

September 2016 • vol 17 • issue 212

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AGENT ORANGE IN THE OREGON FORESTS

*Part One on Aerial Spraying Regulations,
Health Risks and Herbicide Contamination, the
Oregon Forest Practices Act and the history of
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- Sept is National Preparedness Month
- Columbia Vapes: a Smoker's Alternative

Coming Up at KALA:

DICK WEISSMAN – 9/12

Banjo pioneer, author and Americana composer

TRUE LIFE TRIO – 9/18

Eastern European Vocal Traditions

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contemporary works of art



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MUS@KALA

TRUE LIFE TRIO performs riveting vocal harmonies from Eastern Europe, the Americas & beyond. This innovative trio explores the creative possibilities of cross-fertilization of different traditions with unlikely timbres. TLT's features the powerful vocal talents of three dynamic performers, Leslie Bonnett, Briget Boyle and Juliana Graffagna, whose musical collaboration was forged in Kitka Women's Vocal Ensemble.

This Bay Area-based trio delves deeply into a vast array of folk music that lends itself to three-part vocal harmony, massaging and expanding the boundaries of these traditional styles. The result is a sweet, sonic explosion that melts in the listener's ear and that is uniquely True Life Trio. Since its inception in 2010, TLT has enchanted audiences from the San Francisco Bay Area to the Pacific Northwest.

True Life Trio comes to Astoria to perform at KALA this coming September 18 at 7:30pm. In the afternoon from 1:30pm to 3:30pm they'll be offering a vocal workshop open to anyone who loves to sing.

A decade ago, KITKA women's choir performed a spellbinding concert at The River Theater, and were sponsored by two Astoria residents, Carol Newman and Sue Skinner. Today, three of those members that visited Astoria from True Life Trio. In remembrance of the welcoming arts community, TLT adds Astoria to their Pacific Northwest tour.

TRUE LIFE TRIO

Connecting Bulgaria to the Bayou



SUN
Sept 18



A Singing Workshop with True Life Trio

This workshop will explore Eastern European vocal techniques and how they can be applied to folk and popular styles from other regions. The trio will discuss and demonstrate how to develop a personal, confident, and healthy vocal technique.

Trio members Leslie Bonnett, Briget Boyle and Juliana Graffagna are immersed in musical careers as performers, producers and teachers in the Bay Area, and all share the study of eastern European vocal music with master teachers.

Their first full-length recording, Like Never and Like Always, a collaboration with multi-instrumentalist/composer Gari Hegedus and sound designer Eric Oberthaler, is now available at <http://www.cdbaby.com/cd/truelifetrio2>.

"...the mixing of powerful voices is all that is needed to help us release our pain or to spur us on towards acts of beauty." - Ginger Murray, SF Weekly

Sept 18 Workshop Cost: \$25. True Life Trio Concert ticket: \$18 in advance, \$20 at the door.

Workshop and Concert Ticket package: \$38.

Tickets and Workshop available in advance at www.brownpapertickets.com

KALA, 1017 Marine Drive in Astoria.

You can also reserve a workshop spot by calling KALA at 503.338.4878

ZACH & BRIDGET

KALA • SEPT 17 • 8PM

KALA welcomes Americana Singer/songwriters Zach & Bridget, on Saturday, Sept 17, 8pm.

The duo, Zach + Bridget met in Los Angeles in the fall of 2008 while performing in a gospel choir & orchestra. Bridget Schack was a musical theater actress and classical singer. Zach was a narrative songwriter with an understated and pitchy baritone voice. "You should ask me to sing with you," Bridget said upon their introduction and so it was.

The Americana label for their music might be a convenient one but it short-changes their music's influence and musings. The roots of their lyrics are deep ones, and while there are songs of love in all its incarnations (passionate, unrequited, obsessed) there are also songs of childhood angst, lost civilizations, disillusioned 'pirates' and sirens.

The two are 21st Century troubadours singing about the sweetness and uncertainty of modern life.

Saturday, September 17, \$6 cover, doors open at 8pm. Music follows.

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DICK @ KALA WEISSMAN

WHEN YOU LISTEN to a recording of the folk favorite 500 Miles recorded by seminal trio The Journeymen, the angelic voice of Scott McKenzie rings gently in your ears. Accompanying that voice is a delicate banjo arpeggio traveling the harmonies, as sweet as McKenzie's voice, and perhaps a part of what made The Journeymen a stand out amongst the male folk ensembles of their day.

Dick Weissman's expressive, creative banjo and his love of music, composing and the recording industry has led him 500 miles and then some. And many will welcome Dick Weissman back to Astoria where he and his wife, artist Susan Planalp lived for a period of time in the early 2000's.

Banjo pioneer, author and Americana composer, Dick Weissman, will return to the Northwest for a series of concerts in September to celebrate the release of his seventh CD titled *Night Sky* and the release of an autobiography titled *The Music Never Stops*, a highly interesting memoir telling his story from the days of the Greenwich Village folk scene and his life experiences through the many years of the music business. Weissman has written or co-written 22 books on music and the music business. Weissman, a Philadelphia native, spent much of his early career touring with seminal Folk Music trio, the Journeymen with John Phillips (Mamas and Papas) and Scott McKenzie ("If You're Going to San Francisco.")



Sept 12

Dick moved to New York and became a studio musician, record producer and songwriter. In 1972 he moved to Colorado, got a music degree, wrote instructional books for banjo and guitar. He co-authored the award-winning Folk Music Sourcebook and *The Music Business: Career Opportunities & Self Defense*. He taught in the Music & Entertainment Industry program at the University of Colorado at Denver and later taught at Portland Community College.

The new CD, on Longbridge Recordings, is a collection of instrumentals that feature Weissman on banjo and guitar, accompanied on many cuts by Portland multi-instrumentalist Mitch Jimori (clarinet, dulcimer, English horn and oboe.) Though based in traditional Americana music, there is a 'Jazz attitude' to improvise within his eclectic compositional structures. The result is unique and represents the broad taste of his interests from Tunisian to Appalachian to oddly orchestral.

Dick's performance will weave stories from the book with his instrumentals and songs.

Monday, Sept 12, 7:30pm, doors at 7pm. \$10. Beer and Cocktails. KALA, 1017 Marine Drive in Astoria. (across from Himani Indian Restaurant). 503.338.4878

ART@Kala • The art of SM@CK • Paul Soriano

KALA showcases 2 Portland artists the month of Sept/Oct. New acrylic paintings and drawings on paper from multidisciplinary artist SM@CK (aka Sergei Khlopoff), and paintings by Paul Soriano.

SM@CK, who lives and primarily works in Portland, Oregon, explores various media such as acrylic painting, watercolors, drawings, video and animation in his pursuit to define an autonomous voice and to examine our interactions with ourselves and with our local and global environments. Also on display will be select acrylic on canvas pieces from his "Alternate Evolutions" series, previously exhibited at the former Mark Woolley Gallery.

Lifetime painter Paul Soriano, and curator/director of Cock Gallery (2011-2014) will display new works, and retain pieces from The Coast is Queer show this past summer at KALA. Of his works, rich and detailed in layers of color, Soriano paints in the genre of erotica, his figurative subjects often interwoven with aspects of nature. Says Soriano, "My works are plays on the nature of the quantum universe. The process begins with a forty-five minute meditation in the Kundalini tradition. Paint is then randomly applied to the chosen surface. The resulting field becomes analogous of the universe. Within this field are the beginnings of a narrative that defines itself as it unfolds."

His works represent recent explorations of this process in an attempt to integrate into the visceral fabric of the work itself, both intentionally and subconsciously. KALA proudly exhibits the two artists that share a uniquely independent creative spirit.



SM@CK acrylic on canvas



Paul Soriano, UNFINISHED, oil on canvas

2nd Saturday Art Walk, Sat. Sept 10, 5-8pm KALA is located at 1017 Marine Drive in Astoria. Select weekends, events. Call for appt. showing 503.338.4878.



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Sarah Lippold, Monotype.

Sarah Lippold is a recent

AVA artist-in-residence.

She is currently showing

new work at Fairweather

Gallery in Seaside, OR.

LETTERS



Letters to HIPFISH are welcomed and encouraged. Please direct topics to local community concerns *and* issues put forth in the publication. Maximum words (250). Send to Subject: LETTERS, hipfish@charter.net. Or HIPFISH, PO Box 454, Astoria, OR 97103. Please include full name, contact, and city.

So Close To Home

Roger Dorband's story in the August HIPFISH 2016 is perfect—informed, lucid, restrained in tone but ardent in commitment. (August Feature, SO CLOSE TO HOME). Thank you.

Robert Adams
Astoria

Sammy's Place Sponsors Animal-assisted Learning Buddy Walk®



NOTHING EXCITES US MORE than getting outside and enjoying our animals. With a vision to create a nature-centered living, working and respite community on the north coast of Oregon for those with special needs, organizers of Sammy's

Place, an Oregon non-profit organization, have found a perfect partner in Nehalem Bay Horse Excursions & Pony Rides in Nehalem.

Riding lessons and learning have begun for several locals, and their horse trainers Jake and Richelle Newkirk. Through Sammy's Place's fundraising, the Oregon nonprofit has been able to offer free lessons for those with special needs and will work to expand opportunities including sponsoring a horse camp for the 2017 season.

The idea is that we all learn from animals and in this case it is through horse riding lessons. Each lesson is specifically designed for the individual and their comfort level. Some are working in the stables while others are out trail riding, each, learning at their own pace to gain confidence. No matter the ability, everyone enjoys the opportunity to interact with the horses in order to learn, grow, and thrive, which exemplifies Sammy's Place's mission.

"Animals can teach us so much, no matter who we are" says caregiver and Sammy's Place board member, Kathy Jean Hrywnak, "these riders are having brand new experiences through these animals, they did not know existed".

Jake and Richelle bring a lifetime of equestrian experiences to the Nehalem Valley. Having grown up with horses, Richelle taught kids of all ages through Riding Club in Utah. Fishing trips to the Tillamook Coast region eventually landed them in Nehalem where they provide riding lessons, summer horse camps, and pony rides.

BUDDY WALK at the BEACH: The 2016 Buddy Walk at the Beach, a nationally affiliated walk, will be highlighting these new animal-assisted learning opportunities. Last year's Buddy Walk raised over \$38,000 primarily to be reserved for land acquisition for Sammy's Place. This year's Buddy Walk at the Beach proceeds will be used to continue saving for land and additionally help fund more animal-assisted programs for those experiencing special needs in north coast area.

The Buddy Walk at the Beach is Saturday, September 17, 9am-noon at Quatat Park in Seaside, OR.

To donate, volunteer, or for more information about this animal-assisted learning opportunity and the Buddy Walk at the Beach, call Julie Chick: 503-368-5193 or see our website: www.sammysplace.info

Fresh Off The Boat

A Special Celebration of Astoria's Fishing Traditions
At Suomi Hall



Noel Thomas Watercolor

FINNISH BROTHERHOOD Astoria Lodge #2 announces a cultural and historic celebration of Astoria's fishing and maritime heritage with an exhibit and dinner at Suomi Hall. Many Finnish immigrants to Astoria have been part of this heritage for generations.

On Saturday, September 10, 2016, "Fresh off the Boat" salmon dinner and cultural and historic exhibit of fishing on the Columbia River and the surrounding waters will be offered to the public.

Many artifacts, paintings, and fishing and maritime relate memorabilia will be on display from 5:30pm on, followed by a dinner of fresh, locally caught Columbia

River gillnet salmon, accopanied by fresh local produce, marinated mushrooms, salad and delicious

special dessert. Beer, wine and hors d'oeuvres will be available during the exhibit hour from 5:30 to 6:30pm. Dinner will be served from 6:30 to 8:00 PM. Suomi Hall is located at 244 West Marine Drive in Astoria's Uniontown.

Only 100 tickets will be sold at \$18 per person.

To order tickets call 503.325.3900, leave a message with name and phone number, and number of tickets desired. Tickets will be held on a first come, first serve basis.

Members of the Astoria Lodge of Finnish Brotherhood cordially invite you to attend this special event at Suomi Hall. Come and help the membership renovate the 130 year-old home of the Astoria Lodge!

Healthy Homes – Taking a Stand 5K walk/run • Oct 8

The Clatsop County Domestic Violence Council is proud to announce the 5th Annual Healthy Homes –Taking a Stand Against Domestic Violence 5K walk/run on October 8th, 2016. This event is for all ages. Please come and join the festivities, including food and beverages, a community resource fair and a pledge to take a stand against intimate partner violence. The race starts at the Barbey Maritime Center, 1792 Marine Drive, Astoria, 97103.

Registration begins at 9:30 am, and the race begins at 10:00 am. This event is free, donations for The Harbor, our non-profit domestic violence crisis center will be accepted. Please help support this most important cause by "Taking a Stand" against the abuse of others. Dogs are welcomed to join in the run. For more information call Ben Bradshaw with The Clatsop County Domestic Violence Council at 503-995-6509.

Rockaway Beach Citizens for Watershed Protection Public Meeting • Sept 16

Beyond ToxinsWhat: Meeting of Rockaway Beach Citizens for Watershed Protection (RBCWP) welcomes guest speaker from Beyond Toxics, Lisa Arkin speaking on planning an educational vigil, and new RBCWP T-shirts will be available. Lisa Arkin from Beyond Toxics (BT) is a state-wide leader in addressing air and water quality issues related to pesticide application. She can give us an update about activities in other communities that are facing similar air and water quality issues. Also, Lisa will speak about Beyond Toxics' current projects and plans for next year.

Tsunami Bar and Grill, 380 Marine Dr, Wheeler, in the upstairs room. (Dinner may be purchased there.) 6pm to 8pm Everyone is welcome, FREE.



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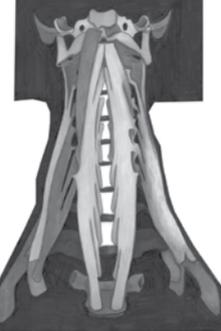
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"women have been central to the environmental movement and our understanding of ecology since its earliest stirrings and fragile beginnings in the 19th century"
Excerpted from "Rachel Carson and Her Sisters" by Robert K. Musil



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I AM IN THE GENERATION that grew up "under the shadow of the Bomb." I was about eighteen months old when the US dropped atomic bombs on Hiroshima and Nagasaki. With that cataclysm we entered

vital ABM Treaty, which stated that neither country would seek to develop defensive missiles, which could knock out offensive ones. Thus what stabilized the arms race and kept nuclear war from occurring was

Thinking the Unthinkable by Stephen Berk

the nuclear age. What is important for us to remember today is the horrific effects of nuclear weapons on all earthly life. By present standards the two bombs dropped on Japan were of small size. Yet, they incinerated close to two hundred thousand people and pulverized the two cities. Among the few survivors, most died of terribly painful radiation, which burns from the inside out.

When I was young, the Bomb remained very much a part of our consciousness. I remember watching a TV drama when I was about ten and the US and USSR were locked in the nuclear arms race. It explored the likely effects of nuclear war on people living in an American suburb, like the one where I lived. I didn't sleep very well that night. Through my high school years, the Bomb was never far from my consciousness. When I was a senior, migration of people out of communist East Germany through West Berlin to a freer West caused the Berlin Crisis. Shortly after taking office John Kennedy went to West Berlin and vowed to defend it against Soviet siege or attack. I worried that this could lead to confrontation between the two nuclear powers and the war everyone dreaded. Ironically, the 1961 building of the wall between East and West Berlin kept the peace. But during the following year, the Cuban Missile Crisis almost brought nuclear war. Close, sustained negotiations between Kennedy and Khrushchev resolved the crisis and led to steps to de-escalate the Cold War. And by the summer of 1963 continued diplomacy had produced an Atmospheric Test Ban Treaty.

During the Cold War, while the arms race continued, the leaders of the two chief nuclear powers continued to negotiate. Republican presidents Nixon and Reagan, with strong anticommunist credentials, felt free to engage in far-reaching arms limitation agreements. Under Nixon, this included the

the prospect of "mutually assured destruction". Reagan's Strategic Defense Initiative, however, was the first attempt by either power to abrogate the ABM Treaty. His counterpart, Mikhail Gorbachev, strongly objected to this threat to undo the taboo on defensive missiles. The reason was that if either side were to develop an effective missile defense, it would theoretically be able to bomb the other without risk of retaliation. While ABM research occurred during the Reagan administration, the treaty remained intact.

In the eighties there was a strong citizens' movement for a freeze in nuclear weapons development replete with large scale demonstrations. And "The Day After," a more graphic dramatic film than I'd seen as a child, depicted the horrendous effects of nuclear war.

These things generated an atmosphere that influenced President Reagan to begin summit talks with Gorbachev on nuclear arms reduction. They proved fruitful, producing the most significant reductions since the nuclear age had begun. The stage was now set for future negotiations that might lead to full disarmament. However, when the Cold War ended with the dissolution of the Soviet Union and formation of a less powerful Russian Federation, American elites began to engage in a dangerous triumphalism.

Politicians and geo-strategists began to think of the US as the sole superpower, now in position to exercise world hegemony. Such thinking opened the way for militarists,

who envisioned an American world empire, to become leading Pentagon strategists. Under their influence, President Clinton transformed NATO from an outdated Cold War defensive alliance to a means of projecting American power worldwide. Ultimately, the George W. Bush administration jettisoned the ABM Treaty and began in earnest to develop missile defense. Now conveying an intent to develop first strike capacity, the new militarists began to plan small, "usable" nuclear weapons.

In effect the influence of the military industrial complex, which President Eisenhower first warned of, has become so pervasive as to inhibit movement toward peace. After the Cold War ended, immense structures of war and militarism turned toward imperial power projection. Having offshored most of its non-war industries and spent trillions on continuous wars, the US today is actually less powerful relative to a burgeoning China and revitalized Russia than it was during the Cold War. Yet institutionalized



militarism acts to marginalize those who espouse peaceful cooperation. Mainstream media, owned by a few giant corporations invested in the imperial

now act as war propagandists. Barack Obama, who began his presidency with a speech about disarmament, ends it committing trillions to "modernize" nuclear weapons systems. And none of the summit conferences characteristic of the Cold War now occur. Instead, militarized confrontations with Russia and China are the order of the day. With safeguards discarded, militarism enthroned and the public distracted, nuclear war is now a graver threat than ever. What is needed is for alternative media to rekindle a pervasive, healthy fear of nuclear annihilation, so as to ignite a massive peace movement.



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Slough to River

Lower Nehalem Watershed Council Celebrates Reconnections



View of McDonald Slough

THE LOWER NEHALEM WATERSHED Council invites council members, partners, friends, and the public to celebrate their accomplishments and the completion of the McDonald Slough Reconnection project at their annual BBQ. The Council is dedicated to the protection, preservation and enhancement of the Nehalem Watershed through leadership, cooperation, and education. Since 1998, volunteers from the local area have worked diligently to promote the mission of the Council, protect and restore habitat



New tide gates nearing completion

for fish and wildlife, and provide a forum for community members to be involved in local conservation efforts. The annual BBQ is a chance for everyone to celebrate the accomplishments of the Council, to thank our volunteers, and to look forward to more exciting restoration work.

This year's BBQ is especially significant as the Council will be celebrating the completion of the McDonald Slough Reconnection project onsite with a project tour! McDonald Slough is one of the largest sloughs in the Nehalem Estuary. Before project completion, it was disconnected from the North Fork Nehalem River by two tide gate structures critical to the operation of the surrounding agricultural land. The tide gate structures were

in poor condition and at risk of failing. In addition to posing a risk to the surrounding dairy farm, the structure was a fish passage barrier, impeding tidal exchange in the slough and negatively affected

water quality.

The failing structure was replaced with a new tide gate system that allows for much longer periods where the gates remain open each day, thereby providing many more hours when the slough can function more naturally and increase fish access and utilization. The project restored connection of the slough with the North Fork Nehalem River, opening up nearly 1.5 miles of important rearing and spawning habitat for salmon. The

project also maintains the current agricultural activities on the land adjacent to the slough. The new structure consists of two 6'x6' concrete box culverts equipped with muted tide regulator (MTR) devices to control the timing and operation of the tide gates.

The project was funded in 2014 with grants from the Oregon Watershed Enhancement Board, Oregon Department

of Fish and Wildlife Restoration and Enhancement Program, Port of Nehalem and the landowner, Steve Neahring. The project would not have been possible without additional in-kind donations from Oregon Department of Environmental Quality, Pacific Shellfish Institute, Oregon Department of Fish and Wildlife, and Nehalem Marine Inc.

LNWC's annual BBQ is a great opportunity to learn more about the Council and meet the Board of Directors. Festivities will be held on Saturday, September 10th from 4pm to 6pm at the Neahring Family Farm in Nehalem. The Council will be providing food and beverages. This event is free and open to the public. LNWC@nehalemnet.net or 503-368-7424

BEACH BOOKS and the Big One

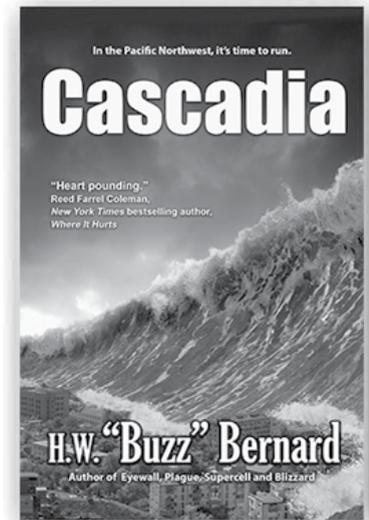
FROM ARTICLES IN THE ECONOMIST to FEMA's planning exercise, Cascadia Rising, 2016 has been the year to speculate about when (not if) our coastline will slip into the sea. Novelist Harold "Buzz" Bernard's upcoming novel Cascadia fictionalizes the events that local favorite Bonnie Henderson researched for her non-fiction book Tsunami: Living on a Restless Coast. On Monday September 12, the two authors will compare their very different approaches to thinking and writing about the "Big One" at Beach Books in Seaside.

Bernard spent his entire professional career, both in the military and as a civilian, warning people of severe weather, helping prepare to react to potential disasters, and interfacing with emergency managers. He spent over 10 years as a lead meteorologist at The Weather Channel before publishing his first novel in 2011. That initial venture into disaster thrillers, "Eyewall," became a number-one Kindle bestseller.

His upcoming novel turns from weather to earthquakes. Earthquakes and a tsunami, that is. Cascadia tells the story of Dr. Rob Elwood, a respected geologist, who has studied the fault lines of the Pacific Northwest for years. Now he's having repeated nightmares that the infamous Cascadia Subduction Zone is about to rupture, so he puts his reputation and career at risk to go public.



Meet Bonnie and Buzz and find out more Monday September 12 at 7PM at Beach Books in Seaside, OR, located at 616 Broadway.



"I grew up in Oregon," says Buzz. "And I've never lost my love for the Oregon coast." He may still love it, but (spoiler alert) locations near the Cascadia Subduction Zone don't fare so well in his story. Luckily, his work is still just fiction for now.



In Their Footsteps

The Kanaka Connection: Hawaii and the Western Fur Trade

LEWIS AND CLARK National Historical Park, Fort Clatsop is pleased to announce the free autumn 2016 speaker series, In Their Footsteps. The first program in this monthly series is The Kanaka Connection: Hawaii and the Western Fur Trade presented by Junius Rochester on Sunday, September 18, at 1:00 p.m.

Junius Rochester is the author of ten books and numerous articles. He gives talks about regional history aboard riverboats, cruise ships and elsewhere. For seven years he was the Regional Historian at KUOW-FM, National Public Radio. In 1995, he was awarded a joint Project Award by the Association of King County (Seattle) Historical Organizations and the King County Landmarks and Heritage Commission. In 2006, he received an Award of Merit from the American Association for State and Local History (AASLH), and in 2014 he was chosen Historian of the Year by the Pacific Northwest Historians Guild.

The Western Fur Trade, a 30-year epic of exploration, upheaval of Indian nations, violence, and the near-extinguishment of fur-bearing animals on land and in the water, is one of Rochester's favorite topics. He enjoys learning and sharing about the role of Hawaiians in this history. His illustrated presentation will include stories and narration.

Future In Their Footstep speaker series programs include:

- Sunday, October 16 – Astoria During the Golden Age of Postcards by Andrea Larson Perez
- Sunday, November 20 – "No account of Capt. Lewis..., I fear Some accident," Lewis and Clark's Search for a Winter Campsite by Rex Ziak
- Sunday, December 18 – The Corps and the War of 1812 by Lorna Hainesworth

This third-Sunday forum is sponsored by the Lewis and Clark National Park Association and the park. These programs are held in the Netul River Room of Fort Clatsop's visitor center and are free of charge.



THIS WAY OUT
 The International Lesbian & Gay Radio Magazine
 On KMUN Coast Community Radio
 Wednesdays at 10:30pm.

*This Way Out marks almost 30 years on the air!
 Our first program was distributed on April 1, 1988.*

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

Get the latest news, listen to *This Way Out* on Coast Community Radio.

KMUN 91.9 ASTORIA **KTCB 89.5 TILLAMOCK**

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Swinging Sunday
Oct 9 @ Kala



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THE COASTER THEATRE PLAYHOUSE PRESENTS

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The good ole boys meet their match.



Let's Murder Marsha

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

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



Lower Columbia Q Center Meeting

Astoria Armory - 1636 Exchange Street Astoria, 3rd Wednesday of the month, 6pm-7pm

Attention all LGBTIQ community members and allies! We meet 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.

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

Over the Rainbow Radio Show on KMUN 91.9 Every 3rd Wednesday 8:30 - 1030pm

LCQC Choir meets every Tuesday 7-8:30pm
Contact LCQCAstoria@gmail.com.

Coming this Fall. Youth and Young Adult Social groups for LGBT Youth 15-18 and Young Adults 18-25

2nd Wed each Month. Open LBGQT Friends and families peer support group 6-9pm. Everyone Welcome.

On the web: LCQCAstoria.org/facebook
LCQCAstoria@gmail.com

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 Hubert in Newport.
 - 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.
- To connect with Oregon Central Coast Chapter of PFLAG, call (541)265-7194, email: pflagocc@gmail.com

Lower Columbia TimeBank Invites Everyone to Meet, Greet & Eat September 27

LOWER COLUMBIA TIMEBANK will hold its annual meeting and public Meet and Greet at the Uptown Café, 1639 SE Ensign Lane in the Staples shopping center in Warrenton, Tue, Sept 27.

TimeBanking is trading help and sharing for hours, not money. Small repairs, gardening, rides, walking buddies, oil changes, tool sharing, and sharing skills like foreign languages, computer, writing and editing, and wherever people need help with or want to offer help - it all goes into a database where members can find what they're looking for. Members can do the things they like doing and bank hours for times when they'd like some help.

TimeBankers will have the chance to meet and learn about others' offers and requests and introduce friends to timebanking at this annual "Meet, Greet, and Eat" event. Anyone can join the TimeBank and both information and timebankers will be available at the event to answer questions.

For more information, email LCTimeBank@aol.com, or visit www.LowerColumbiaTimeBank.org

Nonprofits May Register Now for Gifts That Make a Difference

REGISTRATION is open for the 2016 Gifts That Make a Difference event December 10th at the Liberty Theater where the public can meet and talk with representatives of local nonprofit groups and learn about their programs, make year-end donations, sign up to volunteer, and make donation gifts to family and friends.

Besides passing out information and networking, nonprofits may sell items directly produced through their programs. And, in addition to meeting members of the public, there is time to network with other nonprofits.

Tables are provided this year in three sizes. The registration fee for a small table is \$20, for large is \$30 and for extra-large (which can be shared between two groups), \$45. Spaces are filling quickly this year and only two small tables remain.

Gifts That Make a Difference is sponsored by the Lower Columbia TimeBank, the Liberty Theater, and United Way Clatsop County.

To register and learn more about Gifts, visit www.GiftsThatMakeADifference.org or phone 503-741-3050.

AAUW MEET N' GREET

AMERICAN ASSOCIATION OF UNIVERSITY WOMEN (AAUW) is holding a "Meet and Greet" at the Blue Scorcher Bakery Cafe from 5:30 - 7 pm on Tuesday, September 20th. The public is invited to come and meet members of AAUW and learn about what the organization is doing in the community. AAUW's mission is Advancing equity for women and girls through advocacy, education, philanthropy, and research. For more information, please call Sara Meyer at 503-325-7969 or Janet Weidman at 503-741-0345.

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

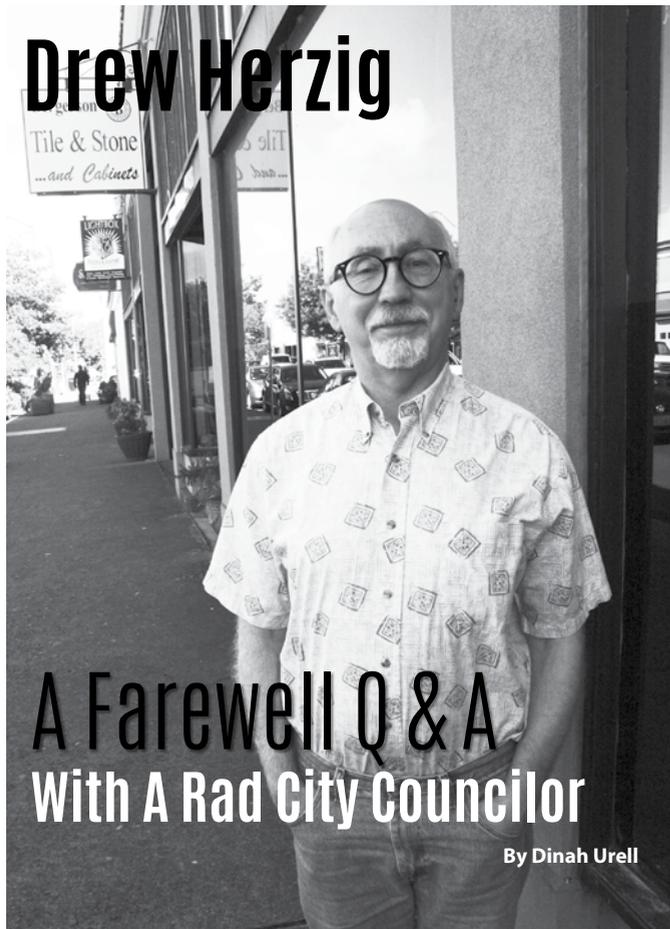
2nd Mondays, 7pm, North County Annex
 1216 Robert Bush Drive, South Bend, WA

CREATE

Columbia River Estuary Action Team

Save the date: Thursday, Sept 15 at the Blue Scorcher in Astoria, at 6-8pm. 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.

Drew Herzig



A Farewell Q & A With A Rad City Councilor

By Dinah Urell

DINAH URELL: What brought you to Astoria?

DREW HERZIG: Charlie and I were living in Portland, and we both found that it was a little bit too big, too congested, too stressful. We wanted to relocate, we were looking all over the state, we were looking in California. We had visited Astoria a few times, and one morning Charlie told me, I saw some houses for sale in Astoria, shall I go there and take a look at them and I said sure. We weren't regular summer visitors, we had driven out to the coast a few times, but Astoria felt like the real place.

DU: Now that you have lived here over the course of 7 years, has your perspective on Astoria changed since you first became a resident? Have the positive aspects continued to be positive?

DH: I'd say it's a mixed bag. There's still incredible potential out here in Astoria and Clatsop County. And we saw that right off, and we thought, well it won't take that much to realize it, because its right here, and we're right on the tipping point, everybody can see it, and everybody wants it to happen. So many good things happening and so many bright minds. But bringing it together to make more fundamental changes has proved much more difficult than I ever had anticipated. The potential is still here, the environmental beauty, there's so much going for this area and Astoria in particular and some of those things are coming to fruition and as more people come into the area and bring their experience and insights, the good things are happening, but I really underestimated the resistance to change.

DU: So you have had 4 years on the city council and this is your first run as a city councilman, and your first time experiencing how a city council works. Is there a way or could there be a way that this city council could expand its reach to greater benefit the health and welfare of the city?

DH: Absolutely I do believe that. I feel that government in general in a democracy is there to serve

FIRST MET DREW HERZIG as a member of the Clatsop County Marriage Equality Project in the Fall of 2005. He and his partner, artist and classical musician Charles Schweigardt were newbies to Astoria, and by old-timer standards, after a 7-year residence, still are. Drew BTW, was by far the hardest working person on the project. We got a lot done. But as these years have progressed, and Drew Herzig has continued in paramount fashion to commit heaps of passion and volunteer time to community issues—oft times, issues that no one else seems to have time to bother with—I, as a fourth generation Astorian, personally and with honors, award him status as a true-blue Astorian.

This month Drew and Charlie, after selling their home, pack up their bags for a gentler climate on the east coast—a climate rich in culture and progressive values, The Berkshires in Western Massachusetts. Serving out most of his 4-year term as Astorian city councilman, the city position was one of numerous involvements for Herzig.

Lets start from the top with: The incredible collaboration with the Methodist Church, the Warming Center helps un-housed/un-sheltered community members survive the winter. Now in its third season, this year the aim will be to increase nightly operations.

The Lower Columbia Diversity Project, put tolerance on the table and created a platform for visiting speakers. The Lower Columbia commu-

the public in all of its needs, not just roads and utilities, the police and fire services for example, we really need to be addressing the full person, which means so many other issues; affordable housing is a critical issue. Some people feel the government should have nothing to do with it, keep "hands-off" and let the free market deal with it—I think that's misguided. I believe that city government and government in general has to be part of that action, we have to be involved with making sure that

people can live and function and flourish where they are, which for us is Astoria. I believe the city could be much more involved with those things... mental health services, counseling in general, all the things that make people healthy and happy in a community, the city has to be at least partnering with other agencies if not leading the way.

DU: Is there a particular challenge, controversy, or issue within your 4 years of service in which the city council had to come together (work together) to make decisions and there was a winning outcome?

DH: I think in recent years the decision to turn over the DULL cases to the District Attorney was a winning outcome for everybody, and its proven to be the case. That took a lot of effort on the city, and Mayor Lamear really cut the Gordian knot on that and she deserves to be complimented, that was definitely a win for the city.

DU: What about the excess land/green space sales issue several years back?

DH: That was a victory for the people. That took a long time, and it was a grudging stop, and the council really didn't come together on that, the mayor said we are going to stop this program because it had become so unpopular. That was a victory for the people – and another recent victory for the people, keeping the Verizon Tower out of Shively Park, that was one for the people, hurray for them.

ALSO, WE'VE implemented most parts of the Riverfront Vision Plan now, we still have the downtown core, we've done the Civic Greenway, the Bridge Vista . . . haven't been happy with all of it, because we are allowing development, even though very limited development in places where the vision plan voiced "they never wanted to see any development in a compromise solution and I know that people aren't happy with that, but getting some zoning re-

strictions where there were none at all, most people count that as a win.

DU: As an LGBTQ advocate, what would you say to a person who did not see the value in establishing a Q Center in the region, for example, after all we now have marriage equality?

DH: I would have to say, marriage equality is only part of the answer, its been a great victory and one that we worked on for a long time. But that's only part of it, we're not nearly at full equality now, that we still have to keep coming together, being visible, supporting each other and advocating for change because transgender rights are still a battle ground for the whole country, and a flash point for the most recent election. People are still in danger, their lives are at risk and its all part of the LGBTQ agenda, we desperately need to keep moving forward and now more than ever. It's too easy to get complacent and say "Oh well, most of us are equal enough now. We can just go on with our lives—absolutely not, if we stop fighting we've lost. And it's not enough to just say "love wins" because love wins only after a lot of very bloody battles. We have to keep moving forward. I never want to make any of our community feel left behind, and that has been the tendency in the gay liberation agenda, is to focus it too narrowly—we have to keep expanding the vision to include everybody. Visibility and community are central to that struggle. If we can't come together, if we can't be seen coming together, then we are divided and too easily conquered.

DU: Do you feel that the Q-Center should and could receive city monies?

DH: Yes, the social service grants, as long as they are a non-profit, and they are doing something that nobody else is doing so definitely I hope that the center applies the next grant cycle.

DU: If you were going to stay in Astoria, what would be the next project in Astoria that you would put your passion to?

DH: I'm passionate about building a new library for Astoria. A state-of-the-art 21st Century library that could serve the community as it should be served. That's an ongoing battle and we've lost some ground here but we haven't lost war.

DU: You have given a lot to Astoria and the Lower Columbia community, what has Astoria given to you?

DH: Well in a city this size, the reason I got involved is, you feel like a single person can make a difference, an individual can . . . so that's why I ran for city council, and I found it to be true, not always easy, not always satisfying, but people can make a difference, here in Astoria, and that's a real gift to me that

nity responded by attending these conversations and affirming a need and desire for discussion in this community. Today, Astoria Library's Amy Kreider who partnered with Diversity Project will continue the efforts.

Because of Drew Herzig, a PFLAG group had a first strong run in the region. When on the council under the mayorship of Willis Van Dusen, the Council did adopt (at Herzig's urging) a non-discrimination policy that includes sexual orientation and gender identity and expression. - The non-discrimination policy covers city employees, and also applies to companies the city contracts with for services. Any agency or group receiving grant money from the city also has to comply with the non-discrimination policy, so the policy is not just symbolic.

There are numerous other organizations such as Astoria Visual Arts and the Clatsop County Cultural Coalition that Herzig served on, but to many progressive constituents in Astoria, Drew Herzig is best known (in addition, the first openly gay person in Astoria to hold seat), to represent a true voice for democracy. This is not a reflection on other current city councilors, it is a singular quality that he dutifully exercised. There are residents who appreciate and even fear that his departure may weaken the progressive sanctions that Herzig upholds with his almost bulldog tenacity, but so much the more that he has been a different kind of city leader who has shed light where the city has needed it.

I feel that I can as a person, particularly as a person with my background, being marginalized, being stigmatized, as a gay person, as somebody living with mental illness to feel that I can make a positive difference in my community, that has been a huge gift. I really appreciate that.

Also on a separate topic, getting to know what the Coast Guard does for this country, has been a huge gift by being on the city council; they are the true everyday heroes and heroines of this country. They don't go into battle, they rescue us, they preserve the environment, they save people. They are an incredible operation and we are so fortunate to have them here in Astoria. I was fortunate to learn more about what the Coast Guard does for this country. They don't get movies made about them, there's no dramatic films, but everyday they are putting their lives on the line to save us and to save our environment, which a lot of people don't realize. That has been another real plus of my time here.

DU: AS an active elder and social change servant, what's next for Drew Herzig?

DH: (HE chuckles) We are moving to the Berkshires in Western Massachusetts, and I'm already looking on line about various groups, and causes to get involved with. They have a similar program like ENCORE here, and I've already signed up to teach a folk dance class in January, so there will be some continuity, and I also want to get involved with social issues back there as well.

DU: What would you like to add?

DH: I hope the community continues to have conversations about racism, and xenophobia and tolerance and acceptance. I was privileged to be part of those conversations—we were able to bring some great speakers into town, and some great speakers from right here, Chinook Nation with Tony Johnson – it is an absolute moral blot, that they've not got tribal recognition. Chinook Nation deserves that and they're suffering and dying for lack of it. And I believe that can be done by executive orders. I would like Pres. Obama to do that. Discussions like that, affordable housing, better mental illness coverage here. We are seeing so many people on the street with untreated mental illness which is just lots of great issues that I hope the community continues to engage with. They are not always pleasant issues, but they are part of what is going to make us a healthier, more resilient community.

DU: ONE last wild card, who would you LIKE to be voting for in this presidential election?

DH: BERNIE! Bernie! Bernie!!!

National Preparedness Month: Shelter Efforts in Clatsop County

CLATSOP COUNTY is rich in people willing to help. It's a good bet that in the event of another disaster like the 2007 storm, people will step up to help wherever they can. And, if those people are already trained, certified volunteers, they will provide invaluable comfort and information. And, they could save lives.

Training is key. Knowing what to do for yourself, your family, your neighbors and your community is not instinctive, especially under the stress of emergency conditions. Learning simple, basic skills that anyone can master, and reviewing them periodically, engenders confidence and calm.

Disasters strike with little or no warning. Once we've taken care of ourselves and our families, we naturally want to help others. We gather food and supplies to donate and we show up to volunteer our help.

But, state laws and local ordinances prohibit serving the public food that has not been prepared in a licensed facility. These regulations were made to protect all of us. And, while state laws and local ordinances may bend slightly during area-wide disasters, they are still in effect.

In addition, processing donated goods requires staffing to check for any problems, to sort and catalog, and to distribute equitably. During an emergency, whatever limited staff are available at a shelter, for example, are all needed for serving victims, not for processing goods and paperwork. The time to donate food and supplies is before the emergency strikes. Local governments, agencies and groups usually have caches of emergency supplies and could use your donations of goods, money or volunteer hours to keep those supplies stocked, inventoried and rotated in advance.

Emergency services groups always need more volunteers. Now is the time to step up, volunteer and receive the proper training so that your identity and the skills you're qualified to offer are known and verified. And, so that you need to know the protocols – whom to report to and how to be most helpful. It's not required to make a large time commitment once trained, but do keep your training and any certifications updated. Training and personnel background checking is unavailable during disasters, so do it now and in the event of an emergency you can be a big help to your family and community.

THE LOCAL RED CROSS is one group actively seeking new volunteers. 90% of the Red Cross workforce nationwide are volunteers. In an isolated area like Clatsop County, it's unrealistic to expect immediate assistance from a corps of trained professionals arriving from Elsewhere. Not going to happen. The Red Cross will be able to help based on the number of local trained Red Cross volunteers.

Over the past year local Red Cross volunteers have updated shelter agreements with schools, churches and community centers and held sheltering training exercises at some of these sites, including First United Methodist Church and Astor Elementary School in Astoria, Lewis & Clark Elementary in the Lewis & Clark/Youngs River area, Heights Elementary in Seaside, and St. Peter the Fisherman Church in Arch Cape.

SUNDAY, OCTOBER 2ND FROM 9:30 AM TO 4:30 PM Ann Fenderson, Regional Mass Care Lead for the Red Cross will conduct an all-day comprehensive training "Sheltering with Confidence" at Gray School in the Astoria School District board room. The training is free.

A 20-hour, two-weekend Comprehensive Shelter Training through Clatsop Community College is planned for winter 2017. For more information contact Malachi Hindle, Disaster Program Manager, Cascades Region 503-488-9684 malachi.hindle@red-cross.org

CLATSOP COUNTY EMERGENCY DIRECTOR TIFFANY BROWN has secured a grant enabling the creation of a data base of all county shelter sites (not just Red Cross). This will provide emergency personnel with information on types of shelters available in locations throughout the county.

211 INFO is a free phone sheltering directory new to most of Clatsop County. Residents in need of assistance can dial 211 free from any phone and receive information and direction to services. For more information, contact Sarah Brown, Community Engagement Coordinator

503-440-6032 sarah.brown@211info.org or visit the web site 211Info.org.

THE ASTORIA WARMING CENTER, soon gearing up for its third year of shelter operation, began two years ago as a grassroots

September is recognized as National Preparedness Month ... which serves as a reminder that we all must take action to prepare, now and throughout the year, for the types of emergencies that could affect us where we live, work, and also where we visit."
NATIONAL PREPAREDNESS MONTH 2016 Ready.gov

effort to help un-housed/un-sheltered community members survive the winter. The Center provides a safe night's sleep, meals, laundry and other basic needs. This year the aim will be to increase nightly operations. New volunteers are most welcome and volunteer trainings will be posted on their Facebook page in October, <https://www.facebook.com/astoriawarmingcenter/>. To make a donation or get involved, email astoriawarmingcenter@gmail.com

For more information on What You Can Do to prepare for severe winter weather and possible disaster situations, visit www.nws.noaa.gov/com/weatherreadynation/prep.html or www.ready.gov. Do it this month!



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Both serve medical and recreational needs.

Columbia Vapes: For Vaping Only

providing a smoking alternative



Allen Estes, Columbia Vapes co-owner and manager.

Why would I want to smoke a cigarette? This tastes so much better. Basically she quit on the spot, and hasn't had a cigarette in three years."

A sizeable Commercial Street space that's been open a little over a year itself, Columbia Vapes is unusual in its absolute devotion to all things vaping. You won't find candy, magazines, and other convenience store paraphernalia stacked around the vaping tools and liquids, and you certainly won't find any tobacco products. "We really are dedicated to promoting vaping as an alternative to smoking," Estes says. Originally conceived as a "vaping



e-liquids—no tar, just 4 ingredients to get your nic.

adds with a wry smile, "I'm a little bit against government overreach."

With the vaping lounge blueprints set aside for the moment, Estes and his business partners are directing their full attention to making Columbia Vapes the premier destination for vaping supplies, as well as expert help from fellow enthusiasts. The store

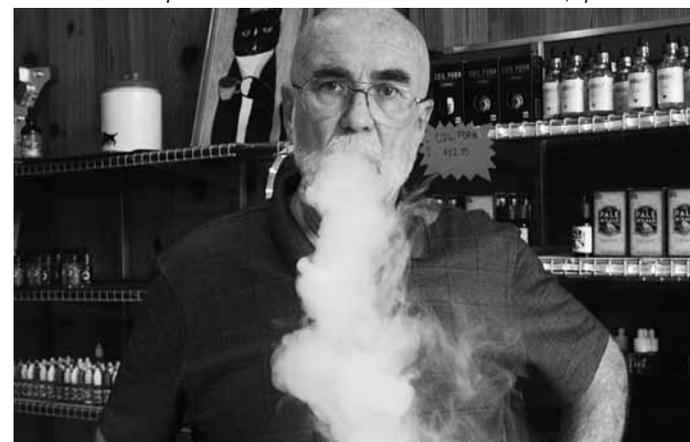
boasts an extensive inventory of vaping hardware and liquids, with the latter in every imaginable flavor and packaging. With social media enacting strict codes on the advertising of smoking goods--both tobacco and vaping--Estes admits he is having to look for alternative methods of getting his business

out there. "It's a difficult demographic to advertise to," he says. "I see people walking down the street vaping who have never been in this shop and wonder, 'how can I reach out to them?'"

To that end, Estes notes that in some ways the promise lies in what many Astoria natives bemoan: the present residential migration. "Astoria is developing something of a reputation for a younger crowd," Estes points out. "Those are the people who accept new technology much more quickly. From that standpoint, this could be a good fit."

Ultimately Estes is hopeful that businesses such as his can direct people to enjoyable alternatives to tobacco smoking, sans the clutter and confusion of so many locations selling vaping products. Estes adds, "I tell people this isn't a magic bullet. It's worked for some people, like my partner, who said gee, I can vape on strawberry shortcake instead of inhaling a burnt rope, and they find that the nicotine replacement they get through vaping is enough to get them over the hurdle and they quit completely." He continues, "Other people, it's more of a supplement. And for some it just won't work, period. But until the industry is sophisticated enough to go through all the lab testing and documentation and work that it's going to take to put that in front of the FDA and get the approval, all we have to rely on is anecdotal information."

Columbia Vapes is located at 1268 Commercial Street in Astoria, open Mon - Sat.



Photos: Dinah Urell

Puff, the magic Allen.

VAPING AND E-CIGARETTES

grown in popularity over recent years, with controversy following dutifully on their heels. Utilizing a propylene glycol or vegetable glycerin based liquid mixed with nicotine and food grade flavoring, e-cigs simulate the act of smoking by using a small battery powered atomizer to inhale the vapor, much like cigarette smoking (hence the term 'vaping'). The liquid used is generally categorized by the milligrams of nicotine contained, ranging from 0mg to 24m.

Designed for adults who wish to continue enjoying nicotine at a reduced risk to their health, many reputable studies, such as those conducted through Public Health England, have shown that vaping is 95% safer than smoking. This still hasn't deterred the naysayers, who insist that vaping is every bit as dangerous as smoking.



Loading e-liquid.

Call it a manufactured smear campaign from the tobacco industry or otherwise lack of viable information available to potential consumers, but the vaping world has already felt the effects of its increasing number of skeptics.

Warrenton native Allen Estes, co-owner of Columbia Vapes, relays the inspiration for starting his first vape business, when his business partner, a smoker for over forty years, was lead by her son into an Illinois vape shop. Estes says, "After they set her up and she tried vaping for the first time, her response was:

lounge," where guests could relax, enjoy a cup of coffee, read, and socialize in the tradition of smoking lounges--only with vaping--Estes admits the idea had to be temporarily scrapped due to the state of Oregon "equating vaping with smoking," which made it nearly impossible to continue as initially planned. Estes alludes to the aforementioned struggle to provide the public with adequate information surrounding e vs. tobacco cigarettes, and explains: "Money is power, and there are two main groups who oppose the idea of vaping: the cigarette industry and the anti-smoking industry." He chuckles and adds, "You know the old saying, about politics making strange bedfellows; anti-smoking groups look at vaping as smoking, and they're joined and supported by the tobacco industry."

But does the argument hold any water (or insert e-liquid pun)? "The problem is what information we do have, the research, has shown that the primary ingredients of tobacco cigarettes aren't in the vapor," Estes says, "but so many of the opposing arguments are based in fear: we don't know what it is, we need to regulate this---and another ten years goes by. So how long do we do this?" He continues, "The biggest misconception is that vaping contains nicotine, so therefore it's bad for you. The truth is, nicotine is what addicts you but the tar and carbon monoxide are what kill you. The amount of nicotine in an e-cig acts as a weak stimulant, like a cup of coffee. It's a way to appease that craving without the toxic chemicals."

Estes not only laments the harm these misconceptions could cause the vaping industry, but to tobacco smokers looking to kick the habit. "Right now the FDA has accepted that they have jurisdiction over vaping," he says. "They have not published federal mandates regarding vaping. At this point it's up to the states, and each state has approached it differently. The state of Oregon wrote it into the clean air act that cigarettes and inhalants are no good, period. I'm doing a disservice to people who do smoke--because smokers do have an alternative." He

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ART ON

LOCAL CHINESE HERITAGE

Harvest Moon Festival • Sept 16 Student Project by Raina Christian

ASTORIA'S community members will gather to commemorate the Harvest Moon Festival. This will be the culmination of a senior project, imagined and brought to fruition, by Astoria High School student Raina Christian. All are invited to attend the event at the Garden of Surging Waves located at 11th and Duane Street Astoria, OR from 6PM to 6:30PM.



The celebration of the Harvest Moon Festival will honor Astoria's rich Chinese heritage and the vital contributions made by the local Chinese immigrant community.

The community gathering will feature a lighted Art Installation by Raina Christian. Christian was adopted from Guangxi Province, China when she was 8 years old.

The Harvest Moon Festival Event will culminate with the voices of the North Coast Chorale who will perform Harvest Moon Festival inspired songs.

September 9th— families can also attend a pre-event at Astoria's Public Library from 6:30PM to 7:30PM. This free family event will feature storytelling, song, and the chance to learn about Astoria's Chinese heritage.

The celebration of the Harvest Moon Festival will honor the vast Chinese immigrant community which helped to build the city of Astoria.

Christian has been mentored, for her senior project, by Suenn Ho. Ho is a prominent urban designer and was the lead designer of the Garden of Surging Waves in Astoria. Victor Kee, an Astoria community leader, has guided Christian and will serve as the keynote for the community event.

Sing with NC Chorale

THE NORTH COAST CHORALE is beginning fall rehearsals for events this fall and winter and is calling for singers! If you have always wanted to sing in a choral group, please join the Chorale. No experience is necessary and there are no auditions. We just can't keep from singing!

Chorale rehearsals are 6:45 pm on Tuesdays starting Sept 6th at the CCC Performing Arts Center on the corner of 16th and Franklin in Astoria.

Here are upcoming Chorale appearances:

Sept 16th The Chorale will sing at the "Moon Festival", on at the Garden of Surging Waves,

Nov 20 the Chorale will join Cascadia Concert Opera of Eugene to sing selections from "Porgy and Bess",

Nov 27 the North Coast Chorale co-sponsors the annual "Messiah sing-along and play-along" at 4 pm. The community is invited to play or sing Mendelsohn's Messiah choruses,

December 10 & 11 the Chorale winter concert will feature Benjamin Britten's "A Ceremony of Carols", with local Harpist, Cheryl Walker, as well as traditional holiday music,

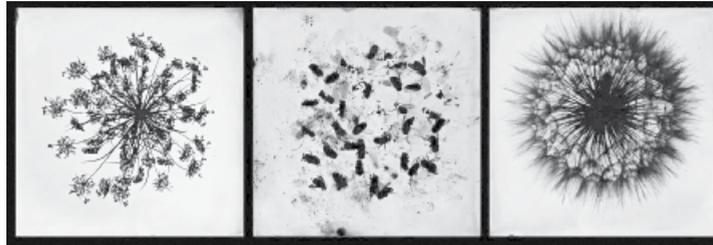
December 17 the Chorale will make a guest appearance at the North Coast Symphonic Band's holiday concert.

REMNANTS LightBox Gallery

LIGHTBOX PHOTOGRAPHIC GALLERY opens the exhibit "Remnants" with an artists' reception on Saturday, September 10 from 6-9 p.m. Jurors Kaden Kratzer and Nadezda Nikalova-Kratzer will give a talk, "On the Edge of Avant Garde and Antiquarian Photography", on Friday night September 9th at 7pm.

In Remnants, original images and image objects crafted using a variety of processes from the dawn of photography are exhibited. As photography moves forward in the 21st century and advances with modern technology, some artists have intentionally chosen to return to the roots of photography, incorporating antiquarian processes to further their artistic expression. These one-of-a-kind, labor intensive art pieces are developed into a distinctive sub category, where art and process became intrinsically connected and in many instances inseparable. Many of these early processes involve archaic and often dangerous chemistry as well as surfaces such as metal and glass. This combination of alchemy and physicality allows the viewer to not only respond to the image itself, but also to the qualities of the particular process, it being an integral part of the piece.

Jurors Nadezda Nikalova-Kratzer and Kaden Kratzer are from the Bay Area of California. Nikolova and Kratzer are modern day alchemists practicing helio-



Gayle Stevens - Tinting

graph processes of the 19th Century and the handcrafting of unique image-objects. Nadezda crafts lens-less photogenic drawings (photograms) on metal and glass and also works with large-format cameras and period lenses to create tints and ambrotypes. In addition to being featured in various publications, her work has been shown nationally and internationally and recognized with awards. In the tradition of old day alchemists, Kaden is interested in antiquarian and obscure photographic processes of the 19th century. He studied photography at Stanford University, KALA Berkeley Art Institute, Rayko Photo Center, F295, and the George Eastman Museum. Kaden has exhibited nationally and internationally.

It is evident that artists featured in this exhibit know their craft. The investments in time and the appreciation for the handmade photograph are palpable in each image. These artists are also eager to experiment in order to construct a personal vocabulary from a palette of artifacts, as a painter might. Each unique art piece embodies the tension between chance and control, entropy and order – as if reflecting on the very nature of life." ~ Kaden Kratzer

LightBox Photographic Gallery continues the tradition of exhibiting photographic art created with untraditional methods. The 45 photographers featured in Remnants include some of the most talented artists using alternative photographic processes from around the world, resulting in a show of extraordinary works.

September 10 through October 6. LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday 11 - 5:30. 503-468-0238/ info@lightbox-photographic.com.

The Beauty of Inelegance: Abstract Paintings by Laura Viola-Preciado Opens at CCC Royal Nebeker Art Gallery

THE CLATSOP COMMUNITY COLLEGE Royal Nebeker Art Gallery will open its 2016/2017 exhibition season with a show entitled "The Beauty of Inelegance, a solo exhibition by Laura Viola-Preciado." Selected to exhibit in the 2016 Au Naturel competition by Lisa Harris, the highly respected director and owner of Lisa Harris Gallery in Seattle, Viola-Preciado was also chosen by the art department faculty to receive the coveted prize of a solo exhibition.

The show will run from Sept 26 - Nov 3, with a reception for the artist scheduled for Thurs, October 6, 6pm. The gallery reception and exhibit are free and open to the public.

In conjunction with his exhibit, Viola-Preciado conducts a workshop entitled "Small is Big! Rethinking the Expected Format of Abstract Painting." In this workshop, participants will explore how to create individual small paintings that can be shown alone, in groupings, or as a starting point for larger work. In this productive, hands-on session, participants will practice letting go of expectations in order to focus on process and to capture an energetic moment within a small space.

Workshop: Friday, October 7, 10:30am to 3:30pm. Free to CCC students enrolled in fall term art classes and open to the general public for a \$20 fee. To register, contact Kristin Shauck by phone (503-338-2472) or e-mail (kshauck@clatsopcc.edu).

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AGENT ORANGE IN THE OREGON FORESTS Part One

By Roger Dorband

Aerial Spraying Regulations, Health Risks and Herbicide Contamination, the Oregon Forest Practices Act and 2,4-D.

YES, THAT'S RIGHT.

Agent Orange the defoliant used in the Vietnam War; good for the jungles of Vietnam, good for the forests of Oregon. And that's not anti-herbicide hyperbole or urban mythology. The two primary ingredients in Agent Orange, 2,4,5-T and 2,4-D, were used heavily in Oregon and frequently sprayed together for a ten year period, from 1969 to approximately 1979. 2,4-D, the lesser of the two evils, is still being used on our forests in the thousand of pounds each year.

2,4,5-T and 2,4-D are phenoxy herbicides, synthetic chemical compounds that kill broad leaf plants and some weeds but have little effect on conifers. Their early development began in the 1940s but it wasn't until their effects were scientifically established and they had been successfully used in agriculture that the U.S. military began to get interested and ran experiments of their own. It was especially after the advent of aerial delivery systems in the 1950s that the military began to get excited about the potential of phenoxy herbicides.

The Vietnam War became the perfect opportunity to use Agent Orange which got its name from the barrels painted with an or-

ange stripe in which it was transported. Evidence now shows that the military knew that this

mixture was potentially very harmful to human health, but, what the heck, it was being sprayed on the enemy.

Used between the years of 1962 and 1971, Agent Orange proved very effective in killing off wide swatches of jungle and coastal mangrove to better observe the whereabouts and movement of the Viet Cong. Unfortunately, within a few years after usage commenced reports began coming in of collateral damage. The farmer peasants of Vietnam reported increased miscarriages, birth defect, skin rashes and liver cancer, as well as the demise of some of their crops. Several of the same problems were later reported in Oregon after persistent use of 2,4,5-T by the timber industry.

In the mid sixties scientists from around the world began pleading with the US government to stop using Agent Orange which they saw as tantamount to chemical warfare. In 1967 a petition signed by 5000 international scientists including 17 Nobel Laureates was submitted to the U. S. Government under the Johnson administration. The answer they got back was, "Qualified scientists both inside and outside of the government have judged that serious adverse consequences (from Agent Orange use) will not occur."

Some of the effects of these chemicals didn't become apparent until the GIs came home from the war and began developing a panoply of health issues. Their wives also began having miscarriages and giving birth to children with deformities. Ultimately, a series of lawsuits brought against Dow Chemical, Monsanto and other companies who manufactured the toxic chemicals provided little solace and only meager compensation for the victims.

BRINGIN' IT ALL BACK HOME

The military officially quit using Agent Orange in 1971 due to overwhelming evidence that it could cause health problems. However, interest in the phenoxy herbicides continued to run high in the timber industry of the Northwest which saw their potential to suppress weeds, deciduous trees and brush which competes with fir trees for sunlight and nutrients. Herbicides were efficient too and cost effective because wide areas could be treated quickly at just the right time in the growth cycles and it was cheaper than hand release (cutting brush with hand tools). These same arguments are still used by the timber industry to justify use of herbicides such as atrazine, glyphosate (Roundup), and good old 2,4-D.

By 1969 Oregon seemed to be getting a reputation as an Agent Orange friendly place, or perhaps just a convenient out of the way dump site for the dangerous substance. A Beaverton waste disposal company wrangled 25,513 barrels, over a million gallons, of Agent Orange with a permit from the Oregon Department of Agriculture and struck a deal with Oregon's Department of Environmental Quality to deposit the barrels at a remote site along side of Alkali Lake in southeastern Oregon.

Predictably, within a few years the barrels began to leak, leaching highly toxic material into the soil and water table. The DEQ exacerbated the SNAFU by deciding to break up the barrels with a bull dozer and push them into an unlined trench where they were buried. Not suprisingly, the toxin material was then free to saturate the ground and begin traveling through the water table. Currently the material has traversed a half mile, resulting in one of the most highly contaminated waste sites in Oregon which to date the DEQ has not cleaned up.

Throughout the 1970s, when 2,4,5-T and 2,4-D were being sprayed on the forest lands of Oregon, there was research going on here as well. In 1970 two researchers from Oregon State

University published a study which concluded that 2,4,5-T was safe used in the forests because of its short life in the environment and because sustained exposure to large quantities of the herbicide were required to be hazardous to humans. More up to date research has since debunked both of these findings.

According to an article published in the Eugene Register Guard on June 25, 1976, Professor Michael Newton, an herbicide researcher at Oregon State University's College of Forestry had been working for several years on an informal basis with the U.S. Air Force and "was proposing that surplus Agent Orange be used for brush control on the Pacific Northwest timberlands rather than be destroyed."

In 1973-4 the Air Force shipped an undesignated amount of Agent Orange to Oregon which under the direction of Professor Newton was sprayed on a 350 acre forest plot in western Oregon, ostensibly to study the effect of dioxin, a contaminant associated with 2,4,5-T, on mountain beaver.

Although his effort to acquire the Air Force's surplus Agent Orange didn't come to fruition, Professor Newman, still considered by some to be a highly respected authority in forest management, has continued throughout his career to be a strong advocate of herbicide use in the forest. He became controversial when he concluded, after studies he did in Vietnam during the war, that Agent Orange plays no role in veterans' health issues.

BONNIE HILL, ECO-CHAMPION

The big problem with 2,4,5-T is its inevitable byproduct TCDD, the most poisonous of the dioxin series. An EPA spokesman describes TCDD as "the most toxic small molecule known to man." The agency proclaims that TCDD is so poisonous that there are "no safe levels" of the substance. In one study when laboratory monkeys were exposed to minute quantities of TCDD they died within a matter of weeks. TCDD is made particularly dangerous when aerially sprayed because of inevitable drift. Once in the soil or water it can remain for years.

Considered separately from their lethal sidekick, TCDD, 2,4,5-T and 2,4,D are known to be endocrine disruptors. In layman's terms they act like a growth hormone but send the wrong signals to the brain and reproductive system in humans. In broad leafed plants they spur growth so rapid that it kills the plant.

In 1979, Bonnie Hill, a 30 year old English teacher from the small town of Alsea in the Oregon Coast Range, had an epiphany while looking at some of the research on Agent Orange. In the late 1970s there had been a high rate of miscarriages in her community including one of her own. Not coincidentally there had been heavy applications of 2,4,5-T and 2,4-D, most often sprayed together at that time, on clearcuts in the general area.

Convinced that she was on to something, Hill worked tirelessly for two years interviewing women in the community, looking at statistics for miscarriages and collecting data on what had been sprayed on the forests near Alsea.

In 1978 Hill decided to go public with her concern. Although ultimately she would find at least 34 individual cases of miscarriages in her community, she focused on her own case and that of seven other women in a broad appeal to Oregon legislators and state agencies. Though no effort was made by the state to look into the Alsea miscarriages, to her great surprise her request for an investigation brought

an onslaught of media attention including national television. The breakthrough for Hill and her seven Alsea neighbors came when the EPA sent representatives to look into the situation.

Everything Hill had reported was substantiated. Although no clear cut case of cause and effect could be established medically, the miscarriages all fell into a few month period in late spring within a relatively short time frame from nearby aerial spraying of herbicides.

For several years the EPA had strong suspicions about 2,4,5-T based on their own studies and reports out of Vietnam. The

high correlation of miscarriages to aerial spraying in Alsea were all they needed to enact a ban on 2,4,5-T. The 1979 ban was not considered permanent because no clear cause and effect could be demonstrated. Rather it was considered a precautionary measure taken in light of abundant evidence beyond mere coincidence.

Dow Chemical Company immediately discredited the ban by saying, "This is government at its worst, basing a hasty product suspension on data which has not been subjected to scientific review." In 1985 The EPA permanently banned 2,4,5-T. By that date the National Institute for Cancer Research had established clear data linking the herbicide with various cancers.

Bonnie Hill's activism, and the ban on 2,4,5-T she helped produce, not only kept millions from potential harm but also greatly advanced the national awareness of herbicide-health risks. Hill's activism stands out as an early example in Oregon of what a passionate and determined person can do to bring about change.

THE USUAL SUSPECTS

When attempting to determine the possible toxicity of the herbicides used today by the timber industry in Oregon we enter a Kafkaesque world of claims and counter claims, scientific studies that support the safety of herbicides and those that proclaim their harm.

Two detriments to establishing the truth about herbicides are the perennial lack of funding for their study and the lack of controlled research on humans. What researcher would subject a human to the toxicity of dioxin? (It should be noted that to date no chemical company representatives, timber barons, politicians who do their bidding, or anyone else who claims that herbicides are harmless has volunteered to stand in the middle of a clearcut while the helicopters are spraying overhead.)

An important reason for research discrepancies in very similar herbicide studies on animals is that different questions are asked by different researchers and data is looked at in different ways. Scientists for Dow Chemical working on rat exposure to 2,4,5-T found little difference between those rats exposed and a control group. Independent scientists looking at the same data noted a significant increase

in skeletal abnormalities. In another study company scientists refused to say that phenoxy herbicides lead to birth defects which they defined as defects that "directly interfere with the ability of the offspring to survive." To them cleft palates and six fingered hands were too low of a bar.

It is common knowledge that companies which make potentially harmful products and the industries that use them may be blinded to the truth about those products by their bottom line. The lies are not always outright but

occasionally are; tobacco company lies, automobile recalls due to false claims. In 2009 the courts of France found Monsanto, the maker of Roundup, had lied about the product by telling consumers it was biodegradable and even cleansing to the soil.

Roundup is pertinent in this discussion because it is used heavily in the forests of Oregon. Since its launch in 1974 Monsanto's has maintained that there is no evidence that the product causes cancer. That was the EPA's position too until last year when Scientific American published an article citing a new study by the World Health Organization's International Agency for Research on Cancer.



Alsea, OR school teacher Bonnie Hill in the late 70's—her diligence enacted a ban on spraying.

Based on collated research of the ingredients in Roundup the IARC labeled the popular herbicide a "probable carcinogen" linked with non-Hodgkin's lymphoma and other cancers. A new study from Johns Hopkins University has linked Roundup with the epidemics in autism and obesity which correlate strikingly with the date that Roundup came into widespread use.

In 2015 the EPA audited the laboratory hired by Monsanto to test Roundup for toxicity in the 1970s and found "routine falsification of data." Another of their laboratories has also been charged with fraudulent practices in the testing of Roundup. In the face of current health lawsuits against the company, Monsanto has continued to maintain that Roundup is safe if used as prescribed on the label.

The EPA is now in the process of reconsidering their position on Roundup. Over 150 countries still sanction its general use but the balance is beginning to tip. It has either been banned or severely restricted in Argentina, Brazil, France and the Netherlands and Germany is pursuing a complete ban of Roundup in the European Union.

Samples of streams and waterways in 38 states by the U.S. Geological Survey have revealed that glyphosate, the main ingredient in Roundup, was in the majority of samples. Certainly there are huge question marks around the Oregon timber industry's wholesale use of the product.



In 1969 a Beaverton waste disposal company wrangled 25,513 barrels, over a million gallons, of Agent Orange with a permit from the Oregon Department of Agriculture and struck a deal with Oregon's Department of Environmental Quality to deposit the barrels at a remote site along side of Alkali Lake in southeastern Oregon.

Atrazine and 2,4-D, both commonly sprayed on clearcut forest land in Oregon, have their own question marks. The scientific community is divided on the dangers of 2,4-D, which should not be misconstrued as Agent Orange when used without the banned 2,4,5-T. The World Health Organization's IARC has labeled 2,4-D a "possible human carcinogen", one notch down from the "probable" rating they gave Roundup. Cancer risk aside, we know that as a phenoxy herbicide 2,4-D has

the potential to cause problems with the endocrine system impeding the normal function of estrogen, androgen and thyroid hormones. Miscarriages, birth defects and interference with the development of children's brains are among its possible health risks.

Although the EPA approves the use of 2,4-D, by their own measure it is the most widely found contaminant in ground and surface water. This finding is particularly troubling because lab tests on animals show the greatest health effects when 2,4-D is administered in low dosages over extended periods of time. Considered a health hazard for birds, 2,4-D is particularly toxic to fish.

This finding has huge implications for the fisheries of the Northwest where there is little regulation of herbicide spraying on private timber land. The Oregon Forest Practices Act's rules on private land allow for spray-

ing herbicides over inlets and tributaries that aren't in themselves fish bearing even though they feed fish bearing streams. It is ironic that the timber industry and Department of Forestry's emphasize the safety of herbicides if sprayed according to instructions on the label. The label on 2,4-D says explicitly that 2,4-D is toxic to fish and should not be applied directly to water or where surface water is present. Yes. That's right.

Australia has banned most use of 2,4-D after finding it in 90% of agricultural water sources bordering the Great Barrier Reef.

Atrazine has an added advantage over the phenoxy herbicides in that it inhibits the growth of broad leaf plants both before and after the crop has emerged. Like the phenoxyes it is also considered an endocrine disruptor with associated health risks to the reproductive system. The state of California is currently trying to have the herbicide banned for use due its reproductive health risks.

The California ban is being rigorously opposed in a law suit brought by Syngenta, the company which manufactures the product. They contend that atrazine is essential in agriculture and that there is no substitute for what it can do. According to Syngenta there have been over 7000 studies worldwide which show that atrazine is harmless to human health. In spite of Syngenta's claims atrazine was banned in the European Union in 2004.

We all should hope that Syngenta's claims are accurate now that Atrazine has been shown to be the most detectable herbicide in drinking water in the United States. It has also been found to be active for up to four years in soil and can migrate into ground water.

The EPA's statements on atrazine over the last 15 years have been slowly evolving. In 2003 they said it was "not likely" to cause cancer in humans. In 2006 they said rather awkwardly that it "poses a reasonable certainty of no harm." A year later they added that studies of atrazine show it to be an endocrine disruptor. As late as 2009 the EPA found that levels of atrazine would not cause reproductive defects in humans if applied according to the EPA's allowable limits.

In light of the proposed ban in California the EPA is again reviewing the data on atrazine. Based on remarks made by one of the scientists on the EPA advisory board it will be difficult to have full confidence in the agency's findings. Professor Deborah Cory-Slechta of the University of Rochester, recently said that, "The way the EPA tests chemicals can vastly underestimate risks. There is still a huge amount we don't know about atrazine."

To be continued next issue, when we'll consider:

- A Strange Brew. Rogue aerial sprayers may be mixing herbicides in unsanctioned combinations.
- Recent high profile examples of herbicide contamination of humans in Oregon.
- Why Oregon has been likened to the Wild West when it comes to aerial spraying of herbicides.
- The work of Beyond Toxics to bring change to the Oregon Forest Practices Act.
- An update on spraying of the clearcut adjacent to the home of Sam and Heather Chapman (Clearcut story featured in August Hipfish).



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WHITE BIRD GALLEY

**Deborah DeWit: "Boundaries and Horizons" New Paintings
Helga Winter: Sculptural Paintings: Paper & Mixed Media**

FROM SEPT 1 THROUGH OCT 17 White Bird Gallery presents the work of Deborah DeWit and Helga Winter.

Deborah DeWit is a well-known Oregon artist whose narrative paintings often explore autobiographical subjects that express familiar human experiences through beautifully rendered scenes that convey moments in time. DeWit's mature painting style has developed over the course of her lengthy career, which began as a photographer in late 1970's. DeWit now has several books published on her work, highlighting her overarching themes in photography, writing, oil painting and pastels. Her current paintings are naturalistic depictions in oil that



combine loose expressive brushwork and layers of paint in a realistic style to capture essential details of a time and place. Many of her paintings also suggest metaphors about the larger human experience through the interplay of indoor and

outdoor environments in her sensitive and thought-provoking compositions.

Attend an Artist Talk with Deborah DeWit on Saturday, Sept 10, 3-5pm.

Known throughout the Pacific Northwest for her woodturnings, **Helga Winter's** newest endeavor is the creation of sculptural paintings that are made from deconstructed books. Winter uses unwanted book pages - the papers are rolled, colored and waxed to form compositions where the original book's knowledge is hidden. These mixed media pieces are intriguing in both the reformulation of material as well as in the way they suggest the rethinking and reshaping of what has been learned, opening avenues for new truths.

White Bird Gallery is located at 251 N. Hemlock in Cannon Beach. 503.436.2681



**Artport Gallery Exhibit & Demonstration
Ilwaco, Sept 23 & 24**

ArtPort artists will draw, paint, sculpt and design to the color BLUE to compliment the Ilwaco Merchant's SEAFOOD AND BLUES annual event on the port of Ilwaco. A demonstration painting by artists Betsey Nelson, Anna Lee Larimore, Penny Treat and Chris Bryant of musician Two Kites Sam will try to capture the event's passion. Rick Crawford will be demonstrating his wood carving skills, Sandra Lill has designed new original works in jewelry and John Clark has created innovative work in glass.

Demonstrations will be held on Friday Sept. 23rd from 10 a.m. - 3 p.m. followed by an open house on Sat. Sept. 24th from 10 a.m. - 5 p.m. We cordially invite the public to joins us and celebrate the blues music in America and its enduring influence on the arts. Gallery artists have created new work to the theme BLUE ON BLUE, all to honor the outstanding musicians and musical innovators that inspire us to be more creative and fearless in our work. GET ON SOME BLUES! At Artport Gallery

ArtPort Gallery 177 Howerton Way S.E. Ilwaco, Washington. 360-244-5818



Anna Lee Larimore

**Robert Paulmenn Explores the
Expanse of a Limited Palette at
RiverSea Gallery**

IN PRIMARY PRACTICE: Exploring Color, Astoria artist Robert Paulmenn offers an exuberant collection of new paintings in a wide-ranging show that delves into portraiture, figure study, still life, and landscape. The exhibition opens on Saturday, September 10 and continues through October 4, 2016. An opening night reception will be held during Astoria's Second Saturday Artwalk from 5:00 to 8:00, with live music by Rainforest Jazz of Portland.

Paulmenn is particularly excited to paint the figure and to "capture the subtle shift of color and emotional energy that each person brings to a painting." That enthusiasm also translates to his landscapes, as he is deeply moved by the ever-changing quality of light here on the north coast. However, the common thread that intertwines his current work is his dedication to using a limited palette to explore color, which challenges him to approach his artistic practice in a new way.

A few years ago Paulmenn became entranced with the work of the internationally renowned Swedish painter, Anders Zorn (1860 - 1920) and his use of an extremely limited selection of colors, known as the Zorn Palette. Founded on earthy versions of the primary colors, yellow ochre, cadmium red and ivory black (a muted deep blue), plus white, this small assortment is used to mix a wide and harmonious range of colors as needed. Once Paulmenn experimented with his own version of this limited palette it immediately freed him



Contemplation, 36x28

perseverance as the artist deals with dramatic changes in light and weather over the weeks it may take to finish an oil painting.

Paulmenn graduated from the duCret School of Art in Plainfield, New Jersey with a focus on sculpture, and his early career was as a sculptor and mold maker. A chance to create large scale scenery backdrops sparked his interest in painting, and he moved to New York City, attending the Art Students League of NY and the National Academy of Art while becoming immersed in the vibrant art scene in the city. He has exhibited in New York, Oregon and Washington. For the past five years he has made his home in Astoria after previously residing in Portland and Ashland, Oregon, and in Colorado.

**Charles Schweigert Bids Farewell
to Astoria
with The Reliquary Project**

CHARLES SCHWEIGERT, an artist who has lived in Astoria for the past seven years, is moving away to Massachusetts this fall. He gives a grand farewell to the north coast with The Reliquary Project, a solo show of his sculpture at RiverSea Gallery, opening Saturday, September 10 and continuing through October 4, 2016.

A reception for the artist will be held during Second Saturday Artwalk from 5:00 to 8:00 with guest musicians, Rainforest Jazz. Astoria writer Karin Temple has composed poems to accompany many of the sculptures and will give a reading of her work in the gallery on Saturday just prior to the reception, from 4:00 to 4:30.

Schweigert's new collection of sculpture has an environmental theme and explores issues of relevance to the Pacific Northwest. In this show he expands upon the idea of the reliquary to include a container for holding non-physical remains, something treasured that has been lost. The poignant titles, such as Reliquary for the Last Cormorant on Sand Island, can be thought of as a lament to a disappearing natural environment. In a sense, he has constructed fragile receptacles for cradling that which cannot truly be contained. These are repositories for cherished ideas, memories, aspirations and dreams.

Each sculpture is shaped in the form of a vessel, constructed with copper wire and found metal objects that are rusted or corroded to give an appearance of great age. Some of the pieces incorporate spare and elegant tracteries formed from strips of bamboo and waxed linen thread. The sculptures appear to be long-buried relics from ancient civilizations that suggest obscure ritual and mysterious purpose. Their true purpose however, is to highlight issues relating to our own time.

Schweigert's paintings and sculpture have been included in exhibitions throughout the nation for over thirty years. The Reliquary Project is his fifth solo show at RiverSea Gallery, where he has been a represented artist since 2011.

RiverSea Gallery, open daily at 1160 Commercial Street in the heart of historic Astoria, Oregon. For more information, call the gallery at 503-325-1270, or visit the website at riverseagallery.com.



Last Enslaved Man, 24x14x13

STORM LARGE

10/8



lang, Rufu Wainwright and George Clinton. She will soon make her debut with the New York Pops at Carnegie Hall. 7:30pm, \$25 - \$45.

Another Oregon music blast from the past, QUARTER FLASH returns to the Liberty on Nov 5, followed by the reunited mid-70's phenom PABLO CRUISE, virtuoso ensemble the CALIFORNIA GUITAR TRIO hits the Liberty stage February 9, international a cappella vocal ensemble, WOMEN OF THE WORLD perform in March, and in April, SCOTTISH FIDDLE STAR ALISDAIR FRASER AND CELLO PRODIGY NATALIE HAAS will grace the Liberty stage.

Season passes and individual concert tickets are available at the Liberty Theater Box Office Wednesday through Saturday from 2:00 pm – 5:30 pm, 503-325-5922 X55, and online at ticketswest.com.

THE LIBERTY THEATER presents a six-concert series thru April 2017 and **Storm Large** is kicking it off on Saturday, October 8, 2016. Singing from the American Songbook, modern classics and popular hits with her remarkable voice,

Storm shot to national prominence in 2011 as a finalist on the CBS show *Rock Star: Supernova*.

She sings vocals with Pink Martini and performs with her own band, Le Bonheur. Storm has performed with the National Symphony at the Kennedy Center in Washington, D.C., the Detroit Symphony, the Oregon Symphony, k.d.

At the
Liberty
Theater
Oct 8
7:30pm

Tickets at
ticketswest.com

STEEL WOOL – Acoustic Rock Reborn



10/8

At the new North County
Performing Arts Center

THE NEW NORTH COUNTY PERFORMING ARTS THEATRE in Nehalem is now a venue for a variety of performing arts and special events, including STEEL WOOL in concert on Saturday, October 8. Doors at 7:00pm, show at 7:30, \$10 at the door, \$9 Pre-sale here: gwproj.com/SWNehalemConcert.html.

Inspired by CSN, the Eagles, and Paul Simon, these 4 players breathe fresh life into deep grooves cut by time and experience, bringing Acoustic Rock into the 21st century. STEEL WOOL is a harmony loving, acoustic rock band spinning on the edges of funk, rock, folk and traditional Zimbabwean mbira music.

They'll be performing their hits (Fat Jesus on a Bicycle, My Country Fair) their newest mbira tunes (When the Day is Done, Flower), their most rockin' electric guitar songs (Let's Dance, Electro Sheep Therapy), and stories of love and loss that can really touch your heart in a concert setting. Don't miss this very special event!

Friday 9

MUSIC

Fig & Dean. Free, 5 – 8pm at the Manzanita Farmer's Market.

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

HAPPENING

Slow Drag at the Port. Fans line Howerton Way to watch this classic car competition where slow and steady wins the race — vehicles accelerate about 15 feet before coasting the final 200 yards to the finish line; the car that stops closest to the line is the victor. At Ilwaco.

Wheels and Waves Car Show. In downtown Seaside. seasidedowntown.com

THEATER

The Octette Bridge Club. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Love, Loss, and What I Wore. Comedy. \$10, 7pm at the NCRD Performing Arts Center in Nehalem.

Shanghai'd in Astoria. Musical Melodrama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Saturday 10

MUSIC

Patrick Lamb. \$35 - \$40, 7:30 at the Coaster Theater in Cannon Beach.

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

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

ART

Second Saturday Art Walk. 5 – 8pm at Galleries and other businesses in Astoria.

FOOD & DRINK

A Cornucopia of Wines. Wine tasting and auction. \$20 per single person or \$30 per couple. 6:30 – 10pm at the Skamokawa Grange.

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

HAPPENING

Rod Run to the End of the World. At Wilson Field in Ocean Park. beachbarons.com/

Wheels and Waves Car Show. In downtown Seaside. seasidedowntown.com

Conference on Extraordinary Living. Keynote address by Lewis & Clark National Historical Park on 100 years of service and adventures in history. "Hey

Doc - What's Up?" Q&A with health and aging experts. Breakout sessions on topics about travel, healthy aging, nutrition, senior benefits, alternative medicine and new technology.

Suggested donation \$10. 9am – 4pm at Columbia Hall at CCC in Astoria. Register at 503-338-2566

Coast Guard Open House. USCG Sector Columbia River and Air Station Astoria Open House Event. Helicopters, airplanes, fire trucks, and boats on display. Open to the public. 10am – 3pm at the Astoria Airport.

Get Ready North Coast. The American Red Cross and NW Natural are teaming up during National Preparedness Month to help families prepare for a natural disaster or other emergency. Local emergency groups will offer education and give away safety items. Free lunch will be served. 10am – 1pm at the Warrenton Fire Station.

Old-Fashioned Fun and Games. Join the Clatsop County Historical Society for some Old-Fashioned family fun and games on the Flavel House Museum lawn in Astoria. Free, 11am – 4pm.

Race to the Bar. 5k Walk/Run, 10k run. \$45, 4pm at the Peter Iredale Shipwreck at Fort Stevens, Warrenton.

Cottage and Garden Tour. \$30, includes evening reception. Tour is from 1 – 5pm in Cannon Beach. Tickets and maps will be available from 1 – 3pm at the Tolovana Wayside State Park. Reception is at 6pm at the Cannon Beach History Center and Museum.

LECTURE

Cottage and Garden Tour Luncheon and Lecture. \$25, at the Tolovana Inn in Cannon Beach. FMI call 503-436-9301.

OUTSIDE

Explore Nature Series. Free guided tour of the Emerald Necklace, a walking tour of LNCT's conservation work along Nehalem Bay's scenic north edge. FMI, go to nehalemtrust.org

THEATER

Love, Loss, and What I Wore. Comedy. \$10, 7pm at the NCRD Performing Arts Center in Nehalem.

Shanghai'd in Astoria. Musical Melodrama. \$13 - \$21. 7pm at the ASOC Playhouse in Astoria.

Sunday 11

MUSIC

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

Ladies Musical Club. \$15, 2pm at the Historic Raymond Theater in Raymond.

Justin Farren. No cover, 8pm at the Adrift Hotel in Long Beach.

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

HAPPENING

Rod Run to the End of the World. At Wilson Field in Ocean Park. beachbarons.com/

Old-Fashioned Fun and Games. Join the Clatsop County Historical Society for some Old-Fashioned family fun and games on the Flavel House Museum lawn in Astoria. Free, 11am – 4pm.

Wheels and Waves Car Show. In downtown Seaside. seasidedowntown.com

THEATER

Love, Loss, and What I Wore. Comedy. \$10, 2pm at the NCRD Performing Arts Center in Nehalem.

Monday 12

MUSIC

Justin Farren. No cover, 8pm at the Adrift Hotel in Long Beach.

Dick Weissman/Pacific NW Tour. Banjo Artist, Music Biz producer and educator Dick Weissman performs from his new CD and weaves stories from the early days of Greenwich Village Folk scene and new autobiography. 7:30pm, \$10 @ the door. KALA, 1017 Marine Drive in Astoria.

LITERARY

Fact Meets Fiction. Acclaimed novelist and former senior meteorologist at the Weather Channel, Buzz Bernard, will join author Bonnie Henderson in a conversation about earthquakes, tsunamis and the Cascadia Fault. 7pm at Beach Books in Seaside.

Tuesday 13

MUSIC

Justin Farren. No cover, 8pm at the Adrift Hotel in Long Beach.

LECTURE

The Art of Aging Series. Creativity for Vibrant Aging: Lessons from the Geezer Gallery. With Amy Henderson. \$5 suggested donation, 3 – 5pm at the Hoffman Center in Manzanita.

→ cont. p21

New Riverbend Players Production of "LOVE, LOSS and WHAT I WORE" by Nora and Delia Ephron

LOVE, LOSS AND WHAT I WORE comes to NCRD Performing Arts Center in Nehalem for six performances, September 2, 3, 4 and 9, 10, 11. The production, directed by Marilyn Karr, features June Baumler, Sue Jelineo, Janet Robinson, Rosa Erlebach, Diane Ericson, Jeanine Rumble, Linda Makohon and Candace Nelson who deftly guide the audience through humor, nostalgia and, of course, fashion.

With its intimate collection of monologues and dialogues, the Riverbend Players production of "Love, Loss and What I Wore" uses clothing and accessories -- plus the memories they trigger -- to tell funny and poignant stories to which we all, both men and women, can relate.

The Sedona Fire Duo, with Sedona Torres and Michael Dinan, will provide entertainment be-

fore each play with an amazing blend of eclectic music that appeals to many tastes.

Proving that a great show is always in fashion, "Love, Loss and What I Wore" is a successful play written by Nora and Delia Ephron based on the book by Ilene Beckerman. Nora Ephron was well-known known for comedies such as *Silkwood* (1983), *When Harry Met Sally* (1989) and *Sleepless in Seattle* (1993), plus five best-selling books. Ephron also co-authored screenplays with her sister, Delia, including *You've Got Mail* (1998), *Hanging Up* (2000), and *Bewitched* (2005).

Performance schedule: Fri 9/9) and Sat (9/10) @7pm, Sun (9/11) 2pm. NCRD Performing Arts Center, 36155 Ninth Street Nehalem,



"Funny, powerful, sweet and saucy! Goes directly to the heart, soul and vanity of every woman, young and old." - Variety

LOVE/SICK

Playwright John Cariani - an Oregon Premier coming up this fall at the Astoria PAC



AAUW and Partners for the Performing Arts Center (PAC) present *Love/Sick* by John Cariani on Fridays and Saturdays, September 16, 17, 23, 24 at 7:00 p.m. and on Sundays, September 18 and 25 at 4:00 p.m. at the Astoria Performing Arts Center on 16th and Franklin. The play is directed by Susi Brown, who also directed Cariani's *Almost, Maine* at The Coaster Theatre in Cannon Beach and was the owner and director of Pier Pressure Productions in Astoria.

The actors are Priscilla Fairall, William Ham, Lori Wilson Honl, Toni Ihander, Daric Moore, Nancy Montgomery, Barry Sears, Sheila Shaffer, and Ben Van Osdol. Larry Bryant is the lighting designer, Bobbi Brice is assistant to the director, Dave Gager and William Ham are the sound technicians, running crew are Isaac Gray and Cheyenne Lyon. Daric Moore is the composer and performer of the music specifically created for this production.

John Edward Cariani, born in 1969, is an accomplished playwright and an award-winning American actor. Cariani is best known to television viewers as the forensic expert Julian Beck in *Law & Order*. On stage, he earned a Tony Award nomination for his role as Motel the Tailor in the 2004 Broadway revival of *Fiddler on the Roof*. Cariani starred in the Transport Group's 2014 Off-Broadway revival of *Almost, Maine*. The production was named one of the ten best plays of 2014 by *The Advocate*, and was also recorded by the Theatre on Film and Tape Archive of the New York Public Library for the Performing Arts at Lincoln Center.

As a playwright, Cariani is best known for his first play, *Almost, Maine* which premiered at the Portland (Maine) Stage Company in 2004, breaking box office records. *The Wall Street Journal* named it "one of the ten must-see shows" for the 2004/2005 regional theater season.

Cariani's second play, *cul-de-sac* premiered Off-Broadway in 2006 with Cariani

performing as Joe Jones. The *New York Times* described *cul-de-sac* as "charming, witty and macabre." The play is not yet published as Cariani is still working on it.

Cariani's third play, *Last Gas* premiered at Portland (Maine) Stage Company in 2010. Cariani noted that "Almost, Maine is almost a love letter to northern Maine and *Last Gas* is a more realistic look at that part of the world."

Love/Sick is Cariani's most recent play which premiered in the fall of 2010 and played Off-Broadway in 2015. This production is the premier of this play in Oregon.

Love/Sick is a collection of nine vignettes, with eighteen characters, taking place at the same time and in the same location: a Friday night in an alternate suburban reality. This comedy explores the pain and joy of being in love. The cleverly fashioned playlets show the ups and downs of relationships in a variety of situations: love at first sight, dating anxiety, a wedding, boredom, a divorce, and a meeting of ex-lovers. Some of the vignettes have quirky titles such as "Uh-Oh" and "What!?" and philosophical titles such as "Destiny", "Where was I?" and "The Answer". The *Huffington Post* described Cariani's play "...While poking fun at the happily-ever-after notion by means of a strong dose of happily-never-after... He knows how to keep audiences laughing while passing along disappointing news."

Tickets: \$15 purchase through AAUW members and at the door one hour prior to the performances. This is a benefit production for Clatsop Community College student scholarships and for support of the continuing use of the Performing Arts Center. For more information contact Sara Meyer of AAUW at chuck555@gmail.com or 503-791-0426 or contact Charlene Larsen of the PAC at crl.larsen@charter.net or 503-791-6207.

Comedic Farce at the Coaster Theater Don't Dress For Dinner Opens Sept 23

DIRECTED BY MICK ALDERMAN, marital shenanigans and gourmet food go through the comedy blender in *Don't Dress For Dinner*. The Coaster's Fall farce features Ryan Hull, Jenni Tronier, Richard Bowman, Jean Rice, Rhonda Alderman and Stewart Martin. Lighting Design by Mick Alderman, Costumes by Judith Light, and Sets by Krista Guenther.

Story: Bernard is planning a romantic weekend with his chic Parisian mistress in his charming converted French farmhouse, whilst his wife, Jacqueline, is away. He has arranged for a Cordon Bleu chef to prepare gourmet delights, and has invited his best friend, Robert, along to provide his alibi. It's foolproof; what could possibly go wrong? Well.... suppose Robert turns up not realizing quite why he has been invited. Suppose Robert and Jacqueline are secret lovers, and consequently determined that Jacqueline

will NOT leave for the weekend. Suppose the cook has to pretend to be the mistress and the mistress is unable to cook. Suppose everyone's alibi gets confused with everyone else's. An evening of hilarious confusion ensues as Bernard and Robert improvise at breakneck speed.

CAUTIONS: If this were a movie it would be rated PG-13. *Don't Dress for Dinner* includes mild profanity and adult themes. Teens who watch prime-time TV won't see much to shock them, but depending on the personality and exposure of your younger children, they may be confused. Your own judgment is the best guide for your family.

Performances: September 23 - October 22, 2016, 7:30pm, Sunday shows start at 3:00pm. Tickets: coastertheatre.com

Luminari Arts Charlotte Bruhn and Diane Jackson



CELEBRATE 2nd Saturday Art Walk at Luminari Arts with a collaborative show by Diane Jackson and Charlotte Bruhn. "Where the Wild Things Are" features new acrylic paintings by Bruhn and paper mache animals by Jackson. The menagerie will be the introduction to the unveiling of the shops recent expansion, including a larger inventory of cards, journals, eclectic gifts, funky jewelry and outsider art.

Bruhn, a ceramic artist, explores new territory with large, acrylic paintings

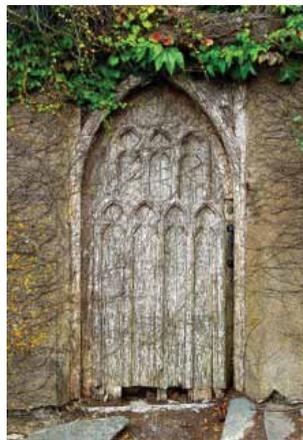
inspired by love of animals and a caustic view on life. Jackson, a collage artist continues her recent interest in paper mache with a collection of new whimsical animals, hand built and hand painted.

Luminari Arts is located at 1133 Commercial St. in Astoria. 503.468.0308. Live music, snacks and beverages.

Trail's End Art Gallery Debbie Loyd Paintings Richard Newman Photography

THRU THE MONTH OF SEPTEMBER, Trails End in Gearhart features award-winning Astoria watercolorist Debbie Loyd. A love relationship begun over 16 years ago with this challenging medium, Loyd dedicates her brush exclusively to watercolor.

"There's much to learn about art--techniques, color, design, and composition. One can always learn something more," she states. Portraits based on photographs are among her preferred subjects. "I love the process of looking back and forth from the photo to my painting to figure out what makes that person look like them. I like to understand people at a deep level." Debbie also enjoys painting flowers and scenes inspired by photos taken during a recent trip to Africa.



Newman

Loyd is active in showing her work and in teaching others. As a member Trail's End Art Association, the Watercolor Society of Oregon, and Palette Puddlers. Debbie has exhibited for a number of years and has won numerous awards locally, including Best in Show at the recent Judged Show at Trail's End Art Association. Also this year, Debbie won national recognition for her watercolor, "Cosmos," at The Emerald Art Center Spring Exhibition in Springfield, Oregon. Additionally, she is a well-respected teacher who assists other aspiring watercolor artists. She finds teaching to be especially rewarding and believes that she often learns more than her students. "I enjoy seeing the excitement of someone learning how to express him or herself through painting."

Richard Newman is the featured artist for October at Trail's End Art Gallery in Gearhart. The show, titled "Photography on Metal," will include his most recent

works printed on aluminum. The opening reception will be on Saturday, October 1, from 2-5 as part of Gearhart's Art Walk. Along with other members' work, the show will be open through the month of October. The public is welcome to browse the gallery featuring an all-new monthly exhibit of oil paintings, watercolors,



Loyd

acrylics, photography, collage, cards and gifts. Newman grew up in Cleveland, Ohio, and now lives in Beaverton and Gearhart, Oregon. Currently he is the President of Trail's End Art Assoc. Newman's photo lens focuses on landscapes, nature, sports and historical objects. He is fascinated in the various textures that nature has provided allowing him to bring these objects to print. He uses various types of media to show the details of his work. Currently, Newman enjoys using aluminum, glass and wood to enhance the composition of his work for people to enjoy! "Photography is not a job for me, it is a passion for capturing memories."

His Photograph of a DC3 on aluminum received first place in the annual judged show in 2016. His photographs are hung in various coffee shops in Beaverton, and he has developed his own website located at www.window-to-the-world-photography.com, and also offered on Etsy under the shop Newman48.

The TEAA gallery is located at 656 A Street in Gearhart. The gallery is open 11-3 p.m. Wednesday through Sunday. Trailsendart.org

Bury The Hatchet, Stars Are Falling Diane Kingzett at IMOGEN

FOR HER SECOND SOLO exhibition at Imogen, Diane Kingzett of Portland, brings a new series of oil paintings exploring issues of turmoil. Within this series, Bury The Hatchet, Stars Are Falling, her work conveys in sublime and intuitive ways, content echoing her own response to conflict with the goal of creating a path to move forward. In her own words: "laying down old relics and bones of interference so we may see the beauty that is offered, whether we are available to grasp it or not. A movement toward peace over turmoil."

The exhibition opens for Astoria's Second Saturday Artwalk, September 10th 5 - 8 pm with a reception for the artist. Kingzett will be present and available to answer questions about her work. The exhibition will remain on view through October 4th.

Diane Kingzett is an artist who creates from an intuitive approach, her own responses to outside circumstances, help to form her imagery. Through abstraction, her compositions might bring vague memory of place. With calculated use of palette, exquisite deep blues work to anchor landscape, offering a sense of haunting mystery and a nod to the unknown. Pale washes of grey and lavender hues defined by thoughtful use of line, provide a calm moment to rest, perhaps allowing peace to permeate a space and to further create an emotional place to pause and reconnect. In this time, we often are looking to "reset", Kingzett's paintings provide that natural instinct to lay down burden, to retrace footsteps to a place that nurtures, through an ethereal sense of reality. About the series she states,

Kingzett, who has painted for over 30 years earned her BFA at West Virginia University and also studied at the San Francisco Art Institute as well as the Vermont Studio Center. Having lived in all four corners of the country, Kingzett has taken inspiration from her experiences and utilized that towards the development of her work as a painter.

Imogen Gallery is open six days a week (closed Wednesdays) at 240 11th Street in Astoria. 503.468.0620 www.imogengallery.com



Solstice 30x32 oil on panel

ZOOM UGANDA Photo Exhibit The Hoffman Center

THE HOFFMAN CENTER for the Arts in Manzanita will host a special photo exhibit "ZoomUganda" during the month of September.

Directed by intercultural consultant Julie Resnick, the "ZoomUganda" project put cameras in the hands of a dozen Ugandan girls and had them document their lives and tell their own stories through their lenses.

The exhibit will be on display in the Hoffman Center Gallery Fridays, Sep. 9, 16, 23 and 30, from 2 to 4pm. Resnick, a Manzanita resident, will discuss "Behind the Scenes of ZoomUganda" during a special reception Friday, Sep. 16 at 7pm.

"ZoomUganda empowered its participants to stand in the centers of their world and show you the view from there," said Resnick. "Viewers can see what these girls experience as significant, as sacred: chores before and after the two-hour walk to school and back each day, a favorite goat, elderly relatives standing in for dearly departed parents, those parents' many graves."

Resnick said the project gave the girls an opportunity for further education, which is the "single most effective step a family, village, and country can take to build communities, improve health conditions, and foster economic growth." She added, "Educating girls quite literally changes our world."

The Hoffman Center is located at 594 Laneda in Manzanita.



Heather Douglas is Astoria Visual Arts' Newest Writer-in-Residence

HEATHER DOUGLAS, a freelance educator, writer and illustrator, born and raised in Astoria, has been invited to take advantage of AVA's North Coast Writer's Retreat as the Fall 2016 writer-in-residence. Douglas is well known locally for her writing – especially her popular blog about Astoria (astoriain.com) – and for her illustration work.

AVA's North Coast Writer's Retreat writer-in-residence program ("AVA W-i-R") offers local and visiting writers a unique opportunity to launch new endeavors, revise works in progress, or conclude longstanding projects. The program seeks to provide writers with writing time and space in an idyllic setting. AVA's PierLoft Studio, at the base of 11th Street, features panoramic views of downtown Astoria and the Columbia River.

"Heather Douglas was invited to be a writer-in-residence based on the quality of her work and her dedication to community. We also considered Heather's readiness to benefit from the uninterrupted quiet and creatively charged setting the writer's retreat affords," said Lisa Smith, chair of the AVA W-i-R Selection Committee.

Writing has been Douglas's passion since she was in middle school and first attended The Oregon Writing Festival at Portland State University. She says she will never forget how inspiring it was sitting in a circle on the lawn of the PSU campus sharing her writing with other writers. In 2015 and 2016, she was a presenter at the same festival that inspired her over 30 years ago.

In 2014, Douglas made the tough decision to quit her teaching job to pursue her passion for writing, art and exploration. This journey has resulted in two coloring books, the formation of astoriain.com, and many editing, proofreading and writing jobs for blogs and online publications.

"A great example of Heather's wit and writing style is 'The Astoria Column Diaries:



'Musings on Tourists,' a hilarious account in astoriain.com of working for a summer in the Astoria Column gift shop," said Lisa Smith.

"During her upcoming three-month residency, Heather plans to work on some narrative non-fiction, a book of poems, and a blog about the residency experience.

We look forward to her sharing the fruits of her labors with us and the rest of the community."

AVA W-i-R is designed to encourage the creative, intellectual and personal growth of both emerging and established writers. A public reading of a sample of their work by the selected writers before the end of their W-i-R session is a requirement of the residency. All writers are eligible, however the residency does not include overnight accommodations and out-of-town writers must make arrangements on their own. For more information, visit: <http://www.astoriavisualarts.org/north-coast-writers-retreat.html>

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

Creativity for Vibrant Aging: Lessons from the Geezer Gallery September 13 Hoffman Center



IMAGINE A COMMUNITY that celebrates master level senior artists, plus provides arts programs that give voice to community members of all generations. The Hoffman Center for the Arts serves as a key player in making this three-village area such a creative, vibrant community.

On September 13, 2016, The Art of Aging series at the Hoffman Center welcomes a presentation from Amy Henderson, founder of Portland's Geezer Gallery. The Geezer Gallery represents older artists, and daily proves the value of creative engagement through dynamic group programs, open studios and collaboration with other arts groups. Amy will inspire with

stories of the partnerships, advocacy, research and programs of this unique organization, a lively incubator of aging creativity in Portland for the past seven years.

Amy will be joined by kinetic sculptor and Geezer Gallery President Candyce Scott. Candyce and Amy will share research findings as well as personal stories that illustrate finding purpose and transformation through creativity in later life.

The session will run from 3 to 5pm. Suggested donation is \$5.

The Art of Aging/Art of Dying Series is a program of the Hoffman Center for the Arts and will be held at the Hoffman (across from Manzanita Library at 594 Laneda Avenue). Further information is available at hoffmanblog.org <<http://hoffmanblog.org>> online or contact Tela Skinner at telaskinner@gmail.com.

Creative Writing Workshop with Nick Jaina

SOU' WESTER presents a writing workshop with Nick Jaina in Artist-In-Residence style in which the entire lodge is set aside for students in this workshop and all students may book a room in the lodge for \$50 a night. Mon/Sept 12 thru Thurs/Sept 15, 10am – 1pm or 2pm – 5pm.

This set of workshops focuses on all the good things that writing can do for your mental and emotional state, how it can bring you closer to people, and how it can help you understand the world. Rather than just trying to make something marketable, you will work on discovering the interesting, funny, and wonderful ideas that are sitting inside of you.

Students sign up for the workshop and then pick the time slot they prefer.

Sign up for 1 day or all 4. Pick one time slot for each day.

Writer Retreat prices for any suite in the lodge: \$150 for the week or \$50 a night (potentially shared accommodations). Students do not have to stay at the Sou'wester to take any of these classes.

Nick Jaina is a musician and author from Portland, Oregon. His book *Get It While You Can* is a finalist for the Oregon Book Award in Creative Non-Fiction. He has taught writing workshops for ten years at Pendleton Rock Camp.



Cost \$100 for all four days or \$30 each day.

Please bring a laptop or pen and paper. Please bring a sack lunch and/or snack. Hot tea and coffee provided. Workshop for students ages 15+. All skill levels welcome. Max # of students: 10 (5 in each session, morning or afternoon.)

Please RSVP souwesterfrontdesk@gmail.com or 360 – 642 – 2542.

Call the Sou'wester to book your stay – all lodge rooms have been set aside for this retreat. Sou' Wester is located at 3728 J Place, Seaview, WA 98644

Writing Workshop with Mindy Halleck Hoffman Center

AUTHOR MINDY HALLECK will teach a writing workshop on "How Objects Tell a Story" on Saturday, September 17, 2016 from 10 to 3 at the Hoffman Center for the Arts in Manzanita.

This workshop is useful for writers working in Novel, Short Story or Memoir.

What is lord of the Rings without the RING, Cinderella without GLASS SLIPPERS? These iconic objects are shorthand for legendary stories that could not be told without them.

Objects, sometimes called plot-devices, in fiction writing can be over done. However a well-crafted plot device, or one that emerges naturally from the setting or characters of the story, can enrich the story and provide an added layer of reader satisfaction.

Students will learn to create a narrative for an object that can be backstory shorthand, enhance storytelling, help eliminate pages of narration and aid in telling a more layered tale. We'll look at the when, where, and how objects intersect with plot,

and how to create more depth in stories. There will be writing exercises, visual presentations, displays, Q & A, handouts, and powerful story discovery worksheets.

Mindy Halleck is an award-winning author, and instructor. Her novel *Return to Sender* – set in the Manzanita Oregon of the 1950s – was a featured debut novel in *Kirkus Review Magazine* in 2015, and also won a 'Readers Favorite' award. Recently, Halleck won a *Writer's Digest* fiction contest with her short story, *A Mother's Confession*, which is published in the Nov/Dec 2016 *Writer's Digest Magazine*. Halleck blogs at *Literary Liaisons* and is an active member of the writing community. A one-time magazine columnist and travel writer, she is a happily married, globe-trotter currently working on her second novel, *Garden of Lies*.

Held at the Hoffman Center for the Arts, the workshop is \$50. Register and get more information at hoffmanblog.org. 594 Laneda in Manzanita.

Ric's Poetry Mic • First Tuesdays @ Wincraft

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 is named Ric's Poetry Mic and is 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. Readings are from 7pm to 8:30pm, with sign up to read at 6:45 p.m. All poetry friends are welcome to come to read and listen. Contact: Mary Lou McAuley <mmcauley05@gmail.com>

Wednesday 14

MUSIC

Austin Quattlebaum. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Night of All Knowledge Trivia Tournament. A team trivia tournament. Free, 6pm at the Seaside Public Library.

Annual Celebration of Honor. An event to honor active duty personnel and military veterans. Oregon Traveling Memorial Wall, Run for Honor 5K, free buffet for military and veterans, plus free entertainment. At Chinook Winds in Lincoln City. FMI call 541-996-5815.

Thursday 15

MUSIC

Ukulele Road Show. Featuring duet and sextet performances of contemporary, traditional and original folk, jazz and pop. At the Lincoln City Cultural Center. FMI call 541-994-9994.

Three for Silver. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

Austin Quattlebaum. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Oktoberfest. Chinook Style. Dinner and silent auction. At Chinook School in Chinook.

Annual Celebration of Honor. An event to honor active duty personnel and military veterans. Oregon Traveling Memorial Wall, Run for Honor 5K, free buffet for military and veterans, plus free entertainment. At Chinook Winds in Lincoln City. FMI call 541-996-5815.

Friday 16

MUSIC

Nehalem Valley All-Stars. Free, 5 – 8pm at the Manzanita Farmer's Market.

Bottleneck Blues Band. 9pm at Rusty Truck Brewery in Lincoln City.

Mike Branch Band. 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

Woodland West. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Reception for ZoomUganda photo exhibit. 7pm with a discussion with Julie Resnick, "Behind the Scenes of ZoomUganda." At the Hoffman Center in Manzanita.

HAPPENING

Harvest Moon Festival. 6pm at the Garden of Surging Waves in Astoria.

Annual Celebration of Honor. An event to honor active duty personnel and military veterans. Oregon Traveling Memorial Wall, Run for Honor 5K, free buffet for military and veterans, plus free entertainment. At Chinook Winds in Lincoln City. FMI call 541-996-5815.

THEATER

Love/Sick. \$15, 7pm at the PAC in Astoria.

Saturday 17

MUSIC

Mike Branch Band. 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

Woodland West. No cover, 9pm at the Adrift Hot in Long Beach.

Zach & Bridget. Americana duo, LA-based Zach and Bridget perform original material from their CD release. Doors open 8pm for beverages. Music follows 8:30pm. \$6 @ the door. KALA, 1017 Marine Drive in Astoria.

FOOD & DRINK

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

Annual Indian Style Salmon Bake. At Depoe Bay City Park. 541-765-2889

HAPPENING

Community Garden Open House and Master Gardener Lesson. Learn about growing food in our unique climate and our approach to gardening together and sharing our harvest with the North County Food Bank. Be prepared to work alongside volunteers and master gardeners weeding, pruning, and harvesting. 10am – noon at Alder Creek Farm in Nehalem. 503-368-3203

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.

Fall Plant Sale. 10am – 3pm at the Connie Hansen Garden in Lincoln City. 541-994-6338

Annual Celebration of Honor. An event to honor active duty personnel and military veterans. Oregon Traveling Memorial Wall, Run for Honor 5K, free buffet for military and veterans, plus free entertainment. At Chinook Winds in Lincoln City. FMI call 541-996-5815.

OUTSIDE

Open Spaces Bird Walk. Audubon Society from 9 – 11 AM. Easy walk along the beaches of Siletz Bay. 9 – 11am at Siletz Bay Park in Lincoln City. 541-992-1524

THEATER

Love/Sick. \$15, 7pm at the PAC in Astoria.

Sunday 18

MUSIC

Swing Cats of Astoria. 10am – 3pm at the Astoria Sunday Market.

Lewi Longmire. No cover, 8pm at the Adrift Hotel in Long Beach.

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

True Life Trio. From San Francisco, True Life Trio performs Eastern European vocal music to American Bayou. \$18 advance, \$20 @ the door. 7:30pm. Doors open 7pm. Vocal workshop 1:30-3:30pm. KLA, 1017 Marine Drive in Astoria. Tickets at www.brownpapertickets.com

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

Muttzanita. Vendors, games and contests for dogs and humans, demonstrations and more. 10am-3pm in Manzanita. muttzanita.com

Annual Celebration of Honor. An event to honor active duty personnel and military veterans. Oregon Traveling Memorial Wall, Run for Honor 5K, free buffet for military and veterans, plus free entertainment. At Chinook Winds in Lincoln City. FMI call 541-996-5815.

THEATER

Love/Sick. \$15, 4pm at the PAC in Astoria.

Monday 19

MUSIC

Lewi Longmire. No cover, 8pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

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

Tuesday 20

MUSIC

Lewi Longmire. No cover, 8pm at the Adrift Hotel in Long Beach.

ART

Mingle and Muse. With painter Cynthia Herron. 5pm at the Boyden Studio at the Sitka Center near Otis.

HAPPENING

Family Fun Night. Free family fun with food, roller skating, games, a bounce house, face painting, and more. 5 – 8pm at the Astoria Armory.

AAUW Meet and Greet. The public is invited to come and meet members of AAUW and learn about what the organization is doing in the community. 5:30 – 7pm at Blue Scorcher in Astoria.

Wednesday 21

MUSIC

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

Thursday 22

MUSIC

Bill Wadhams & Friends. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

Friday 23

MUSIC

The Monkees. \$26 - \$51, 8pm at Chinook Winds in Lincoln City.

Beth Willis Duo. 9pm at the Seafood Grill Lounge in Lincoln City.

CoLoSo. 9pm at the Nauti Mermaid in Lincoln City.

Laura Curtis + Jack Martin. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Blue on Blue Art Exhibit and Demonstration. ArtPort Gallery artists will draw,

paint, sculpt & design to the color BLUE to compliment the Ilwaco Merchant's SEAFOOD & BLUES annual event. 10am – 5pm at ArtPort Gallery in Ilwaco.

CINEMA

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

OUTSIDE

Greater Oregon Brew Tour Golf Tournament. Seasonal and unique beers from around the State of Oregon will be stationed along the course for tasting. \$60 per player, 1pm shotgun start at the Gearhart Hotel.

THEATER

Love/Sick. \$15, 7pm at the PAC in Astoria.

Don't Dress for Dinner. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 24

MUSIC

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

Beth Wood. \$12, 7pm at the Peninsula Arts Center in Long Beach.

The Monkees. \$26 - \$51, 8pm at Chinook Winds in Lincoln City.

Beth Willis Duo. 9pm at the Seafood Grill Lounge in Lincoln City.

CoLoSo. 9pm at the Nauti Mermaid in Lincoln City.

Laura Curtis + Jack Martin. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Blue on Blue Art Exhibit and Demonstration. ArtPort Gallery artists will draw, paint, sculpt & design to the color BLUE to compliment the Ilwaco Merchant's SEAFOOD & BLUES annual event. 10am – 5pm at ArtPort Gallery in Ilwaco.

Trashion Show. Trashion Show—a fashion show with clothing designed from recycled and repurposed materials. \$25. 7pm at NCRD in Nehalem.

FOOD & DRINK

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

HAPPENING

Summer Plant Clinic and Peony Root Sale. 10am – 1pm at the Columbia Pacific Heritage Museum in Ilwaco.

LECTURE

What Beekeepers Do. With Beekeeper Julie Tennis. 1pm at the Seaside Library.

OUTSIDE

SOLVE Beach & Riverside Cleanup. For locations, visit solveoregon.org

Open Spaces Bird Walk. Easy/moderate walk through forest, wetlands and beach. 9 – 11am at the Villages at Cascade Head. 541-992-9720

THEATER

Love/Sick. \$15, 7pm at the PAC in Astoria.

Don't Dress for Dinner. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 25

MUSIC

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

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

Saturday

MUSIC

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

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

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

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

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

FOOD & DRINK

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

Sunday

MUSIC

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

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

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

Monday

HAPPENING

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

Tuesday

MUSIC

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

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

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

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

HAPPENING

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

THEATER

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

Wednesday

MUSIC

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

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

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

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

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

LITERARY

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

SPIRITUAL

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

Thursday

MUSIC

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

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

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

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

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

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

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

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

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

MORE MUSIC



Bill Wadhams

Wadhams & Friends is led by Bill Wadhams, singer of the '80s hit "Obsession", and the band Animation. Before becoming a pioneer of synth pop, Bill was a singer/

songwriter playing acoustic guitar and singing in pubs. He carries on that tradition.

Thursday, Sept 22, 7-10pm at the Sandtrap in Gearhart



Dorado

Portland funk rock trio "Dorado" combines musical sophistication with funky badass grooves and raw talent. I hear everything from Steely Dan to Beck. It is really groovy stuff" - 8 Ball studios Rob Stroup.

Funk it UP, Sunday Sept 18 at the George, 8pm.



The Baron Ward

Comprised of an independent rock singer, Dors Ward, and well-travelled Portland bard Chris Baron, this under-marketed funky acoustic duo has been delivering the Goods on and off since 2008. They are two voices, and one

guitar. They believe in blind love, true loyalty, and stalwart hedonism. They are: The Baron Ward

Sunday Sept 25, 8pm at the pickled fish/Adrift Hotel in Long Beach

Sedona Fire Band. 10am - 3pm at the Astoria Sunday Market.

Terry Barber. \$15, 2pm at the Historic Raymond Theater in Raymond.

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

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

THEATER

Love/Sick. \$15, 4pm at the PAC in Astoria.

THEATER

Don't Dress for Dinner. Comedy. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

Monday 26

MUSIC

JT + Rowdy Mountain. No cover, 8pm at the Adrift Hotel in Long Beach.

Tuesday 27

MUSIC

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

Wednesday 28

MUSIC

The Rhythm Future Quartet. \$20, 7pm at the Lincoln City Cultural Center.

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

Thursday 29

MUSIC

Mojo Phooey. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

HAPPENING

Clatsop Cultural Coalition Grant Workshop. 6:30pm at the Art Loft in Astoria.

The Art of Aging Conference. Personal Safety Nets: Planning for the Probabilities. Embracing the Possibilities. \$25 includes conference + lunch both days. 10am - 4pm at the Hoffman Center in Manzanita. Register at safetynet.eventgrid.com

Friday 30

MUSIC

Milo and Friends. 7pm at the Lincoln City Cultural Center.

Bret Lucich. 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

Bachaco. 9pm at the Nauti Mermaid in Lincoln City.

Those Willows. No cover, 9pm at the Adrift Hotel in Long Beach.

HAPPENING

The Art of Aging Conference. Personal Safety Nets: Planning for the Probabilities. Embracing the Possibilities. \$25 includes conference + lunch both days. 10am - 4pm at the Hoffman Center in Manzanita. Register at safetynet.eventgrid.com

THEATER

Don't Dress for Dinner. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 1

MUSIC

Cascadia Concert Opera. Showcase of Favorites plus La Serva Padrona. Admis-

sion by donation. 7pm at the Lincoln City Cultural Center.

Bret Lucich. 9pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

Those Willows. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Seaside Art Walk. 5 - 8pm at galleries and businesses in downtown Seaside and Gearhart.

FOOD & DRINK

Wine Tasting. Wines from Germany/Austria. 1 - 4pm at the Cellar on 10th in Astoria.

HAPPENING

Winterizing Your Garden. This event includes Plant Sale, Lectures, Demonstrations, Garden Garage Sale and Ph Soil Testing with Master Gardeners ready to problem solve and answer all home garden questions. 10am - 2pm at the Clatsop County Fairgrounds, Astoria.

Clatsop Cultural Coalition Grant Workshop. 11am at the Seaside Library.

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.

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

THEATER

Don't Dress for Dinner. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 2

MUSIC

Richard Bean. 10am - 3pm at the Astoria Sunday Market.

Chris Benson. No cover, 9pm at the Adrift Hotel in Long Beach.

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

HAPPENING

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

Monday 3

MUSIC

Chris Benson. No cover, 8pm at the Adrift Hotel in Long Beach.

Tuesday 4

MUSIC

Chris Benson. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Annual Senior Fair. Full day of exhibits, entertainment and prizes with seniors in mind. At Chinook Winds in Lincoln City.

LITERARY

Ric's Poetry Mic. Every first Tuesday. 7 - 8:30pm, sign up at 6:45. At WineKraft in Astoria.

Wednesday 5

MUSIC

Pete Kartsounes. No cover, 8pm at the Adrift Hotel in Long Beach.

BOOK RELEASE EVENT



JOIN COASTAL AUTHOR TIM HURD, SATURDAY, OCT 8 at 5pm at the Lovell Room, Fort George at 5pm to celebrate the release of his new collection of short stories, *OF DUST AND THE RIVER*.

Hurd grew up on a homestead on Hwy 26, his ongoing connection to the land has created the quality of Regionalism in his work, focusing on how place shapes us all, written in a style that some call, Dirty Realism and often displays what is referred to as The Zero Ending, or Slice of Life.

Tim Hurd is one of the co-founders of The River Theater and the Columbia River Coffee Roaster, with the tag line "the coffee that floats the arts," the theater and the coffee were thought of simultaneously in these parts. Hurd wrote and directed his own play "The Sweet Scent of Apples," at The River, and has been published in RAIN Magazine and Glimmer Tran Magazine. But, when you think of Tim Hurd in these parts, you can't help but think THUNDERMUCK!

The Oct. 8 date kicks off a slough of readings, look for more news and dates coming up in October and a second release is in the grinder.

HAPPENING

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

Thursday 6

MUSIC

Pete Kartsounes. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

First Thursday Trivia. Teams of 1-5 compete for universal admiration and fantastic prizes. Sign up ahead of time or just show up! Free, 5:30 - 6:30pm at the Astoria Public Library.

Friday 7

MUSIC

Beth Wood. \$15, 7pm at the Lincoln City Cultural Center.

La Rivera. No cover, 9pm at the Adrift Hotel in Long Beach.

Unlikely Saints. 9pm at the Seafood Grill Lounge in Lincoln City.

ART

Tillamook County Quilt and Fiber Festival. 10am - 5pm at the Tillamook County Fairgrounds in Tillamook.

THEATER

ASOC Annual Fall Production. 7:30pm at the ASOC Playhouse in Astoria.

Don't Dress for Dinner. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 8

MUSIC

Storm Large. NorthWest entertainment Diva, performs at The Liberty.

Ara Lee. \$12, 7pm at the Peninsula Arts Center in Long Beach.

Steel Wool. \$10, 7:30pm at the NCRD Performing Arts Theater in Nehalem.

Cherry & The Lowboys. 9pm at the Rusty Truck Brewery in Lincoln City.

La Rivera. No cover, 9pm at the Adrift Hotel in Long Beach.

Unlikely Saints. 9pm at the Seafood Grill Lounge in Lincoln City.

ART

Tillamook County Quilt and Fiber Festival. 10am - 4pm at the Tillamook County Fairgrounds in Tillamook.

FOOD & DRINK

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

Chowder and Brewfest. Celebrate the perfect pairing of chowder and craft beer, along with live music and fun games. At the Lincoln City Outlets. 800-452-2151

HAPPENING

Cranberrian Fair. A celebration of local harvest including all things cranberry. Foods, vendors, craft demonstrations and more will showcase the area's rich heritage. \$5 collective entrance fee, at the Columbia Pacific Heritage Museum in Ilwaco.

Oktoberfest. Beer, traditional German food, costume contests and kids arts & crafts. Live music & dancing. \$5 entry fee if minor or no alcohol. Kids under 5 free. \$20 includes 4 beer taster tickets and a mug. 11am - 8pm at the Kiawanda Community Center in Pacific City.

LECTURE

Rhody Talk. With Mike Bones. At the Connie Hansen Garden in Lincoln City. 541-994-6338

THEATER

Don't Dress for Dinner. Comedy. \$15 - \$20, 7:30pm at the Coaster Theater in Cannon Beach.

Barefoot in the Park. ASOC Annual Fall Production. 7:30pm at the ASOC Playhouse in Astoria.

Sunday 9

MUSIC

Swing Cats. Soup and Swing at KALA. Hearty Fall soup basket and hearty old time swing jazz for your Sunday pleasure! 6pm to 9pm.

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

Eden-Stell Guitar Duo. \$25, 3pm at the Camp Winema Chapel north of Neskowin.

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

Matt Cadenelli. No cover, 9pm at the Adrift Hotel in Long Beach.

HAPPENING

Cranberrian Fair. A celebration of local harvest including all things cranberry. Foods, vendors, craft demonstrations and more will showcase the area's rich heritage. \$5 collective entrance fee, at the Columbia Pacific Heritage Museum in Ilwaco.

THEATER

Don't Dress for Dinner. Comedy. \$15 - \$20, 3pm at the Coaster Theater in Cannon Beach.

Monday 10

MUSIC

Matt Cadenelli. No cover, 8pm at the Adrift Hotel in Long Beach.

Tuesday 11

MUSIC

Matt Cadenelli. No cover, 8pm at the Adrift Hotel in Long Beach.

Wednesday 12

MUSIC

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

ART

Artist-in-Residence Show and Tell. Free, 6pm in the Boyden Studio at the Sitka Center near Otis.

LITERARY

Written in the Sand. Several local authors will discuss and sign their work at this event. 1 – 4pm at Beach Books in Seaside.

Thursday 13

MUSIC

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

Gun and Knife Show. 9am – 6pm at the Kiawanda Community Center in Pacific City.

Get Your ART ON! Classes/Workshops

Astoria Art Loft 106 3rd St. Astoria

Marbeling Papers

Use a centuries-old process and modern pigments to create marbeled papers with Ellen Zimet on Thursday, September 8, from 10 a. m. – 2 p.m. and Saturday, September 10, from 10 a.m. – 3 p.m at the Astoria Art Loft. Ellen will supply the chemicals and the paints.

If this is your first marbeling workshop, the cost is \$90. If you are returning to Ellen's workshop, the cost is \$65.

For a supply list and further directions, please contact the Art Loft at 503.325.4442 or e-mail: astoriaartloft@gmail.com.

Strengthen Your Artwork with Linda Rothchild Ollis

Many artists master the technical aspect aspects of painting, but their creations remain ho-hum. Reason? Weak design.

Linda Rothchild Ollis helps artists develop strong designs using special techniques. For example, she introduces making graffiti on special papers and incorporating then in an intuitive way into abstract collage designs. The designs are revised until they are strong and effective. The artwork is finally painted with acrylic.

Linda's approach is effective. She has won many awards at prestigious exhibits using her approach.

Linda's workshop, "Strong Design" will be at the Astoria Art Loft on September 15 and 16, Friday and Saturday, from 10 a.m. – 4 p.m. The cost is \$198 and many materials will be provided. Enrollment cutoff is September 30. For more information, please call 503.325.4442 or e-mail at astoriaartloft@gmail.com.

HOFFMAN CENTER 594 Laneda in Manzanita Multilayer Papercutting Class



The Hoffman Center for the Arts in Manzanita will host a one-day "Multilayer Papercutting" class Saturday, Sep. 10, from 10 a.m. to 3 p.m.

Led by artist David Friedman of Portland, students will use paper-cutting tools to create delicate, intricate and unique artwork.

Tuition for the class will be \$55, with an additional \$35 materials fee.

Friedman is an award winning artist from Central Washington University in Ellensburg. "Papercuts as an art form have a long tradition. German, Jewish, Japanese and Chinese traditions all have their styles," said Friedman. "My work brings papercuts into a contemporary format. Many are multilayered and dimensional."

Interested persons can register for "Multilayer Papercutting" on-line at <http://hoffmanblog.org/ongoing-classes/register-for-workshops>. The class is limited to 12 participants, and requires using sharp knives/utensils

Questions about the class can be sent to Friedman at friedart@gmail.com. friedart.com.

BEAUTIFUL VIEWS, YOGA AND HEALING At The NEW RiversZen Yoga and Resistance Stretching Studio In Ilwaco



THE RIVERSZEN YOGA and Ki-Hara Stretching Studios of Astoria will be hosting a "Grand Opening Celebration" on Saturday October 1st in honor of their new, second location on the Waterfront Walk in Ilwaco Washington, at 177 Howerton Way from Noon to 5:00pm. There will be free community yoga, stretching, snacks, and great prizes to win! Including yoga and stretching class packages, a Kindle Fire, yoga mats, straps and other fun goodies!

This new location will offer some of the same fantastic group classes enjoyed at the RiversZen Studio in Astoria including: Hatha Yoga, Resistance Stretching, Pilates and more, led by the studio's experienced and caring instructors including: Peggy Stevens, Chandra Stevens and Mario Wilson.

Dave Stevens owner-operator of RiversZen Studios says: "After many appeals from loyal students in the yoga community on the Washington side, we worked to seek a location in Southwest Washington to fill their needs. We are pleased to announce we have found an amazing space in the Marie Powell Building, right on the waterfront in the Ilwaco Harbor with full window views! We feel this is yet another magical place, like our location on the Riverwalk in Astoria, for group classes and private sessions designed to help you "Move Well, Stay Healthy and Be Happy". And one of the coolest parts is that with the purchase of packages or memberships you can attend classes at either our Astoria or Ilwaco locations!"

Registration for classes starts Monday Oct 3, at 7am, 10:30am and 6pm, with more classes to be added. Basic yoga equipment, such as mats, straps and blocks are provided. And remember your first day at RiversZen Studios is always FREE.

And if you might be interested in becoming part of their expert team of instructors in Yoga or Group Fitness at this new location, contact them at info@riverszen.com or call 503-440-3554.

The RiversZen Yoga and Ki-Hara Resistance Stretching Studio in Astoria is located at 399 31st Street on the beautiful Astoria River Walk. Plenty of free parking and a handicapped ramp is available. Learn about a revolutionary new method for growing stronger, increasing flexibility, eliminating pain, reducing injuries and becoming ageless. Their highly qualified, caring trainers, instructors, guides and consultants will engage you in the process and leave you excited by your progress. RiversZen Call Peggy 503-440-3554 or email info@riverszen.com or check out our website at riverzen.com/facebook.

Qigong Walking/Forms Class

The RiversZen Studio With Donna Quinn

GREAT NEWS from the RiversZen Yoga Studios! Donna Quinn teaches Qigong Walking/Forms Class every Monday morning at 7:30 am at RiversZen Astoria on 31st Street ... and the best part? It's another Community Class (translate FREE!)

Trigger Point Release & Magical Spinal Care DEMO Class – FREE!

September 13 @ 5:30 pm - 6:30 pm
Gracefull Waves Chiropractic in Wheeler

Would you like to have a very simple tool to release a tight muscle in 30 seconds or less, with the help of a partner/friend (or even by yourself!)? Come be our guest at this fun and informative evening where you will walk away with an easy and effective technique to bring greater ease to the body! In addition, we'll give a DEMO of the work that so many are calling "magical!" (Hint: The first excited person to volunteer who has never had a session with us stands a good chance of having a free session!)

For those who have had a taste of our work: have you ever wondered how a light contact on the spine can make such a BIG difference in the body? And have you ever wondered what we are doing, as you lay face-down during your spinal adjustment or "entrainment"?

In this fun and informative class, we combine and answer these questions (and more) while also offering a simple and effective tool for you and guests to have at your disposal at any time, anywhere!

FREE! 503.368.WELL. 278 Rowe St., Suite 210, Wheeler, OR 97147

Scrambling for Health, Sept. 25

LEWIS AND CLARK National Historical Park hosts the 7th annual South Slough Scramble on Sunday, September 25



at 9am. All 5k/10k participants will get a finisher's medal. There will also be a safety and health fair along with prize drawings. The start/finish line and the health fair will be located at the park's Netul Landing, approximately 1½ miles south of Fort Clatsop.

Come for either an approximately 5k walk/run or a roughly 10k run along the park's trails. Both loops will take participants along the ups and downs of the South Slough Trail, into the coastal hills, and along the Lewis and Clark River. The routes cross a number of scenic boardwalks and bridges and are not accessible for most wheelchairs or strollers. Please, no pets. Registration is from 8:00 a.m. to 8:45 a.m. at Netul Landing. Participants younger than 18, must have their registration signed by a parent or guardian.

This third and final event in the 2016 Lewis & Clark Trail Series is sponsored by the Lewis & Clark National Park Association, Providence Seaside Hospital, and Sunset Empire Parks & Recreation District. The park is open daily from 9:00 a.m. to 5:00 p.m. The National Park Service is celebrating its centennial throughout 2016. For more information, call the park at (503) 861-2471 or visit the park's web site at www.nps.gov/lewi or find the park on Facebook at LewisandClarkNationalHistoricalPark.

MOVIES & MUSINGS

FLASH CUTS



BLAIR WITCH (SEPT. 16) A surprise sequel to the 1999 horror classic The Blair Witch Project that was completely unknown until unveiled at Comic-Con in July. Filmed under the working title of The Woods, Blair Witch continues the story. Synopsis: A group of college students venture into the Black Hills Forest in Maryland to uncover the mysteries surrounding the disappearance of James' sister who many believe is connected to the legend of the Blair Witch. At first the group is hopeful, especially when a pair of locals offer to act as guides through the dark and winding woods, but as the endless night wears on, the group is visited by a menacing presence. Slowly, they begin to realize the legend is all too real and more sinister than they could have imagined.

BRIDGET JONES'S BABY (SEPT. 16) Nearly unrecognizable after cosmetic surgery and a six-year absence from the screen, Renée Zellweger returns to her signature role of a young British woman with romantic problems. Synopsis: Breaking up with Mark Darcy (Colin Firth) leaves Bridget Jones (Renée Zellweger) over 40 and single again. Feeling that she has everything under control, Jones decides to focus on her career as a top news producer. Suddenly, her love life comes back from the dead when she meets a dashing and handsome American named Jack (Patrick Dempsey). Things couldn't be better, until Bridget discovers that she is pregnant. Now, the befuddled mom-to-be must figure out if the proud papa is Mark or Jack.



Get yer western fix with *Magnificent Seven*

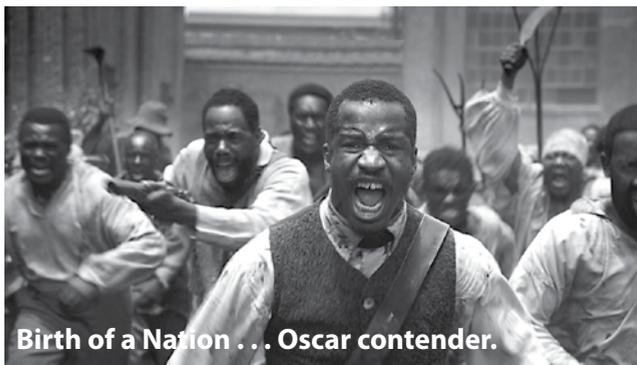
SNOWDEN (SEPT. 16) Oliver Stone directs a dramatization of the true story of Edward Snowden, an National Security Agency computer technician who discovered a worldwide covert surveillance program run by the NSA with the support of foreign governments and private corporations. A former Marine and CIA employee, Snowden (Joseph Gordon-Leavitt) must reconcile his sense of patriotism and his morality over the illegal spying program. After wrestling with his conscience, Snowden chooses to reveal classified documents proving the existence of the program to journalists. Synopsis: In 2013, NSA contractor Edward Snowden

leaked a large number of classified documents to the media, exposing the U.S. government's covert surveillance activities. Some called the whistleblower a hero, while others called him a traitor. With Shailene Woodley, Melissa Leo, Zachary Quinto and Tom Wilkinson.

THE MAGNIFICENT SEVEN (SEPT 23) Antoine Fuqua directs his Training Day star Denzel Washington in the lead role of Chisolm, a bounty hunter who takes on the job of defending a small mining town against a rapacious businessman. After Emma Cullen's husband is gunned down by Bogue (Peter Sarsgaard) and his men, Emma prevails upon bounty hunter Chisolm (Washington) to gather a band of "magnificent men" to avenge

his death and rid the town of Bogue and his men. To that end, Chisolm gathers cardsharp Faraday (Chris Pratt), sharpshooter Robicheaux (Ethan Hawke), mountain man Horne (Vincent D'Onofrio), assassin Billy Rocks (Byung-hun Lee), outlaw Vasquez (Manuel Garcia-Rulfo) and Indian warrior Red Harvest Martin Sensmeier). The seven must defend the town against hundreds of Bogue's hired killers, a mission Chisolm concedes, will probably end with them all being killed, all the while nursing a secret motivation for the seemingly suicidal fight.

MISS PEREGRINE'S HOME FOR PECILIARS (SEPT. 30) Tin Burton directs this young adult story of gifted young people with supernatural powers. Synopsis: When his beloved grandfather leaves Jake clues to a mystery that spans different worlds and times, he finds a magical place known as Miss Peregrine's School for Peculiar Children. But the mystery and danger deepen as he gets to know the residents and learns about their special powers - and their terrifying enemies. Ultimately, Jake discovers that only his own special peculiarity can save his new friends. Based on the novel "Miss Peregrine's Home For Peculiar Children," written by Ransom Riggs. With Eva Green as Miss Peregrine and Asa Butterfield as Jacob.



Birth of a Nation . . . Oscar contender.

THE BIRTH OF A NATION (OCT. 7) Nate Parker's film about a slave rebellion in the 1800's was a sensation at this year's Sundance Film Festival and is being touted as an Oscar contender. Parker plays historical figure Nat Turner, a slave and Baptist preacher in Virginia, who in 1831, 30 years before the Civil War, led a rebellion that resulted in the deaths of 60 whites and 200 blacks. Born into slavery, Turner grows up on a Virginia cotton plantation owned by the white Turner family. As a child, Turner experiences dreams of his African ancestors, who anoint him as a future leader. Young Nat plays with the plantation owner's son, Samuel, and is befriended by his mother Elizabeth (Penelope Anne Miller), who gives him a bible. Years later, Nat has become a preacher and Samuel (Armie Hammer) is now running the plantation, however Nat still picks cotton in the fields and his friendship with Samuel doesn't prevent him from being whipped when he makes the mistake of addressing

a white woman. Despite his hardships, it isn't until Nat is rented out to preach to slaves on other plantations to "calm them," that Turner realizes the sheer brutality of slavery and the need for him to take it into his own hands to force change. Parker himself has courted controversy lately when it was recently reported that he had been charged (and acquitted) of rape while a college student in 1999.

THE GIRL ON THE TRAIN (OCT. 7) A psychological thriller along the lines of Hitchcock's Rear Window meets Gone Girl, Emily Blunt plays Rachel Watson, a woman whose broken relationship haunts her even as she spies on her ex-husband and his new family as well as a "perfect couple" who live nearby as she rides the train obsessively each day. An emotional wreck after she and her Tom (Justin Theroux) fail to conceive and break up, Rachel turns to alcohol and harasses Tom and his new wife Anna (Rebecca Ferguson) with drunken phone calls. Anna, in turn, considers Rachel a threat to her home and family. Although unemployed, Rachel continues to ride the train to London each day and notices an attractive couple living a few doors from Tom and Anna's. Rachel begins fantasizing about the woman, Megan (Haley Bennett) and her husband's life until one day Rachel is shocked to see Megan kissing a man other than her husband. After drinking herself into a stupor, Rachel awakens the next morning to find herself bloody with no memory of the previous evening and Megan missing.



Saturday, September 10th, 1PM - 3:30 PM,

at the Liberty Theater in Astoria -

An event with Astoria's Chinook Indian Nation, featuring a documentary chronicling their struggle for restoration along with Seattle's Duwamish tribe.

Promised Land Documentary is a social justice documentary that follows two tribes in the Pacific Northwest: the Duwamish and the Chinook, as they fight for the restoration of treaty rights they've long been denied. In following their story, the film examines a larger problem in the way that the government and society still looks at tribal sovereignty.

This showing is sponsored by the Columbia River Maritime Museum. The Chinook will be present to discuss the tribe's past and future with the community, and share tribal songs with those who attend. A portion of the ticket proceeds go towards the tribes.

To learn more about the film or watch the newest trailer, please visit <http://promisedlanddoc.com/about>

PROMISED LAND



FREE WILL ASTROLOGY

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SEPTEMBER

ARIES (March 21-April 19): Free your body. Don't ruminate and agonize about it. **FREE YOUR BODY!** Be brave and forceful. Do it simply and easily. Free your gorgeously imperfect, wildly intelligent body. Allow it to be itself in all of its glory. Tell it you're ready to learn more of its secrets and adore its mysteries. Be in awe of its unfathomable power to endlessly carry out the millions of chemical reactions that keep you alive and thriving. How can you not be overwhelmed with gratitude for your hungry, curious, unpredictable body? Be grateful for its magic. Love the blessings it bestows on you. Celebrate its fierce animal elegance.

TAURUS (April 20-May 20): The people of many cultures have imagined the sun god as possessing masculine qualities. But in some traditions, the Mighty Father is incomplete without the revitalizing energies of the Divine Mother. The Maoris, for example, believe that every night the solar deity has to marinate in her nourishing uterine bath. Otherwise he wouldn't be strong enough to rise in the morning. And how does this apply to you? Well, you currently have resemblances to the weary old sun as it dips below the horizon. I suspect it's time to recharge your powers through an extended immersion in the deep, dark waters of the primal feminine.

GEMINI (May 21-June 20): An Interesting Opportunity is definitely in your vicinity. It may slink tantalizingly close to you in the coming days, even whisper your name from afar. But I doubt that it will knock on your door. It probably won't call you seven times on the phone or flash you a big smile or send you an engraved invitation. So you should make yourself alert for the Interesting Opportunity's unobtrusive behavior. It could be a bit shy or secretive or modest. Once you notice it, you may have to come on strong -- you know, talk to it sweetly or ply it with treats.

CANCER (June 21-July 22): [Editor's note: The counsel offered in the following oracle was channeled from the Goddess by Rob Brezсны. If you have any problems with it, direct your protests to the Queen Wow, not Brezсны.] It's time to get more earthy and practical about practicing your high ideals and spiritual values. Translate your loftiest intentions into your most intimate behavior. Ask yourself, "How does Goddess want me to respond when my co-worker pisses me off?" or "How would Goddess like me to brush my teeth and watch TV and make love?" For extra credit, get a t-shirt that says, "Goddess was my co-pilot, but we crash-landed in the wilderness and I was forced to eat her."

LEO (July 23-Aug. 22): Be alert for white feathers gliding on the wind. Before eating potato chips, examine each one to see if it bears a likeness of Rihanna or the Virgin Mary. Keep an eye out, too, for portents like robots wearing dreadlocked wigs or antique gold buttons lying in the gutter or senior citizens cursing at invisible Martians. The appearance of anomalies like these will be omens that suggest you will soon be the recipient of crazy good fortune. But if you would rather not wait around for chance events to trigger your good luck, simply make it your fierce intention to generate it. Use your optimism-fueled willpower and your flair for creative improvisation. You will have abundant access to these talents in the coming weeks.

VIRGO (Aug. 23-Sept. 22): You have just begun your big test. How are you doing so far? According to my analysis, the preliminary signs suggest that you have a good chance of proving the old maxim, "If it doesn't make you so crazy that you put your clothes on inside-out and try to kiss the sky until you cry, it will help you win one of your biggest arguments with Life." In fact, I suspect we will ultimately see you undergo at least one miraculous and certifiably melodramatic transformation. A wart on your attitude could dissolve, for example. A luminous visitation may heal one of your blind spots. You might find a satisfactory substitute for kissing the sky.

LIBRA (Sept. 23-Oct. 22): For many years, my occupation was "starving artist." I focused on improving my skills as a writer and musician, even though those activities rarely earned me any money. To ensure my survival, I worked as little as necessary at low-end jobs -- scrubbing dishes at restaurants, digging ditches for construction companies, delivering newspapers in the middle of the night, and volunteering for medical experiments. During the long hours spent doing tasks that had little meaning to me, I worked diligently to remain upbeat. One trick that worked well was imagining future scenes when I would be engaged in exciting creative work that paid me a decent wage. It took a while, but eventually those visions materialized in my actual life. I urge you to try this strategy in the coming months, Libra. Harness your mind's eye in the service of generating the destiny you want to inhabit.

SCORPIO (Oct. 23-Nov. 21): You have every right to celebrate your own personal Independence Day sometime soon. In fact, given the current astrological omens, you'd be justified in embarking on a full-scale emancipation spree in the coming weeks. It will be prime time to seize more freedom and declare more autonomy and build more self-sufficiency. Here's an important nuance to the work you have ahead of you: Make sure you escape the tyranny of not just the people and institutions that limit your sovereignty, but also the voices in your own head that tend to hinder your flow.

SAGITTARIUS (Nov. 22-Dec. 21): Of all the forbidden fruits that you fantasize about, which one is your favorite? Among the intriguing places you consider to be outside of your comfort zone, which might inspire you to redefine the meaning of "comfort"? The coming weeks will be a favorable time to reconfigure your relationship with these potential catalysts. And while you're out on the frontier dreaming of fun experiments, you might also want to flirt with other wild cards and strange attractors. Life is in the mood to tickle you with useful surprises.

CAPRICORN (Dec. 22-Jan. 19): You have a special talent for accessing wise innocence. In some ways you're virginal, fresh, and raw, and in other ways you're mature, seasoned, and well-developed. I hope you will regard this not as a confusing paradox but rather as an exotic strength. With your inner child and your inner mentor working in tandem, you could accomplish heroic feats of healing. Their brilliant collaboration could also lead to the mending of an old rift.

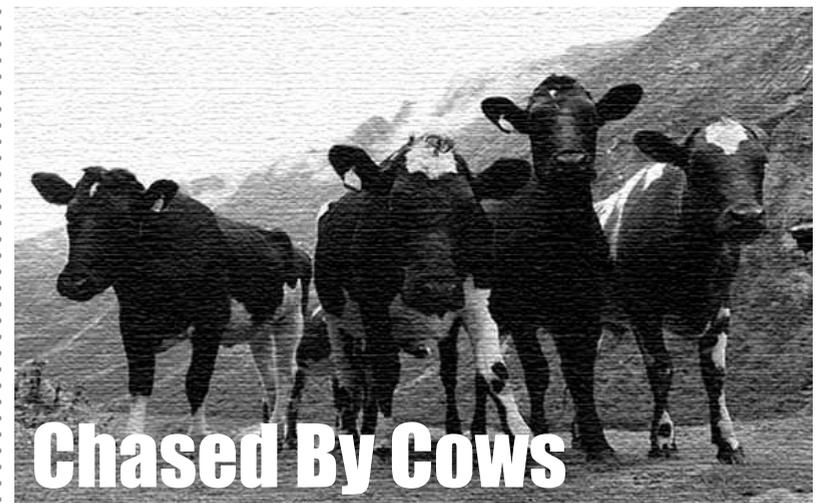
AQUARIUS (Jan. 20-Feb. 18): "Where is everybody when I need them?" Even if you haven't actually spoken those words recently, I'm guessing the voices in your head have whispered them. But from what I can tell, that complaint will soon be irrelevant. It will no longer match reality. Your allies will start offering more help and resources. They may not be perfectly conscientious in figuring out how to be of service, but they'll be pretty good. Here's what you can do to encourage optimal results: 1. Purge your low, outmoded expectations. 2. Open your mind and heart to the possibility that people can change. 3. Humbly ask -- out loud, not just in the privacy of your imagination -- for precisely what you want.

PISCES (Feb. 19-March 20): Millions of Pisceans less fortunate than you won't read this horoscope. Uninformed about the rocky patch of Yellow Brick Road that lies just ahead, they may blow a gasket or get a flat tire. You, on the other hand, will benefit from my oracular foreshadowing, as well as my inside connections with the Lords of Funky Karma. You will therefore be likely to drive with relaxed caution, keeping your vehicle unmarred in the process. That's why I'm predicting that although you may not arrive speedily at the next leg of your trip, you will do so safely and in style.

Homework: Is it possible there's something you really need but you don't know what it is? Write Truthrooster@gmail.com.

Bike Madame

By Margaret Hammitt-McDonald



YESTERDAY we'd just started our ride to work on our recumbent trike-with-trailer when I heard a bellow coming from the field we were pedaling past. The unearthly noise grew nearer and what was rushing toward the pasture fence but a cow, eyes wide, lowering at us as she kept pace at a cow canter. "Well, hello!" my husband called out. From her trailer, Luthien asked, "Is that a cow? Hi, cow!" I managed a moo in return. The cow pursued us until she'd reached the end of her fence and we continued on, bemused and intrigued.

Was the cow trying to make friends? We didn't see other cows in the field with her, and they are not by nature solitary creatures, so her unmet social needs might've driven her to forge a connection with our weird-looking "animal." Or was she defending her territory? She was surely dogged (but not, ahem, cowed) in her pursuit, matching our speed and blasting us with megaphone-style moos. I've never shared life with a bovine, so I couldn't tell whether her wide eyes conveyed surprise, fascination, or aggression. If the fence hadn't been there, would she have kept going after us, even tried to attack us? I want to believe that the cow's intentions were sociable rather than combative, but I have to say I was glad for the fence's presence.

Being chased by a cow sounds sensationalistic, like a tabloid article—one that's tucked in the back pages, after the exclusives about alien abductions and exposes that certain presidential hopefuls are really werewolves. Yet I remember friends who'd grown up with cattle telling me that they aren't always the placid beings portrayed in animated films (or dairy-product ads). Dogs, and the occasional jogger who wants to test his/her acceleration capabilities on foot,

are my usual pursuers, being urged on by a chase instinct that, if successful, rewards one with a meal (well, in the case of the jogger, the reward might be a new reflective jacket). Cows aren't carnivores, so I know Bossy wasn't out for a windbreaker-wrapped snack. Yet one mustn't underestimate even the most mellow animal's compulsion to guard his/her territory. From time to time, tourists visiting Yellowstone National Park, for example, disregard the signs warning them not to approach bison, who (despite their tendency to lie down and loll around) have a reputation for charging would-be photographers they consider threatening to their offspring. Bison, moreover, are relatives of the humble domestic cow. It's possible that without the fence, this cow would've rammed us like that iconic scene in Ben-Hur, minus the rowers and the guy yelling, "Battle speed!" For some folks, bad experiences with bovines might even lead to a condition called "boviphobia," an uncontrollable fear of the mooing monsters.

On the other hand, I cherish a fond memory of having to park on a rural road to adjust the ropes on a canoe my spouse and I were hauling home. Some curious cows trotted toward the nearby barbed-wire fence. After securing the canoe, we approached the cows, five of them by then, whose heads were craning toward us over the fence. They loved getting their necks rubbed so much that one licked us—a weird sensation, being that a cow's tongue is huge and unexpectedly rough. (The critter in question had a funky striped area on her neck, like a zebra's!) Perhaps our quadrupedal neighbor just wanted to be scratched behind the ears. Next time, I'll stop and have a chat with her, if she proves so inclined.

WORKSHOPS/CLASSES

MYCO-MEDICINALS. September 14. Identifying and making Therapeutics with wild Reishi and Turkey Tail fungi. \$30 includes handouts and a balm sample. 11am – 2pm at the Sou'wester Lodge in Seaview. RSVP at souwesterwellness@gmail.com

CERAMIC WORKSHOP: Intro to the Wheel. September 16. This workshop introduces you to the studio and our throwing equipment. We cover basic clay throwing and you will learn how to pull a cylinder and a bowl. There will also be time for hands-on time with the instructor, Mary Roberts. \$35, 10am – noon at the Hoffman Center in Manzanita. hoffmanclaystudio@gmail.com

PHOTOGRAPHY HIKING CLINIC. September 17. Enhance your photography skills and explore the wild side of Lincoln City. \$20, 9 – 11am at Cascade Head. Register at oregoncoast.org/photo-hikes

WRITING WORKSHOP. September 17. With Matt Love. 10am – 3pm at the Lincoln City Cultural Center. 503-812-1524

CRABBING CLINIC. September 20. Starts at 10:00 AM with a brief orientation at the pavilion on SW 51st Street in the Historic Taft District of Lincoln City, followed by crabbing on Siletz Bay. Free. 800-452-2151

COMMERCIAL FISHERMEN Drill Conductor Course. September 21 & 22. Marine Safety and Survival Training. Free, preregistration required. 7:45am – 5pm at the Barbey Maritime Center in Astoria. Call 503-325-8573 to register.

CERAMIC WORKSHOP: Trimming and Tooling. October 7. This workshop assumes you are familiar with the wheel. We will introduce the next step to shape, trim, and alter basic shapes. If you wish, we invite you to prepare your leather-hard thrown pot to trim and tool. Led by instructor Judes Hauer. \$35, 10am – 2pm at the Hoffman Center in Manzanita. hoffmanstudio@gmail.com

SHAPING YOUR WATERCOLORS: Composition, Color & Concepts for Beginners. October 8 & 9. Led by artist Carolyn Gates of Eugene, students will learn basic concepts of creating compositions, color and color mixing, and painting techniques. \$100, + \$4 materials fee. 10am – 4pm at the Hoffman Center in Manzanita. hoffmanblog.org

DOTS ON ROCKS. October 8. Decorating with dots produces an enchanting beaded effect with fascinating designs and the process is calming and meditative. No experience needed. All materials are provided. \$20, noon – 2pm at the Artist's Studio Association classroom in Lincoln City. 541-264-9222

SUMMER ART CAMP @ the Sou'wester Lodge in Seaview is offering a colorful variety of workshops, from natural health remedies, to writing, and arts & craft all at very affordable prices. See souwesterlodge.com for full listings.

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 St. 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).

SUMMER YOGA @ NCRD. June 20-September 10, 2016. All classes 1.5 hours. Mon 5:45pm-Level 1 Yoga. Tues 4:00pm-Yin Flows into Restorative. Wed 8:00am-Mid-Life Yoga, leading you into your 50's, 60's, 70's, and beyond! Wed 5:45pm-Restorative Yoga. Thurs 8:00am-Chair Yoga. Thurs 5:45pm-Hatha for All. Friday 8:00am-Very Gentle Yoga. Sat 8:00am-Mixed Level, 3 different instructors, \$8 drop-in for each class. 36155 9th St. in Nehalem, Room 5 (going south, just past Wanda's Cafe, 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 different styles practiced, discussion of common problems encountered during meditation, focus on developing a regular practice. All welcome.

7TH ANNUAL JIZO BON FESTIVAL. Saturday, August 27 3pm to 10pm. Great Vow Zen Monastery. Come join us for the fun and festivities at our seventh annual Jizo Bon. This special festival includes painting lanterns, Obon dancing, a play, and an informal dinner. The evening will also include a Ksitigarbha ceremony, and a lantern procession through the Jizo garden. All are invited; families with children are especially welcome. Donation of \$10 or \$15 for families or groups of friends, and \$5 for individuals, is suggested to cover the cost of tea, lanterns, and supplies. Please RSVP to let us know how many are coming.

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 amyseleena888@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 their information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcountygensoc@gmail.com or call 503-325-1963 or 503-298-8917.

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 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 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.

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.

RiversZen Kids RiversZen Yoga and Resistance Stretching Studio

THE RIVERSZEN YOGA STUDIOS at 399 31st Street on the Riverwalk in Astoria, is introducing a new and fun way of bonding with your children that will not only help enhancing your child's skills mentally, physically but spiritually as well. Led by Chandra Stevens, a veteran RiversZen instructor this class for kids is being held every Tuesday and Thursday morning at 9am.

Here are 6 ways Yoga will help your kids: Managing Emotions Through Movement, Concentration, Strength, balance and flexibility, Confidence And Self-Esteem, Creativity, Acceptance.

Yoga Teaches Children We Are All The Same On The Inside Despite Outward Appearance, Race Or Religion. We Have Functioning Bodies And Deep Feelings. We Can Inspire Kindness, Patience, Acceptance And Being Empathetic To Others.

Please arrive 10 – 15 minutes prior to class for sign up forms and to set up. Parent must be present with child. 1 to 10 years old please. Cost for this fun and stimulating class for kids is included with a regular RiversZen membership for adult. One child free for each adult present.

FMI: Call Peggy 503-440-3554 email info@riverszen.com or check out website at <http://riverszen.com/2016/06/29/yoga-for-kids/>

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.
342 10th St. in Astoria.
astoriaartsandmovement.com



• MONDAY
5:30 - 6:30pm: SloFlow Levels 1,2,3, with Jude MatulichHall
6:30 - 7:15pm: Relax & Restore Yoga with Jude Matulich Hall
7:30 - 8:30pm: Tap w/ Marco
• TUESDAY
8:45-9:45am: Zumba Fitness with Joy Sigler
6:15 – 7:15pm: Zumba Fitness with Joyce Senior
7:30 – 8:30pm: Hip Hop w/ Olivia Jones-Hall

• WEDNESDAY
8:30-9:40am: Gentle Yoga with Terrie Powers
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 with Joy Sigler
6:00 - 7:30pm: Tri-Dosha Yoga with Melissa Henige
7:30-8:15: Silent Meditation w/ Terrie Powers
• FRIDAY
9:30 - 10:40am: Gentle Yoga with Terrie Powers
11:30am-12:30pm: Yoga pilates 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

Ascended Masters

THE AIR WAS STILL and I felt myself lift up, weightless and awake. I turned over in midair and saw myself peaceful, lying on my yoga matt with my feet firmly planted against the wall. Everything in the room came into clear view as I looked over at Babaji standing next to me. He touched my forehead and an electrical current passed through my body. I felt all of the 'eyes' in my body open and a perfect overlay of two worlds was before me.

I naturally see the spirit realm and when I practice

yoga I am blessed to be in the presence of Babaji. As I floated over my body I was seeing the spirit world conjoined with this world. A bright gold light illuminated the ascended masters who had joined us in the room. I was still floating and moving about like an astronaut in a zero gravity floatation tank.

I lost all connection to my body and felt that state of deep inner peace envelope my consciousness. Babaji told me these two worlds have always been together only separated by a 'thin vale'. The ascended

masters are beings who have become God-Realized and serve humanity. They sustain a high vibration with the ability to materialize on the earth plane at will. They no longer experience a birth and death cycle. Babaji, Christ, Yogananda, Guan Yin and many others make up this group of beings that have transcended the earth plane.

The ascended masters smiled at me as I felt my energy dissolve into the room. I was nothing more than consciousness. I felt relieved to not be attached to my body. I understood death and that one day it would be a welcome feeling. It was at that point I came back into my body, feeling the dense, heavy sensation of moving my hands and feet bringing energy back into my physical form. As I sat up I could still see the ascended masters standing in the room.

They continued to talk to me and share their insight while I experienced yet another overlay of understanding. I was aware that there was no time and definition of space. I could see the demi Gods I

had spoken with in my Spirit Travels and they reminded me that they were the overseers of this realm. They helped shape humanity while the ascended masters helped to guide and protect us. Much like a 3D hologram I saw these worlds come together and create a complex matrix that left me humbled. I realized there is so much we miss out when we are in human form. The good news is we return to that magical world we call heaven and experience the multi-dimensional reality we all come from.

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.sonja-grace.com

By Tobi Nason

word and wisdom

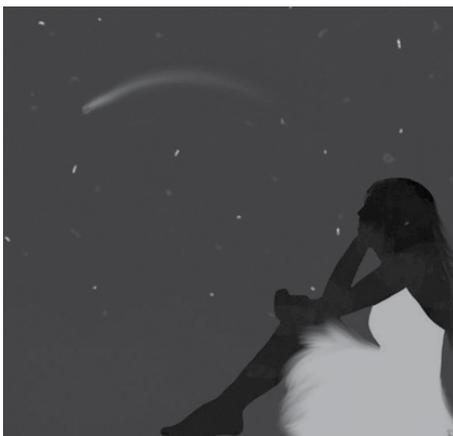
Wishing and Hoping

THAT'S WHAT I'M DOING LATELY. Wishing and hoping. Doing my best but still not quite getting to the point of... contentedness. Things are a struggle. The world seems cruel and senseless. I'm not motivated to do much. I'm one step behind on my life. It's probably safe to say I'm in some form of transition. And it's tiring.

Now that you know the mood of the moment, I'll now go on to talk myself into a good spot. Wishing and hoping aren't bad things. Its like a mental envisioning process. I know what I need and want... I just don't know which steps will get me where I need to be.

It's so odd how humans reach a level of contentedness, then poof! New problems, new concerns, out of the blue stressors. I was happy to get a new job that paid more. It solved some financial concerns, but opened up other areas of distress. Life sure is a roller coaster ride. I hate roller coasters.

While I'm wishing and hoping for the bliss that I'm sure is heading my way, I try to keep my coping skills intact. Get some sleep. Try to eat well.



Do the stuff that needs to be done. Forgive myself when I find myself off track: reading, dozing in the sun and otherwise doing what others might call relaxing.

I'm taking a mental break. A therapeutic mental vacation. Even in

my older years here, I found myself still vulnerable. A betrayal by a friend leads to a loss of a friend. It hurts. So I deal with wishing and hoping for better days, a fresh influx of true friendship. It's something one can't predict, anymore than I could predict a downturn in a friendship. I get to move on. I'm trying to figure out what it is I'm wishing and hoping for...

I wish for honesty. Honesty coupled with kindness. Something to say? Say it to me as if I deserve to discuss the topic with you. I hope for love of all sorts. The kind of love that lets little things slide and the kind that makes you feel glad to be you. Love in all forms - I'll take it.

Counselor's advice: Take a break from life occasionally, if needed. Eat ice cream in bed, watch 3 movies in a row, call in sick. Sometimes a heart needs a rest.

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

The Joy of Pets

Treat yourself - adopt from the Animal Shelter and Enjoy!

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

Marie Corelli

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- Assisting with adoptions
- Watching for and reporting possible health problems

Tasks include the following

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

Call for orientation training



Clatsop County Animal Shelter
1315 SE 19th in Warrenton
Phone: 503-861-0737
Hours: noon to 4 pm, Tues. thru Sat.

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bodies in balance

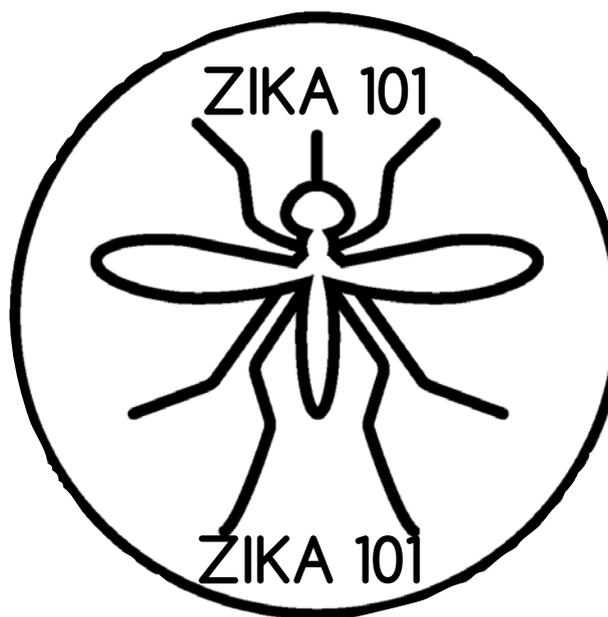
THE ZIKA VIRUS is now on our radar. Traveling up from South America, it is officially being transmitted from mosquitoes in at least one reported region of the United States. Here on the Pacific NW coast we are NOT in an area that currently has Zika, nor does the type of mosquito that carries Zika currently reside here. However in the world of the ever changing and morphing virus things can shift quickly. The most serious effects are to the developing fetus therefore, women who are pregnant or considering becoming pregnant should assess their risk; for the rest contraception is the best prevention.

You may be surprised to know that Zika has in fact been around for over half a century where it was initially identified in monkeys in the Zika Forest of Uganda in 1947. But not until the outbreaks which centered in Brazil in 2015, were the human consequences revealed. It was then that the connection to microcephaly and other brain defects were noted in newborns. For the average non-pregnant person the symptoms of Zika are mild, most commonly: fever, rash, joint pain and red eyes, or maybe no symptoms. Like any mild viral infection the time of illness is typically short (up to 1 week) and once you recover you have lifelong immunity. There has indeed been a link between Zika and Guillain-Barre syndrome which is an autoimmune reaction to one's own nervous system. This more severe outcome of a Zika infection is at this point rare.

What we currently know is that Zika is transmitted via mosquito bites of a specific mosquito. It is also transmitted sexually through vaginal, oral and anal routes as it is present in sperm. The latest discoveries about mosquito transmission in the US, as well as female to male transmission continue to arise...again virus' change and adapt. If you are interested in the most up to date information a CDC Zika search will give you the latest.

What about testing and treatment? Again guidelines are constantly changing in regards to testing; CDC has the most up to date guidelines on their website. Generally testing is advised and/or available if you are pregnant AND have traveled to an active Zika area AND/OR have active

symptoms, OR have had unprotected (i.e. without a condom) sex with a male known to be from or traveled to an active Zika area while pregnant or prior to becoming pregnant. Depending on where you live and your possible exposure asymptomatic pregnant women may be tested as part of routine prenatal screening. Testing for males is dependent on exposure and symptoms, again see the current guidelines. There are currently no treatments or vaccines available for Zika.



There are many things that are unknown about Zika. Like we don't know how likely pregnancy will be affected once infected, so this means that if you do test positive for Zika during pregnancy there is no certainty it will be a mild problem, a large problem or won't be a problem. We also don't know if there is a specific window during pregnancy where infection is more certain. We don't know how long virus stays active in semen. With all the uncertainty it is of great value to protect oneself, especially if pregnant or seeking pregnancy.

Prevention! The basics fall into three categories: prevent mosquito bites, prevent sexual transmission, prevent pregnancy. Mosquitos bite prevention includes good skin coverage, good repellent and avoidance of the environments where they thrive. Sexual transmission can be prevented with the use of condoms or abstinence. CDC advises men who have lived in or traveled to a Zika area to use abstinence or condoms for at least 8 weeks after leaving

By Tracy Erfling, N.D.

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



the area if there are no symptoms OR 6 months after leaving the area if there were symptoms. Pregnancy prevention is a specialty of mine so although I could write at length about this topic I will simply state that ladies, there are numerous effective methods out there to prevent pregnancy, even a few without hormones, so seek out a trusted professional to guide you in finding the right one for you...guys use condoms. And don't forget about emergency contraception for those oops moments.

Naturopathically I would think about things that promote a good immune response and antiviral effect if facing travel to a Zika area. Nutrients like vitamin C and D, probiotics, and zinc are go tos for immune strengthening. Plants which evoke good immune response and have anti-viral qualities are garlic, licorice, echinacea, cedar and many varieties of mushrooms. There are many wonderful topical applications for mosquito repellent as well, but there are currently no natural remedies endorsed by CDC. Also of note, some of these natural therapies may not be indicated in pregnancy so consult your local professional before use.

What if you are seeking pregnancy or are currently pregnant? Pregnant women are not advised to travel to Zika areas. If seeking pregnancy between people who have traveled or lived in Zika areas, same guidelines as sexual transmission above apply. Again, wait 6 weeks after leaving Zika area to try for pregnancy if no Zika symptoms, or 6 months if there were any Zika symptoms during or after travel. And once again the Zika symptoms are: fever, rash, joint pain and red eyes which may last up to a week. If there is significant risk of Zika in the area the CDC is advising waiting until more information arises before attempting pregnancy.

Thankfully we are not facing much threat from this virus in our area, but always best to be prepared and understand the threats and ways to prevent infection. Hope this Zika 101 has cleared up any questions or concerns. Enjoy this last month of summer!

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

FOOD GROOVE

CHEW ON THIS!

by Merianne Myers



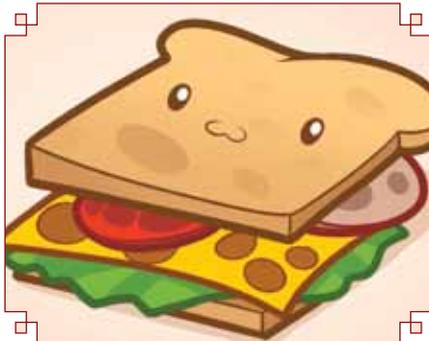
YOU KNOW WHEN YOU DREAM up the perfect meal and think you'll swing by the store on the way home from work and pick up the stuff you need to turn a brilliant idea into dinner and then life happens? Me, too! The list of reasons my plan is doomed include but are not limited to:

1. Had to work late.
2. Had to use my brain too much today, I'm done.
3. Pulled into the driveway having forgotten to stop at the store. (See #2)
4. Realized my brilliant idea required every pot in the kitchen.
5. Once home, I decide the perfect meal would be an adult beverage and a bag of popcorn on the sofa in my pjs.

This is where sandwiches come in. It took John Montague, 4th Earl of Sandwich, to give my default dinner its current name. The Earl was British. Unlike American royalty, the Duke of Ellington, the Count of Basie and Prince, he had a knack for getting things named after himself. In 1778 Captain James Cook, the English explorer, named the Sandwich Islands after the Earl. It was much later that an early version of "Hooked on Phonics" enabled a few well-intentioned but predictably judgmental missionaries to take the original name, pronounced "Owyhee," and convert it to written language as Hawaii.

Rumor has it the sandwich was a result of the Earl's

renowned weakness for gambling. It seems he hated to interrupt his gaming for the pesky meal breaks that had plagued gamblers before him. So he came up with the idea of having his minions put slices of meat, egg, tomato, cucumber and whatever else was in the larder between slices of buttered bread. This enabled him to eat and throw the dice simultaneously which apparently was a very big



deal.

The rest of the 18th century world should have been surprised to hear the Earl had invented this progressive food trend. They weren't. They were too busy eating their version of the sandwich. Wrap savory filling in pita bread, tortillas, foccacia or a sesame seed bun - it's a sandwich! It's America's idea of a great lunch. It's the condiment manufacturers' idea of Heaven.

With tomatoes still available fully vine ripe and luscious, it's almost impossible to beat a BLT for dinner. If you add truly good bread, homemade mayonnaise (aioli), butter lettuce, a sprinkle of sea salt, a twist of black pepper and a slice of ripe melon on the side, you

have a meal that requires no apology whatsoever. Embellishments to this classic are easy and endless: avocado, sweet onion, leftover roast chicken, etc., etc.

Sandwiches are completely scrumptious ways to use clean out the fridge. Garlic toast smeared with a bit of chutney or Dijon or horseradish and layered with thinly sliced leftover meat, onion &/or cucumber &/or jicama &/or sweet pepper &/or pickles &/or kimchi is my idea of a real good time.

Grilled cheese all by itself is gooey-licious, but add sliced apple, prosciutto, slices of crisp veg, bacon or whatever tickles your fancy and you've got great on a plate. Switch up the bread to amp up the appeal. Substitute tortillas, pita, naan, English muffin, bagel, cornbread or quick breads and you have a whole new grilled cheese.

Among my favorites are brie and green apple on date nut bread and grilled peanut butter and banana on cinnamon bread.

Adding just one surprise ingredient to a predictable sandwich can change everything. I like potato chips or toasted almonds tucked into a tuna sandwich and chopped black olives or capers or roasted red pepper folded into egg salad. Leftover cole slaw is a sublime replacement for lettuce and makes whatever you add it to taste like it was your brilliant plan all along.

I think we should all unapologetically offer the occasional sandwich for dinner. And name it after ourselves.

SALAD TONIGHT, CHICKEN SANDWICH TOMORROW SLAW

- 1 head green cabbage, chopped
- 1 handful dried cranberries
- 1 or 2 apples, peeled and chopped
- 1 cup mayonnaise
- 2 Tablespoons sugar
- 2 Tablespoons cider vinegar
- 1 teaspoon celery seed
- 1/4 teaspoon celery salt
- Pinch of black pepper

Toss the cabbage and fruit in a bowl. Blend the next 6 ingredients and toss with the salad. This is even better if it gets to sit in the fridge for an hour before serving.

(YOUR NAME HERE) MEATLOAF SANDWICH

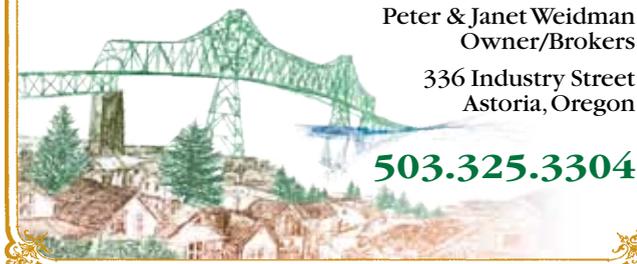
- Sliced leftover meatloaf (or sandwich filling of your choice)
- 1 head chopped or shredded napa cabbage
- 1 cup shredded carrots
- 1 cup jicama, julienned
- 3 Tablespoons lime juice
- 1/2 teaspoon chili powder
- Dash of your favorite hot sauce
- 6 Tablespoons plain rice wine vinegar
- 1 teaspoon sugar
- 1/3 cup extra-virgin olive oil
- Salt & Pepper

Whisk the dressing ingredients together and toss with veggies. Let sit in fridge for an hour before serving.

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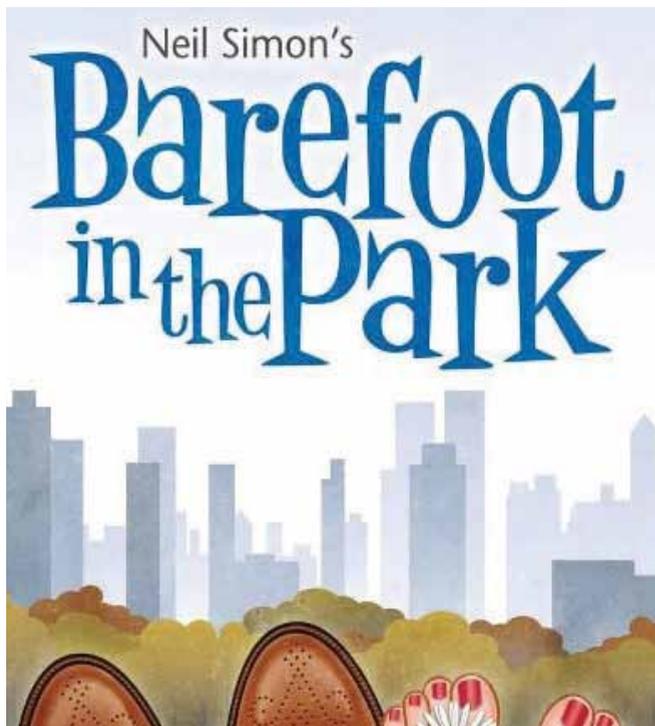
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Community Garden Open House & Master Gardener Lesson ALDER CREEK FARM



JOIN THE EXPLORE NATURE SERIES of events with a visit to Alder Creek Farm Saturday, September 17th, from 10:00 am – 12:00 pm for a morning at work in the Lower Nehalem Community Trust (LNCT) organic, community garden. Learn about growing food in our unique climate and our approach to gardening together and sharing our harvest with the North County Food Bank. Be prepared to work alongside volunteers and master gardeners weeding, pruning, and harvesting. Alder Creek Farm is located at 35955 Underhill Lane in Nehalem, Oregon. Bring your own gardening gloves if you have them and water to drink. Master Gardener lesson begins promptly at 10:00 a.m.

Lower Nehalem Community Trust is a community land trust dedicated to preserving land and nurturing conservation values in partnership with an engaged community in the Nehalem Region of the Oregon Coast. Its community garden honors conservation with organic and sustainable food systems that care for the land. In addition to the garden, the Farm hosts a native plant nursery, greenhouse, sustainable irrigation system, fruit orchard, and ethnobotanical trail.

For more information, visit nehalemtrust.org or call Lower Nehalem Trust at (503) 368-3203. **THIS EVENT IS FREE, open to all and is part of the Explore Nature series of hikes, walks, paddles and outdoor adventures throughout Tillamook County.**

BEEKEEPER JULIE TENNIS

Seaside Public Library

On Saturday, September 24, at 1pm, naturalist and beekeeper extraordinaire, Julie Tennis will be buzzing in to the Seaside Public Library to speak about "What Beekeepers Do". The event is sponsored by the Friends of the Seaside Library.

The art of Beekeeping and honey production has been around for thousands of years as evidenced by rock paintings reckoned to be older than 10,000 years B.C. Julie Tennis's interest started much later when in 2005 she found out she was allergic to sugar and began substituting honey in recipes. Her father started keeping honey bees and gave her a hive to manage. That hive soon split into two and by 2011 she had built her apiary to ten hives. Through study and participating in workshops about native bees, Julie's



appreciation for the contribution bees make to life on earth has led to a love affair with their perseverance, self-reliance, and determination.

Traditionally beekeeping was carried out for honey products, but today other aspects of natural bee services are utilized such as all important crop pollination. Other hive products are pollen, royal jelly, propolis, and bee venom which is an effective treatment for Rheumatic Fever.

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

CLATSOP COUNTY MASTER GARDENERS WINTERIZING YOUR GARDEN Saturday, October 1, Clatsop Co Fairgrounds 10 am – 2pm.

WHETHER YOU HAVE AN ACRE OF HOME GARDEN beds or a few potted plants winterizing properly means a more vital healthy growing season next year. This event includes Plant Sale, Lectures, Demonstrations, Garden Garage Sale and PhSoil Testing with Master Gardeners ready to problem solve and answer all home garden questions .

FORAGING FALL MUSHROOMS 10:30 am Phil Allen Shares years of experience chasing the abundant culinary wild mushrooms in our coastal region Where to look, What to pick and How to savor will be the focus with a beautiful array of just picked wild mushrooms, maps and recipes .

HEALTHY SOILS FOR HEALTHIER BODIES 1:30pm Jim Karnofski presents an exciting break through in the science of soil rejuvenation and renewal thru biologic management resulting in produce that achieve the top of their genetic potential for nutrient and quantity - the convergence of technology and biologic gardening . He will provide the tools for the home gardener to determine which minerals are needed to achieve maximum soil health. Jim stresses that paying attention to life in the soil produces nutrient rich food making this process affordable health insurance.

AN ALL DAY PLANT SALE AND GARDEN GARAGE SALE will entice gardeners to expand and create. All plants are locally grown and thrive on the North Coast. Gardeners can expect to find a wide variety with this being the largest winter sale ever - Dahlia tubers to popular perennials including Penstemon, Dahlias, Daylilies, Herbs, Native Ferns, Cotoneaster shrubs. Trees include Big Leaf and Japanese Maples and some conifers.. Master Gardeners will be on hand to share growing advice on all plants and help select the right plants for specific garden locations. Gardeners are advised to bring samples or photos of problem plants,

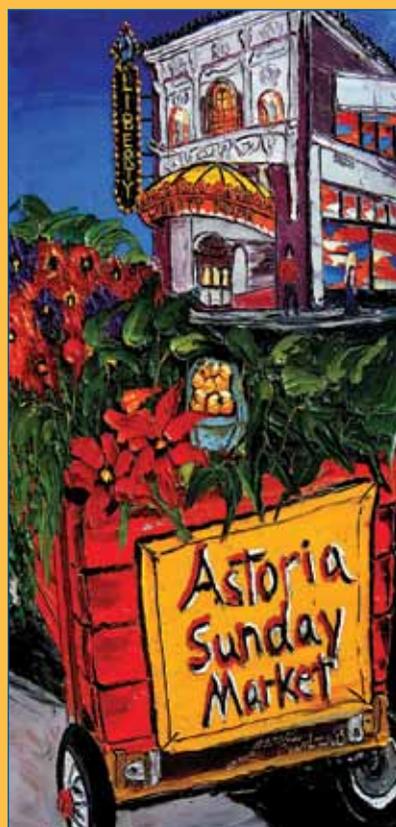
By popular request the **GARDEN GARAGE SALE** returns . Master Gardeners and friends are recycling for your garden pleasure An assortment of Tools, , Books, Art, Antiques ,Pink Flamingos and Outdoor Furniture are on the list of sale items . Over 100 Glazed Pots, some glazed, from a gardeners estate will be available.

SOIL PH TESTING will also be available. Ph levels effect how plants make use of minerals in the soil. Plants are healthier and thrive in soil that is the proper Ph level. Your winterizing garden plan may include Master Gardeners advice on correcting problem Ph levels. Bring one cup of soil from your garden in a plastic zip lock bag. Master Gardener will test your soil this same day.

WINTERIZING DAHLIAS DEMONSTRATION Joanie Chapel has over 100 Dahlia varieties which she has been tending for over 25 yrs. Her knowledge and expertise will insure gardeners success with this fantastic bloomer which is also Deer Resistant.

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\$18 advance, \$20 @ door (doors at 7pm)

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