

Flash cuts explains the  
OSCAR FIASCO

March 2017 • vol 18 • issue 218

# HIPFISH MONTHLY

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## 75 Years Later-- Astoria's WW II History Remembered and the Woman Workforce at Home

By Peter Marsh

**PARANORMAL ASTORIA**  
Author Melissa Esku Ousley

**KATHRYN CLAIRE's**  
classical bones shine  
on her new release  
**BONES WILL LAST**  
CD Release Concert  
March 25

**MLK SERMON**  
'Beyond Vietnam —  
A Time to Break Silence'  
a community-wide  
ecumenical event.  
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# EQUINOX

Blessed is jazz and those who practice it – so that we may continue to consciously listen to a music form that “someone says” is dying. Jazz has always been dying — its audience never the large crowd. When it first broke onto the scene, bebop and cool jazz, there was an anticipating crowd listening to a new form. Now that the form has been established, it continues to do what it does . . . fill you with jazz.

EQUINOX is David Drury - guitar, Todd Pederson - stand-up bass, and Shelley Loring - flute. All have degrees in music, with very different paths that have happened to cross here at the mouth of the Columbia.

Hear this trio at KALA, March 31. Guest vocalist Dinah Urell sits in. Doors open at 7:30pm, \$10 @ the door. Cocktails! 10171 Marine Drive in Astoria. 503.338.4878



## Celebrate St. Patty's & St. Urho's Day WITH MAGGIE & THE KATZ At KALA • March 17



MAGGIE AND THE KATZ are an eclectic gumbo of Nawlins' influenced R&B, Soul, Blues and Rock, with a lagniappe of originals thrown into the pot..... Maggie and the Katz are one of the North Coast most colorfully musical ensembles, with a fantastic roster of seasoned players.

Often drawing in musicians looking to sit-in, Sweet Basils on a Friday night in Cannon Beach can get a bit crowded, with audience and musicians soaking up the diminutive yet charmed café venue.

The band rocks the stage on St. Pat's, Fri, March 17, with Maggie Kitson on vocals and percussion, Richard Thomasian - guitar/vocals, Ted Brainard - guitar/vocals, Dave Quinton on bass/vocals and Lawrence Aldred grooving on the cajon, percussion/vocals.

While St. Patrick cast the snakes out of Ireland, St. Urho cast the frogs out of Finland by the power of his loud voice which he obtained by drinking “feelia sour” (sour whole milk) and eating “kala mojakka” (fish soup). Celebrated on March 16, this Finnish-American holiday was invented by a Finn in Minnesota in 1956, for lack of a Finnish holiday, (so it is said). Well, it caught on, and now in the Midwest and Canada, you'll find Finns celebrating, wearing purple and green!

In honor of both the Irish and the Finns, KALA (Finnish for fish) will be serving up kala mojakka, Irish Whiskey specials and damn good music.

Friday, March 17, 8pm till midnight.  
\$7 cover. 1017 Marine Drive in Astoria.

## MAMA MIA THE MOVIE SING-A-LONG MARCH 11

In Anticipation of ARRIVAL Canada's ABBA Tribute Band, performing at the 50th Scandinavian Midsummer Festival

“DANCING QUEEN,” “Mama Mia,” “Knowing Me, Knowing You,” and “Take a Chance on Me” are just a few of ABBA's hit songs from the 2008 British-American-Swedish romantic musical comedy Mamma Mia adapted from the 1999 Broadway musical of the same name. The movie stars Meryl Streep and Colin Firth and will be shown as a preview event leading up to the 2017 Astoria Scandinavian Midsummer Festival when ARRIVAL, Canada's ABBA tribute band, will perform.

Audience members at the movie showing at the Columbian Theater will be encouraged to sing along to ABBA's greatest hit songs. The event takes place from 3-5 PM on Saturday, March 11 and is sponsored by the Scandinavian Midsummer Festival Association in honor of and in preparation for the 50th Anniversary Scandinavian



Midsummer Festival to be held at the Clatsop County Fairgrounds June 16, 17, and 18, 2017.

Two hundred and fifty seats are available for the Mama Mia Sing-a-Long on a first come, first served basis. The balcony will be open for adults only. Tickets are \$5 and 1980's costumes are encouraged.

Linger downtown afterwards to take in the 2nd Saturday Art Walk. More information is available on the festival website at [www.astoriascanfest.com](http://www.astoriascanfest.com).



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Spanish wines to complement the meal



PHOTO BY SARAH ABBOTT

## Kathryn Clair's Classical bones shine on her new release *BONES WILL LAST* CD Release Concert March 25 at KALA

By Dinah Urell

**WHEN THE FIRST TRACK** on Kathryn Claire's new release, *Bones Will Last*, comes to rest, you too will come to rest, after having been immediately taken on a journey, as the heart of her violin lifts you into a dance, an interplay of instruments, a beautiful minor theme entitled Syringa/The Hallowed Halls - it welcomes you with insistence to come in.

Claire's musical life has always been two-fold; singer-songwriter and violinist. In addition to her songwriting and albums, she's played as a side person in many collaborations in the celtic and folk realm. With this album says Claire, "I've played violin on many albums, and have worked as a side person with incredible performers. Each artist and genre I worked in taught me something. One of the most important gifts I learned as a side person was how to listen. When I made this album I applied that gift to myself. I wanted to capture what I heard in my head with the violin. I went deep within myself to find those melodic or lyrical lines that I kept hearing."

Kathryn worked with Portland musicians Zak Borden (mandolin), Allen Hunter (upright bass), and Don Henson (piano) to create the album and has performed and toured extensively with all three artists. "It was empowering to work with such sensitive, talented and supportive musicians. They were patient and excited with the whole process. Each of them brought their own style to the album, and still helped me focus on the sound I was trying to create and compose."

"Bones Will Last" comprises five vocal numbers, and five instrumental pieces. The track entitled, The Forest Flower Set is an arrangement of the Finnish waltz Metsakuk-

kia. Taking in all the instrumental tracks, Claire's original instrumental compositions could be heard as a blend of The Finnish folk sound, celtic and classical. While the title track "Bones Will last," deals with the theme of mortality, Claire's early background in classical music, "her classical bones" is something that has apparently lasted too.

The instrumental compositions on "Bones Will Last" are where Claire hears the clearest intersection between her classical and traditional music upbringing. The completed album surprised Claire when she realized how deeply her classical roots ran throughout it.

"Classical music is a part of my musical voice, but I haven't really explored it for years. I was blessed to have a fantastic string/orchestra program in my hometown of Eugene, Oregon. I grew up playing string quartets with my friends and playing some of the great symphonies with my peers. My parents, especially my mother, fostered a love of classical music, and I attended many classical music performances. I didn't go on to study music in college or to play classical music professionally. I taught myself to play guitar in high school and started writing then. Later on, I fell in love with folk music and traditional fiddle music, and went down that path for many years. When everything got stripped down on this album and I started composing the string parts under the lyrical songs or putting harmony violin parts on the instrumentals, I was surprised by how connected to my classical roots I really am."

A wonderful characteristic of "Bones" and its interchange of songs and instrumentals —first, It works. Neither a song

leaves you wanting for another song, nor a violin piece for another. Claire's song's and instrumental arrangements, blessed with a fine back-up band, flow into one another in a highly emotional way, the instrumentals containing a dark beauty about them, while the songs burst into melodic gusto, the two continually born of one another.

Claire says it took a while to complete the album, but once all the pieces came together, she is very proud of the outcome.

"This album is a record of a time and a process. It took a couple years to make. During that time I traveled and explored new places in the world. I discovered my own musical voice. Once I was clear with the vision I knew this album would be very simple, string-centric and really capture a new musical and lyrical voice," she says, looking back on the making of the record. "Since finishing the album, I am writing differently, singing differently, playing different instruments. I have started playing the electric guitar and collaborating with a drummer to create new songs and sounds. I am excited to see what form the next album takes. Some cool songs didn't make it onto *Bones Will Last* and my most recent lyrics and compositions are leading me in new directions."

**Saturday, March 25 at KALA. Doors open at 7:30pm, show at 8pm. Kathryn Claire comes with her full ensemble. \$12 @ the door. Cocktails available. 1017 Marine Drive in Astoria. 503.338.4878.**

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

**ADVERTISING INQUIRIES - 503.338.4878**

Send general email correspondence:

[hipfish@charter.net](mailto:hipfish@charter.net).

HIPFISH is produced on the web at:

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

Hipfish is printed at the Daily Astorian

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## MLK Event:

The 50th Anniversary of Dr. Martin Luther King Jr's  
speech/sermon,  
'Beyond Vietnam — A Time to Break Silence',  
a community-wide, ecumenical event.

**Tuesday, April 4, 2017 7-8:30 pm**

**Grace Episcopal Church, 1545 Franklin Ave., Astoria**

DR. MARTIN LUTHER KING JR'S speech/sermon, Beyond Vietnam—A Time to Break Silence, will be aired at an ecumenical, community-wide event on the 50th Anniversary of the sermon's presentation, April 4, 1967.

Though some might believe 'Beyond Vietnam' concerns a strictly historical event, Dr. King's comments about "the triple evils of poverty, extreme materialism, and militarism", are as relevant today as they were then, when the sermon was delivered at the historic Riverside Church in New York City. Many people have either heard or read the I Have a Dream speech by Dr. King. This event provides an opportunity to hear a speech which is less well-known and just as beautifully delivered.

The audio of Dr. King delivering 'Beyond Vietnam' runs 54 minutes. A couple of Dr. King's favorite hymns will be sung following the sermon. Visitors are then encouraged to stay and sit quietly/ meditate in the candlelit church.

This event is intended to honor and remember the life and death of Dr. Martin Luther King Jr, and to foster the work of healing and unraveling racism and oppression in ourselves and in our communities.

There is no charge for the event. Childcare will be available. For further information, contact Janet Weidman @ 503-741-0345.

MARTIN LUTHER KING'S strongly anti-war sermon was controversial in its day – the civil rights movement found it to be a confusing message, a departure from the cause. David Bromwich for the online mag Anti-War.com writes—

"A Time to Break Silence" marked a crossroads in the life of Martin Luther King. President Johnson never forgave him for breaking ranks; pro-war liberal Democrats afterward often dissociated themselves from his actions; and a large part of the civil rights movement deplored his stance as a violation of an unspoken contract. Civil rights, they thought, was about black Americans, and the cause of black Americans was civil rights. The violence of the cities had nothing to do with the violence of the war.

As for the press, the New York Times judged that King's protest against the war was "wasteful and self-defeating" and likely to be "disastrous for both causes." The Washington Post went further. It predicted that many who had once listened to King with respect "would never again accord him the same confidence"; and it concluded: "He has diminished his usefulness to his cause, his country, and his people."

Martin Luther King was disturbed, but cannot have been surprised, by the tenor of these responses; and in a "Face to Face" television interview on July 28, when asked directly about the supposed contradiction be-



tween his efforts on behalf of civil rights and in the anti-war movement, he gave his reply:

*"I have worked too long now, and too hard to get rid of segregation in public accommodations to turn back to the point of segregating my moral concern. Justice is indivisible. Injustice anywhere is a threat to justice everywhere. And wherever I see injustice, I'm going to take a stand against it whether it's in Mississippi or in Vietnam."*

### - Beyond Vietnam Excerpt

*"We still have a choice today: nonviolent coexistence or violent co-annihilation. We must move past indecision to action. We must find new ways to speak for peace in Vietnam and justice throughout the developing world, a world that borders on our doors. If we do not act, we shall surely be dragged down the long, dark, and shameful corridors of time reserved for those who possess power without compassion, might without morality, and strength without sight."*

## Celebrate North Coast

### Forest Advocates

Join the many heroes who, over the past few months, stepped up to protect our north coast state forests from the Linn County clearcut lawsuit.

Clatsop County opted out. Tillamook County's citizens were heard loudly. Celebrate and discuss next steps for our critical forest ecosystems, drinking water sources, fisheries, and special places.

**Blue Scorcher Bakery and Cafe, 1493 Duane Street, Astoria Friday, March 17th, begins at 6:30 pm**

## MUSEUM HOSTS

### SPEAKER ON PRIVACY

Is the expectation of privacy still a social norm? Wendy Willis will return to the Tillamook County Pioneer Museum on Saturday, March 11 at 1:00 PM as leader of the Oregon Humanities' Conversation Project "A World without Secrets: Privacy and Expectations in the United States." This is a topic in the news almost daily as governments worldwide surveille their citizens and corporations gather information used in marketing to individuals. Ms. Willis will be guiding participants in a discussion of the history of privacy in our country and how our principles of freedom and privacy hold up in a world where almost everything about us is discoverable and discussed.

A poet, essayist and national leader in civic engagement, Ms. Willis serves as the executive director of Kitchen Table Democracy, a national non-profit housed at Portland State University and devoted to improving democratic governance. Her first book, Blood Sisters of the Republic, was published in 2012.

This Great Speaker program is sponsored by Oregon Humanities and the TCPM's Daisy Fund and is free and open to the public. For more information, call 503.842.4553 or visit [www.tcpm.org](http://www.tcpm.org).

## Federal Engagement in Higher Education

Monica Van Steenberg, Educational Consultant and AAUW Member, will speak on the "Federal Engagement in Higher Education of Women" on **TUESDAY, MARCH 21st** at the Astor Public Library, Flag Room at 5:30 p.m. The future of education has been prominent in the news lately, mostly in terms of K-12 education. But what about postsecondary education? What does the new administration have in mind for women seeking post-high school education? This presentation at AAUW's monthly meeting will explore how new measures may impact women in higher education. The program begins with a look at the history of federal involvement in higher education, including issues of access, funding and gender equality. Then a review of what the current administration has presented so far in terms of their plans to protect and provide for women in college. Light refreshments will be served. The program is open to the public. For more information contact Sara at 503-325-7969.





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AS TWENTY-FIRST CENTURY America is chiefly given over to militarism abroad to ensure access to ever scarcer resources, its domestic institutions suffer neglect and decay. Advanced imperial rot has set in and with it the corruption of our institutions. Having begun as a republic, based in ideals

turning the Court into a means of ensuring the domination of financial and corporate wealth. In 1976, the Buckley v. Valeo decision, declared money in political campaigns equal to free speech. That momentous decision gave rise to K Street, the Washington locale of monied lobbies, some of them

## A Culture of Rackets by Stephen Berk

of personal liberty and self-government, the US attained high levels of prosperity and power, especially following the Civil War, which brought about the rise of a unified nation with an economy based in expansive corporate capitalism. This economic system eventually projected US interests abroad as empire. What were seen as national interests, in reality those of the corporate and financial ruling class, necessitated the growth of an ever larger military to expand US interests worldwide.

Today political and economic power that was previously dispersed is concentrated, with less than one per cent of the nation's population controlling its wealth and institutions. Plutocrats buy up and thereby control our political system, founded on the ideal of popular self-government. America's founders, themselves an economic elite, sought to limit popular democracy, but they also strongly favored a republic, where government had access to a broad spectrum of people who could advance based on their merit. They eschewed the rigid class structure of aristocratic Britain, which they had successfully revolted against in hope of creating a more fluid, less stratified society. But their designs have been upended by the present oligarchic order.

The financial and corporate moguls who now dominate America, seeking to extend their power and wealth worldwide, have bought control of all the institutions of national, state and local governments, creating a system of legalized political extortion. Wealthy interests, dismayed by the democratizing decisions of a progressive postwar Supreme Court, headed by former California governor Earl Warren, have succeeded in

representing foreign countries like Israel. These powerful interests would become the chief contributors to campaigns of professional politicians for Congress and the White House. Thus special interests funding politi-



cal campaigns, and not the people, became the constituent power.

As far as it went toward enthroning private wealth, the Buckley decision still allowed for laws regulating and limiting campaign contributions. But all restraints were thrown off by the elitist Roberts Court's recent Citizens United and McCutcheon decisions. These opened the door to any billionaire or corporation, domestic or foreign, controlling our politics. Hence our national government was turned into a giant racket. Congress was now the product of legalized bribery, as American representative democracy turned into plutocratic oligarchy.

Among the most monied of the extortionists have been the defense contractors. Thus today's Congress is almost entirely a War Party, continuously expanding General Smedley Butler's observation that war is a racket to enrich those who arm and outfit the armed forces. War has become America's chief business, as militarism becomes estab-

lished and opportunities for war profiteering expand. Our unending little wars today, which destroy small countries, killing or rendering destitute much of their populations, while costing relatively few American lives, are fought in part by private armies. The former Blackwater Corporation, renamed Academi, and led by wealthy evangelical crusader, Erik Prince, has become a lethal and lucrative adjunct to the regular military. One thinks of the atrocities these mercenaries committed in Fallujah during the Second Iraq war. Updating its technology to state of the art, Academi now makes use of drones to do much of its reconnaissance and killing. Other companies, like Halliburton and its subsidiary Kellogg Brown and Root, have

also expanded operations and enjoy great profits from privatization of ancillary military functions.

Indeed, privatization has seeped into a great many sectors of government at all levels. Budget hawks on the state and federal level underfund public institutions like prisons, schools, and mail service so they cannot be run efficiently, due to understaffing, antiquated facilities and shortage of trained personnel. Politicians then declare the institution inefficient as a government entity and campaign for privatization. For example, due to state and federal prison overcrowding, largely the product of the War

on Drugs, a private prison industry has burgeoned, which is especially popular in rust belt former factory towns where the need for jobs is acute. Thus corrections becomes another racket to enrich executives of privatized prisons, as this lobby campaigns for ever increasing incarceration.

Privatized institutions, run on a business model, often become more costly to the people, as CEOs and other executives rake in hefty salaries and benefits unavailable to public employees. The chief reason why the US has the most expensive, inefficient medicine in the world is because Big Pharma and the medical insurance industry lobby to keep a universal government run system from coming into being. As pharmaceutical and insurance companies gouge consumers and limit coverage to those who can afford it, excluding millions of people, their executives share the privilege of the superrich. So it goes as government sponsors racketeering and the people become ill-served.



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# NATURE NEWS

## Listening to the Land: Tracking the Brown Pelican

SKIMMING THE WAVES and plummeting beak-first for fish, the California brown pelican is one of the most iconic and easily recognizable seabirds on the Oregon Coast. On **WEDNESDAY, MARCH 15**, at 6 p.m. join Astoria wildlife biologist **DEBORAH JAQUES** at the Seaside Public Library to explore the natural history of brown pelicans, from their breeding grounds off Mexico to their summer feeding grounds off our own coast. It is the third of this year's wildlife-themed Listening to the Land presentations from North Coast Land Conservancy and the Necanicum Watershed Council. Admission is free.

Use of DDT and other pesticides decimated breeding populations of brown pelicans off southern California by the early 1970s. Pelicans recovered from the pesticide era, but their numbers continue to rise and fall, impacted by environmental conditions here and in their breeding grounds and by natural and unnatural mortality events. Astoria biologist Deborah Jaques has been closely observing brown pelicans since the 1980s. She'll share information about the birds' natural history and migration patterns, informed in part by results from a recent electronic tracking study. She will discuss her work monitoring communal roost sites and responding to events such as the oil spill off Santa Barbara in May 2015, and she will highlight conservation concerns such as the importance of preserving key forage fish populations. Deborah will share



photos of her experiences with these birds, including images from a December trip to the heart of the breeding range in the Gulf of California, Mexico.

Deborah Jaques is an independent wildlife biologist based out of Astoria. Her work over the past 30 years has taken her from the coastal margins of Antarctica to the Olympic Peninsula and has most often involved seabirds and other colonial water birds. Deborah did her graduate research at the University of California, Davis, on California brown pelican habitat use and distribution in the non-breeding range, including evaluation of northern range expansion and communal roosting behavior. Brown pelicans are a focus of her monitoring and conservation efforts on the West Coast.

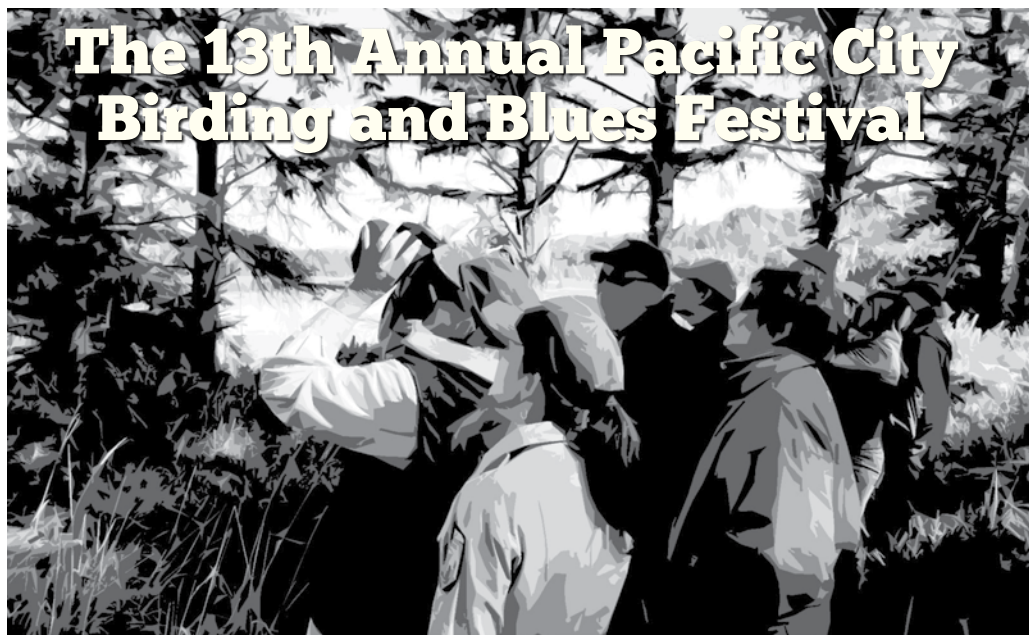
## National TRiO Day Celebrated with Service

CLATSOP COMMUNITY COLLEGE'S Talent Search and Upward Bound Programs celebrated National TRiO Day volunteering with the North Coast Land Conservancy. Seventeen Talent Search and Upward Bound students from Knappa, Astoria, Warrenton and Seaside High Schools helped plant shrubs at the Reed Ranch Habitat Reserve with the North Coast Land Conservancy on Saturday, February 25th.



National TRiO Day has been proclaimed a National Day of Service. According to the 1986 Congressional resolution, National TRiO Day is meant to focus the nation's "attention on the needs of disadvantaged young people and adults aspiring to improve their lives, to the necessary investment if they are to become contributing citizens of the country, and to the talent which will be wasted if that investment is not made." Both Talent Search and Upward Bound are TRiO Grants from the US Department of Education to Clatsop Community College. The goal of both programs is to help high school students graduate from High School and start college with scholarships and financial aid.

Volunteering at the Reed Ranch Habitat Reserve was a good way to give back to our local community. Nayeli Lopez, a junior at Astoria High School said, "People kept asking me why I took off my gloves. The reason is I like to feel the dirt, with the gloves it feels fake. I enjoy getting dirty. I felt really good to do something for the community and the environment." Five hundred shrubs were planted at the Reed Ranch Habitat Reserve on Saturday.



THE 13TH ANNUAL Pacific City Birding and Blues Festival will be held in Pacific City, Friday, April 21st to Sunday, April 23rd. This festival aims to share the natural beauty and wildlife of the area while offering education and entertainment for visitors and the local community.

This event-packed, three-day festival commences Friday with the options of an all-day birding excursion along the Three Capes Scenic Route or birding Nestucca Bay by a dory style boat. Everyone is encouraged to attend free events on Friday at the Kiawanda Community Center. They begin at 3:30 PM with a children's art activity, followed by a live birds of prey presentation from Chintimini Wildlife Center and ending with a presentation about the world's largest Albatross colony at Midway Atoll National Wildlife Refuge at 6:30 PM. Food and light refreshments will be served at the albatross event with a donation to the Nestucca Backpack Fund. Beer and wine will be available for purchase from Pelican Brewing.

The fun continues into the weekend with guided field trips, nature presentations, and a blues concert. Field trip locations include Nestucca Bay National Wildlife Refuge; Neskowin Marsh; the beach



**Blues Artist Joanne Broh**

in Pacific City; and Sitka Sedge State Natural Area, Oregon State Parks newest acquisition not yet open to the public. Throughout the weekend, the festival will host nature presentations where you can learn more about Oregon's marine reserves, Black Oystercatchers, flowers of North American deserts, and birds in China. This year's keynote speaker is Paul Bannick, a wildlife photographer who has won prestigious photography awards

including Audubon Magazine and the International Conservation Photography Awards. At 1:30 PM on Saturday Paul will give a photographic presentation about his new book **OWL: A Year in the Lives of North American Owls**. The book features four owl species: Northern Pygmy-Owl, Great Gray Owl, Burrowing Owl, and Snowy Owl.

On Saturday evening, boogie on down with the Eugene-based Joanne Broh Band. They've opened for Leon Russell, Lydia Pense and Cold Blood, Karen Lovely, Ty Curtis, and Lionel Young. The band was deemed by Rainy Day Blues Society with the best Female Blues Vocalist and 2016 Best Recording. In addition, they were a finalist in Journey to Memphis, an international Blues Challenge hosted by Cascade Blues Association. Joanne Broh Band will bring out your inner funk on the dancefloor from 8 to 11 PM. Refreshments will be available for purchase.

For more information and registration, visit [www.birdingandblues.org](http://www.birdingandblues.org),



**PULL UP YOUR BOOTS**, don your rain gear, and prepare to take out the trash – out of the estuary that is! **THE 10TH BIENNIAL NEHALEM ESTUARY CLEANUP** is fast approaching, so don't miss out on Saturday, March 11th, for the opportunity to spend a day making a lasting difference in our beautiful bay. A debris-free estuary is important for salmon, wildlife, and the health of our communities.

Orientation begins at 7:30 a.m. at the Wheeler Masonic Hall at Handy Creek Bakery, 63 North Highway 101, in downtown Wheeler. Parking is available on the south side of the building. Following the introduction, groups of volunteers will spread out around the bay to walk the high tide line collecting debris. Trucks and boats will collect the materials, returning it to Wheeler's Waterfront Park for sorting, recycling and disposal.

Volunteers of all ages and abilities are welcome to join this exciting event.

New this year, we are offering the opportunity to register online in advance of the event. Volunteers can sign-up by going to [www.eventbrite.com](http://www.eventbrite.com) and searching for "10th Biennial Nehalem Estuary Cleanup" or by visiting [www.nehalem-trust.org/events](http://www.nehalem-trust.org/events). This will allow for a smooth orientation in the morning and a quick start to the cleanup.



**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**



**CANNON BEACH HISTORY CENTER AND MUSEUM**

**Carolyn Cruso Concert**  
Tickets \$15  
Friday, March 31 @ 7:00 p.m.  
503-436-9301 www.cbhistory.org

**The Coaster Theatre Playhouse Presents**

**The MOUSETRAP**  
By Agatha Christie

March 3 - April 15, 2017

Tickets \$20 or \$25  
Shows begin at 7:30 p.m.  
**SUNDAY SHOWS START AT 3:00 P.M.**

Sponsored by Coaster Construction

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. (On Break till March).**

**Skate nights and LGBTIQ+ teen social nights are back! Next Skate - Feb 17 5-9pm.**

**2nd Wed each Month. Open LBGTQ 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

## Warrenton Warming Center • Volunteer!

THE WARRENTON WARMING CENTER located inside the gym at the Calvary Assembly of God on 1365 S. Main Street in Warrenton is offering warmth, shelter and a hot meal to those that need it.

Founder, Beverly Jackson-Shumaker, the Warrenton Warming Center board and her team of volunteers are doing everything they can to ensure the homeless in our community have a warm place to sleep when the weather hits 38 degrees and lower.

If you or anyone you know is looking for an opportunity to make a difference in someone's life, we'd like to invite you to take a look at the Warming Center schedule and see how you can help. We desperately need more volunteers. Each shift is only three hours long.

Operating Hours: 6:30pm - 8pm, 8pm - 11pm, 11pm - 2am, 2am - 5am, 5am - 8am, 8am - 9am

Please email warrentonwarmingcenter@gmail.com if you can help, even if it's for only one day.

If you're stretched thin on time but would like to make a tax-deductible donation you may mail checks to: P.O. BOX 808, Warrenton, OR 97146 or make donations through our Go Fund Me account at [www.gofundme.com/rennn4bg](http://www.gofundme.com/rennn4bg).

**PACIFIC GREEN PARTY OF CLATSOP COUNTY** next chapter meeting, which will be held on Sunday, March 19, at 4pm at Clatsop Community College in the Art Building room 101. The address is 1651 Lexington Ave, Astoria, OR 97103. Discussion: Rank Choice Voting.

Discussion will regard endorsement of candidates for the upcoming Clatsop County special elections in May. Candidates who are seeking endorsement from the Pacific Green Party of Clatsop County chapter must submit their name, whether they are a PGP member, their district (if applicable), the office they are considering running for, and a brief biography to [pgpclatsopcounty@gmail.com](mailto:pgpclatsopcounty@gmail.com) prior to the meeting

**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](http://www.ClatsopDemocrats.org)

**PACIFIC COUNTY DEMOCRATS/ 92nd Annual CRAB FEED**  
**March 18. 4pm Social Hour-5pm Program & Dinner**  
**Willapa Harbor Community Center, 916 West 1st St. South Bend WA.**  
**Live Auction • Silent Auction • Raffle**  
**[pacificcountymdemocrats.com](http://pacificcountymdemocrats.com) for more info**  
Monthly Meeting - 2nd Mondays, 7pm, North County Annex  
1216 Robert Bush Drive, South Bend, WA

## CREATE • March 16

### Columbia River Estuary Action Team

CREATE, Columbia River Estuary Action Team, will hold its regular meeting at the Blue Scorchers Bakery and Café on Thursday, March 16, at 6 p.m. CREATE is a group of citizens working to protect the unique, fertile and beautiful Columbia River Estuary and the rivers and streams that flow into it. Please join us. All are welcome!

CREATE was started by people who were involved in the successful 12 year battle against LNG in Clatsop County. Its purpose is to foster citizen involvement in protecting the unique, beautiful and productive Columbia River Estuary.

Most recently CREATE members have been speaking out about issues involving the state forest watersheds which feed into the estuary and affect its health.

New members are always welcome. Come and join in at 6 p.m. on Thursday, March 16 at the Blue Scorchers.





CAVE SINGERS



AGES & AGES

## DOUBLE HEADLINER AT THE LIBERTY Ages & Ages and The Cave Singers March 18

Brought to you by the Liberty Theater's popular Sunset Series, a special co-headliner show of two of the Pacific Northwest's brightest: Ages & Ages from Portland and The Cave Singers from Seattle. Two Acoustic ensembles that share strength in exercising the potential of rhythm, voice, minimalism and dynamics, whether it's a big song sound or something pretty and intimate, you'll never get lost about the music, but you will get lost in it!

Tickets available on TicketsWest and at the Liberty Theater Box Office, wed-sat 2pm-5:30pm and two hours prior to the event.

## astoria underground record swap March 23

Whether you are looking to sell off your excess vinyl or round out your collection Join Astoria Underground, Thursday, March 23rd for an evening of record spinning, swapping and winning at the Commodore Hotel Lounge.

"If you're looking to make a really, really, ridiculously good impression on us, take a gander at our Discog's Wantlist and bring us your buried treasure," says they. [www.discogs.com/wantlist?user=commodoreastoria](http://www.discogs.com/wantlist?user=commodoreastoria) And Join the DJ in showcasing your favorite vinyl rarities! Open to vinyl junkies of all ages.



## HARPE DIEM! Carolyn Cruso at CB History Museum • March 31

CAROLYN CRUSO is an acclaimed multi-instrumentalist and composer, returns to Cannon Beach for the Cannon Beach History Center & Museum's annual acoustic concert series on March 31 at 7pm.

Cruso is a versatile performer who is equally comfortable on the hammered dulcimer, flute, guitar and vocals and performs a diverse array of original tunes and songs as well as traditional material. Her instrumental compositions are mainly for the hammered dulcimer and are inspired by her strong connection to nature as well as her extensive travel and the cultures she's encountered along the way. Her unusual and lyrical approach to the dulcimer especially delights audiences. *Seating for the Cruso concert is limited. Tickets are just \$15 and include refreshments. The Cannon Beach History Center & Museum is a private non-profit museum featuring seasonal historic, textile, and artistic exhibits. Get your tickets at [www.cbhistory.org](http://www.cbhistory.org) or by phone 503-436-9301. The museum is open from 1:00 to 5:00 p.m., Wednesday through Monday and is donation based. The Cannon Beach History Center & Museum is located at 1387 South Spruce Street in Cannon Beach, Oregon.*

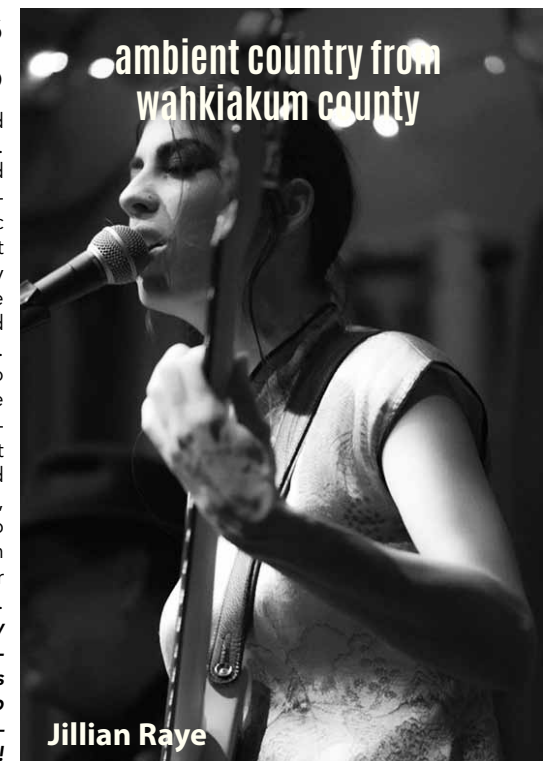


## Giants in the Trees March 18

GIANTS IN THE TREES are a Rock Band hailing from Wahkiakum County, Washington. The quartet is inspired by the environment and culture of the Lower Columbia River. Musicians Jillian Raye, Erik Friend, Krist Novoselic and Ray Prestegard have created a sound that could best be described as Ambient Country with a heavy groove. But pigeon-holes are mere words. Let the music do the talking and you will like what you hear.

How did this blend of influences come to be? The band first met for a casual jam in the Skamokawa Grange Hall last spring. The players wasted no time at all composing their first two songs on that first day. They were hooked to the music and a band was born. Eventually, as more material was produced, the group started playing shows such as the Wahkiakum County Fair and a special benefit raising over \$2,400 for needed repairs to the Grange Hall.

**Giants in the Trees will play the Merry Time, 995 Marine Drive in downtown Astoria, on March 18th at 10pm. This venue is 21+. There is no door charge and the group will play original music for an hour or so—don't miss it!**



Jillian Raye



## Every Wednesday

JASS JAZZ, hippie highs & bluesy lows and a long shared musical life history, Scheckie Metzner & Pee Wee Patenaude light up your night, with Josh Baer on Stand Up Bass & Jeff Cardin on Drums. Good grooves people, good grooves.

• **Every Wednesday Night @ 9 pm - The Voodoo Room in Astoria**



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**Coast Community Radio**

KMUN 91.9, 88.9, 91.3, 104.3

KMUN broadcasts 7,500 watts of power from its main transmitter on Megler Mountain, and 10 watts each from translators in Wheeler, Cannon Beach and South Astoria.

KTCB 89.5

KTCB broadcasts 4400 watts of power from Cape Mears, serving Tillamook county.

KCPB 90.9

KCPB broadcasts 400 watts of power from its transmitter on Megler Mountain.

## Conservation groups decry vote by State Treasurer, Secretary of State to sell Elliott State Forest

Governor puts forward solid plan to keep 83,000-acre forest public.

Salem, Oregon—February 15, 2017 – A broad coalition of conservation, hunting, and fishing groups across Oregon decry a state land board vote pushing the Elliott State Forest to brink of privatization yesterday.

Democratic State Treasurer Tobias Read and Republican Secretary of State Dennis Richardson both voted to continue with the sale of the forest to a timber firm, Lone Rock Resources.

Governor Kate Brown opposed the sale and promoted a framework to keep the forest in public ownership, saying, “It’s in the best interest of Oregonians that the forest stays in public hands for future generations.”

The conservation community has been working on several proposals that fit within Governor Brown’s vision to keep the land publicly accessible, protect older forests and critical salmon and wildlife habitat, safeguard streams and incorporate tribal ownership, while fulfilling the state’s obligation to fund public schools.

As the sale negotiations continue, Governor Brown directed the Department of State Lands to continue to explore options to keep the land public. That direction leaves open the possibility that Oregon Legislature and other parties can craft a viable public option.

Earlier in the meeting, Senate President Peter Courtney expressed his personal support for public ownership, pledging his help in the current session to secure bonding for the proposal.

Said Doug Moore, “We thank the Governor for continuing to work on a proposal that meets the many important public interests in this forest. What’s disappointing is the lack of vision from Treasurer Read and Secretary of State Richardson in failing to help her craft a long term solution that Oregonians will be proud of.”

Treasurer Read motioned to amend the Lone Rock proposal with modest conservation and recreation provisions. These are unlikely to meet the broad conservation and public access goals outlined by the Governor and the conservation community.

“On the anniversary of the State’s birth, we should be honoring Oregon and all the values public lands offer Oregonians,” said Josh Laughlin with Cascadia Wildlands. “Instead, Treasurer Read and Secretary Richardson voted to privatize the Elliott State Forest, which means more clear cuts, muddy water and locked gates in our great state.”

“Public lands are under unprecedented attack across Oregon and the rest of the country. At a time when we need our public officials to stand up for public lands, Governor Brown is stepping up and Treasurer Read appears to be stepping aside,” said Bob Sallinger, Conservation Director with the Audubon Society of Portland.

The Lone Rock proposal to protect streams has standards far below the protections under the current Elliott State Forest plan. Meanwhile, thousands of acres of 100-year-old forest will be open to clearcutting.

“Our coastal salmon runs depend on public lands, and this sale sets a terrible precedent for other public lands in Oregon and across the West,” said Bob Van Dyk, Oregon and California policy director at the Wild Salmon Center. Conservation groups will now turn to the legislature and other stakeholders to advance a public ownership option. The next State Land Board meeting will be April 11th.

## OREGON CANNABIS ECONOMIST RELEASES ECONOMIC IMPACT REPORT

*Whitney Economics’ Report, Compiled at the Request of the State Legislature, Indicates There are 12,500 Cannabis Jobs in Oregon, Generating \$315 Million in Wages*

Portland, OR – March 8, 2017– Cannabis industry economist Beau Whitney of Whitney Economics today released the results of “Cannabis Employment Estimates,” a report compiled at the request of the Oregon State House of Representatives Committee on Economic Development and Trade on the number of jobs associated with the Oregon cannabis industry and a projection of the economic impact the industry is having on the state.

“On a national basis, the \$50 billion cannabis market is essentially the equivalent to the U.S. wine market (\$55 billion),” Whitney said. “And there are more than 1,000 businesses in Oregon that touch cannabis. I suspect that this is a very conservative estimate based on limited data from the Department of Employment and the OLCC.”

### In summary, Whitney’s report found:

- As of February 21, 2017, there are 917 OLCC licensed cannabis businesses and an additional 1,225 applications for a cannabis business. 2,142 in total. The Oregon Employment Department lists 776 cannabis businesses in Oregon

- There are approximately 12,500 jobs associated with the cannabis industry in Oregon. These are jobs that directly touch cannabis and are not jobs associated with auxiliary businesses such as security, regulatory, accounting, consulting, real estate, etc. This is a very conservative estimate and these numbers are expected to increase once the more detailed analysis is completed

- At an average wage of \$12.13/hour, the total annual wages associated with these jobs are \$315 million. With a multiplier of 4, this implies that there is \$1.2 billion in economic activity related to these wages

Whitney said the report does not extend into the supply chain for “shovels or picks,” meaning lights, greenhouses, insurance, real estate, accounting, security, etc.

“At present, I feel there are roughly 300,000 – 400,000 cannabis-touching jobs in the USA,” Whitney said. “That number will grow to more than a million as more states come online as legal markets. Cannabis is a job-creation machine.”

Whitney said a more comprehensive jobs report will be researched and published later in 2017, but this initial update should demonstrate the cannabis industry is a powerful force in the Oregon economic engine.

### About the Author

Beau R. Whitney is an economist, a university professor and is the former COO of Golden Leaf Holdings, a vertically integrated, publicly traded company. Prior to working in the cannabis industry, Beau spent 15 years in the high-tech industry in business operations roles, most notably at Intel and TriQuint Semiconductor. Whitney has published a series of white papers on the cannabis market in the USA and is considered an authority in cannabis economics. He recently presented a paper at the 91st annual Western Economics Association International conference on economics’ role in shaping public policy and was recognized by his peers as being a pioneer in this field of study.



# A PARANORMAL ASTORIA

HIPFISH gets with . . .

Author

By Diana Kirk

## Melissa Eskue Ousley

**F**ABLES, LEGENDS AND LORE are the basis for cultures around the world. Often times first created to keep children from entering into dangerous forests alone or simply a fisherman's recount told through generations that then becomes maritime lore. Astorian author Melissa Eskue Ousley is a self proclaimed collector of lore. Her most recent paranormal book, *Sunset Empire*, was first inspired by the story of Colossus Claude, a fish like creature seen numerous times along the coast of Oregon in the 1930s. Melissa and I met at Coffee Girl in Astoria to discuss these fables as well as writing, her books and the power of a wandering imagination.

*When I first moved here from Tucson in 2010, my family and I spent a lot of time poking around the coast and Astoria itself. There was a story that would pop up from time to time about this dinosaur fish like a plesiosaurus and my mind would just wander to fictional situations involving that fish. And the same at Shively Park with all the staircases wandering to nowhere or the underground tunnels under the movie theater. I would just think, what if they were portals to another world we can't see? I can't help it, my mind just goes to the paranormal because I find it freeing.*

Melissa began writing paranormal about six years ago when she worked as a statistician using her PhD in higher education. Although she found her day job interesting from a research standpoint, the spreadsheets were definitely not creative like writing. She found making up stories a balance in her life.

*I'd come home from work and just write and write and write for hours. I'd stay up late obsessed. It's a lot of fun to see where the story can take you.*

Her first book and the two after are a trilogy based on a fictional town somewhat like Santa Barbara. Considered a Young Adult book, Ousley says it's only because the characters are young adults.

*These days a lot of books are categorized that way but there's nothing young adult about them. They're adult situations put into paranormal or fantasy or crime/mystery and their age is the only defining separation.*

Ousley is a big fan of Stephen King, who she considers her imaginary 'mentor.'

*Having read his fiction for years and then reading his how to write books, I thought, OK, I get this. I see what he's doing with these characters. One of his bad guys in Under the Dome, is a City*

*Council guy, a used car salesman that's absolutely despicable. And yet Stephen King wrote him with these weird conflicting morals. Because bad guys don't walk around being bad all the time. This guy doesn't curse but he'll justify the most horrific violent things. I've learned so much about writing from studying King's bad guys. I know they're the fun part of any good book, so I want to find them in my own writing.*

Her next book, *Pitcher Plant*, coming out this year by publisher Filles Vertes, is set in the town of Seaside. The idea came to Melissa when her family was shopping for a house to buy.

*We almost bought this foreclosure fixer in Seaside. It was a really cool house, beach cottage with the wood shingles, large, tons of potential but also a disaster. The wiring was scary, the HVAC pulled out of the walls from scrapers. There was a lot of work to do and so we didn't buy it. But in the kitchen, there was a dead rat in the sink. Like dead for a long time with the fur ring around the body that had fallen off. That's where the idea of Pitcher Plant came from. A couple that buy a foreclosure house and find a dead body in the house. In fact, I kept the layout exactly the same as that house we didn't buy in Seaside. If the owners ever read my book, I hope they don't creeped out.*

Like most busy authors, Melissa still finds time to write a weekly article on her website. It's filled with funny stories about life with her husband, twin boys and pet piranha adventuring through life. A recent article described the unique way in which she found a home for her upcoming book. On twitter.

*I connected with Filles Vertes Publishing through #PitMad (short for Pitch Madness), a pitch party on Twitter. If you have a completed, polished, unpublished manuscript, you pitch it to agents and publishers with a tweet on the day of the event. If an agent or publisher favorites your tweet, that's an invitation to send your query to them.*

You can find books by Melissa Eskue Ousley's at Beach Books in Seaside and online. Keep an eye out for her next one too, to be released in 2017... *Pitcher Plant*.

Blog: <https://melissaeskueousley.com>

*Diana Kirk is the author of Licking Flames: Tales of a Half-Assed Hussy. She's been published in Nailed, Thought Catalog and Literary Kitchen. Her interviews can be found in Five 2 One Lit Mag and her body can be found on the coast of Oregon walking the beaches with her three kids and husband.*

## SUNSET EMPIRE

AFTER HER HOUSE BURNS down, Elyse Pthan is forced to move to Astoria, Oregon to live with the strict grandmother she never knew. Rebelling against her grandmother's rigid rules, Elyse discovers the terrible heritage her mother kept hidden. Her family may be responsible for the 1922 fire that nearly destroyed Astoria, the death of a girl who longs for vengeance as she haunts the tunnels beneath the city, and mysterious disappearances spanning hundreds of years.

Helping her uncover the truth is Phantom, an enigmatic and surprisingly attractive boy, considering his scars, his talent as a pickpocket, and his status as the local social outcast. A boy with a hidden weapon and a dark heritage of his own, that could turn him from friend to hunter.

### Excerpt from Sunset Empire

If they'd stayed on the logging road, the hikers might have been okay. Now they were going to die, and there wasn't a single thing the hunter could do about it.

Peering through the branches, the hunter could see them. The hikers wound their way along a primitive game trail, headed south down the hill, marching over sword ferns and logs sprouting fungi. Around them the forest pressed ever closer, towering conifers encrusted in lichen and verdant moss. Many of the trees had branches that were broken off, making them look like candleabras. The spruce serving as the hunter's perch was intact. It had a massive trunk and thick, low branches. Easy to climb, and perfect for staying out of sight. That's why he'd chosen it.

By the look of their clothes, the hikers weren't locals—probably a professional couple from Portland, here for a weekend on the coast. Both looked young enough to get carded ordering a drink at the Fort George Brewery. The soft-shell jackets they wore looked expensive, and bright as cardinals in the dim forest light, the man in red and the woman in fuchsia. Jackets like that were great for keeping the rain off, but the colors would attract too much attention.

But that wasn't the biggest mistake the hikers were making.

No, the biggest mistake—the thing that would get them killed—was the noise.

The young man had a heavy step. He tramped doggedly through the brush. The woman trudged behind him, glancing about nervously, like she knew something about these woods was amiss. She wasn't wrong about that.

"Are you sure we're allowed to be here?" she asked. "I don't want to get arrested for trespassing."

The man rolled his eyes. "We're not going to get arrested."

"But the sign on the gate said—"

"Forget the sign," the man snapped. "Logging companies put up a fence, think they have a right to keep people out—but they don't. This is public land. We have just as much right to be here as they do." He stopped, retrieved an aluminum water bottle hanging from a steel carabiner attached to his backpack, and took a long swig. He capped the bottle and slipped it into a mesh pocket on the side of his pack, the carabiner hanging loose from the bottle's cap. "Sorry," he said, wiping his mouth. "I don't want to argue. I just want to make it to the reservoir before it gets dark so we can set up the tent."

"Maybe we should've taken the road," the woman said, looking back at the way they had come. She adjusted the straps on her backpack, redistributing the weight.

"You saw the map," the man said. "This way's shorter." He smiled and held out his hand.

"Come on. Where's your sense of adventure?"

Tentatively, the young woman took his hand. Together they made their way through the undergrowth.

Clink, clang, clang. Clunk, clang, clang. The hunter cringed as he heard the carabiner hit the side of the water bottle with every step the man took. It sounded like the ringing of a dinner bell.

Too much noise. If the hikers hadn't already captured the attention of the creatures, they sure had now.

The hunter could sense the forest waking up. A breeze stirred, moving the branches around him. They were coming. He could smell their foul scent in the air.

The creatures, unlike the hikers, were silent, and almost invisible in the way they blended with the shadows. The couple wouldn't see them until it was too late. No one ever did.

The hunter was tempted to call out, to warn them, and thought better of it. He couldn't afford to call attention to himself. The air was thick with the stench of death, and it was much too late for the hikers to run. Their fate had been sealed the moment they climbed over the steel gate barring access to this part of the woods. The hunter steadied himself against the trunk of his tree, squeezed his eyes tightly shut, and waited for it to be over.

He didn't have to wait long.





# 75 Years Later--Astoria's WW II History Remembered and the Woman's Workforce on the Homefront

**T**HE 75TH ANNIVERSARY of the attack on Pearl Harbor last December gives us a chance to review the incredible history of the "war at home" in Astoria—a time when thousands of ordinary women performed extraordinary feats in many traditionally male-dominated jobs. Every aspect of their daily life was affected by the conflict; there was a constant demand from the government at all levels to produce more, consume less, and stay alert to threats real and imagined. As I write this in March 2017, I find it ironic to see how the nation is so divided by politicians who see enemies on all sides.

I HOPE THIS SHORT HISTORY LESSON will show what America can do when the country is truly united in working towards a single goal! Within days, the war had changed everything: families were separated and a simple chore like shopping became a daily struggle with every staple from gasoline to shoes rationed. Canned salmon was an important part of the food supply so had a high priority. Women already dominated the cannery workforce and now added tasks like loading and driving.

Younger women joined military auxiliary groups like the WACs, WAVES, and SPARs, to free up men for fighting duties. There were numerous other ways to serve on the home front including the Citizens Defense Corps, Aircraft Warning Service, Women's Land Army, Women's Ambulance Corps, Victory Gardens, Victory Book Campaign, etc. Barely a week went by without a scrap drive, bond sale, black-out test or bomb drill, plus spy rumors and invasion scares to keep everyone on their toes. The goal was always to support the troops overseas and ultimately win the war.

By the late 1930's, Astoria already had two established military posts: the Tongue Point Naval Air Station opened in 1938 and Fort Stevens 249th Coast Artillery (dating from the Civil War) plus the Coast Guard stations on both sides of the Columbia River. Catalina Seaplanes began patrolling the northwest coast from Tongue Point, where the hangars and ramp are still in use today. But there were also civilian facilities like the new airport in Warrenton (built 1935), the Port of Astoria docks, and the AMCCO boatyard south of the airport on the Lewis and Clark River/Netul River. Within weeks of Pearl Harbor, all three were swept up in the national mobilization and were assigned a role in the war effort.

The first orders for warships actually came to Clatsop County before Pearl Harbor, from the faraway war in Europe when Britain announced that a state of war existed with Germany on September 3, 1939. The Brits were soon struggling to survive the predations of German U-boats (submarines) that threatened to stop the vital flow of food and industrial materials from North America. The federal government created the Lend-Lease program to build cargo ships for Britain, and it was signed into law by President Roosevelt on March 11, 1941. (That was how Henry Kaiser began building the original 60 "Liberty" ships for Britain nine months before the USA declared war on the Axis powers.)

The Royal Navy also asked for smaller military vessels to defend their coastline, especially wooden minesweepers. This was also the opportunity for the US Navy to acquire more modern vessels and they commissioned a new design for a wooden minesweeper—because steel ships would be detected by magnetic mines. This began a short-lived revival in traditional marine construction skills in the USA as boatyards all around the country responded to the government's invitation to submit bids. Oregon's wooden ship-builders in Astoria and Coos Bay won initial approval, with more on Puget Sound and northern California for a total of 19 west coast yards ready to leap into action.



By Peter Marsh

Maintaining a safe depth for wartime ship traffic in the Columbia River has always required continuous inspection by a survey team. When the men who ran the survey boat were called up, women proved perfectly capable of mastering the technical skills needed to chart the river's sandbars and shallows.

## AMCCO's Minesweeper Launches Remembered

The US Navy sent inspectors out to the west coast to inspect all these facilities and verify their sources of high-quality softwood lumber. On April 1, 1941, the Navy awarded AMCCO a \$1,312,000 contract to build four minesweepers, called the Yard Mine Sweeper or YMS. However, Joe Dyer, the manager and one of the three owners, still needed to expand the shipyard, which only had one marine railway and 30 employees. So AMCCO began building wooden minesweepers for lend-lease to the British Navy in the summer of 1941.

These complex 136-foot warships were a giant step beyond the fine wooden yachts, ferries and fishing boats the yard had built since 1922. Dyer intended to create an assembly line system to increase efficiency and pre-fabricate parts for all four boats simultaneously, but was not sure how he would finance this ambitious plan. Fortunately the Navy, anticipating situations like AMCCO's, allowed a 10% progress payment upon laying of the vessels' keels. Dyer bought some adjoining tideland pasture, where he laid down four 110' Douglas fir keels sawn at the mill in Westport, Oregon, then drew up plans for sheds, building ways, and workshops to be built when the money was paid.

As soon as the new buildings were roofed and the saws and planers set up, Dyer found more skilled carpenters and shipwrights who came out of retirement to start the pre-fabrication of parts for the second boat. Then the crew began attaching oak frames on the second keel for the YMS 101. The inner planking was 2" Douglas fir, the outer layer over 1" thick, to withstand the shock

wave when mines were swept up and deliberately detonated by rifle or deck gun. It was powered by a pair of GM 400 HP diesels—long-lived engines that are still found today in some older working boats.

It had taken almost one year since the contract was signed, but the next three boats were all well on the way and methods of pre-fabricating the 24'-wide glued wooden hull frames were being perfected. The company's records state that the first vessel, YMS 100, was launched on April 12, 1942. The new boat shop complex was carefully organized to speed up production and the second minesweeper was delivered on July 17. The YMS 102 was sent out into the Columbia a month later, followed by the YMS 103 on September 18.

They were all commissioned as British Motor Minesweepers (BYMS) and were delivered to Britain by crews from the Royal Navy. This was an amazing feat, and the building team of over 200 were able to celebrate their incredible achievement of delivering the second pair only six months after the keels were laid. With all this bustle around the waterfront, we need to remember that there were constant reminders of the war in the Pacific. The Oregon coast was the most likely target of a Japanese attack—anything from landing a spy to a full-on D-Day type amphibious landing. The beaches were absolutely off-limits and were covered in barbed wire, and the Oregon Shore Patrol was organized by American Legion posts in coastal counties in December 1941. They were replaced by improved Coast Guard patrols and Army installations along the Oregon coast.



Oregonians watched news reels of the bombing of London and heard radio reports from pioneers like Edward R. Murrow, and wondered "could that really happen here?" Authorities answered with an emphatic "yes" and worked to prepare the state for the worst. This included organizing thousands of civilian volunteers into the Aircraft Warning Service to keep watch for enemy aircraft. By 1942 authorities across Oregon had a complex civilian protection program staffed by tens of thousands of volunteers.

The work of these air raid wardens, auxiliary police and fire forces, fire guards, emergency medical teams, decontamination units, drivers, messengers, evacuation officers, public utility repair squads, and others (collectively known as the Citizens Defense Corps) was coordinated and integrated by the State Defense Council. But to be truly effective, every citizen needed to be ready to respond to a variety of terrible weapons that could literally fall through their very roof!

Coastal residents were commanded to black out their homes at night by covering windows with shades and blankets. Block wardens patrolled neighborhoods, looking for telltale lights and reprimanding offenders. Volunteers watched for airplanes, balloons from Tillamook kept watch from the sky. All shipping in and out of the river had to wait for an escort through the minefields, and fishermen had to stay well upriver of the defenses and cope with the blackout at night.

And this was the summer when the Japanese made the well-known attack on Fort Stevens. On the night of June 21, 1942, an enemy submarine fired seventeen shells at Fort Stevens, near Astoria. Most of the shells landed in a swampy area at the edge of the fort, and some exploded on the beach or buried themselves in the sand. Undoubtedly that must have been a hot topic at AMCCO, which was now a full-blown marine industrial facility striving to meet the US Navy's demand for hundreds more minesweepers.

Overhead, delivery pilots ferried planes to the the airport across the Netul River. The city docks became the "last stop" before crossing the bar for over 1,000 ships that emerged from the famous and amazingly efficient Kaiser shipyards upriver. There were no more (male) workers with shipyard experience in the region and the Kaiser shipyards wanted AMCCO to perform all the finishing work necessary to their Liberty Ships and oil tankers, plus last-minute modifications to the escort aircraft carriers. Kaiser was already employing thousands of women, and Dyer brought in the first women in April of 1943.

They were assigned to the sweeping crew, but soon they were training as drill press operators, light joiner workers, gluers, sanders, pipe threading machine operators, light deck caulkers, and lead and plugging workers. A total of about 70 women and 400 men ended up working at AMCCO at the end of 1943, when the company proudly announced: "201 Ships Built, Outfitted or

**American women entered the workforce in unprecedented numbers during World War II, and their most recognizable job was as the iconic riveter in the aircraft industry. Small riveted aluminum boats were also vital for landing soldiers on shore, and were part of the war production in the Columbia River region.**



Repaired!" And they had also won the Treasury T-flag for full participation in the year long bond drive, paid with 10% of their annual wages.

In 1944, the yard's weekly newspaper, the AMCCO Log, reported that two welders, Garnet Verschuren and Harold Johnson married at the yard wearing their welding garb and attended by their workmates. (Could this happen today?) The Log also tell us that there were another 1,000 AMCCO workers on the port docks working on the carriers and armed transports streaming out of the Kaiser shipyards.

In the three-year period from the spring of 1942 through December 1944, AMCCO built 18 identical wooden hulls, 16 as sweepers, two as sub-chasers/patrol craft. They also built six VT harbor tugs and 16 smaller tugs. The wood-hulled YMS proved to be one of the U.S. Navy's more durable and versatile types through a quarter-century of service, filling a variety of roles for a number of navies. YMS 117 came to the Columbia in 1947 to serve as the Bar Pilot's station boat on the ocean for over 20 years.

BYMS 26 served in the Mediterranean where it was converted into a car ferry. It was discovered by Jacques Cousteau in the 1950's and was converted again into his dive-support ship Calypso. It became famous in the USA through the series the Undersea World of Jacques Cousteau, which ran for ten years from 1966 to 1976. At a time when color television was a novelty, his programs opened the eyes of a generation to the wonders beneath the waves.

In the years immediately after WWII, AMCCO specialized in mothballing Navy ships that were moored in great fleets behind tongue Point. Many of those ships were eventually scrapped at the wartime shipyard in SW Portland beside the Ross Island Bridge. This still exists as Zidell's yard and this June, they will launch their last barge and close. AMCCO is the most intact small shipyard on the west coast, thanks to its continued original use, hauling local fishing boats for repairs and maintenance. It has become a National Historic Monument—but one with a serious pollution problem from those desperate war years that is not going away....



Jacques Cousteau's Calypso, once a BYMS 26, mine sweeper was built at Astoria's AMCCO shipyard

#### 28,000 Women in the 1944 Portland Workforce

THOUSANDS of women took wage-earning jobs for the first time in the Kaiser shipyards. In Portland, 28,000 women comprised 30 percent of the workforce by 1944, with countless others working in smaller yards along the Columbia and Willamette Rivers. The Kaiser shipyards made an early commitment to hire women to fill construction positions at its Portland and Vancouver facilities. When the Oregon Shipbuilding Company hired two women welders in April 1942, it was the first time a U.S. Maritime Commission yard employed female workers to carry out production functions.

As news circulated about the shipyard's willingness to hire women, welding schools began training more women for the work. By early 1943, all of the major shipyards operated trainee welding programs for women. They earned good wages and received equal pay with men for the same kind of work. Some women making \$3 a week as domestics were suddenly making up to \$200 a month as welders. They had money to spend and could buy houses and farms, pay for college and afford childcare.

Both Kaiser shipyard and federal officials recognized the importance of government-funded child-care accommodations for women workers, and community-based facilities were located in Portland, Vanport, and Vancouver. Two Kaiser child-care centers at shipyard entrances, operated during all three work shifts and cared for 700 children.. Staffed by professionally trained staff and providing nutritional meals, the innovative centers became national showcases. Sadly, this all ended when the Axis powers surrendered; the Oregon Shipyard Corporation laid off its last women welders in October 1945.





# Ceramics on the Edge

a group exhibit  
celebrating clay in all forms

**IMOGEN GALLERY** participates in the 2017 National Council on Education for the Ceramic Arts (NCECA) as a satellite venue. This year's event, brings ceramic artists and enthusiasts from all over the country to Portland for its 51st annual conference. Imogen's exhibition will focus on the ceramic arts of its represented artists. Amy Fields, Barb Campbell, Javier Cervantes, Robin Hominiuk, Aaron Murray and Christos Koutsouras, are participating in this special exhibition, celebrating clay in all forms. The exhibition will open for Astoria's Second Saturday Artwalk, March 11th with a reception for the artists, 5 – 8 pm. The exhibition will be on view through April 4th.



Anchor Series- Cervantes



Anemone Bowl - Amy Fields

NCECA, a non-profit organization founded in 1966, today enjoys a membership over 4,000 strong. The annual conference, which takes place in different cities across the nation each year, is the world's largest event, focusing solely on the field of ceramic arts. The unique artist-run organization provides valuable resources and support for individuals, schools and organizations with shared interests. To learn more about the organization and this year's event in Portland, March 22 – 25th, please check their website. <https://nceca.net/> Along with the main event held at the Oregon Convention Center, outside venues showcase diverse exhibitions throughout Portland and the state, all celebrating the

ceramic art form. Imogen Gallery is the only venue located on the Oregon coast to participate in the event.

This year's conference title is "Future Flux" and focuses on the evolution of ceramic arts. This year's conference is described by NCECA organizers: "As journey's end for Lewis and Clark in the early 19th century, expedition and discovery have framed our imagination of the Pacific Northwest. As we pass beyond NCECA's first fifty years, the interconnection of mind, materials, and transformation at the heart of ceramic process, art and education can serve as trail heads to our future. Our creative work in the 21st century increasingly engages with hybrid practices, issues of diversity, notions of community and dynamic change."

With that theme in mind, Imogen Gallery presents a group exhibition of several represented artists exploring firing process, building technique, surface treatment and form. **Barb Campbell** and her husband **Javier Cervantes** who live in Corvallis and Oaxaca, Mexico, are known for their distinct styles. Both artists have spent over 40 years developing their techniques and skills, working in both tradition firing techniques as well as intensive study and use of wood firing techniques. Cervantes, who at a young age visited the Museum of Anthropology in Mexico City, became fascinated by the sculptural and functional object of early pre-Hispanic cultures of Nayarit, Michoacan, Veracruz, and Oaxaca. These artifacts have consistently informed Cervantes in his own sculptural work for decades. Barb Campbell whose work is widely recognized and collected also brings several wood fired vessels. Campbell, who primarily focuses on hand built pieces is known for incorporating a great deal of surface design to her forms.

**Amy Fields** of Portland is a ceramic artist who is constantly exploring new ideas for extreme surface treatment, enhanced by firing process. Working in mid-range electric fired porcelain as well as high-fired stoneware and porcelain, her wheel thrown and hand altered pieces vary from utilitarian to strictly sculptural. She incorporates hand drawn and tactile elements to her forms.

Clay artist **Robin Hominiuk** of Seattle, brings a series of wood-fired vessels inspired by the natural process of erosion of river rock. Her large scale pieces titled the "Disambiguation Series" echo the lines and relief surface altered by hundreds of years of running water. In her clay work, she explores elements of subtlety and extreme carving of rock through a combination of wheel thrown and hand-building techniques, further enhanced in the organic process of atmospheric firing. Subtle coloration and texture created by combustibles in the process and/ or surface treatment of added porcelain slip, create gorgeous hues and texture suggesting the slow process of nature's work.

**Christos Koutsouras**, known internationally for his paintings and drawings, recently spent an intensive period of time working with a highly respected ceramic artist in Greece, where Christos is from. His last trip to his home island of Samos led him to exclusively focus on three-dimensional work. He brings a series of small figurative pieces, echoing ancient artifacts.

The exhibit also includes the work of **Aaron Murray**, an artist and educator from Seattle. Murray is known for his wry and whimsical folk art. His love of animal form and patterns of nature enters into his finished work.

**Imogen Gallery is located at 240 11th Street, on the vibrant block shared with Cargo and Astoria Coffeehouse & Bistro. Mon through Sat, 11 to 5, 11 to 4 ea Sun, and closed Wed. 503.468.0620. oFacebook or at [www.imogengallery.com](http://www.imogengallery.com) .**

## DEEP BLUE

**Nancy Cook: New Work**  
Printing Making • Collage • Paper Quilts  
@ KALA

KALA presents DEEP BLUE, Nancy Cook's Fisher Poets exhibit—part visual memoir of a chapter of life spent working Alaska's Bering Sea, and part raw contemplation of blue-ness—in all its hues and all its meanings.

Many of her new works are "paper quilts," sewn of topographic maps, nautical charts, photographs, and other place-based texts along with scraps of original cyanotypes, monotype prints, and paintings. She studied abroad in Barcelona and the French Riviera this past summer, and the works pays active homage to the artistic legacy of Miro, Chagall, and Dali. She is also influenced by the community of artists at the CCC Art Center in Astoria and the Wrangell Mountains Center in McCarthy, Alaska.

The deep blue sea of the grand North Pacific is seemingly invincible, but also increasingly fragile—if we trust the life-work of oceanographers and climate scientists now threatened by silence. Some of Nancy's works draw attention to marine extinctions; others celebrate the resiliency of wild landscapes. And others just play with the way one color looks next to another. "We live in a world of red versus blue, and the blues are also a music emerged from the legacy of African American slaver. Blue notes are "worry notes." Blue devils were a name for intense visual hallucinations some experience during alcohol withdrawal, and as for the winter blues, well we all know melancholy at one point or another." For Nancy, "making art is about making order in a time of chaos. It's about aligning with beauty. And expression."

Art sales to proceed Global Ocean Health and marine conservation.

**Saturday, March 11, 5-8pm at KALA, 1017 Marine Drive, Astoria, 5pm – 8pm, March 11, 2nd Sat Art Walk. Also showing, Sid Deluca & Sterling Gorsuch, Paul Soriano and artist SM@CK!**



Chagall loved music and The Color Blue (segment). Monotype and Collage

## Sitka Center Summer 2017 Workshop Program

In the middle of a towering spruce forest on Oregon's central coast, the Sitka Center for Art and Ecology has inspired students for nearly 47 years. Next to Cascade Head with views of the Salmon River Estuary and Pacific Ocean, Sitka offers over 100 workshops each year that strengthen our connections to art, nature and humanity.

Every summer and fall, more than 900 students come here for creative inquiry and expression. In 2017, those wishing to explore sculpture can learn to work in wet-carved concrete, build a mosaic water fountain, chisel a sanderling in wood or hand-build abstracted natural forms in clay. From felting to metalsmithing to book arts, top-notch instructors guide students within a supportive, inspiring setting. Well-known Sitka instructors returning this year include Kim Stafford, Margot Voorhies Thompson, Mark Brody and Wuon-Gean Ho. About one-third of our teachers every year are new to Sitka, and this year we're pleased to welcome outstanding instructors like watercolor painter Sally Cleveland, composer Ben Cosgrove and pioneering Solarplate printmaker Dan Welden.

Want to deepen your understanding of coastal ecology? This year you can learn about the trees of Cascade Head Experimental Forest with a forester, delve into pollination ecology with an entomologist, or explore the Salmon River estuary with a hydrologist.

Professional artists can stretch their skills with a variety of workshops like "Watercolor for Serious Painters" and learn to photograph 2D artwork or improve critique and teaching skills. Indulge your inner geek with workshops in digital storytelling, 3D modeling with low-tech fabrication, and iPhone photography is back by popular demand in an expanded 2-day format.

Whether you're experienced or trying something for the first time, there's a Sitka workshop for you. Most workshops are designed for adult students, while several Sitka Art Circle workshops are open to youth aged 10+. These introductory half-day workshops cost only \$25 to sample painting, drawing, writing, mosaic and printmaking with skilled instructors in a well-equipped studio.

Sitka Center offers a limited number of need-based scholarships to offset the cost of tuition. This year scholarship requests will be accepted throughout the season while funds last. For details, email [info@sitkacenter.org](mailto:info@sitkacenter.org).

Workshop registration starts February 28 for Sitka members and March 14 for non-members. To register, become a member or learn more, visit [www.sitkacenter.org](http://www.sitkacenter.org) or call 541-994-5485.



# March Cultural Calendar

## Luke & Katie of BLIND PILOT to make guest appearance at BEYOND THE SOUND

### An Astoria Schools Music Education Benefit Concert

THE MONTH OF MARCH has been officially designated by the *National Association for Music Education (NAfME)* for the observance of Music In Our Schools Month® (MIOSM®), the time of year when music education becomes the focus of schools across the nation. To bring awareness to MIOSM® the Astoria High School Band, Choir, and Orchestra are hosting a special benefit concert featuring special guest appearances by Luke & Katie of the wildly popular indie rock band Blind Pilot. Luke and Katie will join the AHS students and a handful of Astoria's notable musicians March 17th at the Liberty Theater for the first ever Beyond the Sound, Astoria Schools Music Education benefit Concert.

The concert, BEYOND THE SOUND, will feature all genres of music from classical to folk to jazz to contemporary choral selections.

The purpose of MIOSM is to raise awareness of the importance of music education for all children – and to remind citizens that school is where all children should have access to music. MIOSM is an opportunity for music teachers to bring their music programs to the attention of the



school and the community, and to display the benefits that music brings to students of all ages.

**The concert begins at 7:00 pm, Friday, March 17th at the Liberty Theater in Astoria. Tickets are \$15 for adults, \$5 for children ages 6 to 17, under 6 are free.**

All proceeds from the event will support music education in the Astoria School District; helping our students develop skills for college, career and life success.

For more information on Beyond the Sound, go to [www.astoriabands.org](http://www.astoriabands.org) or call 503-791-8134.



## OperaBend's La Boheme Oregon Tour at the PAC

FOLLOWING their Central Oregon performances, OperaBend, in partnership with Central Oregon Community College, takes the production of La Boheme by Giacomo Puccini, to six Oregon locations. Hood River, March 18, Astoria, March 25, Coos Bay, April 1, Medford, April 2, and Florence, April 8. This tour is supported in part by a grant from the Oregon Cultural Trust. Puccini's melodic masterpiece features Oregon regional opera performers. The production is being staged by Brenda Nuckton (Portland) and conducted by Jonathan Moore. Sung in Italian with English Subtitles

**Saturday, March 25, 7pm at the PAC, 16th & Franklin in Astoria. \$15 General admission Students \$5.**

## Saturday 11

### MUSIC

Mike Bones. At the Connie Hansen Garden in Lincoln City.

David Drury. 6 – 8:30pm at Bridgewater Bistro in Astoria.

Women of the World. \$15 - \$35, 7:30pm at the Liberty Theater in Astoria.

Beth Willis Rock Duo. 8pm at the Seafood Grill Lounge at Chinook Winds in Lincoln City.

Eric John Kaiser. 8pm at the Public Coast Brewing Company in Cannon Beach.

Michael Hurley and Tango Alpha Tango. Fort George 10th Anniversary Celebration 8pm at Fort George in Astoria.

Boy & Bean. Hip Hatchet. No cover, 9pm at the Adrift Hotel in Long Beach.

Richie Blue. 9pm at Snug Harbor in Lincoln City.

Will West and the Friendly Strangers. \$5 cover, 9pm at the San Dune Pub in Manzanita.

### ART

Astoria Artwalk. Free, 5 – 9pm at galleries and other businesses in downtown Astoria.

### FOOD & DRINK

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

### HAPPENING

Spring Fling. Live music, silent auction, food and beverages. \$35, 5 – 9pm at the Chinook School Event Center.

Mama Mia the Movie Singalong. 80s costumes are encouraged. \$5, 3 – 5pm at the Columbian Theater in Astoria.

Savor Cannon Beach Wine & Culinary Festival. All-festival tasting event pass, \$195. Individual event tickets range from \$20 - \$40. [Savorcannon-beach.com](http://Savorcannon-beach.com)

Readings by Martha Grover, Casey Jarman, Lizzy Acker and Hajara Quinn. With music by The Morals and Jessica Dennison and Jones. Free, 7 – 10pm at the Sou'wester Lodge in Seaview.

80's Dance Party. With live music from Mr B. No cover, 9pm – 1am at the Manzanita Lighthouse Pub & Grub.

Garibaldi Crab Races. Races plus food and more. 11am – 5pm at the Old Mill Event Center in Garibaldi.

The Owyhee River Journals. Join writer Bonnie Olin for a richly-illustrated journey into the canyonlands of the Owyhee River in Nevada, Idaho and Oregon. 11am – 1pm at the Library in Pacific City.

Spring Vintage Flea Market & Bazaar. Antiques, vintage, handmade, retail items and more. Free admission, noon – 7pm at the Tillamook Fairgrounds.

### LECTURE

Great Speaker Series. A World Without Secrets: Privacy and Expectations in the US. With Wendy Willis. Free, 1pm at the Tillamook County Pioneer Museum.

### OUTSIDE

Nehalem Estuary Cleanup. Orientation: 7:30am at the Masonic Hall at Handy Creek Bakery in Wheeler, then the cleanup will commence. Bring water and a sack lunch. Dress for the weather.

### THEATER

The Dinner Party. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

The Mousetrap. Whodunit. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

### Sunday 12

### MUSIC

Red Beans and Rice. 11:30am - 2pm at Bridgewater Bistro in Astoria.

Women of the World. \$25, 2 – 4pm at the Tillamook High School Auditorium.

The North Oregon Coast Symphony Goes Baroque. \$15, 3pm at the PAC in Astoria.

Sammy Miller and the Congregation. \$22, 7pm at the Lincoln City Cultural Center.

Roxanne de Bastion. No cover. 8pm at Fort George Brewery & Public House in Astoria.

### FOOD & DRINK

Wine Tasting. Charles Smith Wines. 2:30 – 4pm at The Wine Shack Tasting Room in Cannon Beach.

### HAPPENING

Savor Cannon Beach Wine & Culinary Festival. All-festival tasting event pass, \$195. Individual event tickets range from \$20 - \$40. [Savorcannon-beach.com](http://Savorcannon-beach.com)

Garibaldi Crab Races. Races plus food and more. 11am – 5pm at the Old Mill Event Center in Garibaldi.

### THEATER

The Mousetrap. Whodunit. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach

## Monday 13

### MUSIC

Jennifer Goodenberger. 6pm at the Bridgewater Bistro in Astoria.

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

Potpourri. 7pm at the St Johns United Church of Christ in Tillamook.

## Tuesday 14

### MUSIC

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

## Wednesday 15

### MUSIC

Adam Miller. Free, 3pm at the Library in Manzanita.

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

### HAPPENING

Community Meetings. Creating a Healthy Housing Markey for Tillamook County. 2 – 3:30pm at

the Kiawanda Community Center in Pacific City. 6 – 7:30pm at Tillamook Bay Community College.

### LECTURE

Listening to the Land. Tracking the Brown Pelican. With Deborah Jaques. Free, 6pm at the Seaside Library.

## Thursday 16

### MUSIC

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

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

### FOOD & DRINK

Pop-Up Farmers Market. 2:30 – 5:30pm at the North Coast Food Web in Astoria.

### HAPPENING

Angel on a Leash Pet Therapy Friend Raiser. Free, 5 – 8pm at the Astoria Golf and Country Club.

Third Thursday Craft Fair. 10:30am – 12:30pm at the Bob Chisholm Community Center in Seaside.

Community Meetings. Creating a Healthy Housing Markey for Tillamook County. 10:30am – noon at the Pine Grove Community House in Manzanita. 3 – 4:30pm at Tillamook Bay Community College.

St Patrick's Day Celebration & Dinner. Corned beef & cabbage, Irish music and dancers. \$30 for the show, \$16 for show only. 6pm at the Lincoln City Cultural Center.

→ cont. p19



## MOUSETRAP AT THE COASTER THEATER



A GROUP OF STRANGERS have gathered in a country manor during a treacherous snowstorm. With no possibility of reaching the outside world, they discover a murder and find themselves, one by one, under suspicion. The suspects include the newly married couple who run the house, and the suspicions in their minds nearly wreck their perfect marriage. Other suspects include a spinster with a curious background, an architect who seems better equipped to be a chef, a retired Army major, a strange little man who claims his car has overturned in a drift, and a jurist who makes life miserable for everyone. Into their midst comes a policeman, traveling on skis. He no sooner arrives, when the jurist is killed. Two down, and one to go. To get to the rationale of

the murderer's pattern, the policeman probes the background of everyone present, and rattles a lot of skeletons. Another famous Agatha Christie switch finish! Chalk up another superb intrigue for the foremost mystery writer of her time.

CAUTIONS: If this were a movie it would be rated PG.

CAST Emily Dante, William Ham, Richard Bowman, Timothy Garvin, Tony Ihander, Frank Jagodnik, Heather Neuirth, Donald Conner, David Sweeney. Directed by Susi Brown.

**NOW Playing! Thru April 15, Performances begin at 7:30pm, Fri/Sat. Sunday shows start at 3:00pm. See calendar at coastertheatre.com. Tickets \$25-\$20.**

## Aaron Larget-Caplan March 29 at The Coaster

WORLD-CLASSICAL guitarist Aaron Larget-Caplan returns to the Coaster Theatre in Cannon Beach for an exhilarating concert of music titled Night Songs & Dreams. From minimalist and quarter-tone to 12-tone and tonal, Aaron's Night Songs & Dreams is an all-ages 21st century contemporary classical guitar concert featuring new works written for Aaron's critically acclaimed New Lullaby Project. 7:30pm (doors at 7pm). FREE. Workshop: 1-3pm at the Coaster that day. ALSO FREE!!!!



## STORM LARGE Bigger Than Life . . . Itself! Coaster Theatre This Spring



THE COASTER THEATRE presents Storm Large: In Concert for two performances on Saturday, March 18, at 7:30pm and Sunday, March 19, at 3:00pm. Storm Large – musician, actor, playwright, author, awesome, shot to national prominence in 2006 as a finalist on the CBS shot Rock Star: Supernova. In April of 2011, Storm made her debut as a guest vocalist with the band Pink Martini and continues to perform with the band, touring nationally and internationally.

Recent highlights include engagements with the New York Pops, Cincinnati Symphony Orchestra, Houston Symphony, RTÉ Dublin, Toronto Symphony Orchestra, and the Knights, as well as performances at the Grant Park Music Festival in Chicago. She joined Michael Feinstein as special guest on the Jazz at Lincoln Center Popular Song series. Storm has also sung with Grammy winner k.d. lang, pianist Kirill Gerstein, punk rocker John Doe, singer/songwriter Rufus Wainwright, and Rock and Roll Hall of Famer George Clinton.

She debuted with the Oregon Symphony in 2010, and has returned for sold out performances each year thereafter. Storm made her Carnegie Hall debut in May 2013, singing Weill's Seven Deadly Sins with the Detroit Symphony as part of the Spring for Music festival. The NY Times called her "sensational," and the classical music world instantly had a new star.

**PERFORMANCE DATES:** Sat. March 18 at 7:30pm. Sun, March 19 at 3pm (Limited seating – only 100 tickets available. The afternoon includes complimentary champagne and hors d'oeuvres.) Ticket Prices – \$75 or \$125. Box Office – 503-436-1242 or online at coastertheatre.com.

## A Tribute to Country Greats Patsy and Loretta



Julie Amici

NORTHWEST VOCALISTS Mary Cameron and Julie Amici join forces to perform a musical tribute to country artists Loretta Lynn and Patsy Cline. The talented Portland area vocalists have been performing their own tribute shows regularly to sold-out houses throughout Oregon and Washington. They're taking their combined show on the road to visit various theaters in the region-their first stop, March 31st at the North Coast Recreation District Performing Arts Center in Nehalem, Oregon.



Mary Cameron

Julie Amici has recently been nominated "Best New Act" and "Best Traditional Act" by the Cascade Blues Association. She performs with Dean Mueller regularly in Portland with The Julie Amici Band. Julie brings an intimate and alluringly sweet voice that melds jazz, blues, and country. With the Patsy Cline tribute, Julie returns to her childhood roots in country music and delivers expertly.

Mary Cameron has spent many years honing her craft around the Portland music scene. She can be seen regularly singing classic country and western songs with her band at nightclubs and events around the Northwest. Cameron is well known for her knack of picking great unknown songs from the repertoires of many country music artists, a skill that serves her well in her tribute to Loretta Lynn.

The backing band is made up of a cadre of award winning musicians including drummer and Oregon Music Hall of Fame inductee Carlton Jackson; national Blues Music Award nominee bassist Dean Mueller and renowned jazz guitarist Dan Gildea. The group will be joined by former Nashville touring pro Gary Thorsen on pedal steel, one of the most versatile musicians on the Portland country music scene.

**Tickets are \$20 and are available at julieamici.com, hey-loretta.com, eventbrite.com, and at the Cloud & Leaf Bookstore in Manzanita.**



## Thomas Benenati and Michael deWaide Solo Shows at RiverSea Gallery

RIVERSEA GALLERY presents two solo exhibitions opening March 11 and continuing through April 4, 2017. Pastel artist Thomas Benenati, depicts the natural landscapes and working mills, ports and docks along the Columbia River observed during his workday commute. Featured in the Alcove, Michael deWaide offers a new series of narrative folk-art wood carvings. An opening reception held on Saturday, March 11 from 5:00 to 8:00 during Astoria's Second Saturday Artwalk, features original folk music by local singer/songwriter, Lucy Barna.

Pastel works on paper by Thomas Benenati are presented in I Just Work Here, a show that is part installation combined with a traditional gallery exhibition. Unfinished works surrounded by the artifacts and detritus of the artist's studio are displayed alongside finished pieces, both framed and unframed, contrasting the messy creativity of artistic process with pristine gallery presentation.

Throughout the workday trek from Benenati's home near Longview to his job as a park ranger at the mouth of the Columbia, it is close observation of the river, the landscape and the light that provides daily artistic inspiration. The fall of light on a cliff face, drifts of smoke from a mill, fields suffused in fog, all inform his art.

In works that manage to be at once bold in attitude yet delicate of line, Benenati transforms familiar environs into shards of color and fractured light through his energetic mark making. In his signature approach to pastel, lively strokes and smudged blocks of color mix with tendrils of meandering line to comprise ethereal compositions that deliver the authentic spirit of the rural landscapes and blue collar workplaces along the Columbia River.

Showing in the Alcove this month are the lively and enigmatic carvings of Michael deWaide, an artist, illustrator and wood carver who has made Astoria his home since 1970. Magic abounds in his imaginary world where the antics of forest creatures and enchanted beings slyly allude to ancient allegorical tales. Expressive characters entangled in their stories emerge from the soft, rounded contours of wood shaped by his hand, to become fully fledged beings rendered in vibrant polychrome. In an idiosyncratic style that calls to mind a range of influences from medieval altarpiece carvings to 1960s counterculture, these works speak of the enveloping mystery of deep woodland and wild spaces that long ago sparked creation myths, tales of fairy folk, and enchantment.

**RiverSea Gallery, open daily at 1160 Commercial Street in downtown Astoria, Oregon. 503-325-1270/riverseagallery.com.**



**Astoria Boogie-Woogie T. Benenati**



**M. deWaide The Worm 45x12x1 cedar**

## ARTPORT GALLERY STORMY WEATHER

ON THE ILWACO BOARD WALK, the recently opened Art Port Gallery is currently featuring works that interpret the theme "Stormy Weather." From Penny Treat's portraits to Eric Wiegardt's impressionist watercolors to Barb Mallon's encaustic and abstracts. This month Art Port introduced a new local artist to the gallery – Bill Atwood – showing his fabulous metal sculptures. Luisa Mack offers her gorgeous jewelry plus you can see Renee O'Connor's colorful ceramics and pendant sets. Take a trip to the Boardwalk. Artport Gallery is open Saturdays, 11am – 5pm, and by apt. 360.665.0522



Ceramics by Rose Antaki

Jeanne Dana Bronze work

## The Refugees' Dreams At LightBox

LIGHTBOX Photographic Gallery opens "The Refugees' Dreams" with an artist reception on Saturday, March 11th from 5-8 p.m. This series of photomontages by artist Friderike Heuer is dedicated to those fleeing their war-torn countries and to those helping refugees settle. Friderike will give an artist talk about the series at 4pm on Saturday, March 11, immediately before the opening. Please call LightBox for reserved seating.

Friderike's current project consists of three parts: *On Transience* explored the transient psychological states of immigrants and refugees; *The Refugees' Dreams* is focused on what we and those seeking shelter in our country have in common. The third part (working title *Transit*) is in progress and tackles our dual relationship with mobility - we cherish our own, but want to deny it to those crossing our borders.

Trained initially as a trial attorney, Friderike shifted careers and immigrated to the US from Germany in 1981. After receiving a Ph.D. from the New School for Social Research in New York in experimental psychology, she taught Visual Perception, Cognition and Social Psychology at both the graduate and undergraduate levels for

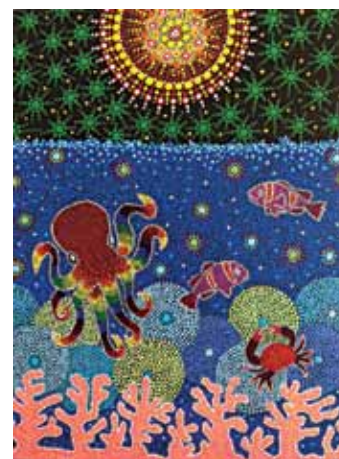


**Friderike Heuer, Looking For Jobs**

15 years. She now is working as a full-time artist, and her work is primarily concerned with issues of justice, both historically and in contemporary settings, and the consequences of exile and emigration. My recent work has explored the actual and emotional results of displacement (*Fugue*, *On Transience*, *Affirmation & Negation*), the consequences of reckless political and economic decision making (*Free Fall*), and war (*The Armed Man*.) For more information or inquiries: [www.friderikeheuer.com](http://www.friderikeheuer.com)

**LightBox is located at 1045 Marine Drive in Astoria. Tues - Sat 11 - 5:30. 503-468-02 lightbox-photographic.com**

## Luminaria Arts Lots of Dots



Local favorite, Diane Jackson, known for her paper mâché sculptures and Matchbook Meditations, has turned her attention to dots....lots and lots of dots. Feast your eyes on sea life mosaics of dots....lots of dots. Each piece is an original acrylic on canvas board with meticulously labored dots (lots of dots!).

**Join Luminari Arts for music, beverage and bites, March 11, 5-8pm at 1133 Commercial in Astoria. OPen Daily.**

## Jane Means Trails End Gallery



TRAILS END GALLERY in Gearhart, announces longtime gallery member Jane Means as its featured artist in April.

Meet the artist at the gallery open house on **Saturday, April 1, from 2-5pm.**

Jane works in acrylic, pen and ink, pastel, watercolor, pastel and mixed media/collage. Her pieces exude whimsy, color and movement and range in style from nonrepresentational abstract to impressionistic. She's had over 50 showings all over the Northwest, amongst them, Trails End monthly shows (multiple awards), plein air shows and July Judged Shows (1st in acrylics, 1st in pastels), Seaside hotel lobbies, Clatsop Community College, "Au Naturel" international show, Peninsula Arts Association annual shows (1st and 2nd awards), Seaside, Whidbey Island Judged Show, 2008. Jane sites many teachers who have contributed to her growth as an artist, such as Shirley Dahlsten, Don Andrews, Ellen Zimet, Linda Rothchild Olis, Ruth Armitage, Gerald Brommer, Johanna Pomeroy-Crockett and Royal Nebbeker.

**Trails End Art Association, located at 656 A Street. Winter hours are Friday-Sunday, 11:00-3:00. [Trailsend.org](http://Trailsend.org)**



## Props and Hops

## Making the un-real appear real

The Oregon Film Museum's TNT (Thursday Night Talks) lecture series continues March 16th with Props-n-Hops, a presentation by Propmaster Tim Oakley of Portland based, Oakley Design Studios. Tim designs and creates props for feature films, television shows, and commercial shoots. His work has appeared in over 100 motion pictures, including Dark Knight Rises, Jurassic World, Indiana Jones 4, and all of the Star Trek franchises. He also works locally for the television series The Librarians and Grimm.

The Oregon Film Museum sponsored TNT lecture series is a free event at Fort George Brewery's Lovell Showroom on the third Thursday of each month. Doors open at 6pm, with lectures beginning at 7pm. Seasonal beers on tap, food and other beverages are available for purchase. Minors are welcome with an accompanying adult.

**FMI: Clatsop County Historical Society activities, please call 503-325-2203 or e-mail: cchs@cumtux.org.**



## Historical Presentation:

Georgiana Pittock, Her Last Ten Years  
Seaside Public Library • March 17

Seaside Library will hosts a dramatic presentation of "Georgiana Pittock Her Last Ten Years with historical actress Mary Hutchins, in the Community Room on March 16, 7pm.

Mary Hutchins (portraying Mrs. Pittock) and Mike Hutchen's (portraying her chauffeur), will tell the account of Georgiana and Henry Pittock as they came west on the Oregon Trail, and their settlement in Portland. The Pittock family played a major role in the history of Portland and the growth of our largest city. They will also tell the story of the Pittock's last ten years between 1908-1918, with the building of the Pittock Mansion, the evolution of Women's Voting Rights in Oregon, World War I, and dealing with the effects of a stroke. The Pittock family visited Seaside on many occasions and the presentation will touch on their experiences on the Oregon Coast.

Historical actress, Mary Hutchins, has been portraying Georgiana Pittock since 2007, and has told her story to school children, residents of elder living facilities, museums, libraries, civic, and philanthropic organizations. She will be in full period costume for the presentation.

**The Seaside Public Library 1131 Broadway. (503) 738-6742/www.seasidelibrary.org.**

Museum Hosts Speaker  
on Privacy • March 11

IS THE EXPECTATION of privacy still a social norm? Wendy Willis will return to the Tillamook County Pioneer Museum on Saturday, March 11, 1pm as leader of the Oregon Humanities' Conversation Project "A World without Secrets: Privacy and Expectations in the United States." This is a topic in the news almost daily as governments worldwide surveille their citizens and corporations gather information used in marketing to individuals. Ms. Willis will be guiding participants in a discussion of the history of privacy in our country and how our

principles of freedom and privacy hold up in a world where almost everything about us is discoverable and discussed.

Hiking from Portland to the  
Coast: Author Jim Thayer  
March 10

ASTORIA PUBLIC LIBRARY presents Meet the Author, a free series readings and presentations by Oregon authors. On Friday, March 10 at 6pm, Portland author Jim Thayer will give a presentation based on his new book, Hiking from Portland to the Coast: An Interpretive Guide to 30 Trails. The event will take place at the Astoria Public Library, 450 10th Street, Oregon. Admission is free.

## A Town Called Seaside

Author And Historian Gloria Linkey  
March 25

Delve into the history of Seaside on March 25, at 1pm with local author Gloria Linkey, at the Seaside Library Community Room. There will also be book sales and signings.

The town of Seaside, Oregon, isn't very big. It boasts sixty-five hundred full time residents but gains an enormous boost in population every summer. Thousands flock to its beaches, restaurants, and art galleries.

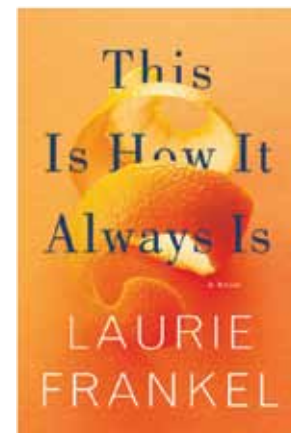
In "A Town Called Seaside", author and historian Gloria Linkey will be our tour guide as she takes us through Seaside's origins as a summer resort town in the 1940s to the thriving tourist attraction the town has become today. Linkey's research conjures up beautiful images of pre-World War II bygone days, where people walked the "Prom" in fine attire, and went to the state-of-the-art aquarium. Families could also spend an afternoon watching Lone Ranger serials at one of Seaside's two movie houses as well as participating in a variety of events that befitted a summer destination.

While Linkey preserves Seaside's past, she also demonstrates how the town has grown and changed for the better. She shows how city government and the Chamber of Commerce changed the town's status from strictly a summer destination to a year round resort.

Gloria Linkey is a Past President of the Seaside Museum and Historical society, and a member of the Lewis and Clark Trail Heritage Foundation. She is the author of "Native American Women: Three Who Changed History" and "Abby Rescues Animals."

Laurie Frankel: This is How It Always Is  
March 18 • Hoffman Center

THIS IS HOW IT ALWAYS IS involves a family of five boys, the youngest of whom becomes a girl. Frankel has drawn on her own experiences as a parent with a transgender daughter, to write a novel for anyone who has to toss out the best laid plans in the face of the unexpected, and for anyone who finds changes both terrifying and miraculous.



"It's early days, but this big-hearted novel about a family with a transgender child is in the lead for the most sensitively and sincerely told story of 2017... Frankel's portrayal of even the most openhearted parents' doubts and fears around a child's gender identity elevates this novel."--People (Book of the Week)

Frankel is the author of two previous novels, The Atlas of Love and Goodbye for Now. She lives in Seattle with her daughter and husband.

**WORKSHOP:** Frankel will offer a workshop during the day on "Project Journaling" from 1 to 3:30 pm. Journaling about your writing project increases your productivity and publishing success. It works no matter what you're writing (novel, memoir, short stories, nonfiction, poetry, blog posts). Most published authors use some version of this tool.

The idea is that in addition to writing whatever you're writing, you also write about it — your goals/milestones, your thoughts about directions to go next, realizations about what you need to go back and fix, research done and how it might be incorporated, research that still needs doing, problem-solving, to-do lists. Learn how to make the most of this tool.

The workshop will be held at the Hoffman Center for the Arts and tuition is \$40. Register at [hoffmanblog.org](http://hoffmanblog.org).

**OPEN MIC/Q&A:** Following Frankel's reading and Q&A in the evening, Open Mic invites up to nine local or visiting writers to read 5 minutes of their original work. The suggested (not required) theme for the evening's Open Mic is "Ch-Ch-Ch-Changes." Admission for the evening reading is \$7.

**At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.)** [hoffmanblog.org](http://hoffmanblog.org) or contact Kathie Hightower, [kathiehightower@gmail.com](mailto:kathiehightower@gmail.com).

## Hoffman Center for the Arts

## 3rd Annual Word &amp; Image Project

Entries will be accepted March 1 through March 31, 2017 for the third annual Word & Image project, a summer exhibit at the Hoffman Center for the Arts pairing artists and writers to create original work, each in response to the other's.

Writers submit three pieces of writing and artists submit three pieces of art. From the submissions, twelve writers and twelve artists will be selected by a judging team of past participants. Detailed submission guidelines and a link to submission are at <http://hoffmanblog.org/word-image>.

The twelve selected artists and writers will be randomly paired at a Hoffman Center gathering on June 2. Each will be given printed copies of the other's submitted work. Then each writer and each artist will create new work in response to one of the three pieces submitted by their partner. A writer might create a new poem in response to a watercolor, for example. A photographer might make a new image in response to a prose piece. The resulting new works will be due July 15.

The artwork will be exhibited at a Hoffman Center event on August 26, where the writers will also read their new work. The paired work will be printed on broad-sides, which will hang in the HCA gallery as well as published in a book. Both will be available for sale.

The Hoffman Center's Word & Image project is open to artists and writers who live on the north Oregon coast or have a strong connection to the area. In order to provide opportunities for new contributors, those who participated in both the 2015 and 2016 projects are not eligible to submit to this year's project.

FMI: [hoffmanblog.org](http://hoffmanblog.org) online or contact Emily Ransdell, [emily\\_ransdell@yahoo.com](mailto:emily_ransdell@yahoo.com)

RIC'S POETRY  
MICFirst Tuesdays @  
Winecraft

In honor of founder Ric Vrana, 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 takes place 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](mailto:mmcauley05@gmail.com)>



## LECTURE

Clatsop County Historical Society. Props & Hops. With Tim Oakley. Free, 7pm at the Lovell Showroom at Fort George in Astoria.

## THEATER

Georgiana Pittock Her Last Ten Years. A historical dramatic presentation. 7pm at the Seaside Library.

The Dinner Party. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

## Friday 17

### MUSIC

Jennifer Goodenberger. 6pm at the Bridgewater Bistro in Astoria.

Spud and the Snakeskinners. No cover, 6pm at the Sand Trap Pub in Gearhart.

Al Denty. 7 – 10pm at the Rusty Truck Brewery in Lincoln City.

Porter Dodge and David Crabtree. St Patrick's day Celebration. 7pm at Fort George in Astoria.

Simon Levene. No cover, 7pm at WineKraft in Astoria.

The Perry Gerner Band. 8am – noon at the Seafood Grill at Chinook Winds in Lincoln City.

Hang 'Em High. 9pm at the Nauti Mermaid in Lincoln City.

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

### ART

Peninsula Quilt Exhibition. Free, 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

### HAPPENING

St Patrick's Day Celebration & Dinner. Corned beef & cabbage, Irish music and dancers.\$30 for the show, \$16 for show only. 6pm at the Lincoln City Cultural Center.

### THEATER

The Dinner Party. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

## Saturday 18

### MUSIC

Tom Trudell. 6pm at the Bridgewater Bistro in Astoria.

Doug Smith. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Ages & Ages with The Cave Singers. \$25, 7:30pm at the Liberty Theater in Astoria.

Bad Assets. N cover, 8pm at the Sou'Wester Lodge in Seaview.

The Perry Gerner Band. 8am – noon at the Seafood Grill at Chinook Winds in Lincoln City.

Cherry and the Low Boys. 9pm at the Rusty Truck Brewery in Lincoln City.

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

Northwest Sugar Shakers. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Revolving Door. 9pm at Snug Harbor in Lincoln City.

Giants in the Trees. No cover, 10pm at the Merry Time in Astoria.

### ART

Peninsula Quilt Exhibition. Free, 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

### FOOD & DRINK

Pouring at the Coast. Beer festival. Admission is \$20 for a souvenir tasting glass and includes five tasting tickets. 3 – 8pm at the Seaside Convention Center. pouringatthecoast.com

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

Pacific County Crab Feed. Dinner, live and silent auctions and a raffle. \$40, 4pm at the Willipa Harbor Community Center in South Bend.

Winemaker's Dinner. Lady Hill. Reservation required. \$125/person, 5:40pm at the Cellar on 10th in Astoria. 503-325-6600

### HAPPENING

First Annual Con on the Coast. 2017 Comic Con. Special guest appearances, vendors and much more. 10am – 8pm at the Tillamook Fairgrounds.

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.

AAUW Rummage Sale. 9am – 3pm at the City Hall in Bay City.

Swap Meet. Br159 NW Old Iron Club. Car parts, tools, you name it. At Phil's Philling Station in Hebo.

### LITERARY

Manzanita Writer's Series. Author Laurie Frankel will read from her work. Open mic session follows. \$7, 7pm at the Hoffman Center in Manzanita.

### THEATER

The Dinner Party. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

## Sunday 19

### MUSIC

Richard T and Friends. 11:30am and Skadi at 6pm at the Bridgewater Bistro in Astoria.

Women of the World. \$15, 2pm at the Historic Raymond Theater in Raymond.

An Intimate Afternoon with Storm Large. \$125, 3pm at the Coaster Theater in Cannon Beach.

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

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

Dale & Allison. 8:30pm at Snug Harbor in Lincoln City.

### ART

Peninsula Quilt Exhibition. Free, 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

## 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

A Gathering of Gratitude. Remembering Hal Snow and Michael Foster. 1- 3pm at the Liberty Theater in Astoria.

First Annual Con on the Coast. 2017 Comic Con. Special guest appearances, vendors and much more. 10am – 6pm at the Tillamook Fairgrounds.

### LECTURE

In Their Footsteps. This Road we Traveled with Purposeful Pioneering Women. . with Jane Kirkpatrick. 1pm in the Fort Clatsop Visitor Center Netul Room, Warrenton.

### THEATER

The Dinner Party. Comedy. \$15, 2pm at Theater West in Lincoln City.

## Monday 20

### MUSIC

The Last Revel. No cover, 7pm 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 21

### MUSIC

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

### LECTURE

Federal Engagement in Higher Education of Women. With Monica Van Steenberg. 5:30pm in the Flag Room at the Astoria Public Library.

## Wednesday 22

### MUSIC

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

## Thursday 23

### MUSIC

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

The Golden West Winds. Free, 7pm at the Lincoln City Cultural Center.

### HAPPENING

Astoria Underground Record Swap. At the Commodore Hotel in Astoria.

### LECTURE

Wit & Wisdom. Will Trans-Humanism Technology Make Us Inhuman? With Seth Tichenor. 7pm at the Fort George Lovell Showroom in Astoria.

### THEATER

The Dinner Party. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

## Friday 24

### MUSIC

David Drury. 6pm at the Bridgewater Bistro in Astoria.

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

Mike Branch Band. 8pm at the Seafood Grill in Chinook Winds, Lincoln City.

Mc Dougall. No cover, 9pm at the Adrift Hotel in Long Beach.

The Ocean Two. 9pm at the Rusty Truck in Lincoln City.

### CINEMA

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

### THEATER

The Mousetrap. Whodunit. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Dinner Party. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

## Saturday 25

### MUSIC

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

Tom Trudell. 6pm at the Bridgewater Bistro in Astoria.

Jesse Meade. 8-10pm at Public Coast Brewing Company in Cannon Beach.

Kathryn Claire Record Release Concert. \$12 @ the door. Doors open 7:30pm. At KALA in Astoria.

Mike Branch Band. 8pm at the Seafood Grill in Chinook Winds, Lincoln City.

Those Willows. No cover, 8pm at the Sou'wester Lodge in Seaview.

Mc Dougall. No cover, 9pm at the Adrift Hotel in Long Beach.

Shatterproof. 9pm at the Rusty Truck in Lincoln City.

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

### FOOD & DRINK

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

### HAPPENING

Military Appreciation Day. BBQ, live music, raffle, and more. 11am – 2pm at Lum's Auto Center in Warrenton.

Estate Sale for Alzheimer's. 9am – 2pm at Suzanne Elise Assisted Living in Seaside.

### LECTURE

Finnish National Epic Kalevala. With Greg Jacob. 6:30pm at Soumi Hall in Astoria.

A Town Called Seaside. With Gloria Linkey. Linkey will explore the history of Seaside. Her books will be available for purchase and signing. 1pm at the Seaside Library.

### THEATER

The Mousetrap. Whodunit. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Dinner Party. Comedy. \$15, 7:30pm at Theater West in Lincoln City.



## The Last Revel • March 19-20

This trio hailing from Minnesota utilizes their multi-instrumental abilities to bring the acoustic guitar, upright bass, fiddle, 5-string banjo, harmonica, kick drum and three-part vocal harmonies together to consistently deliver “Bombastic live performances,” as well as delicate and haunting folk ballads.

**At The Adrift - [pickled fish] L.B. @ 7pm**

## Sunday 26

### MUSIC

Richard T and Friends. 11:30am and Skadi at 6pm at the Bridgewater Bistro in Astoria.

Adaskin String Trio w/ Thomas Gallant. \$25, 3pm at the Camp Winem Chapel near Neskowin.

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

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

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

### HAPPENING

Festival of Illusions. Join the magic and mayhem in Lincoln City this Spring Break with magic-minded day camps for the kids and evening magic performances for the whole family. At the Lincoln City Cultural Center. lincolncity-culturalcenter.org/performing-arts

### THEATER

The Mousetrap. Whodunit. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

## Monday 27

### MUSIC

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

### HAPPENING

Festival of Illusions. At the Lincoln City Cultural Center. lincolncity-culturalcenter.org/performing-arts

## Tuesday 28

### MUSIC

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

### HAPPENING

Festival of Illusions. At the Lincoln City Cultural Center. lincolncity-culturalcenter.org/performing-arts

## Wednesday 29

### MUSIC

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

### HAPPENING

Festival of Illusions. At the Lincoln City Cultural Center. lincolncity-culturalcenter.org/performing-arts

## Thursday 30

### MUSIC

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

### HAPPENING

Festival of Illusions. At the Lincoln City Cultural Center. lincolncity-culturalcenter.org/performing-arts

### LECTURE

Thursday Lecture Series. Watershed Health. Oregon Wild, Hyla Woods, and Fort George. 7pm at the Fort George Lovell Showroom in Astoria.

### FRIDAY 31

### MUSIC

Red Beans and Rice. 6pm at the Bridge-water Bistro in Astoria.

Carolyn Cruso. \$15, 7pm at the Cannon Beach History Center and Museum.

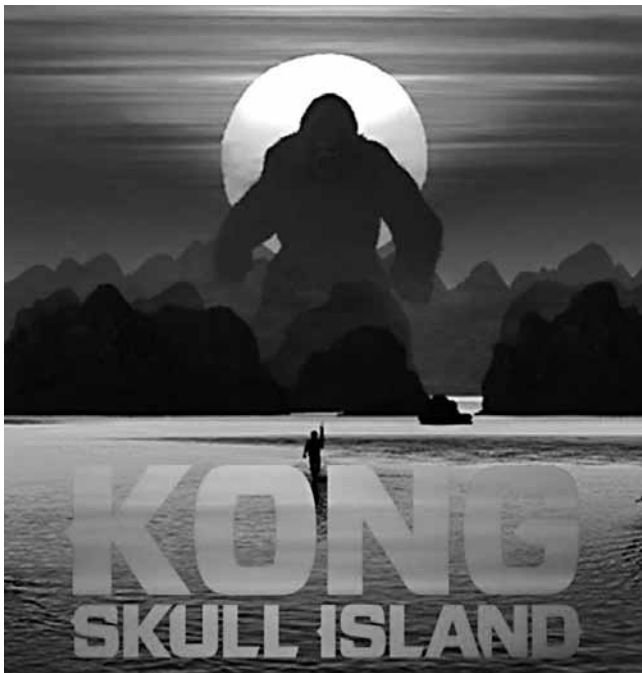
Loretta and Patsy. Together Again, a Tribute to Patsy Cline and Loretta Lynn. 7pm at the NCRD in Nehalem.

Red and Ruby. No cover, 7pm at the Sand Trap Pub in Gearhart.

White Water Band. 8pm at the Seafood Grill in Chinook Winds, Lincoln City,

Island Joy. 9pm at the Nauti Mermaid in Lincoln City.





**KONG: SKULL ISLAND (MARCH 10)** Good buzz surrounds the third remake of the 1933 classic. Set in 1973, it's the end of the Vietnam War and the beginning of the Watergate scandal. Conspiracy theorist Bill Randa (John Goodman) gets wind of an uncharted island somewhere in the Pacific "where God didn't finish the creation, a place where myth and science meet." He gets the government to bankroll a mission to find and explore the island and sets off, accompanied by Lt. Col. Packard (Samuel L. Jackson) embittered after losing the war, British mercenary James Conrad (Tom Hiddleston) and "antiwar photographer" Mason Weaver (Brie Larson). As Randa's party makes its way across the island, it encounters giant prehistoric creatures like pterodactyls, spiders and bugs. They also encounter another strange phenomenon in John Reilly, who plays a World War II pilot marooned on the island since 1944 and lives with a native tribe. Of course, the largest, fiercest

and most sympathetic presence on the island belongs to the 100-ft. ape, who the blood-thirsty Packard sets out to destroy.

**RAW (MARCH 10 LIMITED)**

Well-reviewed French cannibal horror about a young vegan veterinary student forced to eat raw flesh as a hazing ritual and develops a taste for it. Synopsis: The 2106 Cannes FIPRESCI Prize-winning film tells the story of Justine (Garance Marillier), a brilliant 16-year

old whose admission to a prestigious veterinary school sparks a coming-of-age like no other. While her sister Alexia watches on, Justine partakes in a bizarre hazing ritual where she is forced to eat raw meat for the first time, defying her vegan upbringing and unleashing an insatiable desire for flesh. The unsettling, blood-soaked consequences of Justine's actions are stylishly realized in Ducournau's debut, an astonishingly on-point portrait of how it feels to be a young woman in the world today.

**BEAUTY AND THE BEAST (MARCH 17)** Disney releases its latest in a series of live action remakes of their animation classics, following Malificent, Cinderella and last year's The Jungle Book. The live action version features expanded backstories of the characters – how the prince is cursed by an Enchantress and its turned into a Beast (Dan Stevens) takes up an entire pre-credit sequence. Likewise, the film delves into Belle (Emma Watson) and her father Maurice's (Kevin Kline) dynamic, specifically her missing mother. Most contempo take on a character is perhaps the first gay character in a Disney film with LeFou (Josh Gad), the villain Gaston's sidekick who, as director Bill Condon said: "One day wants to be like Gaston and another day wants to kiss Gaston." Story follows the familiar tale of Belle, who after being repulsed by the Beast, gradually grows to love him despite his flaws – particularly in the live action movie where the Beast is a depressed character, a romantic trapped in the body of a beast who takes it out on the world.

**LIFE (MARCH 24)** Jake Gyllenhaal and Ryan Reynolds topline this sci-fi horror heavily influenced by Alien. Six astronauts on board the International Space Station make a monumental discovery – the first evidence of life outside of Earth. After retrieving a sample from the surface of Mars, a single-celled organism is found, which they promptly dub Calvin. Kept in a quarantined lab area, Calvin is fed and begins growing at an astronomical rate. The scientist, Derry, concludes Calvin is a single organism that can propel itself and interact with its environment. Derry finds out the hard way that Calvin can do more than interact when it mangles his hand, breaks contain and begins killing and consuming the astronauts one by one, growing ever larger and more powerful. The surviving astronauts realize they must kill Calvin before it kills them or face quarantine in space to protect Earth.

**GHOST IN THE SHELL (MARCH 31)**

Scarlett Johansson stars in the live action remake of the classic 1995 manja. Based on the internationally-acclaimed sci-fi property, "Ghost in the Shell" follows Major, a one-of-a-kind human-cyborg hybrid, who leads the elite task force Section 9. Devoted to stopping the most dangerous criminals and extremists, Section 9 is faced with an enemy whose singular goal is to wipe out Hanka Robotica's advancements in cyber technology.



**Best Actress Emma Stone backstage! #PWC**



**THE OSCARS: WHAT WENT WRONG**

The 2017 Oscars were going swimmingly leading up to the climactic Best Picture award with first-time host Jimmy Kimmel smoothly negotiating the awards with humor and much skewering of good sport Matt Damon. As in the previous 82 renditions of the event, accounting firm PriceWaterhouseCoopers was handing the tabulation of the 24 awards. Two PwC partners, Brian Cullinan (described as being starstruck) and Martha Ruiz were tasked with giving the awards presenters the correct envelope. Cullinan and Ruiz were stationed at stage right and stage left respectively, and were to hand the appropriate envelope to the presenter entering from their side. Both had complete sets of envelopes. The accountants were ostensibly the only two people onstage who knew the results beforehand and had them memorized. Leo DiCaprio, the presenter of the Best Actress award, entered stage left where Ruiz handed him the correct envelope. DiCaprio presented the award to winner Emma Stone and they exited stage right. Stone posed for pictures backstage, including one taken and tweeted by Cullinan. Moments earlier, he had been photographed backstage holding two envelopes in his hand – very likely his copy of the Best Actress envelope and the Best Picture envelope. Cullinan handed Best Picture presenters Warren Beatty and Faye Dunaway the wrong envelope and tweeted his photo of Emma Stone. Three minutes later, in the biggest debacle in Oscar history, the Best Picture winner was announced as La La Land.

**THE AFTERMATH**

Academy President Cheryl Boone Isaacs and Chief Executive Officer Dawn Hudson were reportedly furious after the show and demanded an explanation. PwC initially deflected, and seemed to suggest Beatty and Dunaway were at fault, before falling on their swords. PwC's statement: "We sincerely apologize to Moonlight, La La Land, Warren Beatty, Faye Dunaway, and Oscar viewers for the error that was made during the award announcement for best picture... The presenters had mistakenly been given the wrong category envelope and when discovered, was immediately corrected. We are currently investigating how this could have happened, and deeply regret that this occurred. We appreciate the grace with which the nominees, the Academy, ABC, and Jimmy Kimmel handled the situation." Cullinan and Ruiz have since been banned from working any future Oscar shows and Isaacs promised "changes" to the Academy membership. "Cullinan has not publicly explained how the mix-up occurred."





# FREE WILL ASTROLOGY

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## MARCH

**ARIES** (March 21-April 19): I predict that you will have earned the title of Master Composter no later than March 26. Not necessarily because you will have packed your food scraps, wilted flowers, coffee grounds, and shredded newspapers in, say, a deluxe dual-chamber tumbling compost bin. But rather because you will have dealt efficiently with the rotting emotions, tattered habits, decrepit melodramas, and trivial nonsense that has accumulated; you will have worked hard to transform all that crap into metaphorical fertilizer for your future growth. Time to get started!

**TAURUS** (April 20-May 20): It's a good time for you to wield your emotional intelligence with leadership and flair. The people you care about need more of your sensitive influence. Any posse or tribe you're part of will benefit from your thoughtful intervention. So get out there and build up the group morale, Taurus. Assert your healing ideals with panache. Tamp down the insidious power of peer pressure and fashionable nonsense. You have a mandate to wake up sleepy allies and activate the dormant potential of collective efforts.

**GEMINI** (May 21-June 20): If you were ever in your life going to be awarded an honorary PhD from a top university, it would happen in the next few weeks. If there were even a remote possibility that you would someday be given one of those MacArthur Fellowship "genius" grants, now would be the time. Likewise if you had any hopes of being selected as one of "The World's Sexiest Chameleons" or "The Fastest, Sweetest Talkers on Earth" or "The Planet's Most Virtuoso Vacillators," the moment has arrived. And even if none of those things happen, I'm still pretty sure that your reputation and status will be on the rise.

**CANCER** (June 21-July 22): You're wandering into places you've always thought you should be wary of or skeptical about. Good for you! As long as you protect your innocence, I encourage you to keep exploring. To my delight, you have also been fantasizing about accomplishments that used to be off-limits. Again, I say: Good for you! As long as you don't overreach, I invite you to dream boldly, even brazenly. And since you seem to be in the mood for big thinking, here are other revolutionary activities to consider: dissolving nonessential wishes; transcending shrunken expectations; escaping the boring past; busting irrelevant taboos.

**LEO** (July 23-Aug. 22): I did a good job of raising my daughter. She turned out to be a thoughtful, intelligent adult with high integrity and interesting skills. But I'm not sure my parenting would have been as effective if I'd had more kids. I discussed this issue with Nathan, a guy I know. His six offspring are all grown up, too. "How did you do it?" I asked him. "Having just one child was a challenging job for me." "I'll tell you my secret," Nathan told me. "I'm a bad father. I didn't work very hard on raising my kids. And now they never let me forget it." In the coming weeks and months, Leo, I recommend that you pursue my approach in your chosen field, not Nathan's. Aim for high-quality intensity rather than scattershot quantity.

**VIRGO** (Aug. 23-Sept. 22): In her poem "Not Anyone Who Says," Virgo writer Mary Oliver looks down on people who declare, "I'm going to be careful and smart in matters of love." She disparages the passion of anyone who asserts, "I'm going to choose slowly." Instead she champions those who are "chosen by something invisible and powerful and uncontrollable and beautiful and possibly even unsuitable." Here's my response: Her preferred formula sounds glamorous and dramatic and romantic -- especially the powerful and beautiful part. But in practice it rarely works out well -- maybe just ten percent of the time -- mostly because of the uncontrollable and unsuitable part. And now is not one of those times for you, Virgo. Be careful and smart in matters of love, and choose slowly.

**LIBRA** (Sept. 23-Oct. 22): The poet Rainer Maria Rilke bemoaned the fact that so many of us "squander our sorrows." Out of self-pity

or lazy self-indulgence, we wallow in memories of experiences that didn't turn out the way we wished they would have. We paralyze ourselves with repetitions of depleting thoughts. Here's an alternative to that approach: We could use our sadness and frustrations to transform ourselves. We could treat them as fuel to motivate our escape from what doesn't work, to inspire our determination to rise above what demoralizes and demeans us. I mention this, Libra, because now is an excellent time to do exactly that.

**SCORPIO** (Oct. 23-Nov. 21): It's time for the Bliss Blitz -- a new holiday just for you Scorpios. To celebrate it properly, get as buoyant as you dare; be greedy for euphoria; launch a sacred quest for pleasure. Ah, but here's the big question: Can you handle this much relief and release? Are you strong enough to open yourself to massive outbreaks of educational delight and natural highs? Some of you may not be prepared. You may prefer to remain ensconced in your protective sheath of cool cynicism. But if you think you can bear the shock of unprecedented exaltation and jubilation, then go ahead and risk it. Experiment with the unruly happiness of the Bliss Blitz.

**SAGITTARIUS** (Nov. 22-Dec. 21): In his book "The Horologicon," Mark Forsyth gathered "obscure but necessary" words that he dug out of old dictionaries. One of his discoveries is a perfect fit for you right now. It's "snudge," a verb that means to walk around with a pensive look on your face, appearing to be busy or in the midst of productive activity, when in fact you're just goofing off. I recommend it for two reasons: 1. It's important for your mental and physical health that you do a lot of nothing; that you bless yourself with a healing supply of refreshing emptiness. 2. It's important for your mental and physical health that you do this on the sly as much as possible; that you avoid being judged or criticized for it by others.

**CAPRICORN** (Dec. 22-Jan. 19): I wish your breakfast cereal came in boxes decorated with Matisse and Picasso paintings. I wish songbirds would greet you each morning with sweet tunes. I wish you'd see that you have more power than you realize. I wish you knew how uniquely beautiful you are. I wish you'd get intoxicated with the small miracles that are happening all around you. I wish that when you made a bold move to improve your life, everyone greeted it with curiosity and excitement. And I wish you would let your imagination go half-wild with fascinating fantasies during this, the Capricorn wishing season.

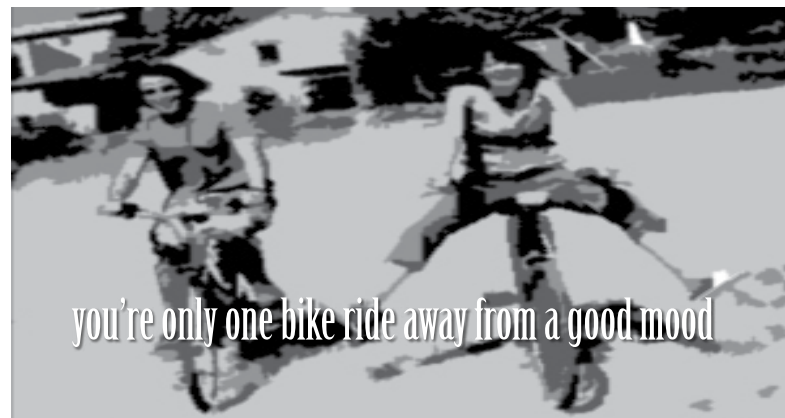
**AQUARIUS** (Jan. 20-Feb. 18): "You're a different human being to everybody you meet," says novelist Chuck Palahniuk. Now is an excellent time to contemplate the intricacies and implications of that amazing truth -- and start taking better advantage of how much freedom it gives you. Say the following statements out loud and see how they feel: 1. "My identity isn't as narrowly circumscribed as I think it is." 2. "I know at least 200 people, so there must be at least 200 facets to my character." 3. "I am too complicated to be completely comprehended by any one person." 4. "Consistency is overrated."

**PISCES** (Feb. 19-March 20): Your immediate future is too good to be true. Or at least that's what you, with your famous self-doubt, might be inclined to believe if I told you the truth about the favorable developments that are in the works. Therefore, I have come up with some fake anxieties to keep your worry reflex engaged so it won't sabotage the real goodies. Beware of dirty limericks and invisible ladders and upside-down rainbows and psychic bunny rabbits. Be on guard against accountants wearing boxing gloves and clowns singing Broadway show tunes in runaway shopping carts and celebrities telling you classified secrets in your dreams.

Homework: What's the best surprise you could give yourself right now? Testify at [Freewillastrology.com](http://Freewillastrology.com).

# Bike Madame

By Margaret Hammitt-McDonald



you're only one bike ride away from a good mood

## For a Better Mood, Try Cycling, the Other Vitamin C

WITH MY LIGHT-SENSITIVE eyes and migraine-prone head, I thrive on our region's cloudy skies, invigorating rains, and shady forests. The months-long drenching our coast receives also powers the area's year-round green. Those vivid shades, from the emerald moss cloaking the Sitka spruces to the gray tinge about the bracken ferns as they shoot up in spring, are gentler versions of the bright sunlight that draws other people to Southern California or the Southwest. Alas, however, the same muted world that delights me plunges many of my patients into seasonal depression as their windows fill with darkness brought on by a conspiracy between winter nights and winter rains.

It's now old news that depression and other mood disorders (such as depression's seeming opposite but frequent counterpart, anxiety) have a chemical basis for those who experience them chronically, rather than as a result of a traumatic event or bereavement. When this revelation was young, it came as a relief. Instead of being evidence of moral failure, a mood disorder proved to be a chemical imbalance, and chemistry could be invoked to cure it, whether in the form of medication, botanical medicine, nutritional supplements, dietary changes, or a combination thereof. As a naturopathic physician and avid outdoorsperson, I was excited to read research demonstrating that physical activity could be just as potent an antidepressant as a prescription medication. And, although the studies didn't compare indoor and outdoor exercise, I'm convinced that the outdoor variety is even more beneficial, especially because it gives us a needed dose of Vitamin D—still available on cloudy and rainy days, even if in a diminished state.

I also consider cycling an ideal form of mood-boosting physical activity. As a partial weight-bearing exercise,

it's gentle on the joints. You can travel farther and faster on (human-powered) wheels than on foot, giving you the novelty of different terrain to cheer you, along with the thrill of speed—and who doesn't feel an uplift from that? (I'm not suggesting that you should jettison walking, of course—it's a full weight-bearing exercise, which you need for maintaining strong bones.) To stay happy in the rain, you'll need to invest in water-resistant clothing, but I find the cost worthwhile to make a difference between stoic endurance and pleasure when it comes to being outside here.

If you haven't swung your leg over a bike's top tube since you were a child, the act might bring back memories of more carefree days, unweighted by adult responsibilities and stresses. (The initial awkwardness of re-learning this skill also produces laughter—a great buster of anxiety and depression.) You'll also be pleasantly surprised by how much less gloomy the day looks when you're out in it, smelling that freshly-washed scent and feeling the raindrops tickling your face. If you're concerned about tangling with traffic, you can stick to bike trails, such as the fantastic rail-to-trail route between Banks and Vernonia. Riding along, you'll go fast enough for enjoyment and exercise, while going slowly enough to appreciate the terrain around you and to exchange greetings with other people, dogs, and wildlife.

As with any other change to your lifestyle, if you decide to give the other Vitamin C a whirl, please talk with your healthcare provider about your plans, and you can work together to arrive at the best "prescription" for you. Cycling isn't a cure-all, and it can't always substitute for counseling and/or medication, but it enriches life and improves physical fitness, leading to a happier as well as healthier heart.



## WORKSHOPS/CLASSES

**ENERGY HYGIENE CLASS.** Sundays. With Linda Lawson. Study and practice of tools that restore healthy energy to yourself and the planet. Small group mentoring/coaching and guided meditation are included. \$75/4 weeks or \$20 drop-in. Text or call Linda @ 720-301-3993 for registration and details.

**TAROT SCHOOL.** March 11, April 8, May 6, and June 3. With Suzy & Alana of Psychic Siamese Terror. This unique series of four classes is designed to strengthen your intuition and give you the necessary skills to effectively work with the Tarot.

We will cover such subjects as the history of Tarot, best practices, symbolism, spreads, creating meaningful questions, and how to read for yourself and others. Each class will include instruction from two teachers, one on one mentoring and opportunities for practicing with your own deck. \$58/per class or \$200 for all four. 5 – 9:30pm at Chariot Spirit + Home in Astoria. Register at chariothome.com/shop-workshops/

**PAINTING LOCAL LIGHTHOUSES WORKSHOP.** March 14. Create a beautiful painting in one sitting, all levels welcome. \$25. Noon – 4pm at the Artists' Studio Association Classroom in Lincoln City. 503-545-9338

**LIVING THE SKETCHY LIFE.** March 15, 22 and 29. With Renee Delight. The class will cover drawing fundamentals, materials and supplies, experimenting with different drawing mediums, developing a sketchbook habit, and creative problem solving—all through the enjoyable use of a sketchbook. Students can bring their own equipment or the instructor will provide a sketchbook and drawing tools for a one-time \$12 materials fee. \$60 for all three sessions, 10am – noon at the Hoffman Center in Manzanita. ridelight.com

**ILLUSTRATED JOURNALING.** March 17 and 24. With Edith Rohde. \$30 for both sessions, 1 – 4pm at the NCRD in Nehalem. To register, email knappgj@yahoo.com

**PROJECT JOURNALING.** March 18. With Laurie Frankel. Journaling about your writing project increases your productivity and publishing success. It works no matter what you're writing (novel, memoir, short stories, nonfiction, poetry, blog posts). Learn how to make the most of this tool. Tuition is \$40. Register at hoffmanblog.org

**SALSA WORKSHOP.** March 18. \$20/person, 6 – 7:30pm at the Oregon Coast Dance Center in Tillamook.

**CLAY TOOLS AND TECHNIQUES.** March 20. A great introductory class to find out about the tools in the studio and how to work with clay. You will gain knowledge and confidence with rolling, texturing, extruding, glazing and the process of clay.\$10 covers clay, use of tools, and instruction. 9:30 – 2pm at the Hoffman Center in Manzanita.

**TYPE/WRITING.** Experimental Memoir, Creative Nonfiction, and Zinecraft. March 25. With Melissa Favara. This workshop will consist of focused writing time working with short memoir and other nonfiction. Participants will be provided with writing prompts and their own vintage manual typewriter for creating one-of-a-kind artifacts (zines). \$30 + \$5 materials fee. 10am – 2pm at the Sou'Wester Lodge in Seaview. RSVP by emailing souwesterfront-desk@gmail.com or call 360-642-2542

## BODY WORK-YOGA-FITNESS

**QIGONG WALKING AND FORMS.** Mondays, starting January 23. With Donna Quinn. Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality. Free community class, 7:30am at RiversZen Yoga in Astoria.

**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 IN NEHALEM.** North County Recreation District. Mon 5:45-7:15pm, Level 1 Yoga.Wed 8-9:30am, Mid-Life Yoga “leading you into your 50’s, 60’s, 70’s and beyond!”Wed 5:45-7:15 pm, Restorative Yoga. Thurs 8-9:30am, Chair Yoga. Thus 5:45-7:15pm, Hatha Yoga. Fri 8-9:30am Very Gentle Yoga Sat 8-9:30am, Mixed Levels Yoga Sun 5:45-7:15, Level 2-3 Yoga. 3 different RYT instructors. \$8 drop-in. contact 503-368-7160

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

**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](http://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 from3:00-4:00pm at the Masonic Lodge, 1572 Franklin Ave. Bring your book with you. For informationalcall 916-307-9790 or send email to moffett@cgiFellowship.org.

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

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

ferent styles practiced, discussion of common problems encountered during meditation, focus on deepoving 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 amyselena888@gmail.com

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

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

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

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

## VOLUNTEER

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemeteryidentification and cataloging project. Cemeteries are among the mostvaluable of historic resources. They are reminders of our settlementpatterns and can reveal information about our historic events, ethnicity,religion, lifestyles and genealogy. The society is seeking volunteers tojoin members in identifying and visiting cemeteries to catalog theinformation for future generations. The society would also be grateful forany information from the public regarding old cemeteries and burial sitesthat may not be commonly known. If you are interested, contact thesociety at [www.clatsopcounty-gensoc@gmail.com](http://www.clatsopcounty-gensoc@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 weatherand 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@nehalemtnl.net](mailto:lnct@nehalemtnl.net)

**WOMEN'S FULL MOON GATHERING.** April 11. Explore the art of holding sacred space by creating alters, lunar eclipses bath salts, and making biodynamic flower essences. Bring your favorite flowers, essential oils, stones, or plant allies to create Pink and Flower Full Moon mandalas. Materials and demonstration will also be provided. Gather your divine feminine energy through movement, meditation, clay masks, and group sauna. Celebrate the energies of the pink moon to nurture your physical body and blossom into a deeper sense of peace, connection, harmony and balance. \$50, 5:30 – 10pm at the Sou'wester Lodge in Seaview. RSVP at MAMOOKWELL-

NESS@ICLOUD.COM

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

## MEETINGS/MEET-UPS

**GRIEF SUPPORT GROUP. ASTORIA/SEA-SIDE.** 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.

**INCLUSIVE MEN'S GROUP.** Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8:30pm. Next meeting MARCH 12. Benefit from the experience of a more diverse circle of men – all ages - all walks of life - all points of view - let's expand the possibilities. Some of us have been meeting together for seven years. Others are new to the process. Either way, each man adds to the evening. We all have connection to a vast knowledge. The group intelligence is more expansive than the individual awareness. There is a great release and power in sharing our wisdom and our vulnerabilities. We are confidential. We are inclusive. We are diverse. Bring Yourself - Be Yourself - Add Yourself to the mix. See what happens. FMI: Darel Grothaus, [darelgrothaus@raincity.com](mailto:darelgrothaus@raincity.com)

**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 forgeneral use for licensed pilots who are members of TPA. [tillamookpilots.org](http://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](http://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.

## SPRING EQUINOX: HOLY DAY CEREMONY At Wanderland Rainforest Iseum

*“Sing frog, sing, bring the rains that cleanse the earth—and make us whole again.”*

On Spring Equinox, night and day, are momentarily balanced. We celebrate the return of the sun, for after Spring Equinox, every day is brighter than the one before as Earth blossoms into spring. At Wanderland, skunk cabbage pushes up through the bogs like golden ears—opening to the song of the early morning birds. Oxalis unfolds on the forest floor and the plants awaken. It is a time of rapid growth and change. What is unfurling in you? How are you dancing change and balance?

This Holy Day Ceremony will be led by Gwendolyn Endicott with a focus on the goddess Kore—the “world Soul” newly regenerated in each human soul as Spring is born from Winter. There is no charge but donations toward the maintenance of the forest sanctuary are welcome. The ceremony starts at noon. Please do not come late. Questions: contact [Gwendolyn@nehalemtnl.net](mailto:Gwendolyn@nehalemtnl.net) or 503-368-6389. For more information on Wanderland Sanctuary and Iseum, go to our website: [wanderlandrainforest.org](http://wanderlandrainforest.org)

Monday, March 20, 12-2

# 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](http://astoriaartsandmovement.com)

• **MONDAY**  
5:30 - 6:00pm: PreYoga Self Care with Jude MatulichHall  
6:00 - 7pm: SloFlo Yoga with Jude Matulich Hall  
7:15 – 8:00pm: Kashmir Shavaism Teaching and Meditation with Jude MatulichHall

• **TUESDAY**  
8:30-9:30am: Zumba with Joy Sigler  
6:00– 7pm: Beginning East-Coast Swing with Jen Miller  
7pm– 8:00pm: Beg. West Coast Swing with Jen Miller  
8pm-9pm: Inter. Coast Swing w/ Jen Miller  
• Last Tues Of Month- Swing Dance w/ Live Music: Class w/Jen 6:30 to 7:30pm followed by dance with the Bar-K-Buckaroos

• **WEDNESDAY**  
8:45-9:45am: Gentle Yoga with Terrie Powers

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 [astoriachess-club@gmail.com](mailto:astoriachess-club@gmail.com) or visit our Facebook page."

7:00-8:15pm: Belly Dance with Jessamyn Grace  
8:30 - 9:30pm: Argentine Tango Practica with JL Gillikin

• **THURSDAY**  
8:45-9:45am: Zumba with Joy Sigler  
6:00 - 7:30pm: Tri-Dosha Yoga with Melissa Henige  
7:30- 8:15pm: Silent Meditation with Terrie Powers

• **FRIDAY**  
9:30 - 10:40am: Gentle Yoga with Terrie Powers  
7 -10pm: Contra Dance with Dave Ambrose and Live Music (2nd Friday of each month)  
• 6:30- 8:30pm Sacred Women's Gathering w/Melissa Henige (3rd Friday of each month)

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

**NORTH COAST LA LECHE LEAGUE.** Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. Astoria: 1st Tuesdays 5:30-7pm. Blue Scorcher Bakery1493 Duane St. Astoria. Seaside: 3rd Thursdays 10-12. Seaside Public Library, 1131 Broadway St, Seaside. Call or text LLL Leader Megan Oien for breastfeeding support at 503-440-4942 or LLL leader Kestrel Gates at 503-453-3777.



## Messages Sonja Grace

mystic healer

## CIRCLES

YEARS AGO, I was in a car accident with my sister. We were tee boned on the passenger side and spun about six times. As the car was spinning I experienced time and space standing still, in slow motion I heard myself scream "No." I learned after we recovered from whip lash and minor injuries that there had been many accidents at this intersection and most of them resulted in death. This country road had a hill that created a blind spot, you could not see what was coming. I have thought a lot about the current state of affairs in this country much like the car accident. My sister told me "Thank God you drive like Gramma, had you gone any faster we would have been killed." She is right, I am a slow poke behind the wheel. Most of us

are driving careful and watching the signs, breaking when needed. There is an energy in the world that is that person who is driving fast weaving in and out of traffic jeopardizing everyone on the road.

They told me it takes several deaths to get a flashing yellow light put in at an intersection. Several deaths? How many causalities do we experience before we make a change? I went to court and got a yellow light put in at that intersection.

I practice what I teach, staying in the middle, being the observer, not investing my energy into either side, holding that space of inner peace so that I can observe what is happening in the duality. I watch what is happening with the world and I ask myself is this that intersection? How many people will

die before we get a flashing yellow light or better yet a red light?

When I talk about people dying I am referring to oil companies being first before the safety of our water and the people. I am referring to the greed that takes over and twists people's minds. I am referring to the people of this land and our rights to clean air, water and soil. I am referring to the rights of the LGBT communities and anyone who has been discriminated against. I am referring to the Jewish, African American, Native American communities who understand better than any of us what this threat means. No matter what religion, color, race or ethnicity we are in this together. We have stood side by side in various wars in past lives.

We must stand together now and save this planet. Our lives do not matter without a place to live. Destruction of the Earth can be subtle and appear as if it is only a small portion of land that is being effected. Unfortunately, it all adds up. If someone takes your blood daily, you won't last long. If someone harvests your organs and takes pieces of them over time you won't survive. I pray

we can all stand together and recognize that although the Earth is massive and strong, she is also a body that needs her blood and organs to survive. Let's not wait for the flashing yellow light but act now.

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 at [www.sonjagrace.com](http://www.sonjagrace.com)



By Tobin Nason

## wordwisdom

### Wing it • Wing it • wing it

HOW MANY OF US like to "wing it"? My guess is not many. It means we have to come up with some spontaneous action, react to something unplanned. Fear of the unknown, fear of making a mistake, fear, fear, fear....Winging it asks that we step up and just Do It. Whatever it is. Just do it.

How uncomfortable is that? No planning, no real knowledge to work with... yet most of us have had to wing it at some time or other. How'd it go?

The last time I was told to wing it, it was maybe three years ago. I had just been hired as an activities director. I had no experience at that point. I asked a specific question, can't remember what it was, and I was told to "wing it." Oh! So I did. I imagined what the activity probably looked like. I imagined how I should jump in and do it, then and there. I did it. I had imagined it and followed my imagination. I pretended I knew exactly what I was doing. Pretended.

In hindsight, I realize it was kind of fun. Like playacting. I had fun with it. I also had no choice.

I'm thinking that winging it can be sort of a skill. Put in enough unplanned positions, winging it is not scary. You learn that it's temporary and always necessary. So what else are you going to do?

That's the beauty of winging it. You are truly in the moment. Playacting a little. Maybe working off of spontaneous ideas. Or using all your senses in the here and now. Be on automatic. A whole different way of living. Momentarily. And out of necessity. No other choice. Kind of like being pushed out of an airplane.

"Wing it!"

Life can't always be planned, nice to know what's ahead but not always what's going to happen. Too much of a planner and you will suffer anxiety and frustration when things do not go as planned. Too much of a "let's wing it" person and things often will not go as well as could be.

Here's a thought. Most of the very big things in life are often "wing it"

moments. A birth, although planned, may be off-schedule. A death may be untimely. A chance meeting, sudden winning of something—All versions, perhaps, of winging it.

Remember—things happen spontaneously unless otherwise planned. Death and birth and disappointments and missed opportunities are often those "wing it" moments. Make the best of a sudden development.

That's called LIFE.

Tobin Nason is a counselor located in Warrenton (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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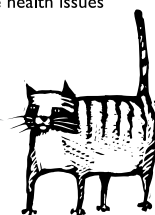
### Tasks include the following:

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

### Tasks include the following

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

Call for orientation training



Clatsop County Animal Shelter  
1315 SE 19th in Warrenton

Phone: 503-861-0737

Hours: noon to 4 pm, Tues. thru Sat.

Visit our website at [www.dogsncats.org](http://www.dogsncats.org)

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Office: 503.436.0335 Fax: 503.436-0604

## bodies in balance

By Tracy Erfling, N.D.

## Adrenals...Our Superhero Glands

AS A FOLLOW UP to last month's article on anxiety I thought I would dig into adrenal health a little further. I'm sure we can all relate to a stress induced adrenal response...you feel a rush of 'adrenaline' your heart rate increases and you may feel flushed or sweaty. But I think what we are less tuned into is how much our health can be affected by insufficient adrenal function. The adrenal glands, which sit above each kidney, are responsible for the output of hormones that are active throughout the body and help modulate many functions. Looking over a basic list of adrenal dysfunction symptoms would likely resonate with many...so let's explore...

When stress continues long-term, or many profound stressors come in frequent waves over a short time, the adrenals begin to tire out and make inappropriate levels of hormones which can negatively affect our overall health. Although these glands produce an impressive list of hormones and neurotransmitters the two I am focusing on here are cortisol and dehydroepiandrosterone (DHEA). To simplify, in a stressful situation cortisol is released to enhance our alertness and ability to deal with the situation. Once the stressful situation abates DHEA comes in to calm the waters and reset the body back to equilibrium. These two hormones like to be in balance, but under chronic stress the patterns become skewed. Over the long-term, adrenal insufficiency comes along causing unwanted symptoms including (but not limited to) fatigue, weight gain, water retention, suppressed immune function, poor blood sugar control, weakened skin and bones, and altered moods and behavior.

Research shows that to adequately test for this more subtle dysfunction saliva is the best medium. It is used less frequently by the medical community but is an invaluable tool in my practice for looking at adrenal function. Blood testing is another option but blood levels of adrenal hormones tend not to show the subtleties of adrenal health until disease is very advanced. A 24 hour urine test of adrenal hormone metabolites is another option, but collecting all your urine for 24 hours is often poses compliance challenges. The salivary test looks at cortisol release throughout a day as well as DHEA's total output. I will mention that although salivary testing is my testing of choice if there is significant adrenal disease conventional blood, urine or tests may be advised.

So what are the treatment options? The most obvious are to decrease or elimi-

nate as many stressors as possible. Sometimes this may mean re-evaluating a job, asking for more responsibility sharing from the family, getting some time alone, taking a vacation, etc. Identifying more subtle stressors like poor sleep, allergies, inflammation, digestive health etc., and treating them is also a necessary addition to the treatment plan. But as with all things easier said than done; we cannot always quit our job or find a less stressful



family. So then the discussion turns not so much to eliminating stressors but how you manage stress.

Stress management is an art unto itself and in our hustle bustle world it is a challenge to many. The adrenals love routine which makes sense since they are one of the key players in helping the body to maintain balance. I encourage my patients to get routine in the following ways. Eat regularly this ensures that the body is being consistently nourished and able to handle blood sugar challenges appropriately. Sleep between the hours of 10pm and 4am, again easier said than done for some but if you are at least attempting to do something relaxing and restful in those hours your adrenals will thank you. Exercise regularly, not only will this assist with energy and fitness it is also a terrific way to recharge the adrenals. Lastly do something relaxing everyday, I love the evening bath, others enjoy crafting, music, a good book, journaling; whatever it is it should be something that gets you out of overdrive.

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



After proper evaluation, hormone therapies like DHEA supplementation may be advised. This is a hormone that although widely available, should not be taken unless it has been determined that you are deficient. There are other supplements that support adrenal function, which may be safer options for those who have not been evaluated and are under chronic stress. Vitamin C is highly concentrated in the adrenals; taking 2-3 grams a day in divided doses may improve function. Vit. C at this dosage could be aggravating to the stomach causing gurgling and looser stools however, so take to your tolerance, even smaller amounts will be beneficial. B vitamins are essential for the metabolic pathways of many hormones the adrenals produce. Especially important are B5 and B6, but as always, take a B complex when taking any one B vitamin therapeutically. B vitamins are water-soluble and should be taken in divided doses throughout the day with food. Minerals such as Zinc, Potassium and Magnesium are also necessary for the adrenal's metabolic pathway. Minerals are typically well tolerated and can be taken any time.

There are some terrific herbs for adrenal health. They work on a variety of levels from enhancing the activity of adrenal hormones to nourishing the glands themselves. My top picks for adrenal health are Ginseng and Rhodiola. Ginseng has a variety of types there is American and Korean and really either of them are going to be fantastically helpful for adrenal health. Rhodiola is a Siberian herb which I like for use for those who are suffering from frequently occurring stressful situations. Licorice is my third go to herb, it is one that can enhance the lifetime of cortisol once it's released in the body keeping the amount you are making stick around longer...just like plants in your garden, they work well together. Licorice is one to use with caution if you have blood pressure issues, just a reminder that herbs should be used under the knowledgeable professionals who know their actions well.

Stress is a reality of living in our modern world. Remember to nourish your adrenal glands by taking time to eat well, exercise, sleep, relax and work on your stress management techniques; it will contribute to a body in balance.

*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



FIVE YEARS AGO, I bought a lovely little plum tree at River People Farmers Market. I had been eating the tiny, yellow plums every week at the market and soon realized that if a pint box of those slurpy sweet treats made me happy, a tree full could likely induce euphoria. I planted the tree in a sunny spot and waited. First year = 2 plums. Second year = 20 plums. Third year = you get my drift.

Things were going along swimmingly. The tree was flowery and fragrant every spring. The challenge of learning when to pick plums, ideally just before the deer discovered them, was sort of fun and sort of suspenseful. I was inspired a couple of years later to buy a quince tree from the same market. This was a real fruit tree, not the ornamental quince bushes that grow like weeds around here and are hummingbird magnets. This tree promised to yield gorgeous, apple-sized yellow fruits with heady perfume and opulent pink flesh. Turns out, the flowers are pretty posh, too. I planted it next to the plum and a sweet little vine maple which had been a housewarming gift from a friend.

Our house sits on a little spit of land that juts out into a small river just upstream of its confluence with the mighty Columbia. We are on the wrong side of the dike, the original house having been built before there was a dike. On a ten foot tide, the river tops the rip rapped bank, allowing geese and ducks to swim into the yard instead of clambering over the rocks or flying in to gain access to seed spilled from bird feeders and sluggy snacks from the garden.

Recently, while strolling around the house, I was startled to find an empty space where the plum tree used to be. A beaver had swum ashore, chewed the tree down and taken it away leaving behind a pointy stake and some wood chips. Two days later, the quince tree was gone along with two cotoneasters. The vine maple shows evidence of having been nibbled and I suspect it will be gone with the next high tide. I'd love to see this thieving varmint who obviously works the night shift, but I am disinclined to wait up. I console myself with the knowledge that my little apple tree is quite a hike from the riverbank making it a less likely target.

I am reminded often that we are a small part of the life that flows by. Just as we like sitting on the deck when there is sun, there is often a flock of water fowl lounging in the grass and nutria harvesting the reeds along the bank. Blue herons gulp down fish after fish in an irksome demonstration of eating all day and never getting fat. Otters, eagles, osprey and cormorants morph endlessly from serene beauties to lean, mean killing machines and back again. Being a fish is a tough row to hoe.

Plums have barely begun to make their way from the sunny valley to our neck of the woods. Normally, I would wait until later in the year to eat them. But, a larcenous beaver and that empty space where my tree used to be leave me craving a little something plummy.



## GNAWING HUNGER PLUM APPLESAUCE

ADAPTED FROM A RECIPE FOUND IN A 2007 GOURMET MAGAZINE

2 pounds of your favorite apples, quartered and cored, unpeeled  
2 pounds red, black or purple plums quartered and pitted, unpeeled  
1/4 cup water  
Scant 1/4 cup sugar  
1 teaspoon of orange zest or a teaspoon of orange liqueur (optional)

Cook the whole works in a covered saucepan over medium low, stirring occasionally, until the fruit is soft and mushy. This can take an hour or more. Use a food mill or a sieve and wooden spoon to puree the fruit and remove the skins. Stir in the zest or liqueur.

This is delish served warm, at room temperature or chilled. It's good over ice cream, as a side with roast chicken or pork, stirred into hot cereal or eaten all by itself.



## BODY/SPIRIT

### Coastal Emersion: A Women's Gathering

RESTORE and nurture your inner vibrancy as a woman at the first annual Coastal Emersion on **SATURDAY MARCH 18TH**, 2017 from 10a.m. to 4p.m.. This one-of-a-kind gathering will be held at beautiful Camp Kiwanilong—nestled in the forest between Seaside and Astoria. The live gathering will be hosted by Angela Sidlo, coastal Certified Health Coach and Amazon Bestselling Co-Author of The Silver Linings Storybook.



Shannon Kaiser Keynote Speaker

Keynote speaker, **Shannon Kaiser**, has been named "Top 100 Women to Watch in Wellness" by the Mind Body Green, and "a thought leader on the rise" by Café Truth. She appears regularly as a happiness expert on Portland's KATU AM Northwest and Huff Post Live. Shannon is the best-selling author of Adventures for Your Soul, and Find your Happy and the found of Play With The World (dot) Com.

In addition to our keynote speaker, guests of Coastal Emersion will also be treated to 4 additional workshops with **Debbie Inman** on meditation and the power of biofeedback, **Sarah Dailey** with Classic Egyptian style belly dancing, **Heather Douglas** with self exploration through writing, and **Angela Sidlo** to share healing with herbal plant medicine and essential oils.

A locally sourced vegan, gluten free organic lunch will be provided on site, as well as vendors offering handmade jewelry, books, aromatherapy products and much more. In addition, guests will have a unique opportunity to visit with keynote speaker, Shannon Kaiser as well as explore the beautiful trails around the lodge with new found friends.

For more information, and to register, please visit <https://www.eventbrite.ca/e/coastal-emersion-a-womens-gathering-tickets-28341056864> to purchase tickets or contact Angela at 503-338-9921.

• Tickets are \$98 each. Pre-registration is required.

### Trigger Point Release Class

HOW TO RELEASE a tight muscle in 30 seconds or less! A FREE class at Graceful Waves Chiropractic in Wheeler offers this to the community, Monday March 20, 6:15 to 7:15pm. Bring a friend to be your "massage partner" for this hour where you will learn how to release a tight muscle with a quick and gently technique. The conclusion of the class includes a brief DEMO of Graceful Waves unique care services, and an opportunity to schedule a specially discounted evaluation to discover if we can help you.

Graceful Waves Chiropractic is located at 278 Rowe St. #210 in Wheeler. 503.368.WELL(9355). [gracefulwaveschiropractic.com](http://gracefulwaveschiropractic.com)



### YOGA with BARB

BARBARA'S yoga class focuses on alignment, strengthening and balancing. Yoga is good for the body and soul. Please come and join us. All ages and skill-levels welcome. Sunday mornings, 8:30am-9:50am. First Class FREE. Class is \$9 at Tolovana Arts Colony, 3779 S. Hemlock, Cannon Beach, OR 97145. Contact Barbara at [barbarafucc@outlook.com](mailto:barbarafucc@outlook.com) for more information or look online at [tolovanaartscolony.org](http://tolovanaartscolony.org).



## Cooking Up Community!

There is just nothing that creates joy, impressive skills, improved health, new friends and dinner quite like cooking and eating together.

[northcoastfoodweb.org](http://northcoastfoodweb.org)

Cooking Classes at the North Coast Food Web





Spring can really hang you up.

-Diana Kirk

I have never needed a spring as much as I need *this* spring.

Between the snow, rain and cold, with the election and Russia gate, the worst flu my family has ever seen landing right in the middle of Christmas, I'm exhausted. I'm mentally exhausted. Cabin fever has hit an all time high in our household and we're itching to get out into some short sleeves to pull weeds around our tulips. Even cutting back blackberry brambles sounds attractive after months of staring out the window at rain cloud after rain cloud.

I'm hoping it will help clear my mind from the social media storm that is Washington. In a country deeply divided, many of us are inundated with frightening news headlines coming out of Twitter and Facebook. Families not speaking to one another, friendships ruined and nobody uniting an angry and disappointed country now ruled by the most unfavorable President to ever be elected.

My son said to me yesterday, "It feels like winter has lasted a whole year."

"Yes, yes it has."

I need spring time to deep clean my house. I want to open the windows and air out the fever bugs, the sneezes and coughs. I want to wash my windows so I can see the mighty Columbia bring back the sailboats. I want to cut camellias for my kitchen table and check the propane tank on the BBQ. I mean whoever thought I'd crave the sound of a lawn mower so much?

I'm ready for something to change even if it's just out of my winter boots. Maybe shedding my hat and scarf will help me shed this cloud hanging over my head about our planet's future, about my children's future. Maybe I'll find some hope in amongst the fluffy clouds meandering through a blue sky amongst friends around a beach campfire while our children laugh at the water's edge. We'll roast marshmallows for s'mores and throw a frisbee. Those simple things in life that remind us we're alive.

I have never needed a spring as much as I need *this* spring.

## BARCELONA DINNER

### A North Coast Chorale Fundraiser

#### Courtesy Fulios

TO HELP THE NORTH COAST CHORALE realize their goal of taking their repertoire "The Colors of Peace" to Barcelona Spain, Fulio's restaurant (a long time supporter of the Chorale) is hosting a special dinner with Spanish food and wine on **FRIDAY MARCH 10**, 6:00 pm at the restaurant at 1149 Commercial St., in Astoria.

Fulio's new owner Allan Le Plante, and chef Sean Whittekar were excited to craft the five course menu that includes Spanish wines, Paella and other dishes, all for \$75 per person by reservation (503-440-9002). Sean Whittekar had been the chief chef at the "Astoria Coffee House and Bistro" where he created dishes from many countries informed by his international travels.

Dr. Denise Reed, music director of the North Coast Chorale since 2006, says: "It is both an honor and privilege to represent the U.S. and our communities on the North Oregon/Washington coast when we share our message of peace at the 11th World Symposium on Choral Music in Barcelona Spain this July. We need a minimum number of singers from each of the voice parts to communicate our message. Some of our members need financial help and we are actively fundraising for them. We hope that the community will support us in this endeavor, which will permit an



engagement with singers from around the world in sharing the desire of all nations and cultures for peace. For more information about the North Coast Chorale Barcelona music, please go to the International Federation of Choral Music web site under Circle Concerts: [www.wscm11.cat](http://www.wscm11.cat).

For more information see [www.northcoastchorale.org](http://www.northcoastchorale.org), or contact the North Coast Chorale, PO Box 632, Astoria, OR 97103

## Spring Break Kids Cooking Camp

**NORTH COAST FOOD WEB** brings back Kids Cooking Camp March 27th to 31st for Astoria Public Schools' Spring Break. This hands-on cooking series for kids ages 7+ teaches basic kitchen skills through preparing delicious, healthymade-from-scratch menus.

Over the course of the week, students will cook everything from re-envisioned classics like Peanut Butter and Jelly Smoothies made with real fruits to Zucchini Pizza with freshly created ricotta cheese. "Separating the curds and whey is like a science project that the students love", said Wendy D'Agostino, NCFW Kitchen Coordinator and camp chef.

NCFW aims to make the camp fun while helping teach children about healthy eating choices. "Being the chef often leaves kids willing to try something they thought they didn't like," said D'Agostino.

Class runs each day from 9am to 12:30pm and includes a morning snack and lunch that students prepare. Registration for the Spring Break session is open through March 27, with space for 10 students at [northcoastfoodweb.org/events/cooking-camp-for-kids/](http://northcoastfoodweb.org/events/cooking-camp-for-kids/). Cost is just \$100 for the week thanks to sponsorships from Bob's Red Mill, OSU Extension's Snap-Ed Program and NCFW's many local donors. Scholarships available. **Camp is located at the North Coast Food Web kitchen at 577 18th Street in Astoria. NCFW plans to host more Kids Cooking Camps this summer. North Coast Food Web is a nonprofit organization whose mission is "Cultivating healthy communities and a vibrant economy through food and agriculture." For more information, visit NCFW's website: [northcoastfoodweb.org](http://northcoastfoodweb.org) or email [info@northcoastfoodweb.org](mailto:info@northcoastfoodweb.org)**

Highly anticipated pub opening in downtown Gearhart!

#### Gearhart Crossing Pub and Deli

BRINGING you locally-sourced, sustainable, and organic ingredients, the new Gearhart Crossing Pub at 599 Pacific Way in Gearhart features fresh takes on comfort-food: burgers and sandwiches, tacos, salads, soups and starters accompany several seafood and vegetarian dishes, with dinner options joining the menu later this month. Several vegan and gluten-free dishes will be consistently available, as will a thoughtful children's menu. According to the new general manager, Victoria Sage of Astoria, the pub will have 16 taps, hosting a wide selection of coastal and Oregon brews and ciders, as well as a large wine selection, small bottle shop, and growler fills. The existing deli will maintain its local favorites, adding a gourmet meat and cheese selection, and will continue its robust catering business. The grocery store has been edited to select staple items, also mostly locally-sourced.

The mission of Gearhart Crossing Pub and Deli is to be a family-friendly resource for locals and visitors alike, and serve the community by providing excellent, nourishing food and a warm, casual atmosphere for people to gather. Minors are welcome all open hours. Pub hours are Sunday-Thursday 11-8 and Friday-Saturday 11-9. Market and Deli hours are Sunday-Thursday 9-8 and Friday-Saturday 9-9.

The pub interior was designed by owner Terry Lowenberg and finished from locally-reclaimed materials. Large wooden beams and siding were reclaimed from the former Astoria Builders supply. The overall effect is a cozy, rustic setting.

*The grand opening of Gearhart Crossing is set for Saturday, March 18, from noon until closing.*

## SAVOR CANNON BEACH March 9 - 12

OVER 40 NORTHWEST WINERIES will offer tastings during the Savor Cannon Beach Wine Walk, the largest event of Cannon Beach, Oregon's four-day festival showcasing regional wines and cuisine, March 9-12. Including the Wine Walk, the Savor Cannon Beach Wine & Culinary Festival offers a series of six unique wine tasting experiences over the four days including the opportunity to taste some of the top award-winning wines from recent wine competitions paired with chef-designed appetizers. In addition to ticketed festival events, the town's restaurants, galleries and shops feature a weekend full of tastings, special dinners and other events.

The festival begins **THURSDAY, MARCH 9**, with Best of the Northwest Throwdown, a wine tasting featuring 12 award-winning wines from Oregon and Washington.

**ON FRIDAY**, festival attendees can attend the Winemaker's Premium Pours event to sample some special wines selected by five regional winemakers. Each winery will pour

three special wines including library selections and vertical or horizontal tastings.

**SATURDAY'S WINE WALK** is the largest event of the festival with over 40 Northwest wineries pouring tastings at Cannon Beach art galleries, restaurants and retail shops, all within easy walking distance in this compact beach community. With the \$40 event ticket purchase, participants receive a souvenir Savor Cannon Beach wine glass and tastes at all locations are free. Individual tickets to Savor Cannon Beach festival events are \$20-40 each and a full Festival Pass good for admission to all festival tasting events is also available for \$195.

**SUNDAY** features Gold Medal Wines and The Battle of the Bites.

*Advance purchase is recommended, as events are limited in size and have sold out in past years. For a complete schedule of events or to purchase tickets, visit [www.savorcannonbeach.com](http://www.savorcannonbeach.com).*



# eat the coast

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HIRING CALL**  
WED, MAR 15  
11 a.m. 'til 3 p.m.

**St. Patrick's Day Celebration**  
Friday, March 17 • Spud & The Snake Skinners  
Irish or not, you'll want to celebrate like a wee lad, right? All day we'll  
be serving our lucky Irish Stout, Irish coffee, Irish reubens and more.  
All day! Music 6 p.m. 'til 9 p.m. in Livingstone's Room

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Fridays • 7-9 p.m. • Free • All ages welcome

March 3 • Eric John Kaiser  
March 10 • Will West & the Friendly Strangers  
March 24 • The Junebugs  
March 31 • Red and Ruby

**Happy 31st Birthday, Ruby!**  
Tuesday, March 21  
\$2 cans to go, \$4 pints, \$8 growler fills of Ruby all day long

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## 2nd Saturday ART WALK


**5:00 pm**  
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Every month,  
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Present:

# AMERICAN FOOL

*Tribute to the music of John Cougar Mellencamp*



## A Tribute to John "Cougar" Mellencamp Saturday, April 1

**The Liberty Theater in Astoria**  
**Showtime at 7pm - Doors open at 6pm**

**All tickets are \$20 - All seats reserved**  
**Tickets Now On Sale on-line at Ticketswest.com**  
**Tickets available at the Liberty Theater box office**

*AMERICAN FOOL is the Pacific Northwest's premier tribute to  
the music of John "Cougar" Mellencamp. This seven-piece  
band replicates to heart, soul and excitement of nearly four  
decades worth of Mellencamp hits.*



**\* NW Film Center • Festival Tour**  
**Friday March 10 • 7:30pm \$8**

**\* Maggie & The KATZ**  
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**Friday March 17 • 8pm \$7**

**\* Kathryn Claire CD Release Concert**  
**Saturday March 25 8pm \$12**

**\* EQUINOX • JAZZ TRIO**  
**Friday March 31 8pm \$10**  
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