans) . . . "Less, less for them!" . . . (Damn Democrats).

There's a candidate on the roof, peering down over the side. His face is all dirty. "Your chimney's clean as a whistle," he says cheerily. He's holding a couple of dead crows by their feet. "I did that . . . Vote for me."

I'm out of my head, I stumble to the window and open it; a dozen guys fall backward into a big pile. "I got a fever," I said. "I need popsicles – who's got popsicles?"

Right away they shout out toward the driveway. A dozen young men in black suits and dark sunglasses run forward with popsicles.

"Root beer," I command. "Root beer and banana."

One candidate pushes through. "Root beer," he says, triumphantly.

"No banana?" I ask.

I grab the root beer popsicles and close the window. The popsicle guy slinks back into the crowd. He trips over a troop of marching Cub Scouts.

I close the curtain and change out of my cowboy pajamas. In the kitchen there's a guy running for governor, a guy you've seen maybe a hundred times on the TV, and he's scrubbing out my sink with his hairpiece.

Can you believe it?

I need to get somewhere, anywhere. But they're fighting on my porch, two guys dressed like Lewis and Clark have each

other in a headlock. They're like carnie workers, one of them's got a bunch of plastic donkeys, the other's carrying around stuffed elephants. A lady in sequins out by the fence is blowing on a kazoo and smashing cymbals together. Some girl in silver leotards is standing on her hands on the roof of my pickup; she lights a baton on fire and sticks it in her mouth.

"Get outta here!" I'm getting bold, these guys are running down my property values.

"Me! Me! Vote for me!" There's a guy jumping up and down on my garbage can. The lid shatters, he's standing waist deep in broken bags of funky cat litter. Some other guy knocks him over and rolls my garbage can into a ditch. He's screaming at him. "Why you, you . . . Independent!"

I bolted past them and ran for my car. Out on the road I saw rows of dancing girls with big leg kicks, grizzly bears spinning saucers, clowns with guns that shot confetti. (I swear I saw the ghost of Lawrence Welk on my neighbor's roof, but I'm not sure, I was sick, after all.)

Bands of roving candidates were running up and down the street like trick-or-treaters at Halloween. I rolled down my window for air. A lady candidate dressed up like Uncle Sam was walking on stilts that lit up with flashing stars whenever they touched the ground. "Hungry," she mutters. "So hungry." She wraps her arms around her stomach. "Must . . . have . . . votes."

She stopped on the shoulder of the road and falls over, flat on her face. It looks like she can't move. (She finally gets picked up by a cowboy band playing Merle Haggard songs on the back of a flatbed truck.)

It was all very exciting, in a weird sort of way. But what would happen when the election was over? Where would all these candidates go?

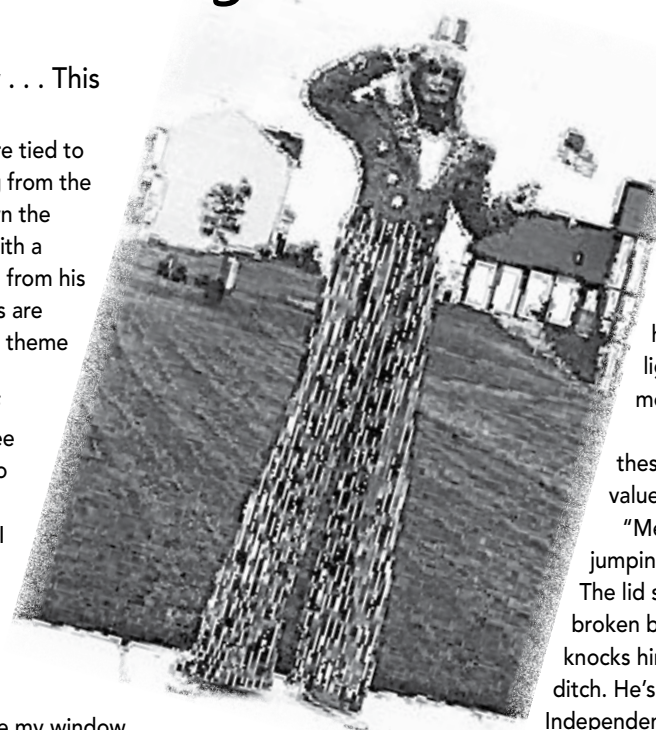
I could only imagine the worst: Candidates standing forlornly at freeway off ramps, looking for a quarter and a crust of bread; Candidate soup kitchens ("a couple of votes for a tuna fish sandwich, huh mister?"); Candidates huddled around campfires, along the beach, deep in the woods; Candidate hitchhikers; Candidate old folks homes . . .

My friend Doris told me one night she caught a candidate with wild, crazy eyes in her headlights, biting into a seagull.

(She has since proposed setting up candidate feeding stations.)

We need to create a host of imaginary government jobs, to get these candidates off the streets. We have to be on the lookout for signs of candidate addiction in our children.

It's election time again. Be vigilant.



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HorseFest 2016

June 25

THE CLATSOP COUNTY FAIR AND EXPO facility will come alive with equine enthusiasm Saturday, June 25th from 9am to 4pm. HorseFest 2016 promises to be a full day of education and fun for anyone who loves equines.

Members of the North Coast Oregon Equestrian Trails (OET) have been busy preparing for this event which will be an opportunity to learn more about how to care for, train and safely ride or show equines in many disciplines. Venders will be offering an assortment of wares related to, but not exclusive to horse-keeping. HorseFest 2016 will feature pet supplies, artwork, western wear and décor, specialty feeds, farm equipment and vehicles, horse care supplies, equestrian services and more.

Live exhibitions will begin at 10am in the indoor arena with **MITCH AND JOLYNN HOOVER** demonstrating how to negotiate trail obstacles. The Hoovers are well-known in the equine community for their ability to compete and teach trail obstacles. They'll also be teaching on bits and proper biting. **LOCAL VETERINARIAN DR. RUSSELL HUNTER** will offer a vet talk on equine care, **DR. KELSEY JOHNSON NOELLA** of Horse Guard will teach on the subject of selenium requirements of equines in the Northwest.

Also offering live demos are locals **KELLY RANKIN OF LITTLE BEAR CREEK RANCH** doing Cowboy Dressage. **MICHAEL SHAND** will be providing a live roping

demo and a farrier demo. **JESSAMYN WEST** will be explaining equine message while one very lucky equine will be enjoying her magic hands as a demo horse! Local high school (OHSET) riders



Jessamyn West Equine Massage Practitioner

will show off their skills in the indoor arena at 12:30.

For attendees considering a horse purchase or a used horse trailer purchase, classes to help steer you



Mitch and JoLynn Hoover will demonstrate how to negotiate trail obstacles.



away from purchase mistakes will be time well-spent at this free event. A trailer loading class for anyone who hauls will address what to do when an animal refuses to load. Bend OET member **KIM MCCARREL** will be on-hand with her fabulous photo documentary of great places to hike or ride in our beautiful state. Topping off the day will be a raffle for great door prizes that the local business community has provided for the event.

NORTH COAST CHAPTER OF OREGON EQUESTRIAN TRAILS began in 1994. Since then, they have adopted the trails and horse sites at Northrup Creek Horse Camp in Jewell and the equestrian trails at Fort Stevens State Park. Trail work to keep the brush cleared, clean of garbage or hazards and camp maintenance on corrals and campsites keep the organization busy year round. In addition to teaching sound horse keeping practices and trail etiquette, OET strives to work with local entities to assure the future generations of trail riders will have open spaces to enjoy.

HORSE FEST
Saturday, June 25,
10am – 4pm at the
Clatsop County
Fairgrounds. **FREE!**



ART ON

Painter Marc Boone Pacific Portals, Arcane Image at IMOGEN Gallery June 11 - July 5

IMOGEN GALLERY presents a solo exhibition for reputable artist Marc Boone. Boone who has enjoyed a career that has spanned both the Atlantic and Pacific coasts, now calls Ocean Park, of southwest Washington home. It is here that he's found his newest muse, the

grand Pacific Ocean. For his exhibition *Pacific Portals: Arcane Image* he brings a series of oil and watercolor paintings exploring the thin line where earth meets sky. The exhibition opens June 11th during Astoria's Second Saturday Artwalk, with a reception held from 5 – 8 pm. Meet Marc Boone, enjoy light bites and beverages provided by the Astoria Coffee

House and Bistro. *Pacific Portals, Arcane Image* will remain on display through July 5th.

Boone, who grew up on a farm in the vast expanse of the Palouse country (located in Eastern Washington and Idaho) identified early on with a long and panoramic view. And now, from his new home he still finds himself studying the far off horizon line, this time considering the connection between "thin places", a Celtic term referring to where earth meets sky. Looking through nature's portals, basalt edges that frame horizon, Boone depicts the doorways to the mysterious oceanic and atmospheric place that divides sky from sea. This series is for Boone a result of a search for the magic of nature. The poetic, arcane image found through observations, including the act of painting itself. Art critic/writer, Richard Speer recently visited with Boone at his studio and wrote an essay about the series. He discusses Boone's source of inspiration, particularly one location, at Rialto Beach in the Olympic National Park. Speer states, "There, a massive rock

formation is perfectly suited to the artist's gift for distilling a composition down to its powerful, primordial bones. Through this portal, this literal and metaphoric peephole, viewers may gaze outward into the firmament or inward into their own consciousness or pivot between the two."

As an artist and educator, Boone has enjoyed a diverse and rewarding career that has spanned from the Atlantic to the Pacific sea-boards. After earning his Bachelor of Fine Arts from the Pacific Northwest College of Art, formerly the Museum Art School in Portland, he went on to receive a Master of Fine Arts from Maryland Institute College of Art in Baltimore. He has exhib-



Pacific Portal 1, 40 x 30

ited his work at the Portland Art Museum, the Seattle Art Museum, Spenser Museum, Lawrence, Kansas, and the Boise Art Museum. He has also exhibited his work extensively in galleries in New York, Washington DC, Baltimore, Idaho, Montana, and Seattle where he was represented by Polly Friedlander, a great champion to the Northwest contemporary art movement and founder of the former Espy Foundation that offered residencies to artists in idyllic and historic Oysterville, Washington. His work can be found in private and public collections, including the permanent collections of the Boise Art Museum, the Tucson Art Museum and the Baltimore Museum of Art. He most recently was included in the exhibition *Into the Night* a group exhibition curated by Julie Sasse, Chief Curator of Modern and Contemporary Art for the Tucson Art Museum.

Imogen Gallery is located at 240 11th Street, open Monday through Saturday, 11:00 to 5:00, 11:00 to 4:00 each Sunday, and closed each Wednesday. 503.468.0620 www.imogengallery.com.

14th Annual June 18 - July 3 Astoria Music Festival

By Dinah Urell

MANY may find themselves in agreement with Astoria Music Festival's new managing director, when she proclaims, "It shouldn't exist!" Yes, BERENIECE JONES-CENTENO is referring to Astoria's summer celebration featuring Metropolitan Opera stars, Gold Medalists from Russia's Chopin and Tchaikovsky Competitions—all part of 3 weeks of classical repertoire, staged in this small coastal town and now in its 14th year.

"You have an incredible range of people, real folk from all walks of life, and with a wide love of music," says Jones Centeno, "It shouldn't exist, but it does."

In February of this year, a new festival board announced the appointment of the new managing director, Jones-Centeno, following an extensive search. Jones-Centeno comes with a rich arts and administrative background in the field of music, particularly opera. She is currently in the midst of a PhD in musicology at the University of Oregon and holds both a bachelors and masters in vocal performance. Considering that AMF began as a vocal academy festival, and its focus continues to strongly support vocal music, this makes a lot of musical sense!

This season, AMF welcomes back the stunning vocal artistry of ANGELA MEADE whose recent performances in Verdi's IL TROVATORE were Standing Room Only at the Met. She reprises that role in a concert staging on Sunday, June 26, and in addition, bringing more Met singers making their AMF stage debuts are Tenor - CAMERON SCHULTZA; Mezzo - MARYANN MCCORMICK, and bass - DEAN-DRE SIMMONS.

An inaugural for the festival this year is the inclusion of composer PHILLIP GLASS. Glass appeals to lovers of contemporary music, albeit "pop" is not the operative word, nor is much of DAVID BOWIE'S Heroes album – as it progresses to a more symphonic rock genre. You'll hear direct Bowie themes in the expansive Glass "Heroes" Symphony No. 4 offering a new listening pallet to AMF audiences.

This year's candlelight performance in the historic, and richly acoustic GRACE EPISCOPAL CHURCH turns to BACH, featuring JULIA BROWN, Organist, on Prelude and Fugue in A Minor, Suites for unaccompanied cello performed by SERGEY ANTONOV, and



MEADE

chamber quartet featuring the resounding RICHARD ZELLER in a Bach Cantata.

Board of Directors Dwight Caswell states that "We're excited to present one of the biggest and most challenging festivals in our short fourteen-year history, Artistic Director Keith Clark has assembled a remarkable roster of international artists and varied repertoire."

Bereniece Jones-Centeno was first introduced to AMF as assistant to co-founder and vocal academy director Ruth Dobson in 2009. Jones-Centeno's passion for the power of the voice began in early childhood when a music teacher took her class to an opera rehearsal and the students were taken on to the stage. "Everything went into slow motion, the singing, the costumes—because we were up close and personal, feeling the power of this instrument, the human voice – it was so huge for me."

"It's that up close and personal that makes this festival so amazing," says Jones-Centeno, "You're at the PAC, you're at Grace Episcopal, instead of being in the nose bleed section, and with ticket prices that you couldn't even hope to pay to hear this caliber of artist."

Co-founder of Genesis Opera in Chicago and Cascadia Concert Opera in Eugene, Jones-Centeno's mission is: to break down barriers for singers and audiences. Her passion to infect people with that same power-of-the-voice experience led her to create opera ensembles accessible outside of traditional venues; shorter operas, in English, portable stages—basically taking opera to the people. "Being able to afford it, and connect to the story, the more people get access to opera, the more interested they become."

Another passion of Jones-Centeno, is Astoria. She and her husband, a music theorist, pianist and conductor have uprooted from Eugene, to make Astoria their home. "We're in it to win it, says Jones-Centeno. I've lived durations in New York, L.A., Europe, Grand Rapids, its wonderful for me to get to be here, in this town, it's completely unlike any place I have ever lived. Will I one day be overwhelmed because of the smallness of it – I'm too social a person for that to be a problem."

When the 14th AMF season concludes says Jones-Centeno, "I know that we [board members] are all looking forward to seeing the results of this year's festival."

"Many of us are new, we learn from each other, we don't have to reinvent the wheel, being new means we have the potential of looking at it in different way. I do know that people are happy the festival is happening, because it matters to people here."

To conclude this conversation, Bereniece was asked, "If you could only go to one concert in this season, what would it be?" After a grimace, we then expanded to a theoretical 3 and she played.

1-Il Trovatore, its my training and opera is all about the forces; the singers, the instrumental, you have a story that is being told.

2-Symphonic Saturday with Ilya Kazantsev playing the Chopin Piano Concerto, as well as Marianne McCormick is singing Mahler & 3- The Festival opener, because I absolutely love contemporary pieces.



SATURDAY, JUNE 18, 4pm in the Liberty Theater CELEBRITY SOLOISTS OPENING MATINEE

Pianist, Director of Chamber Music, and CARY LEWIS joins popular festival artists for a program of classics, including Dvorak's beloved "Dumky" Piano Trio, named for its ballads, laments, and cheerful Slavonic dances.

Felix Mendelssohn VIOLIN SONATA IN F MAJOR, OP. 4
Edvard Grieg CELLO SONATA IN A MINOR, OP. 36
Antonín Dvořák PIANO TRIO NO. 4 IN E MINOR, OP. 90 "THE DUMKY"

Featuring:
Elizabeth Pitcairn, Violin
Sergey Antonov, Cello
Cary Lewis, Piano

SATURDAY, JUNE 18, 7:30pm in the Liberty Theater Symphonic Saturday: FESTIVAL ORCHESTRA GALA OPENING

The Festival blasts off with explosive works by America's two most popular composers and Tchaikovsky Competition Gold Medalist SERGEY ANTONOV scales the heights of a towering romantic concerto. Based on David Bowie's hit album "Heroes," Philip Glass's 4th symphony melds Pop and Contemporary Classical languages in an unforgettable way.

Aaron Copland: FANFARE FOR MODERN MAN
Philip Glass SYMPHONY NO. 4 "HEROES" after David Bowie
Edward Elgar CELLO CONCERTO IN E MINOR, Op. 85

Featuring:
Sergey Antonov, Cello
Astoria Festival Orchestra
Keith Clark, Conductor

SUNDAY, JUNE 19, 4:00pm in the Liberty Theater SYMPHONIC SUNDAY MATINEE with THE RED VIOLIN

American Violinist ELIZABETH PITCAIRN performs on the legendary "Red Violin" Stradivarius that inspired the novel and film The Red Violin, and the Festival Orchestra continues this summer's heroic theme with Beethoven's depiction of Goethe's hero and a powerful symphonic masterpiece that changed music history.

Ludwig van Beethoven EGMONT OVERTURE, Op 84
Felix Mendelssohn VIOLIN CONCERTO IN E MINOR, Op. 64
Ludwig van Beethoven SYMPHONY NO. 3 IN E-FLAT MAJOR, "HEROIC," Op. 55

Featuring:
Elizabeth Pitcairn, Violin
Astoria Festival Orchestra
Keith Clark, Conductor

TUESDAY, JUNE 21, 7:30pm in Grace Episcopal Church (1886) • BACH BY CANDLELIGHT

An intimate evening of Bach in the lovely historic setting of Astoria's oldest church, second oldest in the Pacific Northwest. Featuring two suites for solo cello and Cantata 82, the most performed and recorded of all Bach cantatas. Please note:



New AMF Managing Director Bereniece Jones-Centeno

MEADE • GLASS • BEETHOVEN • BACH • 3 LEG TORSO • SERGEY • PITCAIRN



seating is limited for this concert.

J.S. Bach PRELUDE AND FUGUE IN A MINOR BWV 543
Julia Brown, Organ
TWO SUITES FOR UNACCOMPANIED CELLO
Suite No 1 in G Major, BWV 1007
Suite No. 2 in D minor, BWV 1008
Sergey Antonov, Cello
CANTATA NO. 82, "ICH HABE GENUG" (1731 version)
For Bass Solo, Oboe, Strings, and Continuo
Richard Zeller, Baritone, Metropolitan Opera

WEDNESDAY, JUNE 22, 7:30pm in the Liberty Theater 3 LEG TORSO

Oregon's genre-defying band brings its eclectic mash up of Chamber Music, Tango, Klezmer, Latin, and Roma (Gypsy) music. Internationally acclaimed for recordings, and film scores, this wonderfully weird band rocked the Liberty Theater in its Festival debut a few years ago. One reviewer said it best: "...if you ever get an opportunity to see them in concert, it will be the best \$15 bucks you ever spent...truly enjoyable, down to earth, fun guys."

With special guest artist, Astoria's own 10 year-old singing sensation Minntah Haefker, *Family Prices. Children under 16: \$5 at the box office and night of concert.*

THURSDAY, JUNE 23, 7:30pm in the Liberty Theater CITY GIRL: CLASSIC SILENT FILM WITH LIVE MUSIC

Back by popular demand, the Liberty Theater returns to its roots as a silent movie palace.

Sophisticated city girl Kate falls in love with farmer Lem. Can he keep her down on the farm? Find out in F.W. Murnau's 1930 classic that made history as the first Hollywood film shot in Oregon.

With a score composed and conducted by celebrated OREGON COMPOSER JOHN PAUL, whose works range from classical symphonic to ground breaking scores for Atari videogames and Magnum Force, Pit-Fighter and Wayne Gretzky's 3-D Hockey. Meet the composer after the show!

FRIDAY, JUNE 24, 7:30pm in the Liberty Theater

CHAMBER MUSIC with CARY LEWIS AND THE FESTIVAL ALL-STARS
Pianist and Director of Chamber Music CARY LEWIS joined by Principal Players of four American Orchestras.

Charles Knox 2002: SEMORDNILAP NO. 2
Antonín Dvořák PIANO QUARTET NO. 2 IN E-FLAT MAJOR, OP 87
Ernő Dohnányi SEXTET IN C MAJOR, OP. 37 for Winds, Strings and Piano

Featuring:

Cary Lewis, Piano and Host
Jeffrey Thayer, Violin, Concertmaster: San Diego Symphony
James Van Valkenburg, Associate Principal Viola, Detroit Symphony
Rowena Hammill, Associate Principal Cello, Los Angeles Opera Orchestra
Susan Welty, Associate Principal Horn, Atlanta Symphony
Additional Artists to be announced

SATURDAY, JUNE 25, 4:00pm in the Liberty Theater HAPPY HOUR with SERGEY AND FRIENDS

Tchaikovsky Competition Gold Medal CELLIST SERGEY ANTONOV in an informal matinee of Chamber Music and Chat.

SATURDAY, JUNE 25 at 7:30pm in the Liberty Theater

Symphonic Saturday: SYMPHONIC SHOWCASE
Russian pianist ILYA KAZANTSEV demonstrates why he won the Gold Medal in the International Chopin Competition. San Diego Symphony Concertmaster JEFFREY THAYER and Detroit Symphony Associate Principal Violist JAMES VAN VALKENBURG join for Mozart's duo concerto. Metropolitan Opera mezzo-soprano MARYANN MCCORMICK sings Mahler, and the Festival Orchestra romps through Stravinsky's ballet score.

Igor Stravinsky PULCINELLA
BALLET SUITE
Frédéric Chopin PIANO
CONCERTO NO 2 IN F MINOR,
OP. 21

Gustav Mahler THREE SONGS
TO TEXTS BY FRIEDRICH
RÜCKERT
W.A. Mozart SINFONIA CONCERTANTE IN E-FLAT
MAJOR
For Violin, Viola and Orchestra, K 364

Featuring

Ilya Kazantsev, Piano
MaryAnn McCormick, Metropolitan Opera Mezzo
Soprano
Jeffrey Thayer, Violin Concertmaster: San Diego
Symphony
James Van Valkenburg, Viola Associate Principal,
Detroit Symphony
Astoria Music Festival Orchestra
Keith Clark, Conductor

SUNDAY, JUNE 26 at 4:00pm in the Liberty Theater VERDI'S IL TROVATORE

Soprano ANGELA MEADE'S recent performances in Verdi's IL TROVATORE were Standing Room Only at the Metropolitan Opera. She returns to Astoria to reprise that role in a concert featuring a sensational cast of MET soloists. Tenor CAMERON SCHUTZA scales the High C's as the Troubadour; Mezzo Soprano MARYANN MCCORMICK is the vengeful Gypsy.

Featuring:

Azucena; and Baritone RICHARD ZELLER is the jealous Count.
Leonora Angela Meade
Manrico Cameron Schutza
Azucena MaryAnn McCormick
Count di Luna Richard Zeller
Ferrando DeAndre Simmons
Astoria Music Festival Vocal Apprentice Artists
North Coast Chorale, Denise Reed, Director
Astoria Festival Orchestra and Chorus



New Singers: DeAndre Simmons•MaryAnne McCormick•Cameron-Schutzta

Keith Clark, Conductor

Concert performance, sung in Italian with English Supertitles

YOUNG ARTISTS WEEK

Presented by the Astoria Music Festival Apprentice Artists Program

WEDNESDAY, JUNE 29 at 7:30 PM.

Astoria Masonic Lodge
1572 Franklin Avenue
ASTORIA FESTIVAL FELLOWSHIP CHAMBER ORCHESTRA

Violinist-Conductor OLIVIA TSUI, Music Director of California's Silicon Beach Symphony and the Los Angeles Virtuosi, leads an ensemble of young virtuosi selected from around the country. Program to be announced.

FRIDAY, JULY 1 at 7:30pm

SATURDAY, JULY 2 at 2:00pm

Clatsop Community College Performing Arts Center
VOCAL APPRENTICE ARTISTS: LITTLE WOMEN
Mark Adamo's "magically transporting" and "stunning adaptation" of the beloved American novel, Little Women is presented in an evening of "intimate staging and masterful vocal prowess" by Eugene Opera in collaboration with the Astoria Festival. Mezzo-soprano Hannah Penn heads a cast of today's finest young singers from the Pacific Northwest. Fully staged by Mark Beudert, General Director of Eugene Opera. Mezzo-soprano Hannah Penn will head a cast of today's finest young singers from the Pacific Northwest.

SPECIAL COMMUNITY EVENTS

Free Community Event

SUNDAY, JUNE 19 at NOON

in the First Presbyterian Church (1903)

YOUNG ARTISTS COFFEE CONCERT

A recital featuring members of the Apprentice Vocal Artist Program and a post-concert social hour with coffee and goodies.

Free Family Concert and Broadcast

SATURDAY, JUNE 25 at 11:00 AM in the Ft. George Brewery

1483 Duane Street

KMUN TROLL RADIO REVIEW

Astoria Festival Young Artists join in a variety show broadcast live, featuring the Troll

Radio Theater Troupe. Hosted by Astoria's popular radio personality DEBBIE TWOMBLY. Bring the kids and be part of the live audience, upstairs at Astoria's Fort George Brewery.

A Star Spangled Celebration

SUNDAY, JULY 3 at 7:30pm in the Liberty Theater

NORTH COAST SYMPHONIC BAND "AMERICAN HEROES"

Conductor DAVID BECKER leads the Symphonic Band in its celebration of American Heroes the eve of Independence Day, featuring popular vocalists ANDY AND RACHEL BECKER. Program includes audience favorites and new arrangements for Astoria's community-based wind ensemble, comprised of local amateurs, students and professionals sharing their passion for music. Presented as a special community event. Tickets are available directly from the Liberty Theater box office.



Sergey



Pitcairn

49th Annual Scandinavian Midsummer Festival

where else can you hug a troll?



dinavians only, locals and visitors come from near and far to burn hexes (and bad luck) at the Friday night bonfire, pull up the Midsummer Pole at noon on Saturday and dance around it, visit with the Troll and stroll through a Viking camp.

Family

The Midsummer Festival attracts all ages and has activities for everyone. Children enjoy the Barnefest area with games and a puppet theater as well as dancing to the authentic live music. Healthy bodied festival attendees can help raise the Midsummer Pole, dance a polka or schot-

tische, and try their hand at Kubbe (a Scandinavian lawn game, no experience necessary). Handicapped parking and chairs with backs are provided for the infirm. There are opportunities galore to socialize with family members of all ages on the festival grounds and to meet new

to local craft brews, Astoria Brewing Company will also serve a light menu and snacks in the beer garden.

Fun

Rain or shine, the Scandinavian Midsummer Festival offers three days of activities and entertainment. While a few activities such as the Bonfire, Troll Run, Midsummer Pole, and Viking Encampment take place outside, the rest of the events are scheduled indoors on several stages.

Feature entertainers for 2016 are three instrumental trios from Denmark, Finland and Sweden. These award-winning musicians from Scandinavia will entertain audiences all three days of the festival and present their contemporary take on authentic traditional music.

THE TRIO OF LYDOM, BUGGE AND HØIRUP COMES FROM DENMARK

and consists of some of Denmark's most well known and multi-awarded musicians. Between the three of them, they've received no less than eighteen Danish Music Awards (the equivalent of a Grammy). **KARUNA FROM FINLAND** combines the sounds of the Swedish national instrument nyckelharpa (keyed fiddle) and accordion with the rich harmonies of piano and reed organ. **ACCORDIONIST TEIJA NIKU** has performed in Astoria previously as a member of the Polka Chicks and in Rosburg (WA) with Allotar. **SEPTENTRIO**

FROM SWEDEN performs charming and elegant Nordic folk tunes in a style described as "chamber folk music." The trio has a rare combination of 5-row free bass accordion, violin and 5-string cello which makes them unique in the world.

Dance groups from Astoria and Portland will perform all three days in authentic costume. **THE ASTOR STREET OPRY CO** will present olio acts from "Shanghaied in Astoria" in the beer garden on Saturday. Scandinavian Country will play live music for the Friday evening dance and **SKOLKIS FROM SEATTLE**, the band that appeared on Garrison Keillor's Prairie Home Companion in 2015, will provide music, dance lessons and a mixer or two at Saturday evening's dance.

49th Annual
Scandinavian Midsummer Festival
Clatsop County Fairgrounds
92937 Walluski Loop, Astoria

2- 11 PM, Friday, June 17
7 AM- 11PM, Saturday, June 18
7 AM-4 PM, Sunday, June 19
www.astoriascanfest.com
for a full schedule

Featured Music from the old country

- Karuna from Finland
- Lydom, Bugge and Høirup from Denmark
- Septentrio from Sweden

HERITAGE, TRADITION, FAMILY, FOOD AND FUN are the words frequently used to describe the Scandinavian Midsummer Festival that takes place the third weekend in June every year in Astoria, Oregon. This year's festival will take place Friday, June 17, through Sunday, June 19, at the Clatsop County Fairgrounds, 92937 Walluski Loop, four miles southeast of Astoria on Highway 202.

Heritage

Scandinavians moved to Astoria and the North Coast by the thousands in the late 19th century continuing into the 20th century with 35% of the population identifying as Scandinavian in the 1910 census. These hardy immigrants were attracted by the river, sea and forests familiar to them in their homelands and many who came worked as fishermen and loggers. Others were businessmen, farmers, domestics and cannery workers. The early Scandinavians in Astoria formed lodges and clubs and some still survive until today providing the leaders and volunteers who put on the annual Midsummer Festival. Princesses from the 2016 Scandinavian Court will speak on what their heritage means to them at the Queen's Coronation at 7 P.M. on Friday evening, June 17.

Tradition

The idea for the Scandinavian Midsummer Festival held in Astoria came from a festival held in March 1936. The present day Scandinavian Midsummer Festival was reformed from this early idea and held for the first time in 1967. Today it has become a major activity for local Scandinavian lodges and descendants and in 2017 will celebrate its 50th anniversary. No longer limited to Scan-



2016 Scandinavian Court.
Coronation, Bonfire and Ball begins at 7pm Friday June 17

friends in the beer garden. Sunday morning activities include a non-denominational church service with Scandinavian special music.

Food

Lefse, krumkake, frikadeller, rødkål, aebleskiver, joulutorttu, riisipuuro, ärtsouppa, pannukakku! Do any of those sound familiar? Norwegian flat bread, crumb cake, meatballs, red cabbage, Danish donuts, prune tarts, rice pudding with fruit soup, Swedish yellow pea soup, and Finnish pancakes for those of you who need a translation. Many festival attendees wait all year for these favorite Scandinavian specialties to appear and converts of all nationalities have come to expect these delicacies for a few days in June. There are also complete meals served by the Olney Grange, the Scandinavian Cafe from Vancouver, Washington, and the Rotary Club of Astoria. In addition

Admission to the three day event is \$8 for adults, \$3 for children 6 to 12, and free for children 5 and under. Parking is \$2 per day or \$5 for a weekend pass. More information and a complete schedule and list of events and entertainers for the 2016 Scandinavian Midsummer Festival is available online at www.astoriascanfest.com.



Cannon Beach Sand Castle Contest



6/11

CANNON BEACH will host its 52nd annual Sandcastle Contest, the oldest competition of its kind in the Pacific Northwest and the most popular event in this Oregon Coast town. Dozens of teams of professional sand sculpture artists, amateur groups and families will construct remarkable creations in the sand during the event. The Masters division teams compete for cash prizes and construct large, elaborate creations often utilizing construction forms similar to those used for pouring concrete in order to accomplish their monumental size. Although the sand sculpture contest on Saturday is the highlight of the weekend, visitors will find plenty of other activities to keep them busy. Weekend activities include a Friday night concert

of the sandcastles will be at 1:30pm this year, making 11:30am-2pm the best time for viewing the completed sculptures. The tide will determine how long the sculptures last.

The Cannon Beach Sandcastle Contest was recognized as an Oregon Heritage Tradition by the Oregon Parks & Recreation Department, making it one of just 11 events statewide to achieve such a designation. Make lodging reservations early for this popular weekend as hotels typically sell out all rooms in advance.

For more information on the Cannon Beach Sandcastle Contest or on how to participate, contact the

at the Coaster Theatre featuring 3 Leg Torso, an award-winning quintet specializing in an eclectic synthesis of chamber music, tango, klezmer, latin and Gypsy music. Additional weekend events include a parade, beach bonfire and 5K fun run and walk. Judging



6
18-19

CELEBRATE the passion for this exalted bulb with the faithful throngs who make their annual pilgrimage to the NW Garlic Festival which is held each June in the seaside community of Ocean Park, Washington, located on the Long Beach Peninsula. This GARLIC Olympics of Gastronomy is not held for the region's GARLIC growing ability. This Festival was born out of love of great, GARLIC laden cuisine!

Specialty food and craft vendors will offer up this supernatural powered herb, prepared and put to use in every imaginable way including some ways that go beyond. Where else could indulgence be so healthy? Don't miss the succulent GARLIC food or GARLIC ice cream and many other ways to use GARLIC.

GARLIC decor is the hottest fashion trend for home and garden, find it here first! GARLIC bird houses and wind chimes, GARLIC pottery and art. Personal items such as hand made soaps of GARLIC and rosemary are particularly popular. Jewelry, hats and clothing laden with GARLIC abound.

June 18 - 19, Sat: 10-5pm, Sun: 10-4pm

35th Annual Northwest Garlic Festival

RIVERFOLK BENEFIT CONCERT

6/10



RIVERFOLK BENEFIT CONCERT will be held at the CCC Performing Arts Center at 7:00pm on Friday, June 10. This will be a fundraiser for the fledgling Riverfolk Homeless Coalition, a project seeking to provide resources and bridge gaps between existing organizations in Astoria that are addressing the growing issue of homelessness in our community.

The event will feature fabulous music from around the Pacific Northwest, including Larry Murante, Jill Trenholm with Virgil Venditto, Richard Colombo with Laurie Linn, Jean Mann, Terry Holder with Jerry Holder, and headlined by an all-star band, led by Scott Docherty, featuring former touring members of The Nazz, Lifehouse, 10,000 Maniacs, Rita Coolidge, and more. Great sound will be provided by one of the best sound companies in Portland, DWM.

There will also be a raffle, giving away a solid mahogany Kala Ukulele and a collectible set of Japanese import Beatles CDs and memorabilia.

Tickets for the event are \$15.00, and available online at riverfolk.brownpapertickets.com

Monday 6

MUSIC

Von Stomper. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Tall Ships at the Port of Ilwaco. historical-seaport.org/

Goonies Day Celebration. Events in and around the city of Astoria. Shot in Astoria. A celebration of films made in Astoria. Enjoy a variety of events held in and around Astoria. thegoondocks.org/2016.html

Tuesday 7

MUSIC

Luca Ciarla: Il Violino. \$15, 7pm at the Lincoln City Cultural Center.

Von Stomper. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Trivia Tuesday. Teams compete for prizes and glory. Fun for adults and teens. Free, 5:30pm at the Astoria Public Library.

Wednesday 8

MUSIC

MacMinn. No cover, 7pm at the Adrift Hotel in Long Beach.

Robert Michael Pyle and The Cliffs of Cathlamet. An Evening of Music and Poetry. 7pm at Redmen Hall in Skamokawa.

HAPPENING

Night of All Knowledge Trivia Tournament. A free and fun team trivia event. 6pm at the Seaside Library.

LECTURE

Bridge Talks. Bridge Conversations from Builders and Others. Free, 7pm at the Fort George Lovell Showroom in Astoria.

Thursday 9

MUSIC

Jenny Don't & The Spurs. No cover, 8pm at the Adrift Hotel in Long Beach.

ART

Mingle and Muse. With sculptor and Printmaker R Keaney Rathburn. 4:30pm at the Sitka Center, Otis.

CINEMA

Big Fat Gay Movie Night. Movie TBA. Admission by suggested donation. 10pm at the Columbian Theater in Astoria.

HAPPENING

Astoria's Inaugural Pride Celebration. Events will take place in several locations in Astoria. lcqcastoria.org

THEATER

The Madness of Lady Bright. \$10, 8:30pm at KALA in Astoria.

Friday 10

MUSIC

Tom Trudell. 6 - 9pm at the Shelburne Inn Restaurant in Seaview.

Pete Olson. 7pm at the Lincoln City Cultural Center.

Three Leg Torso. \$35 - \$40, 7:30pm at the Coaster Theater in Cannon Beach.

Alena Sheldon. 8pm at Kitty's Food & Spirits in Tillamook.

Blue Evolution. 9pm at the Rusty Truck Brewery in Lincoln City.

Crooked. No cover, 9pm at the Seafood Grill Lounge in Lincoln City.

Jenny Don't & The Spurs. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Opening Reception. For the Our Oregon exhibit. 5 - 7pm at the Chessman Gallery in the Lincoln City Cultural Center.

HAPPENING

Astoria's Inaugural Pride Celebration. Events will take place in several locations in Astoria. Gala Celebration. Comedy, drag performances, live music, and dance party. \$10 - \$20 per person. 7pm at the Astoria Armory. lcqcastoria.org

Riverfolk. A Benefit for Assisting Astoria's Homeless and the Astoria Warming Center. \$15, 6:30pm at the PAC in Astoria.

Hip Hop Dance Workshop and Performance. Workshop at 5pm, tumbling performance at 6:30pm, Solo performers at 7pm. Free, all ages welcome, At the Seaside Convention Center.

Sandcastle Parade. Starting at 5:30pm in downtown Cannon Beach.

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

OUTSIDE

Open Spaces Bird Walk. Easy walk through forest and wetlands along D River and Devils Lake. 9 - 11am at Devils Lake State Park, Lincoln City. 541-992-9720

THEATER

Junior Shanghaied in Astoria. \$5, 7pm at the ASOC Playhouse in Astoria.

Saturday 11

MUSIC

Tico Marimba. 9am - 2pm at the Tillamook Farmer's Market.

David Douglas. 4 - 6pm at Stimulus Espresso Café in Pacific City.

Larry Murante. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Waikiki Beach Concert Series. Band TBA. 7pm at Waikiki Beach at Cape Disappointment State Park, Ilwaco.

Barna Howard. No cover, 8pm at the Sou'wester Lodge in Seaview.

Full Circle. 8pm at Kitty's Food & Spirits in Tillamook.

Crooked. No cover, 9pm at the Seafood Grill Lounge in Lincoln City.

Flextones. 9pm at the Rusty Truck Brewery in Lincoln City.

Jenny Don't and the Spurs. \$5 cover, 9pm at the San Dune Pub in Manzanita.

The Hugs. No cover, 9pm at the Adrift Hotel in Long Beach.

Purple Cats. 9pm at Snug Harbor Bar & Grill in Lincoln City.

ART

Astoria Artwalk. Free, 5 - 8pm at galleries and other businesses in downtown Astoria.

Opening Reception. For the Coast is Queer exhibit. 5 - 8pm at KALA in Astoria.

FOOD & DRINK

Wine Tasting. Summertime Rose. 1 - 4pm at the Cellar on 10th in Astoria.

HAPPENING

Astoria's Inaugural Pride Celebration. Events will take place in several locations in Astoria. Riverwalk Foot & Bike Parade. Beginning at 11am. From the foot of Bay

→ cont. p21

ASOC Presents Jr. Shanghaied • June 10 - 19



THAT'S RIGHT! The Semi-Annual JUNIOR SHANGHAIED 2016, sponsored by Wauna Federal Credit Union and performed by the younger Theatre Thespians, is back and runs for two weekends only, June 10th to 19th on Friday Evening at 7:00pm, with doors opening @ 6:30pm and on Saturday and Sundays at 2:00pm with doors opening @ 1:30pm at the ASOC Playhouse 129 West Bond Street in Uniontown Astoria.

Junior Shanghaied is an ASOC original musical melodrama adapted for talented youth to perform, from the traditional ASOC legend SHANGHAIED IN ASTORIA now entering its 32nd season. It's just as fun and memorable with many ASOC Playhouse traditions like Raffles and POPCORN, so it is perfect for the whole family no matter what their age!

Directed by Bill Carr, with Music Direction by Dena Tuveng and ChrisLynn Taylor and on piano Lorain Trzyna, Junior Shanghaied also features original Shanghaied Choreography by Carleta Lewis Allen led by Stephanie Osborn.

The 2016 cast includes: Nicole Ramsdell, Alisabeth Clark, Lexi Reibold, Lily Reed, Kylie Blackburn, B'Elanna Diamond, Charlotte Mendenhall, Nich Reibold, Kendra Littell, Elektra Diamond, Vanessa Blackburn, Megan Griffin, Malachi Keefe, Blake Leitch, Emily Elena, Nick Sturdivant, Riley Mitchell, Theresa Blackburn, Torin Keefe, Landon Reed, William Miller, Jonah Griffin and Emily Bergerson

Tickets are only \$10.00 for Adults and \$5.00 for kids (no other discounting). And don't forget all Friday performances are just \$5.00!

Tickets can be purchased online @ www.astorstreetoprycompany.com or by calling our Shanghaied Ticket Hotline @ 503-325-6104 or at the door beginning one hour before show time, but reservations are recommended. For more information, about the Astor Street Opry Company please email info@astorstreetoprycompany.com

Now that you have heard all about it, do not miss the North Coast Region's Own... Youth Theatre presentation of "Junior" SHANGHAIED IN ASTORIA! Come be a part of the MAGIC!

THE FIERY AND VIRTUOSIC bohemian world music ensemble 3 Leg Torso are performing at the Coaster Theatre in Cannon Beach, and they are not to be missed.

Featured and often heard on National Public Radio, attending one of their concerts is the most affordable ticket for anyone wanting to travel the world in the time of a couple of hours. 3 Leg Torso's modern-gypsy-chamber-pop music is infused with the authenticity of folk music, the passion and allure of world music, the precision of chamber music, and the energy of rock & roll.

Three time winner of the Portland Music Award for "Outstanding Achievement in World Music," two of their CDs, *Astor in Paris* and *Animals and Cannibals*, have both won "Album of the Year" from The Oregonian newspaper and Portland Music Awards respectively, and their latest CD, *And To All A Good Night*, featuring guest vocalists Storm Large of Pink



Martini, and Valerie Day of Nu Schooz, continues a track record of winning accolades and awards. Utne Reader describes them as "passionately sophisticated music," and Lee Zimmerman, of Blurt, states "3 Leg Torso clearly doesn't need any extra appendage when it comes to kicking out the jams."

3 LEG TORSO in CONCERTT at The Coater Theater in Cannon Beach, Friday, June 10, 7pm. **TICKETS: \$35-\$40**

A full Summer of Theatrics Coaster Summer Rep

THE COASTER THEATRE PLAYHOUSE kicks off its 2016 Summer Repertory with **9 to 5: The Musical on Friday, June 17th**. Based on the seminal 1980 hit movie 9 to 5: The Musical is set in the late 1970's and is the hilarious story of friendship and revenge in the Rolodex era. Pushed to the boiling point, three co-workers concoct a plan to get even with the sexist, egotistical, lying, hypocritical bigot they call their boss. In a hilarious turn of events, Violet, Judy and Doralee live out their wildest fantasy – giving their boss the boot!

The following weekend of June 24th, brings the opening of the second summer show – **Let's Murder Marsha** – a comedic romp about murder, double crosses and birthday surprises. Marsha is hopelessly addicted to reading murder mysteries and overhears her loving husband discussing her upcoming birthday surprise with an interior decorator. To her ears, though, it sounds like they are planning to murder her! With the assistance of her next door neighbor she tries to turn the tables on them with a poisoned potion. When her own mother shows up for her birthday a day early, Marsha thinks she is in on the diabolical scheme. Just when you would think all this would be cleared up, Marsha's intended victims discover what she has supposed, and decide to teach her a lesson.

At the helm of the 2016 Summer Repertory are directors Lisa Fergus (9 to 5: The Musical) and Ryan Hull (Let's Murder Marsha). Lisa has participated at the Coaster Theatre as a performer, choreographer and director having previously directed and choreographed the 2014 holiday production of Disney's *Beauty and the Beast* and was last seen on stage as Eve/Barbara/Ella/Passionella in the 2016 spring

production of *The Apple Tree*. Ryan is also a regular director and performer at the Coaster Theatre. He previously directed the 2015 summer play *It Could Be Any One Of Us*, the 2014 summer musical *Into The Woods* and the 2013 spring play *Around the World in 80 Days*. He was last seen on stage as Gaston in the 2014 holiday production of Disney's *Beauty and the Beast*.

Rounding out the cast of 9 to 5: The Musical are Jean White as Violet Newstead (last seen as part of the ensemble in the 2016 production of *The Apple Tree*), Cindy Karr as Doralee Rhodes (last seen on stage as Crystal in *Little Shop of Horrors*), Allison Johnson as Judy Bernly (returning after a few years off from the theatre), Aaron Harris as Franklyn Hart Jr. (last seen as Captain Sanjar/Flip in *The Apple Tree*) and Katherine Lacaze as Roz Keith (last seen as part of the ensemble in the 2016 production of *The Apple Tree*).

The cast of *Let's Murder Marsha* is comprised of veteran Coaster Theatre actors Frank Jagodnik (last seen in 2015's *It Could Be Any One Of Us*), Ellen Jensen (last seen as part of the ensemble in the 2016 production of *The Apple Tree*), Richard Bowman (last seen in 2015's *Once Upon A Mattress*), Sue Meyers (last seen in 2014's Disney's *Beauty and the Beast*), Ann Bronson (last seen in 2015's *Once Upon A Mattress*), David Sweeney (last seen in 2015's *Once Upon A Mattress*) and newcomer to the Coaster Theatre stage Gigi Chadwick.

Performance Dates:

June 17 – September 4, 2016. Ticket Prices – 9 to 5: The Musical - \$18 or \$23. Let's Murder Marsha - \$15 or \$20. Box Office – 503-436-1242 or online at coastertheatre.com



Siblings at Play at Luminari Arts



LUMINARI ARTS presents a duo show by siblings Mary Gaffney and Richard Kuensting for 2nd Saturday Art Walk in Astoria, June 11.

Gaffney self-describes as a “closet collage artist” who unleashed her creative energies four years ago, with the natural cleaning

product CitraSolv, which with its degreasing properties derived from Valencia oranges, also breaks down magazine pages if applied by an enthusiastic art maker. The narrative begins with the created papers then with applied layer upon layer of “magic stuff,” the depth evolves and images are brought into play to produce a new story, left for the observer to openly interpret.

Ceramicist Richard Kuensting presents two distinct processes; one of coil built forms, allowing for visible joining marks and fired by Raku and cone ten process,

The other, using soft clay, and a slow turning wheel and shaping forms in the techniques of a hand built pinched form, the intention to move away from traditional refined surfaces, and working for a more spontaneous reaction. This new body of work has been wood fired with minimal glaze application.

Together bro & sis create Rock, Paper, Scissors, a surprise collaboration.

Luminari Arts is open daily at 1113 Commercial St. in Astoria. 503.468.0308.

Patricia Clark Finley at Fariweather

FAIRWEATHER HOUSE AND GALLERY presents an exhibition of works on paper by Patricia Clark-Finley through the month of June. The exhibition consists of works on graphite and sennelier ink on yupo and depicts the subjects for which the artist is well known: sea life and shore life. Clark Finley's work is known for its remarkable subtlety, spontaneity, and tonal beauty. “All of the artist's work is infused with vitality, freshness, and uncommon luminosity,” writes Denise Fairweather, gallery owner.

A native of Washington State, Clark Finley lived in the San Francisco Bay area for many years, where she developed her art and exhibition history. Her work was influenced by Bay Area Figuration, activities around the Bay Area arts community and the San Francisco Art Institute. Continuing education has included the San Francisco Center for the Book, Carl Jung Institute, and Crown Point Press. Clark-Finley now resides in Whatcom County and has studio space by the beach in Ocean Park, Washington. Many pieces from the Clark-Finley portfolio are found on labels and graphics for Mount Baker Vineyards.

Fairweather House and Gallery is located at 612 Broadway, Seaside, Oregon www.fairweatherhouseandgallery.com



Rene' Rowe at the Art Loft



Rene' Rowe, Here I Go

ART IS MY HEART says painter Rene' Rowe. A relative newcomer to Astoria, Rowe brings an impressive professional background. Her pedigree includes a degree from Rutgers in art and sociology, study at The New York Art Students' League, the New School, and studio work with Roy Lichtenstein. The Art Loft in Astoria will feature Rowe for the 2nd Saturday Art Walk, June 11.

Rowe also pursued a successful career in IT, working with IBM and other Fortune 500 companies for many years. Finally, the siren song of art lured her from IT into painting and gallery management.

For a decade, Rowe managed galleries in Denver, CO including the ABEND Gallery, the Belleli Gallery, and the Merrill Johnson Gallery. A savvy director, she built a list of collectors around the country enabling galleries to be highly profitable. According to Rowe, it is the customer list that is a gallery's most valuable asset. She represented Daniel Sprick, Johanna Harmon, Burton Silverman, and others. Later, she moved to Pueblo, CO and started a cooperative gallery called Art Off South Main which still operates today as Steel City Art.

Tiring of the gallery life, Rowe went to Europe where she studied art, especially in Spain and Portugal. She also traveled and painted in South America.

Today, a small home with a beautiful garden in Astoria and a convenient studio in the Astoria Art Loft allow Rowe to pursue her passion for painting. Rowe says, “The pleasure is in the process, and the results are often surprising. If what I paint also pleases others, it is an added gift. I love a quote attributed to Danny Kaye, ‘Life is a great big canvass. Throw all the paint you can on it.’ For me, celebrating art and life are inseparable.”

The Art Loft is located at 106 3rd St., in Astoria, atop Dot's and Doodles Art Store.



Don Nisbit at Old Town Framing

Known for his animated watercolors depicting sea life and living at the sea, Don Nisbit will be featuring his originals depicting the Astoria Meglar Bridge as well as other local scenes and themes. Nisbett will also be releasing several originals from local event posters of years past including the Great Columbia Crossing and the Astoria Wine and Seafood Festival. Prints, tiles, cards and magnets are also available. Artist will be present at both receptions for autographs and maybe even a special picture!

Wear your Astoria Pride T-shirt and buy one card, get one free, June 11, @nd Saturday Art Walk.

Bamboo Sculpture at RiverSea Gallery



Charissa Brock, Okeanos

RIVERSEA GALLERY presents *Aqueous*, a solo exhibition of bamboo sculpture by nationally recognized Oregon artist, Charissa Brock, who is lauded for her creative use of bamboo in all of its many forms. This body of work features the artist's kiln-formed glass in masterful combination with bamboo and other organic materials. The show opens on Saturday, June 11 with a reception from 5:00 to 8:00 pm during Astoria's Second Saturday Artwalk. All are invited to meet the artist, enjoy live music by David Crabtree, and complimentary small bites and beverages. The work will remain on view through July 5, 2016.

Brock's elegant sculpture conveys a sense of strength, rhythm and grace, much like the forms from nature it alludes to. Though determinedly abstract, the work in this show is loosely based on a maritime theme, with forms that suggest waves, shells and vessels. Pattern and narrative are created through various techniques of using bamboo to create structure. Split stalks are precisely arranged into serried stacks to build solid forms that sometimes cradle stones, while soaring arcs sketch delicate shapes that seem ready to move with the wind. Woven strips and basketry stitches provide pattern, binding and tension, while rattan and cast paper are used in supporting roles. The artist's own kiln-formed glass punctuates each piece with glimmer and color.

The artist has worked with bamboo as her chosen medium since 1999, and has demonstrated an unflagging desire to explore new permutations of using the plant in her artwork. Since 1995, Brock has been exhibiting regularly in gallery and museum shows throughout the U.S. and her work is held in corporate and museum collections. She has been featured in nationally published fine art magazines and many other periodicals for the past sixteen years. She has taught and lectured about working with bamboo and kiln-formed glass in many venues; as near as the Sitka Center for Art and Ecology on the Oregon coast, and as far away as Zurich, Switzerland.



Karen Story, Seated Girl in Conversation

IN THE ALCOVE: *Beyond the Surface*, is a solo show of encaustic paintings by Portland artist, Karen Story. This series is inspired both by her lifelong connections to water and her love of the figure in art. Whether depicting figures and relationships, landscapes suffused in water, or abstracted currents, the paintings in this show offer a soft romanticism and a spirited use of color. Story exhibits regularly in Portland, her work is owned by the Portland Art Museum and by many private collectors, and she has been a represented artist at RiverSea Gallery since 2014.

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

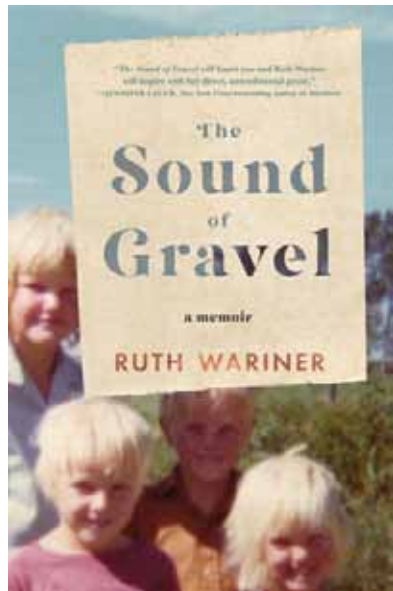
Ruth Wariner: the Sound of Gravel *coming-of-age in a polygamist family* Seaside Library

THE FRIENDS of the Seaside Library host Ruth Wariner, author of "The Sound of Gravel", the true story of one girl's coming-of-age in a polygamist family, June 16, 7pm. The event will take place in the Community Room and there will be book sales and signings presented by Beach Books.

Ruth Wariner was the thirty-ninth of her father's forty-two children. Growing up on a farm in rural Mexico, where authorities turn a blind eye to the practices of her community, Ruth lives in a ramshackle house without indoor plumbing or electricity. At church, preachers teach that God will punish the wicked by destroying the world and that women can only ascend to Heaven by entering into polygamous marriages and giving birth to as many children as possible. After Ruth's father—the man who had been the founding prophet of the colony—is murdered by his brother in a bid for church power, her mother remarries, becoming the second wife of another faithful congregant.

In need of government assistance, Ruth and her siblings are carted back and forth between Mexico and the U.S., where her mother collects welfare and her stepfather works a variety of odd jobs. Ruth comes to love the time she spends in the states, and begins to doubt her family's beliefs and her mother's choices. She struggles to balance her fierce love for her siblings with the determination to forge a better life for herself.

Recounted from the innocent and hopeful perspective of a child, "The Sound of Gravel" is the remarkable memoir of one girl's fight for



peace and love. This is an intimate, gripping tale of triumph, courage and resilience.

Ruth Wariner lives in Portland, Oregon. At the age of fifteen, Ruth left Colonia LeBaron, the polygamist Mormon colony in Mexico, where she grew up, and moved to California. After earning her GED, she put herself through college, eventually becoming a high school Spanish teacher. She remains close to her siblings and is happily married. **Seaside Public Library is located at 1131 Broadway. (503)738-6742 or visit www.seasidelibrary.org**

Writing and Creative Thinking Workshop: New Ways of Exploring and Honoring Nature w/Matt Love • June 25

IS THERE ANY RATIONAL DOUBT that the natural world is imperiled? Climate change. Overfishing. Deforestation. Pollution. Loss of biodiversity. The list is endless and documented in the media every day.

What is the role and responsibility of writers and artists in raising awareness about these worsening threats to nature that also threaten human survivability? The sheer wonder of nature inspires many words, photographs, musical compositions, paintings and sculptures. For many creative types, it provides their sole motivation. The ongoing desecration of the natural world also instigates many writers and artists to take action through their work.

But how else can creative types address pressing environmental issues in their work? Perhaps the answer lies in something Jean-Paul Sartre wrote, "New problems demand new writing styles."

Join author and educator Matt Love for a unique writing and creative thinking workshop on Saturday, June 25 in Astoria that asks participants to reflect upon their relationship to nature and seek new ways of raising awareness to protect and honor the natural world.

Inspired by David Orr's *Earth in Mind*, his classic study of the American education system's failure to educate students about the importance of protecting nature, the workshop will take participants through a series of writing and discussion exercises intended to inspire fresh approaches to presenting nature in writers and artists' work.

The workshop is also ideal for teachers of all grade levels who want to invigorate their nonfiction writing instruction and make the study of nature more exciting and relevant to students. It might also appeal to environmental scientists and conservation activists who possess the desire to instill new creative energy into their endeavors.

The workshop will be held from 10:00 a.m. to 3:00 p.m. on Saturday, June 25, in Astoria at the Fort George Brewery's Lovell Showroom. The cost is \$85 and participants will pay by cash or check prior to the workshop. The class will be capped at 15 students.

To register for the class, email Love at nestuccaspitpress@gmail.com or call 503-812-1524.

Nye Beach Writer Series The 20 year presenting organization, comes to an end *on a high note.* Celebrate June 18

THE NYE BEACH WRITERS' SERIES is coming to an end on June 18. The grand finale, which begins at 7 p.m. at the Newport Visual Arts Center, will include a performance of the writings of local author Johnny Bargain, plus an open mic, food, wine, giveaways and more.

After 20 years of featuring authors from near and far, the board of Writers on the Edge has decided it's time to move on. When it started, the Nye Beach Writers' Series was the only author series in the area, but now there are many other places for people to enjoy writers and writing, including Willamette Writers' coast branch, literary programs at the local libraries, and the wonderful shows at the Newport Performing Arts Center.

In 1996, Carla Perry, with the sponsorship of Friends of the Yachats Commons, obtained a grant to pay featured authors \$25 each, with lodging and meals provided in her home. During that first year and a half, fifty-one authors read their work to room-capacity audiences. In 1999, the series moved thirty miles north to Newport in response to an offer by the Oregon Coast Council for the Arts to hold events at the Performing Arts Center. In honor of that site's historic bohemian location, Perry renamed the program the Nye Beach Writers' Series. Since then, the series met in several different locations, finally settling at the Newport Visual Arts Center.

By 2002, it was necessary to create a separate nonprofit organization so the program could apply for grants and expand programming to include in-school and after-school youth workshops, adult workshops, and special events. Thus Writers on the Edge was born. That year, Carla Perry received the Stewart Holbrook Special Award at the Oregon Book Awards for her outstanding commitment to Oregon's literary community. In 2003, she received the Oregon Governor's Art Award for her extraor-



Nye Beach Writers' Series Founder Carla Perry

dinary efforts with the Nye Beach Writers' Series. Perry, busy with her Dancing Moon Press publishing company, has stepped down as executive director, but other volunteers have kept the organization going.

The Nye Beach Writers' Series has become a respected literary program, offering presentations in all genres by a mix of writers, from those beginning their literary careers to authors of national renown. Among our past presenters have been Chuck Palahniuk, Brian Doyle, and Cheryl Strayed, who have gone on to become best-selling authors. Ken Kesey and Peter Coyote were among guest authors.

As of 2016, the Nye Beach Writers' Series has hosted more than 400 authors at its monthly events, their presentations always followed by open mics open to anyone willing to share five minutes of original work.

Although the series is ending, Writers on the Edge will remain intact as an organization. We are looking for new ways to bring writers together. We are thinking about open mics, write-ins, workshops, critique groups and other possibilities. Suggestions are welcomed. Visit Writers on the Edge Facebook page or writersontheedge.org, to see what happens next.

AHS Literary Review *The Local Lie*

THE LOCAL LIE, Astoria High's School's literary review, is out and ready for readers to delve into the truths from the minds of Astoria's young creative writers.

The 250-page review consists of memoirs, vignettes, essays, poems, short stories, rants, meditations and streams of consciousness. Many of the pieces were inspired by field trips to local places such as the Megler Bridge and Tapiola Park. The book also features an 8-page color art insert.

A host of partners came forward to fund the review. CommuniCare, Clatsop County Cultural Coalition and the Astoria Schools Foundation made the project grant funds. Over 30 local people and several businesses donated monies and in-kind support. The students themselves raised a couple hundred bucks by filling several flower vases with spare change and bills.

The Local Lie is available at multiple retail outlets around Astoria, including Godfather's Books and

CoCommercial. The library has a copy to check out as well. The review is also available through the Nestucca Spit Press web site at nestuccaspitpress.com (the support AHS literary review tab). All proceeds from book sales will go toward funding next year's review.



Street to the foot of 11th. Aids Memorial Quilt Viewing, 9 – 11am at the Astoria Armory. Q Bar @ KALA, cocktail specials and light dancing. From the end of Artwalk to 11pm. Pride Dance Party. No cover, 9pm at the AAMC. lcqcastoria.org

Relay for Life Car Show. 11am – 2pm in the parking lot of the old Warren Football Field in Astoria.

Encore Dance Studio 20th Anniversary Recitals. The evening will feature dance routines of all ages, genres, and levels, including ballet, jazz, tap, hip hop, and lyrical. \$12, 7pm at the Seaside Convention Center.

Touch a Truck. In addition to big rigs of all shapes, sizes and descriptions, there will be free games, food and opportunities for prizes. Free, Noon – 2pm at the Lincoln City Community Center.

Storytelling with the Mountain Man. Free, 2pm at the Lincoln City Cultural Center.

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

OUTSIDE

Invasive Weed Stewardship Day. Help remove invasive plants from the Circle Creek Habitat Reserve near Seaside. 10am – 1pm. FMI: NCLCtrust.org or 503-738-9126

Sandcastle Contest. On the beach at Cannon Beach. cannonbeach.org/events/Main-Events/Sandcastle-Contest-2016

Open Spaces Bird Walk at the Salmon River Estuary. With the Lincoln City Audubon Society. Walk the trails of this wonderful restoration project looking for birds. 9 - 11am. 541-992-9702.

THEATER

Junior Shanghaied in Astoria. \$10, 2pm at the ASOC Playhouse in Astoria.

Sunday 12

MUSIC

Brian Nichols. 10am – 2pm at the Pacific City Farmers Market.

Double J & The Boys. 10am – 3pm at the Astoria Sunday Market.

Full Circle. Noon at Kitty's Food & Spirits in Tillamook.

Hank & Lloyd. With Pete Davis and Beth Sheets. \$5, 2pm at Redmen Hall in Skamokawa.

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

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

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

HAPPENING

Encore Dance Studio 20th Anniversary Recitals. Dance routines and a musical theater showcase of Peter Pan. \$12, 2pm at the Seaside Convention Center.

OUTSIDE

Sandcastle 5K Fun Run/Walk. Starts at 9am on the Beach at 2nd St in Cannon Beach.

Birding Field Trip. Meet at 9am at Devil's Lake State Park, Lincoln City for this easy Audubon-led walk. 541-996-1224.

THEATER

Junior Shanghaied in Astoria. \$10, 2pm at the ASOC Playhouse in Astoria.

Monday 13

MUSIC

Jack Martin. No cover, 8pm at the Adrift Hotel in Long Beach.

Tuesday 14

MUSIC

Classical Music. 7pm at First Christian Church in Tillamook.

Jack Martin. No cover, 8pm at the Adrift Hotel in Long Beach.

Wednesday 15

MUSIC

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

Thursday 16

MUSIC

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

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

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

LITERARY

Author Appearance. Ruth Wariner, author of "The Sound of Gravel" will read from her work. Free, 7pm at the Seaside Library.

Friday 17

MUSIC

Astoria Music Festival. See schedule p15 – 16.

Tom Trudell. No cover, 6 – 9pm at the Shelburne Inn Restaurant in Seaview.

Na Rosai. \$12, 7pm at the Cannon Beach History Center and Museum.

The Jim Farr Band. 8pm at Kitty's Food & Spirits in Tillamook.

Vince Gill. \$70 - \$85, 8pm at Chinook Winds in Lincoln City.

Briana Renea. No cover, 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

Condition White. No cover, 9pm at the Adrift Hotel in Long Beach.

Triple Edge. 9pm at Rusty Truck Brewery in Lincoln City.

HAPPENING

Scandinavian Midsummer Festival. Live music, food, vendors, special events, beer garden, and much more. \$8 for entry button, parking \$2 per day. 2 – 11pm at the Clatsop County Fairgrounds, Astoria. astoriascanfest.com

LITERARY

Robert Michael Pyle. Join the celebrated nature author in a book release event. Pyle reads from his new book Chinook and Chantrelles. The event includes a salmon buffet following the reading, book signing & sales and no-host bar. \$8 Cover. Doors open 7pm. At KALA in Astoria.

THEATER

Junior Shanghaied in Astoria. \$5, 7pm at the ASOC Playhouse in Astoria.

9 to 5: The Musical. \$18 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 18

MUSIC

Astoria Music Festival. See schedule p15 – 16.

David McKenzie. \$5, 7pm at Redmen Hall in Skamokawa.

The Dead Tide Country Band. Vintage wailing country at the Big O, Olney Saloon

The Buffalo Kitty Band. 8pm at Kitty's Food & Spirits in Tillamook.

Vince Gill. \$70 - \$85, 8pm at Chinook Winds in Lincoln City.

Briana Renea. No cover, 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

Hank Shreve. 9pm at Rusty Truck Brewery in Lincoln City.

Johnny Wheels. 9pm at Snug Harbor Bar & Grill in Lincoln City.

Condition White. No cover, 9pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

Wine Tasting. Worldwide Sauvignon Blancs. 1 – 4pm at the Cellar on 10th in Astoria.

HAPPENING

NW Garlic Festival. 10am – 5pm at Wilson Field in Ocean Park. Nwgarlicfestival.org

Scandinavian Midsummer Festival. Live music, food, vendors, special events, beer garden, and much more. \$8 for entry button, parking \$2 per day. 7am – 11pm at the Clatsop County Fairgrounds, Astoria. astoriascanfest.com

Seaside Muscle and Chrome Car Show. 7am – 9pm in downtown Seaside.

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.

Festival of Gardens. There will be a peony talk, garden tours, a summer plant sale, garden arts & crafts and local Plein Air painters throughout the garden. \$15, starting at 9am at the Connie Hansen Garden Conservancy.

LITERARY

Nye Beach Writers' Series. Author Johnny Bargain will read from his work. 7pm at the Newport Visual Arts Center.

OUTSIDE

Beach to Chowder 5K/10K. On hard-packed beach with a bowl of chowder waiting for you at the end. \$20 - \$35. Races start at 9am on the Long Beach Peninsula. Register at databarevents.com/events/view/50

Open Spaces Bird Walk. Easy walk through forest and wetlands, cedar, hemlock and a pond. . 9 – 11am at Spring Lake Trail, Lincoln City. 541-992-9720

THEATER

Junior Shanghaied in Astoria. \$10, 2pm at the ASOC Playhouse in Astoria.

Missoula Children's Theater. 3pm and 7pm at the Lincoln City Cultural Center.

9 to 5: The Musical. \$18 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 19

MUSIC

Na Rosai. 10am – 3pm at the Astoria Sunday Market.

Astoria Music Festival. See schedule p15 – 16.

Audio Tattoo. 10am – 2pm at the Pacific City Farmers Market.

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

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

Leon Forrest. 8:30pm at Snug Harbor Bar & Grill in Lincoln City.

FOOD & DRINK

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

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

HAPPENING

NW Garlic Festival. 10am – 4pm at Wilson Field in Ocean Park. Nwgarlicfestival.org

Scandinavian Midsummer Festival. Live music, food, vendors, special events, beer garden, and much more. \$8 for entry button, parking \$2 per day. 7am – 5pm at the Clatsop County Fairgrounds, Astoria. astoriascanfest.com

THEATER

Junior Shanghaied in Astoria. \$10, 2pm at the ASOC Playhouse in Astoria.

Monday 20

MUSIC

Astoria Music Festival. See schedule p15 – 16.

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

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.

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WEEKLY

Friday

MUSIC

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

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

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

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

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

HAPPENING

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

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

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

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

Saturday

MUSIC

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

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

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

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

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

FOOD & DRINK

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

Sunday

MUSIC

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

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

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

Monday

HAPPENING

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

Tuesday

MUSIC

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

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

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

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

HAPPENING

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

THEATER

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

Wednesday

MUSIC

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

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

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

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

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

LITERARY

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

SPIRITUAL

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

Thursday

MUSIC

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

Dallas Williams. Folk/Americana. No cover, 6:30pm at the Wine Bar at Sweet Basil's Café in Cannon Beach.

Live Music. No cover, 6pm at U Street Pub in Seaside.

Live Music. Thursday Night Gigs, 6pm at the Cannon Beach Gallery.

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

Two Crows Joy. 6 – 8pm at the Sand Dollar Restaurant & Lounge in Rockaway Beach.

Basin Street NW. Jazz. No cover, 6:30pm at the Bridgewater Bistro in Astoria.

Music Jam. All are welcome. 6:30 – 8:30pm at the Astoria Senior Center.

Jim Wilkins. 7pm at the Voodoo Room in Astoria.

MORE MUSIC



Oddjob Ensemble

A consortium of multi-instrumentalists and specialists, based in the San Francisco Bay Area. With powerful ancient melodies and sounds that twist the ear into a delicious musical pretzel. Largely instrumental, an evening with the Oddjob Ensemble

is a showcase of stunning musicianship, exotic tonalities and of course shenanigans.

Sunday, June 12 at Fort George in Astoria, 8pm, No Cover.



The Dead Tide

The Dead Tide Country Band plays songs that, according to one small town bar patron, “were even old when I was a kid!” The six member Thurston County group features everything you’d expect from a honky tonk dance band: sweet harmonies, wailing fiddle, backstabbing and heartache. The band has compiled

a fine night’s worth of two steps and waltzes for dancers’ (and drinkers’) pleasure. So hold your partner close and sway to these tales of the good times gone bad!

Saturday, June 18 at the Big O, Olney Saloon on Hwy 202, 8pm, No Cover, 21+ please.



Butterfly Breakdown

Nominated for “Best Female Indie Rock Artists of 2015” & topping Portland’s ReverbNation charts at #1 for 3 years in a row, Butterfly Breakdown is quickly becoming a force to be reckoned with. An eclectic fusion of Blues, Rock, and Soul—emotional authentic-

ity of old school blues, and the drive of classic and alt rock, the trio is an exciting full sound with percussion, piano, guitar and vocal harmonies.

Thursday, June 23, 7pm – 10pm, Sandtrap in Gearhart. No Cover, All Ages

Tuesday 21

MUSIC

Astoria Music Festival. See schedule p15 – 16.

Joshua Rivera. No cover, 8pm at the Adrift Hotel in Long Beach.

Wednesday 22

MUSIC

Astoria Music Festival. See schedule p15 – 16.

Siletz Bay Music Festival. Lincoln City. siletzbaymusic.org/wp-content/uploads/2016/03/SBMFProgram2016-1.pdf
Ben Larsen. No cover, 8pm at the Adrift Hotel in Long Beach.

Thursday 23

MUSIC

Astoria Music Festival. See schedule p15 – 16.

Siletz Bay Music Festival. Lincoln City. siletzbaymusic.org/wp-content/uploads/2016/03/SBMFProgram2016-1.pdf
Butterfly Breakdown. No cover, 7pm at the Sand Trap Pub in Gearhart.

Ben Larsen. No cover, 8pm at the Adrift Hotel in Long Beach.

Friday 24

MUSIC

Astoria Music Festival. See schedule p15 – 16.

Siletz Bay Music Festival. Lincoln City. siletzbaymusic.org/wp-content/uploads/2016/03/SBMFProgram2016-1.pdf
Tom Trudell. 6pm at the Shelburne Inn Restaurant in Seaview.

Alena Sheldon. 8pm at Kitty’s Food & Spirits in Tillamook.

Dance Hall Days. 9pm at Rusty Truck Brewery in Lincoln City.

The Local Strangers. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Plein Air and More Art Festival. At various locations in Cannon Beach. <http://cbgallerygroup.com/events/>

CINEMA

Manzanita Film Series. \$5, 7:30pm at the Hoffman Center in Manzanita.

HAPPENING

Pirate Festival. At Ocean’s Edge Wayside in Rockaway Beach.

THEATER

Let’s Murder Marsha. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 25

MUSIC

Astoria Music Festival. See schedule p15 – 16.

Siletz Bay Music Festival. Lincoln City. siletzbaymusic.org/wp-content/uploads/2016/03/SBMFProgram2016-1.pdf

Troll Radio Revue. 11am at Fort George in Astoria.

Jerry Ledtke and Friends in Concert. 2pm at Redmen Hall in Skamokawa.

Waikiki Beach Concert Series. Band TBA. 7pm at Waikiki Beach at Cape Disappointment State Park, Ilwaco.

The Scott White Band. 8pm at Kitty’s Food & Spirits in Tillamook.

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

The Local Strangers. No cover, 9pm at the Adrift Hotel in Long Beach.

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

Sonny Hess & Vicki Stevens. 9pm at Rusty Truck Brewery in Lincoln City.

ART

Plein Air and More Art Festival. At various locations in Cannon Beach. cbgallerygroup.com/events/

FOOD & DRINK

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

HAPPENING

HorseFest. Vendors, live demonstrations, classes, lectures. 9am – 4pm at the Clatsop County Fairgrounds in Astoria.

Pirate Festival. At Ocean’s Edge Wayside in Rockaway Beach.

June Dairy Festival & Parade. Tillamook YMCA Milk run will begin at 8am with the June Dairy Parade to follow beginning at 11am. After the parade stick around and enjoy a Pirate show performed by the PDXAR Pirates from Portland along with more exciting events. The Tillamook County Rodeo will begin at 6pm on Saturday and then again at 1pm on Sunday. In Downtown Tillamook.

OUTSIDE

Summer Kite Festival. Professional kite flyers will demonstrate their routines at this family-friendly event. 10am – 4pm on the beach at the D River Wayside in Lincoln City.

Open Spaces Bird Walk. A longer hike with some steep uphill/downhill through second growth forest and upland meadow. 9 – 11am at the Knoll, Lincoln City. 541-992-9720

THEATER

Let’s Murder Marsha. Comedy. \$15 - \$20. 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 26

MUSIC

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

Astoria Music Festival. See schedule p15 – 16.

Siletz Bay Music Festival. Lincoln City. siletzbaymusic.org/wp-content/uploads/2016/03/SBMFProgram2016-1.pdf

Joe Wrabek & The Gospel Trio. 10am – 2pm at the Pacific City Farmers Market.

The Scott White Band. Noon at Kitty’s Food & Spirits in Tillamook.

Layton and Pam Elliot in Concert. 2pm at Redmen Hall in Skamokawa.

Coffee Concert. Admission by donation. 4pm at the Lincoln City Cultural center.

The Moonshine. No cover, 9pm at the Adrift Hotel in Long Beach.

Mise/Brass Bed. No cover. 8pm at Fort George Brewery & Public House in Astoria.

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

ART

Plein Air and More Art Festival. At various locations in Cannon Beach.

Sketch Crawl Downtown Tillamook. With Dorota Haber-Lehigh. Dress for any kind of weather and bring your favorite sketching medias and a folding chair. There are rose gardens, the pioneer museum and the streets and cafes of downtown Tillamook to draw. 3:15 end up back at the museum for a glass of sparkling juice and a short show and tell. Noon – 4pm. Meet at the Tillamook County Pioneer Museum.

OUTSIDE

Summer Kite Festival. Professional kite flyers will demonstrate their routines at this family-friendly event. 10am – 4pm on the beach at the D River Wayside in Lincoln City.

Monday 27

MUSIC

Astoria Music Festival. See schedule p15 – 16.

Siletz Bay Music Festival. Lincoln City. siletzbaymusic.org/wp-content/uploads/2016/03/SBMFProgram2016-1.pdf

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

TUESDAY 28

MUSIC

Astoria Music Festival. See schedule p15 – 16.

Siletz Bay Music Festival. Lincoln City. siletzbaymusic.org/wp-content/uploads/2016/03/SBMFProgram2016-1.pdf

Pretty Gritty. No cover, 8pm at the Adrift Hotel in Long Beach.

OUTSIDE

Birding Field Trip. This is a longer hike with some steep hills. Meet at 9am at the Knoll, Lincoln City.

Wednesday 29

MUSIC

Astoria Music Festival. See schedule p15 – 16.

Siletz Bay Music Festival. Lincoln City. siletzbaymusic.org/wp-content/uploads/2016/03/SBMFProgram2016-1.pdf

Pretty Gritty. No cover, 8pm at the Adrift Hotel in Long Beach.

No cover, 7pm at the Adrift Hotel in Long Beach.

Thursday 30

MUSIC

Astoria Music Festival. See schedule p15 – 16.

Siletz Bay Music Festival. Lincoln City. siletzbaymusic.org/wp-content/uploads/2016/03/SBMFProgram2016-1.pdf

Billy D and The Hoodoos. No cover, 7pm at the Sand Trap Pub in Gearhart.

Pretty Gritty. No cover, 8pm at the Adrift Hotel in Long Beach.

Friday 1

MUSIC

Astoria Music Festival. See schedule p15 – 16.

Siletz Bay Music Festival. Lincoln City. siletzbaymusic.org/wp-content/uploads/2016/03/SBMFProgram2016-1.pdf

Tom Trudell. 6pm at the Shelburne Inn Restaurant in Seaview.

The Good Time Travelers. No cover, 9pm at the Adrift Hotel in Long Beach.

HAPPENING

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

THEATER

9 to 5: The Musical. \$18 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 2

MUSIC

Astoria Music Festival. See schedule p15 – 16.

Siletz Bay Music Festival. Lincoln City. siletzbaymusic.org/wp-content/uploads/2016/03/SBMFProgram2016-1.pdf

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

The Good Time Travelers. No cover, 9pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

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

HAPPENING

Fireworks at the Port. At dusk over the Port of Ilwaco.

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

Freedom Festival. Enjoy a variety of arts, crafts, food, beer garden and live entertainment. 10am – 2pm at the Blue Heron French Cheese Company in Tillamook.

Saturday Pile-Up. Bring your own car for the Car Show, Bench Racing, Tailgate Party and Jam Session. 11am at Lincoln Auto Supply in Lincoln City.



Trail's End Art Association SHIRLEY DAHLSTEN Student Show

Don't miss the color and excitement of this unique art show. Trail's End Art Association is pleased to continue a trend that highlights special groups of artists in addition to the usual individuals. For June, artists who have been studying with Shirley Dahlsten in the ten-week class, "Creating for Enjoyment," are featured. The public is invited to the show opening and reception on Saturday, June 4, from 2:00-5:00 at 656 A Street in Gearhart. The event is part of the popular Gearhart Art Walk.

Dahlsten brings to life her students' understanding and appreciation of the ways in which art

has evolved over time. In this class and several that preceded it, she involved artists in using a variety of media to experience demonstrations, still life set-up, abstract painting, and self-discovery assignments. Comments from class members are testimony to the impact of the class:

Shirley Dahlsten's background as an award-winning artists who has exhibited

nationally and internationally clearly inspires her students.

Guests to the Trail's End gallery on June 4 will also be treated to tasty snacks and beverages. The work of other North Coast artists will be on display to add to the variety of the Featured Art. Come meet the artists and participate in a celebration of outstanding local art.

Trail's End is located at 656 A St. in Gearhart, OR. 503.717.9458 Open 11am – 3pm, Wed – Sun.

CALL FOR ENTRIES: 66th Annual Trail's End Art Exhibition

It is a sure sign of summer when the call goes out to artists up and down the coast and throughout our region to enter the Trail's End Judged Exhibition. For the 66th consecutive year, this show will feature the work of talented Northwest artists representing many modes of expression. The exhibition is open to all artists, including children and youth.

Interested artists will bring their work to Trail's End Art Gallery at 656 A Street in Gearhart on June 25 and 26. The Call for Entries form is available at www.trailsendart.org and in many area art stores and galleries. Hours for submission on those days will be 10:00 a.m. to 3:00 p.m. Categories for judging include acrylic, oil, watercolor, ink, pastel, charcoal, colored pencil, mixed media, photography, and three-dimensional work such as wood turning and jewelry.

The Gala Opening Reception is open to the public on July 2 from 2:00 to 5:00 p.m. The award ceremony will be at 3:00 p.m. Requests for more information can be directed to trailart2010@hotmail.com or Trail's End Art Center at 503-717-9458. Plan now to be a part of this inspiring celebration of outstanding local art by entering artwork or coming to meet area artists while enjoying tasty snacks. Attend on July 2!

Landscape As Perception: Challenging Audiences And Their Concept Of Landscape Painting. Cannon Beach Gallery



LANDSCAPE AS PERCEPTION, a new exhibition, opening on June 11th, at the Cannon Beach Gallery will examine the way that artists and viewers of art perceive landscape. Landscapes, real or imagined are always changing whether it be by nature, the artist's perception, or the lens that we examine them through - they are liquid in nature. The exhibit is curated by contemporary landscape and figure artist Janet Bland, and features the work of prominent northwest artists Jef Gunn, Joan Stewart Ross, and Michael Southern. The works demonstrate a range of media, each addressing the central aim of challenging the common perception of landscape as traditional or 'old school'.

The changing nature of landscape, how we perceive landscape, and how our memories recall the experience of being in particular landscapes, color our appreciation of landscape paintings. Painting is able to express more than the representation of a scene.

Opening Reception at the Cannon Beach Gallery on Saturday, June 11, 6pm to 8pm. Artists' discussion the following weekend, on Saturday June 18, 10:30am to 12pm. FMI: at cannonbeacharts.org or by calling Jane Brumfield at 503.436.0744.

8th Annual Plein Air & More Arts Festival in Cannon Beach Artists Working Throughout the Town and on the Beach

CANNON BEACH has been named "One of the Most Beautiful Places in the World" by National Geographic and "One of the 100 Best Art Towns in America."* So, it's not a surprise that this spectacular natural beauty has beckoned artists from around the world to capture it "en plein air" or "in the open air." To celebrate this challenging artistic style, the Cannon Beach Gallery Group is presenting their 8th Annual Plein Air & More Arts Festival. Scheduled for June 24-26, the event will feature more than 30 artists represented by Cannon Beach's art galleries.

Many will be painting. But, as you wander through town and along the beach you'll also find sculptors working in stone, or creating the clay forms that will eventually be cast in bronze, jewelers, ceramic artists (complete with a kiln on the beach) basket weavers and metal workers.

The artists can be found near their representing galleries or in one of five locations: Whale Park, the courtyard between Spruce and Hemlock Streets, the Coaster Theatre Courtyard,

Washington St. at Ocean and Harrison Street at Ocean. They will also all come together for an "Artists' Swarm" from 2-4 p.m. on Saturday in the Coaster Theatre Courtyard. This will be a great opportunity for everyone to see them all at work. Leading up to this event will be a 2-hour courtyard concert by the Boca Marimba Band, sponsored by the new Pelican Pub and Brewery and Hallmark Inns.

Also, new this year is a Creative Play Space for children, encouraging them to explore their own budding talents, located in the US Bank Parking lot.

And back by popular demand is the Saturday evening raku firing on the beach at Whale Park with Dave and Boni Deal. This year it will also include s'mores and live music.

Brochures will be available at all Cannon Beach Gallery Group locations and the Chamber of Commerce, and will be distributed during the day by Portland stilt walker Melissa Rae. Visitors are encouraged to ask questions of the artists while they work.

June 24 - 26

PLASTIC FANTASTIC SHOW VII ANNIVERSARY CELEBRATION at LightBox



LIGHTBOX PHOTOGRAPHIC GALLERY celebrates its 7th anniversary with the opening and artists' reception of the Plastic Fantastic Show VII on Saturday, June 11, from 6-9pm.

This annual group exhibit originated with LightBox's love for images made with basic, plastic "toy" film cameras and as a way to celebrate the gallery's anniversary each year. A large number of photographers from around the world shoot images with these basic cameras, creating unique photos that are captured on film. This photographic method has



Diane Peterson, On the Hill

applaud everyone who submitted. The Award selections were incredibly difficult and I salute every one of you for having the courage to create such beauty with limited tools such as these."

~ Susan Burnstine.

This year Diane Peterson of Portland Or. received the juror's top award for the image, "On the Hill", Lisa Lindamood of Knoxville, Tn. the second juror's award for "Kiss by a Ghost on New Years Eve", Daniel Grant from San Francisco, Ca. received the third award for "Polka Dots" and Carole Glauber of Portland, Or. received the Honorable Mention.

LightBox opened in Astoria on June 13, 2009. Chelsea and Michael Granger established the venue to educate in the photographic arts. In seven years and with over 90 exhibits since opening, LightBox has become important regionally as a Northwest photographic resource, hosting national and regional artists' with exhibits of fine photography, conducting artists' presentations and workshops, all as part of the goal to provide a center for the promotion of creative and alternative photography on the North Coast of Oregon.

The Plastic Fantastic Show VII runs from June 11th until July 6th. LightBox offers memberships as a way of becoming part of the community of supporters that help to further the mission of the gallery. LightBox provides fine art reproduction, restorations, photographic printing, and other photographic services.

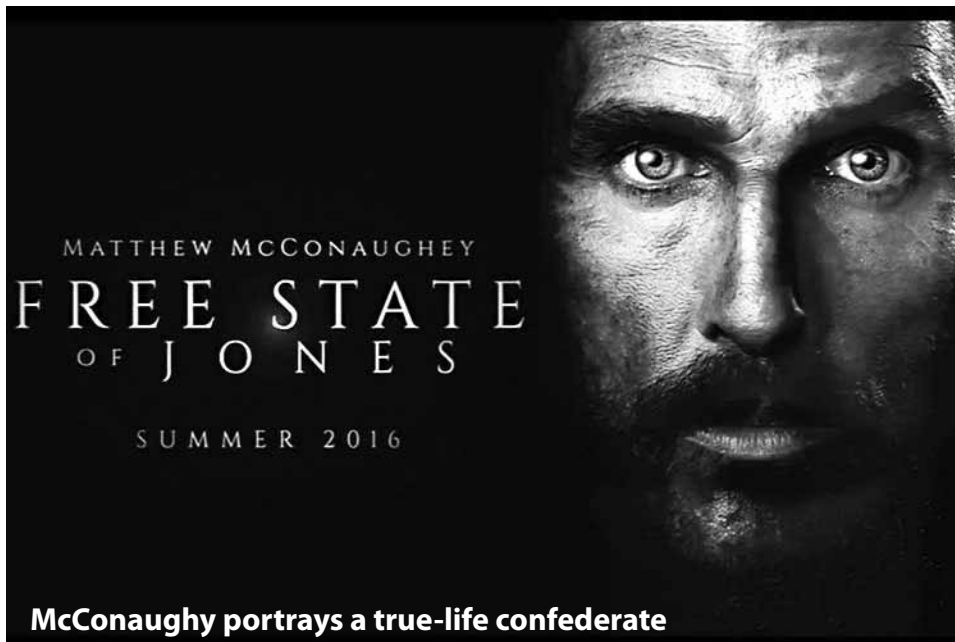
LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday 11 - 5:30. 503-468-0238 or at info@lightbox-photographic.com, and visit lightbox-photographic.com.



Jim Rowan, Man of The Sea

gained popularity because of the images achieved using cameras with less than perfect optics and control lead to unpredictable and sometimes extraordinarily beautiful results. Internationally renowned fine art photographer Susan Burnstine of Los Angeles once again juried the exhibit. Susan uses homemade cameras consisting of plastic lenses and vintage camera and household parts. She has become a highly acclaimed photographic artist shooting with film and using rudimentary cameras of her own design.

"It is once again a great honor to act as juror for Plastic Fantastic VII. I'm continuously surprised and inspired by the remarkable quality of work that is submitted to this one-of-a-kind show which is the last to solely honor the magic of plastic, pinhole and homemade cameras shot exclusively with film. I congratulate everyone who was selected for this exhibit and



McConaughey portrays a true-life confederate

THE CONJURING 2 (JUNE 10) The Conjuring was a surprise hit three years ago – a low budget, throwback '70s-type horror that followed a real case from the files of paranormal investigators Ed and Lorraine Warren as they attempted to help a family whose house is haunted by malevolent spirits. Stars Patrick Wilson (Ed) and Vera Farmiga (Lorraine) return, as well as director James Wan (Saw). Synopsis: Lorraine and Ed Warren, in one of their most terrifying cases, travel to north London to help a single mother raising four children alone in a house plagued by malicious spirits.

PIXAR'S FINDING DORY (JUNE 17) Pixar's followup to huge 2003 hit Finding Nemo, follows everyone's favorite forgetful blue tang Dory (Ellen DeGeneres), who's living happily in the reef with Nemo (Hayden Rolence) and Marlin (Albert Brooks). Synopsis: When Dory remembers that she has a family who may be looking for her, the trio take off on a life-changing adventure to California's prestigious Marine Life Institute. In an effort to find her mom (Diane Keaton) and dad (Eugene Levy), Dory enlist the help of three of the MLI's most intriguing residents: Hank (Ed O'Neil), a cantankerous octopus who frequently gives employees the slip; Bailey (Ty Burrell), a beluga whale who is convinced his echolocation skills are on the fritz; and Destiny (Kaitlin Olson) a nearsighted whale shark. Deftly navigating the complex innerworkings of the MLI, Dory and her friends discover the magic within their flaws, friendships and

family. Finding Dory might include the first depiction of a lesbian couple in a Pixar film.

FREE STATE OF JONES (JUNE 24)

Matthew McConaughey stars in the true life story of Newton Knight, a Confederate soldier who later led an armed rebellion against the Confederacy, married a black woman and after the war fought for the rights and saft of African-Americans. Knight leaves the army and returns home to his farm in Mississippi only to find that poor, white non-slave owners like himself were fighting the war for rich land owners interests. "We're out there dying so they can stay rich," Knight says. After the Confederacy confiscates food and textiles from his family, leaving them with nearly nothing, Knight forms a ragtag group of poor white and blacks that fight a guerilla war against the Confederates from the swamps. Despite the best efforts of the army to track and kill Knight's Company, eventually they gain control of the surrounding area, secede from the Confederacy and declare it the Free State of Jones.

INDEPENDENCE DAY: RESURGENCE (JUNE 24) Twenty years ago Will Smith was mostly known for being the Fresh Prince on TV. One ensemble part later in the earth-get-destroyed-by-aliens Independence Day and a new star and short-lived new genre were born. The earth-destroyed-by-X genre spawned Armageddon and a few others, but soon went dormant. Smith became for a while the most bankable star in the world until movies like Hancock and After Earth severely damaged his movie star cred. After one failed attempt writer/producer/director team Dean Devlin and Roland Emmerich have returned with sequel and two of the original stars in Jeff Goldblum and Bill Pullman. Smith will not be returning because, as Emmerich stated in the New York Daily News, "he's too expensive." Synopsis: Twenty years after their first attack, aliens return with a larger, more powerful battle fleet after receiving a distress signal from the survivors of their first attack.



FINDING DORY might include the first depiction of a lesbian couple in a Pixar film.

locals are killed, Adams is injured and finds shelter on a tiny point of rock two hundred yards from shore. But with the tide coming in, Adams' island is eroding by the second, leaving her closer and closer to being alone in the water with the still-circling shark.

THE BFG (JULY 1) Steven Spielberg directs a live action version of Road Dahl's 1982 children's novel. Synopsis: Ten-year-old Sophie is in for the adventure of a lifetime when she meets the Big Friendly Giant (Mark Rylance). Naturally scared at first, the young girl soon realizes that the 24-foot behemoth is actually quite gentle and charming. As their friendship grows, Sophie's presence attracts the unwanted attention of Bloodbottler, Fleshlumpeater and other giants. After traveling to London, Sophie and the BFG must convince Queen Victoria to help them get rid of all the bad giants once and for all.

THE LEGEND OF TARZAN (JULY 1) Alexander Skarsgard stars as Tarzan in Warners reboot of perhaps the longest-running movie franchise ever. Dozens of movies have been made featuring the jungle hero with the iconic yell who likes to run with apes (and his squeeze Jane) ever since the character first appeared in Edgar Rice Burroughs' 1912 novel. With Margot Robbie as Jane, Samuel L. Jackson, Christoph Waltz and Djimon Hounsou. Synopsis: It has been years since the man once known as Tarzan (Skarsgard) left the jungles of Africa behind for a gentrified life as John Clayton III, Lord Greystoke, with his beloved wife Jane (Robbie), at his side. Now, he has been invited back to the Congo to serve as a trade emissary of Parliament, unaware that his is a pawn in a deadly convergence of greed and revenge masterminded by the Belgian, Captain Rom (Waltz). But those behind the murderous plot have no idea what they are about to unleash. David Yates (Harry Potter) directs.



Spielberg directs THE BFG

THE SHALLOWS (JUNE 29)

Blake Lively stars as Nancy Adams, a professional surfer who has found her way to an isolated surf spot in an unnamed Latin American country. Alone on the beach except for two locals, Adams is enjoying the waves until the locals and she are attacked by a giant great white shark. The



"Shark...!"



FREE WILL ASTROLOGY

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JUNE

ARIES (March 21-April 19): The voices in our heads are our constant companions. They fill our inner sanctuary with streams of manic commentary. Often we're not fully cognizant of the bedlam, since the outer world dominates our focus. But as soon as we close our eyes and turn our attention inward, we're immersed in the jabbering babble. That's the bad news, Aries. Now here's the good news. In the coming weeks you will have far more power than usual to ignore, dodge, or even tamp down the jabbering babble. As a result, you may get a chance to spend unprecedented amounts of quality time with the still, small voice at your core -- the wise guide that is often drowned out by all the noise.

TAURUS (April 20-May 20): We are inclined to believe that the best way to see the whole picture or the complete story is from above. The eagle that soars overhead can survey a vast terrain in one long gaze. The mountaintop perspective affords a sweeping look at a vast landscape. But sometimes this perspective isn't perfectly useful. What we most need to see may be right next to us, or nearby, and it's only visible if our vision is narrowly focused. Here's how poet Charles Bernstein expresses it: "What's missing from the bird's eye view is plain to see on the ground." Use this clue in the coming weeks.

GEMINI (May 21-June 20): I foresee fertile chaos in your immediate future, Gemini. I predict lucky accidents and smoldering lucidity and disciplined spontaneity. Do you catch the spirit of what I'm suggesting? Your experiences will not be describable by tidy theories. Your intentions will not fit into neat categories. You will be a vivid embodiment of sweet paradoxes and crazy wisdom and confusing clarity. Simple souls may try to tone you down, but I hope you will evade their pressure as you explore the elegant contradictions you encounter. Love your life exactly as it is! Methodical improvisations will be your specialty. Giving gifts that are both selfish and unselfish will be one of your best tricks. "Healing extremes" will be your code phrase of power.

CANCER (June 21-July 22): According to many sources on the Internet, "werifesteria" is an obscure word from Old English. But my research suggests it was in fact dreamed up within the last few years by a playful hoaxster. Regardless of its origins, I think it's an apt prescription to fix what's bugging you. Here's the definition: "to wander longingly through the forest in search of mystery and adventure." If you are not currently seeking out at least a metaphorical version of that state, I think you should be. Now is an excellent time to reap the catalytic benefits of being willingly lost in a wild, idyllic, relaxing setting.

LEO (July 23-Aug. 22): I'm debating about which of your astrological houses will be your featured hotspot in the coming days. I'm guessing it will come down to two options: your House of Valid Greed and your House of Obligatory Sharing. The House of Valid Greed has a good chance to predominate, with its lush feasts and its expansive moods. But the House of Obligatory Sharing has an austere beauty that makes it a strong possibility, as well. Now here's the trick ending, Leo: I'd like to see if you can emphasize both houses equally; I hope you'll try to inhabit them both at the same time. Together they will grant you a power that neither could bestow alone.

VIRGO (Aug. 23-Sept. 22): Between now and July 25, there's a chance you will reach the peak of a seemingly unclimbable mountain. You could win a privilege that neither you nor anyone else ever dreamed was within your reach. It's possible you'll achieve a milestone you've been secretly preparing for since childhood. Think I'm exaggerating, Virgo? I'm not. You could break a record for the biggest or best or fastest, or you might finally sneak past an obstacle that has cast a shadow over your self-image for years. And even if none of these exact events comes to pass, the odds are excellent that you will accomplish another unlikely or monumental feat. Congratulations in advance!

LIBRA (Sept. 23-Oct. 22): "My mother gave birth to me once, yeah yeah yeah," writes author Sara Levine. "But I've redone myself a million times." I'm sure she is not demeaning her mom's hard work, but rather celebrating her own. When's the last time you gave birth to a fresh version of yourself? From where I stand, it looks like the next 12 to 15 months will be one of those fertile phases of reinvention. And right now is an excellent time to get a lightning-flash glimpse of what the New You might look like.

SCORPIO (Oct. 23-Nov. 21): Author Rebecca Solnit offers some tough advice that I think you could use. "Pain serves a purpose," she says. "Without it you are in danger. What you cannot feel you cannot take care of." With that in mind, Scorpio, I urge you to take full advantage of the suffering you're experiencing. Treat it as a gift that will motivate you to transform the situation that's causing you to hurt. Honor it as a blessing you can use to rise above the mediocre or abusive circumstances you have been tolerating.

SAGITTARIUS (Nov. 22-Dec. 21): Aphorist James Guida contemplates the good results that can come from not imposing expectations on the raw reality that's on its way. "Not to count chickens before they're hatched," he muses, "or eggs before they're laid, chickens who might possibly lay eggs, birds who from afar might be confused with chickens." I recommend this strategy for you in the coming weeks, Sagittarius. Experiment with the pleasure of being wide open to surprises. Cultivate a mood of welcoming one-of-a-kind people, things, and events. Be so empty you have ample room to accommodate a influx of new dispensations. As James Guida concludes: "Not to count or think of chickens."

CAPRICORN (Dec. 22-Jan. 19): "No gift is ever exactly right for me," mourns Capricorn poet James Richardson. Don't you dare be like him in the coming days. Do whatever you must to ensure that you receive at least one gift that's exactly right for you. Two gifts would be better; three sublime. Here's another thought from Richardson: "Success repeats itself until it is a failure." Don't you dare illustrate that theory. Either instigate changes in the way you've been achieving success, or else initiate an entirely new way. Here's one more tip from Richardson: "Those who demand consideration for their sacrifices were making investments, not sacrifices." Don't you dare be guilty of that sin. Make sacrifices, not investments. If you do, your sacrifices will ultimately turn out to be good investments.

AQUARIUS (Jan. 20-Feb. 18): Life will invite you to explore the archetype of the Ethical Interloper in the coming days. The archetype of the Helpful Transgressor may tempt you, as well, and even the Congenial Meddler or the Compassionate Trickster might look appealing. I urge you to consider experimenting with all of these. It will probably be both fun and productive to break taboos in friendly ways. You could reconnoiter forbidden areas without freaking anyone out or causing a troublesome ruckus. If you're sufficiently polite and kind in expressing your subversive intentions, you might leave a trail of good deeds in your wake.

PISCES (Feb. 19-March 20): Your theme comes from the title of a poem by Fortesa Latifi: "I Am Still Learning How to Do the Easy Things." During the next phase of your astrological cycle, I invite you to specialize in this study. You may imagine that you are already a master of the simple, obvious arts of life, but here's the news: Few of us are. And the coming weeks will be a favorable time for you to refine your practice. Here's a good place to start: Eat when you're hungry, sleep when you're tired, and give love when you're lonely.

Homework: Psychologists say that a good way to eliminate a bad habit is to replace it with a good one. How will you do that? Freewillastrology.com

Bike Madame

By Margaret Hammitt-McDonald

Adventures with Bikes on Public Transit

AS THE SUNSET EMPIRE bus passes me up Three-Mile Hill, I notice a bike hooked to the bike rack in front and realize its owner is inside, thinking either "There but for the grace of God go I" or "Better you than me!" While my trips are short enough that I don't need that tempting bus, I'm thrilled that public transit exists in our area (even if service is infrequent) and that it is so accommodating to cyclists. Alas, such enlightened practices aren't universal. A comparison between Portland and New York City will demonstrate the good, the bad, and the awkward when public transit and bikes mix.

Portland has a superb public transportation system, including for cyclists. Like the North Coast, the Portland bus system comes equipped with front-of-the-bus racks for up to two bikes. During off times, if the racks are full, you can usually wrestle your bike onto the bus. If you ride the MAX light rail or the Portland Streetcar, you can hang your bike by the wheel on a bike hook or you can stand with it near the door (the latter is only for off times, when the doorway isn't stuffed with people). Alas, bike hooks and bus racks aren't made to accommodate odd-shaped bikes or trikes. It's hard to get my folding bicycle onto a hook because the tires and wheel rims are thicker, and the wheels are smaller, than the standard road-bike size.

New York City, infamous for its combative drivers, has been attempting to upgrade its reputation with cyclists by creating more bike lanes and other infrastructure. However, be-

cause few bridges between boroughs have bike lanes, if you need to go to Manhattan from (say) the Bronx, you will either need to chain your bike up near the most convenient bus or subway stop or brave those vehicles with your bike in tow.

New York City buses don't feature bike racks, and the only bikes you're allowed to lug on board are the folding variety. Even with your folding

bike squeezed into its least space-hogging configuration, the buses don't have capacious enough standing areas to keep it out from under people's feet. You can't stuff one onto a seat or under it either, and as it juts into the aisle, you'll feel the burn of other passengers glaring at you. The subway doesn't have bike

hooks, and although you can usually hide in a corner with your bike, the rush-hour crowds can pack the train cars sardine-can tight. If you have to take your bike, it's best to ride during non-rush-hour or to leave it fastened securely to a bike rack before boarding the train or bus unencumbered. (Be sure to use multiple beefy bike locks and cables so you don't lose your friend, or its wheels or seat, to a thief!)

I don't have experience with taking longer trips on Amtrak trains or Greyhound buses, but if you choose to travel the country this way, you may have to take your bike apart and pack it in a near-flat box. A less cumbersome alternative would be to rent a bike at your destination. Just don't forget to send a postcard to tell your faithful friend how much you miss it, or you may discover a mysterious flat tire when you return.



WORKSHOPS/CLASSES

LEATHERCRAFT FOR BEGINNERS. June 11. With Geoffrey Franklin. Workshop participants will learn the basic skills of leathercrafting by making a unique project, a walnut-handled imperial pint glass for take home. Franklin will introduce and explain the different types of leather, and teach students how to cut, edge, dye, punch, skive, and gloss vegetable-tanned leather as they make their own handle. \$30 plus \$35 for materials. 2 – 4pm at the Hoffman Center in Manzanita. 503-447-6889

WHEEL THROWING WORKSHOP. June 17. With JS Hauer. This workshop will cover basic clay art and throwing principles and an introduction to the studio's throwing equipment. There will also be time for plenty of hands-on practice time. The cost is \$35 which includes three pounds of clay, use of all tools needed, glazes, and kiln firing of the work. 10am – 1pm at the Hoffman Center Clay Studio. Register at <http://hoffmanblog.org/ongoing-classes/register-for-workshops>

BEGINNING CALLIGRAPHY WORKSHOP. June 25. With Rebecca Read. This two-hour workshop will provide an introduction to the practical applications of calligraphy, and hands-on instruction of beginning Italic lettering. All materials will be provided. Free, 1-3pm at the Seaside Library. Register by calling 503-738-6742.

GYOTAKU PRINTMAKING. July 9. With Bruce Koike. Also known as fish rubbing, this form of art uses the actual fish to create a unique image. \$120, all supplies included. 9am – 1:30pm at Tillamook Bay Community College in Tillamook. 503-842 822. Ext. 1310

CANNING FRUITS, PIE FILLINGS, JAMS & JELLIES. June 18 or 20. Each class will focus on the latest USDA recommendations, equipment and supplies. Sign up for one or more classes and take home a jar of home-canned goodies from each class. \$15, 1-4:30pm on the 18th or 6 – 9pm on the 20th at the OSU Extension Service in Tillamook. Call 503-842-3433 to register.

BODY WORK•YOGA•FITNESS

CLASSICAL BELLY DANCE. Classes held Sundays 3-4:30 @ Tolovana Community Hall 3778 s. Hemlock Cannon Beach. Drop in \$10. Everyone welcome. Info call Sarah 971-601-0127.

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.

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. 1/2price for new students first month and locals residents first day free. Free parking and a handicapped ramp is available. <http://riverszen.com> or [Facebook.com/RiversZen](https://www.facebook.com/RiversZen).

YOGA—North County Recreation District—Nehalem. Monday 5:45-7:15pm Level 1 Yoga. Tuesday 4-5:30pm Yin Flows into Restorative. Wed 8-9:30am Mid-Life Yoga, leading into your 50's, 60's, 70's and beyond! Wed 5:45-7:15pm Restorative Yoga. Thurs 8-9:30am Chair Yoga. Thurs 5:45-7:15pm Vinyasa Light Yoga. Fri 8-9:30am Very Gentle Yoga. Fri 11:30am-1pm Fun Flow Fridays 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.

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.gearhart-workout.com 3470 Hwy. 101 N. Suite 104 in Gearhart

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. Tue-Thur 6:30 to 7:30pm/Fri 9-10am. Fall term thru Dec. 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

A COURSE IN MIRACLES. The Astoria ACIM study group meets weekly on Tuesdays from 3:00-4:00pm at the Masonic Lodge, 1572 Franklin Ave. Bring your book with you. For information call 916-307-9790 or send email to moffett@cgifellowship.org.

AUTHENTIC SPIRITUAL CONVERSATIONS. Meets the 2nd and 4th Tuesday in Astoria, OR, from 7:00 – 8:30 PM in the Masonic Lodge at 16th & Franklin. Are you looking for a spiritual community of like-minded people but don't seem to fit in anywhere? Do you long for the kind of connection where you can explore what feels spiritually real and alive in you? Do you want to be able to explore your spiritual questions, doubts, practices, and deepest longings in a space where everyone's needs are respectfully held? Are you tired of being "nice," tired of keeping silent and playing it safe, in order to fit into group norms that tell you what you should believe? Join in a conversation where your uniqueness can be nurtured and you can feel safe to express your authentic truth. All faiths, including "spiritual but not religious," agnostic, and atheist are welcome. For more information contact info@cgifellowship.org or call 916-307-9790.

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.

COLUMBIA RIVER MEDITATION GROUP. Meets Thurs, 6-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many dif-

ferent styles practiced, discussion of common problems encountered during meditation, focus on developing a regular practice. All welcome.

Great Vow Zen Monastery. Beginner's Mind Weekend Retreat. Fri June 10 -Sun/June 12. Zen Buddhism offers tools to harmonize the body and mind, allowing us to appreciate the freedom and spaciousness of life in the present moment. \$150 (\$120 for ZCO members) includes dormitory accommodations and delicious vegetarian/vegan meals. A \$50 deposit holds your space - balance is due on arrival.

GREAT VOW. Transforming the Inner Critic—Weekend workshop. Fri June 17 – Sun June 19. During this workshop we will use Buddhist and psychological teachings to see this voice more clearly. There will be guided meditations, group discussions and interactive exercises. We will learn tools to help transform our relationship to the Inner Critic, bringing it back into balance without losing its discriminating wisdom. \$150 (\$120 for ZCO members) includes dormitory accommodations and delicious vegetarian/vegan meals. A \$50 deposit holds your space - balance is due on arrival. 79640 Quincy-Mayger Road (mail to P.O. Box 188). Clatskanie, Oregon 97216. 503-728-0654

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 art 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

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.

MEDITATION/PAINTING FOR WOMEN. March 4, 11, 18. With Mindi Bender. A series of three quiet mornings of meditation, reflection and silent painting. The paintings will be your private response to the reading and meditation. Neither experience with meditation nor painting is necessary. All supplies will be furnished. \$15/ 3 week session. Register by calling 734-476-6941

VOLUNTEER

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.

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

contact Lower Nehalem Community Trust, 503-368-3203, lnct@nehalemtnet.net

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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.

KNITTING CLUB. Weekly on Tuesdays 5:30-6:30. Location: Coffee Girl, Pier 39 Astoria. Community members of any skill level can meet to knit at Coffee Girl. We teach beginners and encourage everyone to bring their own supplies. If knitting isn't your thing, we welcome other crafts as well.

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 from 11:00 – 12:30 at 320 South Street, Astoria. Come join us! • November 19 What to Expect: The Normal Course of Breastfeeding-December 17 New Beginnings: Baby's First Foods. 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

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.

TIDEPOOL CLINIC. March 13 and 18. Explore the beach and learn about the colorful creatures that inhabit rocky intertidal pools from a local expert. The clinics are free and open to the public. 10am on the 13th and 4:30pm at the 15th St Beach Access in Lincoln City.

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.

COMMUNITY LISTINGS



Summer Art Camp for Adults and Kids. Writing & Zinecraft Workshops June 21-23

Writing & Zinecraft Workshops with Melissa Favara & AM O'Malley. Each day of this three-day series, team-taught by Melissa Favara and A.M. O'Malley, will provide participants with the opportunity to experiment with writing several short works of fiction, creative nonfiction, or poetry. Participants will be provided with writing prompts and their own vintage manual typewriter to use for the writing process, feedback sessions, and materials and guidance for creating one-of-a-kind artifacts (zines) of their favorite creative writing pieces. \$75 for all three days or \$30 each day. At the Sou'wester Lodge in Seaview. RSVP at 360-642-2542 souwesterlodge.com.

Dance Your Joy at AAMC

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

• **MONDAY**
10:00 -11am: Tai Chi with Angela Sidlo
5:30 – 6:15pm: SloFlow Vinyasa Yoga with Jude MatulichHall
6:30 – 7:15pm: Relax & Restore Yoga with Jude Matulich Hall
7:30 – 8:30pm: Tap with Marco Davis

• **TUESDAY**
9-10am: Zumba Fitness with Joy Sigler
6:15 – 7:15pm: Zumba Fitness with Joyce Senior
7:30 – 8:30pm: Hip Hop coming soon! Check web site for details.

• **WEDNESDAY**
8:30-9:40am: Gentle Yoga with Terrie Powers
10:00 – 11:00am: Tai Chi with Angela Sidlo



5:30 – 6:30pm: Pilates with Jude MatulichHall
7:00-8:15pm: Belly Dance with Jessamyn Grace
8:30 – 9:30pm: Argentine Tango Practica with JL Gillikin

• **THURSDAY**
9:00-10:00am: Zumba Toning with Nayelli Dalida
4:00 – 5:00pm: Slomo with Kestrel Gates
6:00 – 7:30pm: Tri-Dosha Yoga with Melissa Henige

• **FRIDAY**
9:30 – 10:40am: Gentle Yoga with Terrie Powers
11:30am-12:30pm: Yogilates with Jude MatulichHall
6:30-8:30pm: Sacred Women's Gathering with Melissa Henige(3rd Fri. of ea. month)

• **SATURDAY**
6:00-7:00pm: Argentine Tango Fundamentals with Estelle & Celeste Olivares
6:30-7:30pm: Intermediate Argentine Tango Concepts
7:30-8:30pm: Argentine Tango Mini-Practica with Estelle & Celeste Olivares

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

Time Traveler

As I wandered through the highlands of Scotland, I felt energy from long ago traveling through my veins. The earth was alive and wild as I stepped through time. I am a time traveler who experiences the ancient past wherever I go. I was pleased I had waterproof boots on as I walked through a bog and smiled at the sky matching the rugged terrain. I arrived at a shell of a castle called Caiseal Uisdean, Hugh's Castle built in the 17th century. Hugh MacDonald was plotting to become a Clan Chief of the MacDonald Clan. Hugh sent out two let-

ters, one to his uncle inviting him to his castle and the other to the assassin. The letters got mixed up and his uncle Donald Gorm Mor learned of his plan.

I arrived at the ruins of Hugh's Castle which stood next to a cliff with rocks and sea below. I squeezed through the only opening, a small window at ground level and found myself standing inside a large room. The flora and fauna that carpeted the floor seemed to light up as I spilled out from the window into the ancient castle. There was no roof only sky. I felt the presence of many

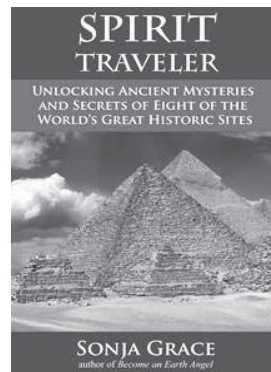
from the past, Hugh being the most foreboding sitting there brooding about his demise.

He told me he died an agonizing death in the dungeon of Duntulm Castle where they force fed him salted beef and fish and walled him into the dungeon. I know his ghost resides at Duntulm Castle but the day I stood inside Caiseal Uisdean I had the pleasure of meeting him. He went on about how his castle used to look and wanted me to help him restore the ruin. I smiled and said his time had passed and offered him help to the spirit realm but he declined saying he had not forgiven Donald and had much to do.

The wind blew around the ruin as I crawled back out of my tiny entrance and stood on the cliff overlooking the sea. The castle wall was behind me with only a foot of ground between it and the cliff.

I knew I had been there before, braving the edge like an internal dare, pondering the same thoughts then as now. I have come to understand time

and history in a new way. The ghosts of this land are present and remind us of a time that was turbulent, harsh and violent. I left the cliff at Hugh's Castle and walked through the bog, breathing deep, relieved this time I was not running as I had hundreds of years ago.



For over thirty years, author and Mystic Healer, Sonja Grace has been offering her international clientele, immediate stability, clarity, and guidance. Sonja is an energy surgeon who works with the physical, emotional, mental and spiritual bodies. She helps clients process emotional wounds, clear karma and gain inner peace. Her new book 'Spirit Traveler' Findhorn Press is now available for pre-order at www.sonjagrace.com

By Tobin Nason

word and wisdom

Let's Talk About Murder.

THIS IS A NEW TOPIC FOR ME. I just watched a movie based on the Clara Harris murder case. Remember her? She was a dentist and she ran over her dentist husband three times.. That's anger for you. Her husband had been unfaithful and that was her temporary and immediate response to seeing him exiting an elevator at a hotel with the other woman.

I watched the movie and found I understood her response. I then wondered, could I, would I, run anyone over 3 times, albeit in anger? I would love to say, "Definitely not!" I don't know. I don't think I would know unless I had been in her spot and in her shoes. In many ways, I once was. An unfaithful husband, the disregard and humiliation.... I found I wanted to hurt him, not necessarily kill him. I used words. Lots of sarcasm and scorn. I tried to murder his ego.

But lapses in common sense and a temporary rise in irrational emotions.... most of us experience this combination at some time or another. But murder?

Murder aside, since most of us have it ingrained in us that murder is not on our list of options, what about those irrational emotions that seem to come close to murderous? Do we ever ever talk about that.? When a

person says, "I could have killed him/her?" what do they really mean? Does a person dare risk exposing homicidal tendencies?? Imagine the following:

"Hey, guess what just happened?"

"I don't know. What?"

"I just had a truly murderous thought!

Boy, it was intense. But I got over it with no harm done...."

Back to Clara..... it appeared as a momentary type of insanity, a break from reality, a sort of fugue state occurred. Guess what? Anybody has the capacity to experience those states. Anybody. Scarey thought, isn't it?

I always advocate people express their emotions somehow. Grief, love, like, fear... When things get too intense, our bodies tend to take over. Anxiety attack, panic attack, disassociation. All are physical alternatives to doing harm in the real world. Our bodies try to keep us safe in strange ways. Short and simple.

There's also social mores and biblical content that says we should not murder.

Most of us have learned how to manage our emotions to a reasonable extent. It starts in toddler stages and continues throughout our childhood. Teachers monitor and direct

social behavior. Violence is not condoned. Use your words, kids.

Look at how you personally manage those so-called intense emotional times. I tend to use words. I write them. I verbalize. I can be sarcastic and cutting. I can hurt people. I know this. On one hand, it is to my benefit that I express myself. The other hand reminds me that I can hurt people. I'm not running them over with cars, but I am hurting them occasionally, and sometimes more seriously than I imagine. Thank God I will not go to jail for this form of harm. I also know that letting off steam periodically is part of mental health. Those that tow the line too tightly for too long are more likely to explode. Go postal. Long term stressors can also wear down coping mechanisms, to the point where beliefs and value systems go out the window. The balance between "I really care" and "I don't care" is a balancing act.

So... how do you hurt others? Why do you hurt others? When do you hurt others?

Something to think about.

Tobi Nason is a counselor located in Warrenton. She can be reached at (503) 440-0587.

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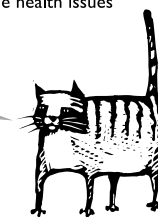
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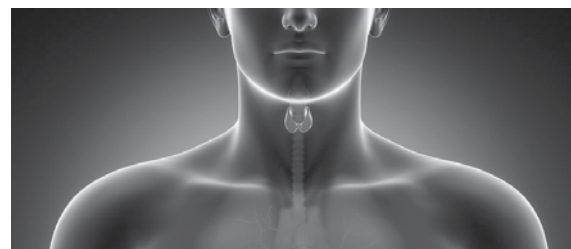
bodies in balance

The Thyroid-A Little Gland with A Lot of Power

THE THYROID GLAND lies across the throat, below the Adam's apple, measures 2 inches across, and releases hormones that control the speed of cellular functions throughout the entire body i.e. our metabolism. The thyroid is part of our elaborate endocrine system, and as with all other endocrine glands, it does not act alone. Our environment, lifestyles and diets can easily influence this gland, and it seems an office visit rarely goes by without the thyroid being under suspicion. Hypothyroidism is a common condition in which the thyroid is underactive producing too little thyroid hormone. This is not the only condition affecting this gland, but will be our focus this month. Since thyroid hormones acts throughout the body, this condition can cause a wide range of symptoms. Most often people complain about fatigue, trouble losing weight, low body temperatures, depression, coarse dry hair and skin, constipation, trouble thinking and concentrating, headaches, etc. When the functioning of this gland is significantly low one may experience a puffy face, or have a goiter, which is an enlargement of the gland causing a noticeable lump at the base of the throat, hoarseness and trouble swallowing. So if any of the above symptoms have been on-going for more than 3-6 months, time to investigate thyroid function. As with many other endocrine glands, the thyroid is at the bottom of a long chain originating within the brain at the hypothalamus. The hypothalamus tells the pituitary to tell the thyroid to tell the body tissues what to do. Each member of the chain releases a hormone which feeds back to the previous chain member letting them know the job has been done. The most common thyroid screening test is TSH (thyroid stimulating hormone); this is the hormone produced by the pituitary telling the thyroid what to do. If the thyroid is not producing enough of its own hormone it will have inadequate feedback, therefore forcing the pituitary to increase the TSH to make the 'Get To Work' message stronger. Unfortunately when this is the only hormone screened we get a rather limited picture of how the thyroid is actually performing.

The two primary thyroid hormones are thyroxine (T4) and triiodothyronine (T3), which are made from amino acids and iodine. T4 which is approximately 80% of what the thyroid produces, is relatively inactive in the body. After production, T4 binds to a protein molecule TBG (thyroid binding globulin) to be transported elsewhere in the body where it is released and converted to T3. The thyroid produces about 20% T3 which is the active hormone in the tissues. Most T4 to T3 conversion happens in the liver where an iodine molecule is removed and recycled to the thyroid. When gauging thyroid function it is important to get a look at these two hormones as well.

All the above hormones can be measured with a simple blood test. All too often only the TSH is measured and as



mentioned above this test alone cannot give a complete picture of thyroid function. Another test many alternative practitioners may suggest is basal body temperature. As body temperature maintenance is one of the responsibilities of the thyroid it can give insight into the functioning of this gland. To perform this test one should take the first morning temperature in a consistent location (mouth or under arm). If the temperature is consistently below the average normal of 98.6°F then the thyroid should be further evaluated. The causes of hypothyroidism are broad, and as with many other conditions there are many factors which contribute to its function. For example there are some common autoimmune conditions that trigger the immune system to attack the thyroid causing low function. Regardless of the dysfunction it is essential to properly evaluate the thyroid...for that seek the attention of a health care professional.

If thyroid function is low due to deficiency or dietary factors the treatment can take a drug-free route. Iodine is an additive in table salt for just this reason. Originally designed for mid-westerners that do not have the iodine rich foods we have on the coast. If you routinely consume seafood (shellfish, fish, and sea vegetables), or standard table salt, you are likely not suffering an overt iodine deficiency. But, if you feel you have low thyroid function you may want to consult a professional on iodine supplementation, as well as consider avoiding goitrogenic foods. There are

By Tracy Erfling, N.D.

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



many foods on this list and I do not have room to list them all but here are some of the more common ones (important to note that once these foods are cooked they lose their thyroid inhibiting properties): cabbage, peas, yams, peanuts, almonds, brussel sprouts, broccoli and soy.

Dietary advice, however, is not the norm. If you are diagnosed with low thyroid function you are most commonly prescribed thyroid replacement, which for many is necessary. The replacement of choice is Synthroid or levothyroxine, which is the equivalent of T4. As we discussed

earlier T4 must be converted by the liver into T3 in order to be active in the tissues. I am often confronted with the complaint that even after thyroid replacement people do not feel any better. And I am not surprised that with all the work our livers are responsible for, this conversion is not happening at levels necessary to invoke a response.

My choice, therefore, is to put my hypothyroid patients on Armour thyroid; this more 'natural' form of thyroid replacement is taken from pigs and contains both T4 and T3. Conventional medical doctors may not choose this option because the amount of hormone in each pill is not consistent and lab values can become skewed. My experience is that people tend to feel much better on this medication however. Thyroid replacement is available by prescription only so seek the attention of your local medical or naturopathic doctor to assess your options.

Other treatments that you may want to consider include adrenal support as these stress managers are intimately tied to thyroid function, and all too commonly deficient themselves. If you are not exercising, it is certainly a thyroid support must. As we all learned in health class exercise increases our metabolism as a result of increased energy needed in muscles. Since metabolism is precisely what the thyroid is responsible for, it only makes sense that the more work you do in the pool or on the treadmill, the less your thyroid is relied upon to do the work itself...so do your thyroid a favor and get moving.

Hope that you have some new found insight and respect for your metabolic powerhouse, the thyroid.

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



THIS IS A TREATISE in defense of flaming desserts. By that, I do not mean desserts that are so over-the-top in presentation, so flamboyant in their creation that they might be considered flaming as in "flaming idiot." I mean desserts that are actually set afire to caramelize a sauce, intensify flavors and amaze.

I was dining at a local eatery recently when I saw flames leap from a sauté pan. As I was already enjoying my entree, I did not think, "Oh boy, that's my scampi in the works." What I thought was this. "Crepes Suzette."

When I was a kid, in the previous millennium, there was a whole lot more white linen and a whole lot less bureaucracy in the restaurant industry. My first job was at a joint that featured numerous flambé options. It fell to the waitstaff to perform the honors. The kitchen was too busy and too smart to send a chef out to the dining room to torch food every few minutes.

I loved flaming food! It required a certain flare for the dramatic, provided an enhanced experience for the diner and resulted in real big tips. That was the Year of the Sporadic Eyebrow. (Note: Do not lean into your

work when you are setting things afire.)

Today we have to be careful of everything we do so that we don't inconvenience each other or put each other in whatever the government has identified at the moment as danger. We have to be careful of everything we say so that we don't



accidentally test the sense of humor of someone who might be eavesdropping on the conversation. We have to be ethically and politically correct as defined by someone other than our-selves because we quite clearly are not able to determine that on our own or to be good people without the help of legislation and public pressure and.....

...If I do not return to the topic at hand, this column will become an example of spontaneous human combustion which, regrettably, will not happen table-side. Suffice it to say, we don't see table-side rituals much

anymore.

Although Bananas Foster is offered at a handful of eateries in our world, they are not flamed at the table and suffer from that omission. Here's to Cherries Jubilee, Bananas Foster and, best of all, Crepes Suzette. Crepes Suzette, an eloquent, sumptuous invention of French-American cook

Henri Charpentier. Henri was only 14 years old when he accidentally set fire to the dessert crepes he was preparing for Albert, Prince of Wales. Overcoming his panic, Henri tasted the results and realized he had come

up with his passport to fame. Albert changed the name from Crepes Princesse to Crepes Suzette. I present for your re-consideration a dessert containing all the necessary food groups: flavor, impact, presentation and booze.

Try this recipe given to me 35 years ago by a spectacular French woman who did not know Suzette, but knew her crepes like no one I've met since. Helene would be the first to agree that you simply must light it up in front of your guests to be ethically and politically correct.

CREPES SUZETTE

SERVES 6

Crepes:

- 2 cups flour
- 4 eggs
- 2 1/2 cups milk
- 1 Tablespoon sugar
- 1 teaspoon salt
- 1 teaspoon vanilla

Mix flour, eggs, 1 1/2 cups milk, sugar, salt and vanilla. Beat until smooth. Add remaining milk, beating steadily.

Brush a non-stick sauté pan with a bit of melted butter. Spoon just enough batter to thinly cover the bottom of the pan. Swirl the pan to help the batter to spread, coating the pan bottom. When the underside is golden, turn the crepe and lightly brown the other side. Remove the crepe and fold it in half twice. You will end up with a triangle in the shape of a lady's folded handkerchief. Stack the crepes with parchment or wax paper between them.

Sauce:

- 1/2 cup butter
- 1/4 cup sugar
- 2 Tablespoons Curacao* or Triple Sec
- 2 Tablespoons Cointreau or Grand Marnier
- 1/4 cup orange juice
- 1/4 cup brandy
- a few drops of lemon juice
- 2 teaspoons grated orange rind

Cream butter, sugar, orange juice, lemon juice and orange rind. Refrigerate until ready to use. When ready to serve, melt 1/2 the mixture in a chafing dish or sauté pan. When sauce bubbles, add 1/2 the Cointreau and Curacao and 1/2 the crepes or however many will fit comfortably in the pan. Turn the crepes in the sauce a couple of times to soak through.

Add 1/2 the brandy and light. Swirl gently to extinguish flames. Serve at once. Take a bow and do it again.

*Curacao is a liqueur flavored with the dried peel of the laranja citrus fruit, grown on the island of Curaçao. Don't be swayed by the more ubiquitous Blue Curacao which generally resides in tropical-ish drinks that rely heavily on kitschy containers, assorted flower embellishments and little plastic monkeys or umbrellas perched along the rim. They are also known for being astoundingly expensive and delivering punishing hangovers. Blue booze will make your crepes sad and your guests vaguely queasy. Use the clear stuff.

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THE PET FOOD INDUSTRY CLAIM their products are 'complete' nutrition and 'human food' is unsafe and unnecessary. Why then are people diseases like Diabetes, Pancreatitis and Cancer endemic in modern pet populations?

Commercial pet foods are not human grade products. That means 4D meat; dead, diseased, decayed or dying—not safe for human consumption. With the number of recalls, and the thousands of cases of animals sickened or killed by jerky treats & wheat germ from China, can we really feel confident these foods are always safe for our cats and dogs?

Kibble-only diets are especially harmful; the animal meat sources are dubious and grain is over used, especially wheat, rice and corn - all plants subject to heavy pesticides. The "grain free" products are packed with legumes like garbanzo beans and the poisonous cassava root to make up for the grain. Peas, the only vegetable with lactic acid (milk sugar), are pulverized into powder and labeled flour, meal or fiber. In one brand, peas are listed 3x as each of these products, amounting to 40% of total ingredients per bag!



photo: Aza Cody
Dogs can tolerate some grain and legume flour, but too much can bring on allergic symptoms like skin itch and yeast infection. Cats are obligate carnivores and need very little of anything but meat.

Leaving large amounts of dry kibble in 'self serve' plastic containers is hazardous because of bacteria and mold growth. Plastic never really gets clean, it erodes. Clean with 90% alcohol and water once a week. Let dry thoroughly before re-filling. Put in just enough for 2 days at a time.

Most kibble is preserved with synthetic Vitamin E which degrades quickly. Keep bags tightly closed. Kibble using artificial preservatives should not be used. These chemicals cause serious cancer in lab animals.

Feeding dry only food can case urinary problems especially in males. Adding water, broth or herb tea to kibble will make your pet feel fuller and help with digestion too. No need to soak it unless your pet consumes without chewing.

Recent studies prove the addition of living food like wheatgrass, sprouts, spirulina, fresh herbs, eggs, cheese, real meat and fish can change the life of your pet.

Reducing dependence on commercial pet food and treats is healthy and fun.

Share with your loving family. They deserve Real Food.

Aza Cody is a licensed pet consultant and special diet cook with over 25 years experience. She'll teach CANINE COOKING; THE WAY TO YOUR DOGS HEART, an interactive class at the North Coast Food Web June 25, 2016. www.northcoastfoodweb.org

Join Aza Cody for Animal Gab Radio; Talk with a Tail on KMUN
July 12, @ 9:30am, and every 2nd Tue of the month. podcast available on the coastradio.org site
Focusing on our 4 legged friends with fun facts, health tips and Real Food recipes.
Guest Interviews with Local & International Animal Lovers, Activists, Artists, Writers, Businesses, Cooks, Charities, Shelters and Services.
Commercial Pet Food Industry Recall Tracker, Rescue Services; Wildlife and Domestic, Spay and Neuter Advocacy and Information. Guide Dogs and Service Animal Stories.
Travel Information and Local Pet Friendly Businesses.

Pets Deserve Real Food

By Aza Cody

Smooth Sailing . . . Smoother Spirits: Pilot House Distilling

IT'S A PECULIAR FACT of human nature: people love a good scandal. Even if said scandal is actually an exhausting, nose-to-the-grindstone ordeal that distracts and inhibits those involved from doing what they do best—which, in Larry and Christina Cary's case, is running their award winning distilling business.

After two prior legal disputes involving name trademarks, newly (and permanently) christened Pilot House Distilling is moving forward, and inviting longtime fans and the uninitiated alike to savor what's in store. Founded in 2013 and located in the heart of historic downtown Astoria, with an additional tasting room in Seaside, PHD has garnered bronze and silver medals for their Bar Pilot Cucumber Vodka and Jalapeño Lime Vodka at the 2014 Great American Distillers Festival in Portland, as well as a gold medal for their Columbia Absinthe the following year. Other popular spirits include an American-style Painted Lady Gin, A-O Whisky, and Thundermuck Coffee Liqueur. The newest arrival, the two-year bourbon barrel aged Barrelman Rum, will soon be joined by an Aquavit, done in conjunction with Baked Alaska Restaurant's Chris Holen. When asked what the most in-demand item has been of late, Christina Cary says "Tequila is very sought after, and by fall we should have our NW agave spirit released. I'm excited to educate the general public about it and its historical roots. This is what I attempt to do with all our products."

In addition to spirits, the collaborative Grumpy Dog Shrub drinking vinegars offer a uniquely delicious compliment to PHD's wares, ideal for cocktails/mocktails, salad dressings, desserts and digestive sipping. "This has been a tremendous addition to our spirit lineup," Cary says. "It's great to see people using these as mixers as well as cooking ingredients." (Tip: Grumpy Dog Tomatillo Jalapeño + Bar Pilot Jalapeño Lime Vodka + Grumpy Dog "Bloody Knuckles" Bloody Mary Mix = Whole Lotta Yum.)

Ultimately, Pilot House Distilling is dedicated to delivering the best to Astoria, whether it's relaxing over a flight in the tasting room or educating those interested in the distilling process. On the latter note, guests are invited to partake in a special distilling class July 16-17, which offers a basic hands-on introduction to the principles and practices of distilling, with topics including equipment selection, mash process, proofing and storage, as well as rum wash prepping and final rum distillation. (Seats are limited, so visit <http://www.pilothousedistilling.com> to sign up.)

Cary praises Astoria as the ideal locale for Pilot House Distilling, commenting that "Astoria is unique in that it's still a real town with a community."

- Located in Astoria, OR at 1270 Duane St, with additional tasting room in Seaside, OR at 10B N. Holladay.
- Hours: Tuesday through Saturday 12-6pm, Sunday 12-4pm. You can visit Pilot House Distilling and Grumpy Dog Shrubs at their Sunday Market stalls.



photo: E. Linstrom

By Emmie Linstrom

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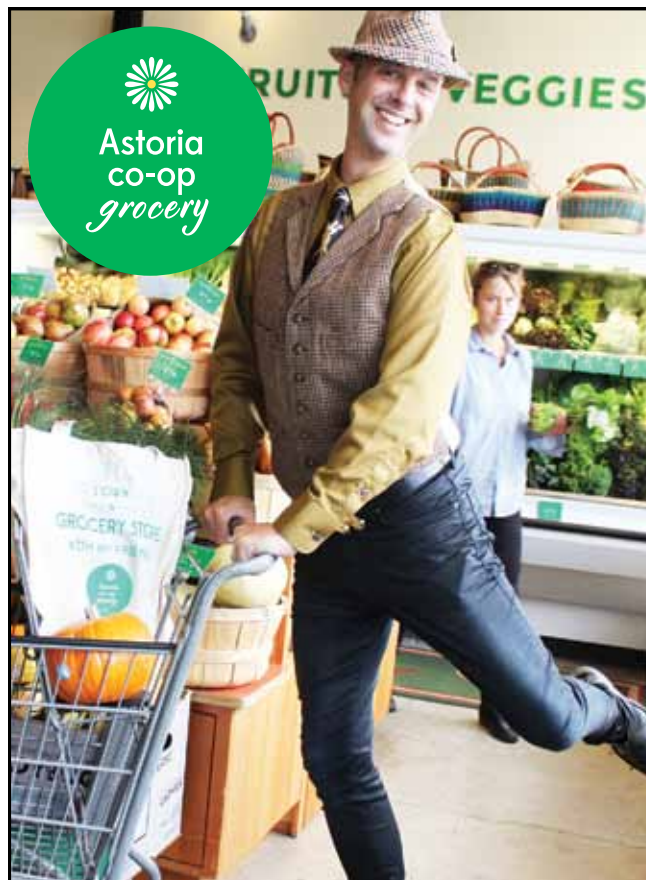
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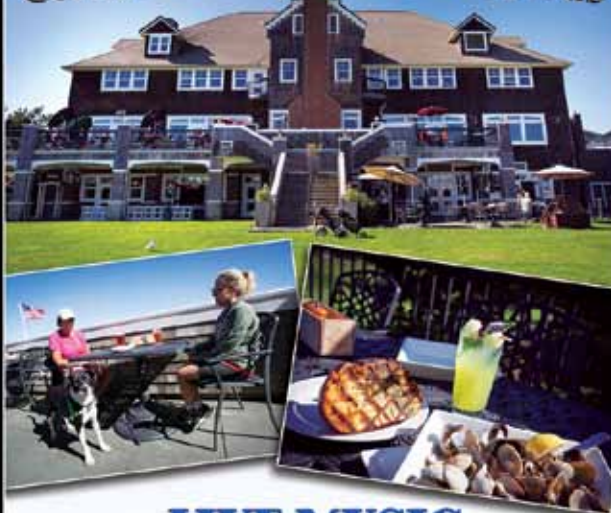
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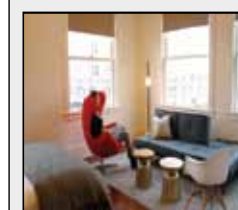
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CELEBRATE ASTORIA PRIDE 2016

Thursday June 9

THE MADNESS OF LADY BRIGHT ONE ACT READERS THEATER

Noted playwright Lanford Wilson's historic piece is among the earliest of the gay theatre movement. It was first performed at Joe Cino's Caffé Cino in May 1964. Directed by Sen Incavo and featuring Marco Davis, Daric Moore and Nancy Montgomery.

Doors open 8pm. Show at 8:30pm. \$10 at the door. Cocktails!

AT KALA, 1017 Marine Drive in Astoria.

BIG FAT GAY MOVIE NIGHT

Columbian Theater, doors at 9:30, movie at 10 pm • PURPLE RAIN

Friday June 10

PRIDE Gala Celebration

at Astoria Armory, 1636 Exchange
Doors open at 7pm
Appetizers & Drinks Social

- LEZ STAND UP Comedy opens the eve at 7:45pm - 8:30pm.
- MC Dida Deangelis
- Special Guest Performances:
- Shitney Houston, Annie Depressant, Annya Allnight
- Dragalution
- Lower Columbia Q Choir
- Dinah Urell
- Dance Party w/ Portlands' Seven Cake Candy • Plus DJ

ADMISSION: \$10 general seating in Mezzanine, \$20 chair on main floor, Premium Tables 160 for table for 8 (sold out) / \$120 for other tables of 8.

Purchase Tickets in Advance at the Q-HUB in Astoria (located next to Columbian Cafe on 11th and Marine Drive). Open Sat/Sun 10am - 2pm up to PRIDE Weekend.

Questions/info: see Lower Columbia Q Center website www.lcqcastoria.org

Saturday June 11

RIVER WALK FOOT AND BIKE PARADE 2pm

From the foot of Bay street (under the big Meglar Bridge) to the foot of 11th with rally. Grand Stand at Buoy Beer Co. with announcers Poison Waters and Dida Deangelis.

AIDS MEMORIAL QUILT VIEWING

9am - 11am, Astoria Armory, 1636 Exchange St., Astoria

THE COAST IS QUEER Art Exhibit

KALA performance space 1017 Marine Drive

Curated by Portland Gallerist

Mark Woolley

Reception 5pm - 8pm

Complimentary Appetizers • No Host Bar

Exhibit also open on Sunday, June 12, Noon to 4pm.

Q BAR @ KALA. Cocktail Specials and light Dancing till 11pm following Art Show. No Cover.

WORK DANCE COMPANY

HIP HOP DANCE WORKSHOP

6pm with performance at AAMC, 342 10th 2nd floor, Astoria

PRIDE DANCE PARTY with DJ Ali Aht @ AAMC

9pm, ALL AGES, No Cover.



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