

June 2017 • vol 18 • issue 221

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Astoria Music Festival

June 11 - 25

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an Oregon debut solo recital.*

June 11. Don't Miss It!

Full Schedule pg.12

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is Dynamic

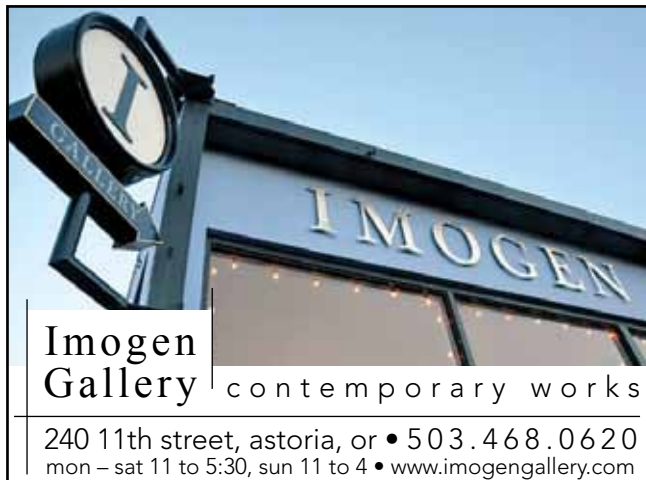


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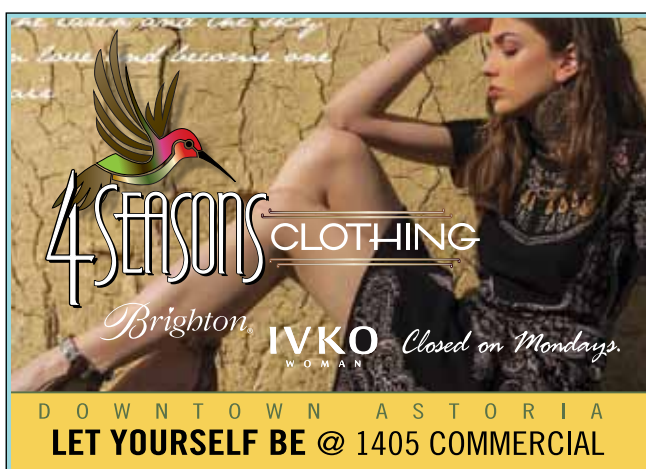


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50 YEARS The Astoria Midsummer Scandinavian Festival

HERITAGE, TRADITION, FAMILY, FOOD AND FUN" are the words frequently used to describe the Scandinavian Midsummer Festival that takes place the third weekend in June every year in Astoria, Oregon. The 2017 festival will take place Friday, June 16, through Sunday, June 18, at the Clatsop County Fairgrounds, 92937 Walluski Loop, four miles southeast of Astoria on Highway 202. This year's festival is special because it's the 50th anniversary festival and will be recognized by the Oregon Heritage Commission as an Oregon Heritage Tradition event that helps to define the state and that every Oregonian should experience at least once.

The Astoria Scandinavian Midsummer Festival opens **FRIDAY AFTERNOON, JUNE 16**, with vendors, food and live entertainment. Friday's major evening events include Queen Coronation, a Bonfire with Hex burning, and a public dance.

On **SATURDAY, JUNE 17**, there is a Midnight Sun Breakfast followed by a Troll Run/Walk through the country side. There are continuous opportunities all day long for attendees to visit vendors, buy authentic Scandinavian food specialties from the lodges, and dance and listen to live entertainment from Scandinavia and the Pacific Northwest.

Other major events on Saturday include a costumed walking parade through the fairgrounds, flag raising, raising and dancing around the **MIDSUMMER POLE**, and community theater in the Beer Garden. **A VIKING ENCAMPMENT** is open to the public with hourly demonstrations. All ages are invited to participate in a **KUBB** (Scandinavian lawn game) tournament and there are children's games and puppet shows in the Barnefest area.

Saturday evening concludes with a performance by **ARRIVAL**, an ABBA tribute band from Canada, and public dance to follow. Sunday's activities include a **PANNUKAKKU (FINNISH PANCAKE) BREAKFAST**, a non-denominational church service, more shopping, food and live entertainment and a Scandinavian fashion show. The event concludes in the late afternoon with the raffle drawing and closing ceremonies with flags.

All Scandinavian Midsummer Festival events are open to the public. Admission is family friendly and multi-generational families attend with youngsters being particularly keen to return for the fun, food and family time, and seniors being glad to share their family traditions and history with the upcoming generations. Survey results show that about half of attendees are returnees and the other half are newcomers eager to learn about a new culture.

**50th Annual
Scandinavian Midsummer Festival**
Clatsop County Fairgrounds
92937 Walluski Loop, Astoria
2- 11 PM, Friday, June 16
7 AM- 11PM, Saturday, June 17
7 AM-4 PM, Sunday, June 18
www.astoriascanfest.com
Admission Prices
3-day Button - Adult \$8
3-day Button - Children (6-12 yrs.)
\$3 (5 and under free)
Parking: \$2/day or
\$5 weekend pass

The SWEDISH Groove

HOW DO YOU CELEBRATE 50 YEARS of successful Scandinavian Midsummer Festivals? In a BIG way, for sure, so that's why the Astoria Scandinavian Midsummer Festival has invited **ARRIVAL**, Canada's Tribute to ABBA, to perform a special show at **7:30 PM on Saturday evening, June 17, at the Clatsop County Fairgrounds**, four miles east of Astoria, Oregon. "Dancing Queen," "Mama Mia," "Take a Chance on Me," "Knowing You, Knowing Me" - all the favorites will be part of this concert.

This 50th Anniversary Special Event requires a special ticket: \$15 general admission; (\$25 reserve seating/SOLD OUT) The concert ticket includes admission to the festival after 5 PM. Attend for dinner and the concert. If you arrive before 5 PM, you will need to purchase an \$8 festival admission wrist band good for all three days. Arena doors open at 7PM and the concert starts at 7:30 PM. A public dance with live music by Scandinavian Country immediately follows the concert.

General admission tickets are on sale at the Liberty Theater Box Office in Astoria until 5PM on Thursday, June 15. After this date, tickets will be on sale at the festival admission table only.



AALLOTAR

A Transatlantic collaboration of Finnish and Finnish-American music in an original-chamber-folk' style. Ancestors of Sara Pajunen and Teija Niku lived within hours of each other in western Finland - speaking the same language, playing the same music, living the same culture.

In the late 19th century, Pajunen's ancestors emigrated to northern Minnesota; Niku's family remained in Finland. Today, they explore a common heritage in Finnish folk music, even as they create new sounds that reflect their contemporary cultures and various interests. Pajunen is a violinist, and Niku an accordionist; their lithe instrumentals and beautiful vocal harmonies in both Finnish and English demonstrate how gracefully traditional and modern folk music can speak together.



THE HAUGAARD / BLUM BAND the master fiddler and the absolutely crystal clear voice from Denmark. Two of Denmark's finest artists come together to perform traditional and contemporary Danish music with great passion and virtuosity. Beautiful old Danish ballads are

gently blended with flashy, impossibly pretty fiddle tunes and it's all presented to the audience with great passion and presence. The ever popular Haugaard / Blum Band returns to Oregon for six appearances at the 50th Anniversary Astoria Scandinavian Midsummer Festival.

PERFORMANCES
6pm Fri 6/16
10:45am Sat 6/17
12:30pm Sat 6/17 17
2:15pm Sat 6/17
10:30am Sun 6/18
1:30pm Sun 6/18



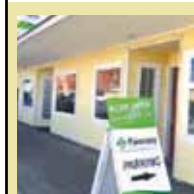
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PHUNSTERS

VIDEO RELEASE KICKS OFF A NEW ALBUM FOR HEATHER CHRISTIE AND PHILLIP PELLETIER

NORTH COAST DAUGHTER/FOLKSTER Heather Christie and partner in life and creative endeavors Phillip Pelletier debut their new collaboration, PHUNSTERS, with "American Shit Show", a darkly humorous rock video about Trump's Presidency. Featuring a unique DIY graphic look, hilarious hand-drawn animation and actual protest footage, "American Shit Show" gives a surreal view into the American subconscious, and a sneak peak into the Phunsters upcoming album "NICE", currently in production.

Pelletier and Christie combined theatrical/musical forces with Frogtown, Pelletier's award-winning musical book about an outcast frog teen with a penchant for jazz. Numerous North West rock and blues artist's contributed to the books musical sound track, (Linda Hornbuckle, Curtis Salgado, and Christie). Its natural progression, a LIVE rock musical storybook that they took on the road, capturing the love and imagination of kids across the Northwest.

Not letting a lily pad grow under the feet, in response to the current political fervor, a new album project has sprung up and this June, they launch a Kickstarter campaign to support their debut album described as a musical journey into the American subconscious. But it all began with one tune.

Composer Pelletier describes the song's genesis, "On election night Heather and I visited a family member in the hospital, and then grabbed some dinner nearby. They had the TV on and we watched the results come in. The whole place gradually

grew silent. Our waitress slumped down into our booth and we all stared blankly at the screen, groaning together about what a Shit Show this was gonna be. I came home with the lyrics written on a napkin".

"Making 'American Shit Show' was a way to survive this time of deep uncertainty", says vocalist Heather Christie. "Not only

was I feeling the dread of political insanity, I was living through a traumatic family crisis that often left me paralyzed with fear. Working through these difficult emotions by creating this video kept me rising up and moving forward, rather than sinking into a scary black hole. I know many others feel the same way. This song is for them".

Singer-Songwriter Christie, while known for her lyric yet spirited acoustic folk tunes, performing as a young woman and coastal native, later began to show her funky soul side as she progressed through 3 self-titled albums, as solo and with bands, and collaborative endeavors. "American Shit Show" has the singer/performer amped up to a funky high!! While we're calling out the backlash in American culture, lets do it with a groove. Lets do it with American Shit Show!

Pelletier in addition to music production is also an animation producer and has won numerous awards, including Best Director at the LA Film Festival, Grand Prize at The NY Short Film Fest, and a Media Masters Award. He's composed music for Emmy Award-winning children's series, Disney & Pixar animations, and founded the award-winning Swankytown Studios.

To watch the new video and stay abreast of support for the Kickstarter campaign, go to www.phunsters.com



LightBox Photographic Plastic Fantastic Show VIII 8th Anniversary Celebration

LightBox Photographic Gallery celebrates its 8th anniversary with the opening and artists' reception of the Plastic Fantastic Show VIII on Saturday, June 10, from 6-9pm, through June 5.

This annual group exhibit originated with LightBox's love for images made with basic, plastic "toy" film cameras as a way to celebrate the gallery's anniversary each year. The images achieved from this photographic method using cameras with less than perfect optics and control lead to unpredictable and sometimes extraordinarily beautiful results. A large number of photographers from around the world shoot images with these basic cameras, creating unique photos that are captured on film.

Internationally renowned fine art photographer Susan Burnstine of Los Angeles once again juried the exhibit. Susan is a highly acclaimed photographic artist shooting with film using rudimentary homemade cameras of her own design, consisting of plastic lenses and vintage camera and household parts. "For the 7th year in a row, it was a great honor to act as juror for The Plastic Fantastic Show. This year's submissions proved to be a banner crop and it was a challenge to narrow down the selections to just forty-five standouts," says Burnstine.

LightBox opened in Astoria eight years ago on June 13, 2009. Chelsea and Michael Granger established the venue to educate in

the photographic arts. In these eight years and with nearly 100 exhibits since opening day, LightBox has become a Northwest photographic resource, hosting national and regional artists' with exhibits of fine photography, conducting artists' presentations and workshops, all as part of the goal to provide a center for the promotion of creative and alternative photography on the North Coast of Oregon.

LightBox offers memberships as a way of becoming part of the community of supporters that help to further the mission of the gallery. LightBox provides fine art reproduction, restorations, photographic printing, and other photographic services. LightBox is located at 1045 Marine Drive in Astoria, Open Tues - Sat 11 - 5:30.



Bob Gervais, Portland Or



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We're here, We're Queer!!
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Los Samaritanos: A Healing Presence Along the Border

Gail Frank June 14 • Hoffman Center

DURING HER WINTERS in Green Valley, Arizona, forty miles from the U.S./Mexico border, Gail Frank works with the Green Valley/Sahuarita Samaritans whose mission is to "save human lives in the Southern Arizona desert." Arizona border deaths remain the highest in the U.S. according to multiple statistics reported by The Arizona Republic and Pima County Forensic Science Center. Though estimates vary depending on the source, since 2001, the medical examiner's



Samaritans serve as witnesses at Operation Streamline, one of three remaining fast track court systems in the U.S. (Del

Rio and Laredo, Texas the other two) designed to serve as deterrents for illegal entry. Studies show the program does not work and instead splits up families and costs taxpayers millions of dollars to keep migrants in mostly private prison systems.

Gail will share experiences of her work at El Comidor and Operation Streamline. She'll use photographs, her own writings and that of others and provide resources on where to learn more and what one can do to help in this humanitarian effort.

Though the presentation is free of charge, any donations for the Samaritans will be accepted and appreciated and used to provide food, water, blankets, and first aid for migrants and to maintain and operate search and water vehicles.

Wednesday June 14, 7pm. FREE, any donations suggested. The Hoffman Center for the Arts is located at 594 Laneda Avenue in Manzanita. For more information, call Gail at 503-801-1238.

office has examined 2,465 bodies of suspected border crossers with an average of 171 bodies found per year in the Tucson Sector.

The Samaritans engage in desert searches and water drops. They help with the Kino Border Initiative aid station, El Comedor, which serves deported migrants two meals a day in Nogales, Sonora.



Soup Bowl 2017

IN HONOR of 41 years of providing crisis response and support services to survivors of violence in Clatsop County, The Harbor is hosting its 14th annual Soup Bowl Benefit.

Richard Rowland and the potters from Clatsop Community College have donated their artistic skill and time to create 150+ unique bowls for this event. Tickets are \$50 for soup and bowl which includes appetizers, salad, bread and dessert. Tickets can be purchased online at www.harbornw.org or at Déjà vu Thrift Store. The Soup Bowl has become

The Harbors primary annual fundraiser and an event the whole community looks forward to.

This year, attendees will be treated to an evening of live music, culinary delights donated by local restaurant supporters, words from Special Guest Senator Betsy Johnson and Guest Speaker and Harbor Board Member Mindy Stokes, and auction all while enjoying the beautiful view of the Columbia River. *All proceeds from Soup Bowl 2017 support the efforts of The Harbor to assist in the intervention, recovery and well-being of survivors of stalking, domestic and sexual violence in Clatsop County.*

**Tickets: www.harbornw.org
and Déjà vu Thrift Store**

Governor Brown Signs Landmark Transgender Equity Bill

(Salem, OR) — Governor Brown has signed into law the landmark transgender equity bill, HB 2673A. This law, Oregon's first standalone transgender equity legislation, creates an administrative option that will be a safer, faster, and more private process for transgender Oregonians to update their name and gender on their Oregon birth certificates.

"Individualism is at the heart of Oregonian values, and as a fundamental human right, government has no business dictating personal identity," Governor Brown said. "Oregon's keystone transgender equity bill reflects our tradition of protecting the liberty and dignity of our people, and we will continue to support a culture of inclusivity and embrace all who call Oregon home."

Oregon is consistently regarded as one of the most LGBTQ friendly states in the nation. The Oregon Equality Act, passed a

decade ago, provides comprehensive non-discrimination protections for Oregonians based on their gender identity and sexual orientation.

Oregon has also won several administrative policy changes to reduce discrimination for transgender Oregonians, including transgender-inclusive Medicaid; an insurance bulletin that prohibits health care discrimination by private insurance carriers; and statewide education guidelines that protect transgender youth in schools. This bill, however, is a milestone for Oregon's transgender community, because it's the first bill signed into law exclusively to support transgender Oregonians.

The Oregon law will become effective January 1, 2018. California is the only other state to have a similar administrative option for transgender people to update their birth certificates.

OREGON COMMUNITY Foundation Awards Astoria Visual Arts \$7,000 IN Continued Support of Community-based Arts for Local Teens

Astoria Visual Arts (AVA) recently received a \$7,000 grant from the Fred W. Fields Fund of The Oregon Community Foundation toward continuation of AVA's partnership with Astoria High School (AHS) and Knappa High School (KHS). The partnership builds on the work of AVA's Miss Bea Johnson Fund for Young Artists, which has supported school-age artists and promoted fine arts in local schools since 2011.

Through the program, AVA, AHS and KHS, together with local galleries, visual artists, and others, collaborate with and empower local teens to:

The program "has provided enrichment opportunities that expanded our students' vision of the arts that would otherwise have been unattainable," said Astoria High School principal Lynn Jackson. "Furthermore, the [field] trip to Seattle in April opened the eyes of our students to a whole new world of art. We are very grateful for all of the activities provided to the students of the Astoria School District as a result of its partnership with AVA and the Oregon Community Foundation."

Astoria Visual Arts seeks to place the arts at the center of a changing rural community and

economy by supporting artists, encouraging artistic opportunity and diversity, and serving as an artistic hub of cooperation, education and information-sharing.

The mission of The Oregon Community Foundation is to improve life in Oregon and promote effective philanthropy. OCF works with individuals, families, businesses and organizations to create charitable funds to support the community causes they care about. Through these funds OCF awards more than \$60 million annually in grants and scholarships.



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A COMMON MEME of mainstream news equates the ongoing nationalistic movements in Europe, the US and other places with fascism. Trump's government has frequently been called neo-Fascist. European nationalistic leaders like the Netherlands' Geert Wilders and France's Marine Le

Congolese leader in 1961 and his replacement by the mass murderer, Mobutu.

Hence nationalism is most often a movement of a people for self-determination. The neoliberal hegemony of transnational bankers and corporations over national governments has in recent years given rise

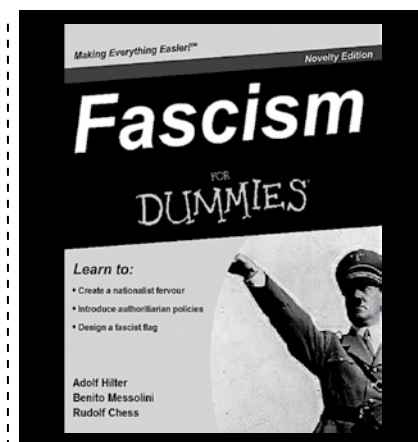
Nationalism is not Fascism by Stephen Berk

Pen are sometimes called fascist, but more often labeled "far right." The term fascist is a slippery one, coined in Mussolini's Italy. But Nazi Germany and Imperial Japan, the two chief members of World War Two's Axis Powers, are generally seen as varieties of fascism. Oddly enough, the 2014 American led anti-Russian putsch in Ukraine wherein neocons, funded by the Orwellian named National Endowment for Democracy, installed an openly neo-Nazi government, in collaboration with other fascist parties, is rarely referred to as fascist.

Since the development in the nineties of the institutions of neoliberal (or unregulated) globalized capitalism, nationalistic reactions against this powerful world system have drawn extremely negative reactions in neoliberal dominated mass media. These are generally equated with fascism and racism. Indeed these derogatory terms are often projected onto contemporary nationalistic movements in general. But nationalism has no such historical connotations. Eighteenth century American nationalism was forged in an independence movement against the British Empire which created the first modern republic. Nineteenth century nationalism in places like Latin America and Italy were liberal movements for self-government. And as recently as the period following World War Two, former European imperial possessions in Africa and Asia gained their independence in liberal, egalitarian movements. While much of the American press at the time supported these movements, it was not uncommon later on if a newly independent government went to the left, for the CIA to take it out in a coup, replacing the popular, egalitarian leader with a tyrant who catered to US corporations. An example was the killing of Patrice Lumumba, the charismatic

to a popular and largely healthy reaction. Nationalistic movements against financial/corporate imperialism can be on the left, as is Spain's Podemos and Greece's SYRIZA, or right, as in Le Pen's or Wilders' movements. Just as the left movements are not communist, neither are the right movements fascist. It helps to remind ourselves of fascism's distinct characteristics. It is above all "the corporate state," that is a state wherein big business and government work hand in glove. We see that much more in the neoliberal world order than in the nationalistic movements against it. The European Union is governed remotely by bureaucrats in Brussels. The most powerful entity determining its economic policies has been the German Central Bank. Since the faltering of a top heavy world economy, these bureaucrats and bankers have imposed austerity economics throughout Europe, which has compelled shrinkage of welfare states and primarily hurt the poorer economies in the South. Another key characteristic of fascism is its mission of world domination. That is very much a factor of neoliberalism, with its practice of worldwide hegemony under the World Trade Organization imposing a free trade regimen that enables ruling plutocrats to move capital at will and maintain huge pools of worldwide, highly mobile dirt cheap labor (migrants).

At the same time as economic doldrums caused high unemployment exacerbated by financially imposed austerity, US imperial oil wars initiated in 2001 created chaos, laying waste to much of the Middle East and Central Asia. Refugees from the Second Iraq War flooded Syria, destabilizing the country and leading to its civil war. The "Arab Spring," led mainly to civil wars without democratization, including NATO's destruction of a thriving, cosmopolitan Libya and the murder of its leader, Muammar Gadhafi. The



latter had been developing an African currency which Washington saw as a threat. US wars in the Middle East have flooded Europe with Muslim refugees during hard economic times. Is it any wonder that particularly working class people, many of them out of jobs, or barely getting by, are attracted to movements to limit or curtail immigration? This is not racism. It is the direct result of neoliberal economics of inequality and US oil imperialism.

The Brexit movement which pulled England out from under EU bankers was a move for self-determination which could culminate in progressive Labor politician Jeremy Corbyn's election. In the US, which now lacks an authentic labor left due to loss of effective unions, the result of decades of corporate offshoring, a right wing populism emerged under Donald Trump. Trump demagogically capitalized on a degraded working class's fears of displacement by immigrants, together with fear of Islamist terror resulting from decades of oil wars. While he echoes right wing Republican ideology, Trump is no fascist. He took a swing at the neoliberal order by canceling the immense TPP trade agreement, which likely would have continued US de-industrialization. And he sought détente with Russia, vastly unpopular with the imperialist establishment.

The true fascists, immensely powerful in Washington and media, are the neocons. Their prevalence and obsession with world domination has convinced Russian generals the US is planning a first nuclear strike. Trump's recent warlike posturing is a response to neocon pressure. But as he lacks their ideological fervor, they can never trust him. Hence all the Russia-gate nonsense.



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NATURE NEWS

Land Trust Urges Coastal Residents To Pull, Pile, And Stomp A Notorious Weed



NCLC STEWARDSHIP Director Melissa Reich pulling policeman's helmet at Circle Creek Habitat Reserve in Seaside

FIVE YEARS AGO there was no policeman's helmet (*Impatiens glandulifera*) along the Necanicum River or its tributary creeks, as far as anyone knows. Now this pretty but highly invasive weed can be seen throughout the Necanicum watershed, choking out native plants and reducing plant and animal diversity while increasing the risk of streambank erosion. The plant's seed pods can eject seeds up to 20 feet. Those seeds float, spreading the plant downstream year to year.

In response, North Coast Land Conservancy and the Necanicum Watershed Council have launched a three-year project to rid the Necanicum watershed of this invader. Four summer stewardship interns will be pulling out policeman's helmet in the upper reaches of the watershed in June and July, while it is in bloom and easy to spot (but before the seed pods have matured). Volunteer kayakers are surveying the river for patches of policeman's helmet and logging locations

with their smartphones. Riverside property owners are being contacted and urged to be vigilant about the plant's occurrence on their land. Meanwhile NCLC staff and volunteers will be working downstream at NCLC's Circle Creek Habitat Reserve to eliminate policeman's helmet there. An \$86,000 grant from Oregon Watershed Enhancement Board is helping to fund the three-year effort.

Public engagement will be key to getting rid of this weed. Wherever you live in Clatsop or Tillamook counties, keep an eye out for policeman's helmet on your property. If you see it, pull it (it uproots easily), make a pile of the plants, and stomp on them to crush the stems. Visit NCLCtrust.org/pull-pile-stomp for more details and to report any sightings of the plant.

It's easy (and satisfying) to pull this weed, which grows 3 to 6 feet tall. NCLC is recruiting volunteers to join their "Weed Warrior Wednesdays" crew—just once, or every week—working at Circle Creek throughout June and July. A Saturday stewardship day is also planned for July 8. Details are at NCLCtrust.org/pull-pile-stomp.

Policeman's helmet is named for the shape of the blossom, which resembles an old-fashioned British policeman's headwear. It is native to the Himalayas and was introduced in North America as an ornamental garden plant but has since spread widely. It was first seen along the Necanicum River and its tributaries in 2013.

Lewis & Clark Trail Run July 1

LEWIS AND CLARK National Historical Park hosts the second of its annual trail run series on Saturday, July 1. The Lewis & Clark Trail Series includes several different exhilarating events along beautiful trails through forest landscapes, complete with a welcoming and friendly race atmosphere. This series is open to walkers and runners of all ages and provides the opportunity to experience the northwest coast as people have done it for thousands of years – on footpaths.

This second event in the 2017 Lewis & Clark Trail Series is Saturday morning, July 1. Come for either an approximately 6K walk/run including the Kwis Kwis Trail or run a half-marathon course on the Fort to Sea Trail. Both courses will include some long hilly sections. The routes are not accessible for most wheelchairs or strollers. Please, no pets. The run will start at the replica of Fort Clatsop at 9:00 a.m. with the fort's wooden gates as the start line. The finish line along with a prize drawing and refreshments will be in the Fort Clatsop Picnic Area.

Registration is from 8:00 a.m. to 8:30 a.m. at the Fort Clatsop Visitor Center. The cost to participate is the purchase of a \$20 Annual Park Pass that grants entry



into all three of the Lewis & Clark Trail Series Events. Registration is free with any pass that allows entry into all of our nation's National Parks. Participants younger than 18, also need their parent or guardian to sign the registration form.

This event in the Lewis & Clark Trail Series is sponsored by the Lewis & Clark National Park Association, which supports park education and interpretative activities. The third event in the park's trail run series is scheduled for September 30.

The park is open daily from 9:00 a.m. to 6:00 p.m. in the summer. Admission is \$5 per adult and free for youth 15 years old and younger. Passes to National Park Service sites are accepted.

For more information, call the park at (503) 861-4414 or visit the park's web site at www.nps.gov/lewi or find the park on Facebook at [LewisandClarkNationalHistoricalPark](https://www.facebook.com/LewisandClarkNationalHistoricalPark).

Oceanside Microplastic Cleanup June 10

"AFTER THIS LAST WINTER, we need the communities to help us address this issue. The storms that hit our coast this past year left a new layer of microplastics on Oregon beaches, potentially endangering humans, birds and fish. Now that the winter storm season is over, we can better identify those areas of beach that were hit hardest by the microplastics surge, so that we can concentrate our efforts on those areas where the contamination is highest," states David McCall of Tillamook County Solid Waste. As a result, McCall is partnering with different community groups and organizations to mobilize citizens during a series of microplastic cleanup efforts this year. The next clean-up will be held this weekend.

The Friends of Netarts Bay – Watershed, Estuary, Beach and Sea (WEBS) is teaming up with Tillamook County Solid Waste to host a microplastic cleanup in Oceanside on Saturday, June 10 from 12pm-3pm. "This week we celebrate World Oceans Day on June 8. I can't think of a better way to thank our oceans then to help remove plastic pollution from our beaches. We encourage anyone that has a spare moment to come out and help!" states Chrissy Smith, Executive Director of WEBS. "When my family is playing on the beach, we are always so disheartened by the overwhelming number of tiny plastic particles in the sand! This is our chance to do something about it."

WEBS and TCSW invite you to join the effort. TCSW will have a number of specially designed screens available to remove microplastics from dry sand. They will provide all the needed tools and gear. They just need some willing hands and bodies to help with the effort.



Do come prepared for the ever changing weather on the Oregon Coast. We recommend layers, sunscreen, comfortable shoes and, of course, a reusable water bottle! Come out and show your love for our local beaches on June 10th in celebration of World Oceans Day on June 10th!





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Lower Columbia Q Center Board 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.

LGBTIQ Group

The Lower Columbia Q Center is excited to announce its general LGBTIQ group. This group is designed to help connect LGBTIQ people in the Lower Columbia Region which includes Clatsop, Columbia, Tillamook and Pacific County. Finding community in these rural counties can be challenging. The Lower Columbia Q Center builds community and discusses LGBTIQ issues freely and confidentially. This group meets at the Astoria Armory, 1636 Exchange St. every 2nd Wednesday of the month at 6:00pm. The next meeting will be May 10th. Please Contact Chris Wright at (425)314-3388 with any questions.

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. **The month of JUNE, meeting will shift to June 29, then return to ea 3rd Thur.** 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 o n KMUN 91.9 Every 3rd Wednesday 8:30 - 1030pm

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

Skate nights and LGBTIQ+ teen social nights are back!
3rd Fridays

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 Hurbert 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

PFLAG Hero Ineka Estabrook Honored June 14 Lincoln County PFLAG

Please join PFLAG OCC in celebration and farewell to a PFLAG Hero!

Ineka Estabrook, Chair of Oregon Central Coast PFLAG (LGBT Folks, Families & Friends) will be honored as a PFLAG Hero at the group's monthly meeting at 6pm on Wed., June 14, at St. Stephen's Church at SW 9th & Hurbert in Newport.

Estabrook, who will be moving to Europe at the end of June, has been very active in the LGBTQ community in Lincoln County and across the state since her teen came out to their family and at school five years ago. Ineka was recently honored as a Queer Hero of the Northwest in recognition of the work she has done with the schools and in educating the entire community.

Estabrook has had a huge influence on the Lincoln County School District with the many LGBTQ-101 and Trans-101 trainings she and high school students have presented for school administrators, teachers, and classrooms. The District quickly implemented plans for trans-friendly restrooms in each school following the students' first Trans-101 presentation to district leaders.

As transgender issues have emerged as a high priority in Lincoln county, Ineka has taken a leadership role in providing information to the entire community. Under her leadership LGBTQ-101 and Trans-101 workshops have been presented to the community's health professionals, to Senior & Disability Services, DHS, and other human service agencies.

PFLAG is a national organization established to support gays, their families and friends through its mission of Education, Support and Advocacy. Research shows that LGBT students who receive support from their families, schools and communities are able to survive the stress and challenges far better than students who don't have that support.

PFLAG provides factual and helpful information and personal connections for families whose children or teens believe they may be among the minority in gender orientation or identity. FMI: call 541-265-7194.



PACIFIC GREEN PARTY OF CLATSOP COUNTY meets the 2nd Sunday of the month, at 4pm. Issue being discussed-Rank Choice Voting. A new meeting place is currently in the works.FMI: contact jacquelinedevaney@gmail.com

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

PACIFIC COUNTY DEMOCRATS

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

CREATE • June 15

Columbia River Estuary Action Team

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.

REPAIR CAFÉ

Bringing together people who have broken stuff, with people who know how to fix it.

WANT TO SAVE THAT GADGET, garment, tool, or toy from going to the landfill? Repair Café is a new project in Astoria creating community around skill-sharing, repair, and diverting waste. Yes folks, your love for something not quiet new might have that chance for a new lease on life.

This unusually functional monthly event is bringing fixers together with stuff that probably still works, just needs a little TLC. Last month's RC featured; general repairs for toys, tools, & furniture, knife and scissor sharpening, garment mending, computer diagnostics and a featured Bike Workshop by Bike Envy—on flats and diagnosis of common issues.

It can be very satisfying to fix something yourself, and double delightful that you don't have to throw it into the landfill. How much more stuff do we need????

The next Repair Café is scheduled for **WED., JUNE 28, 6 – 8PM**. Are you a handy gadgeteer, or need help affixing that leg to a chair you love? Check out REPAIR ASTORIA on facebook for more info and witness the magic of all-things-fixable! Event location is 34706 Production Lane, Astoria.



Trails End Art Association To Hold 67th Judged Annual Show Open to All Artists • All Ages

THE TRAILS END Art Association's 67th Annual Judged Show is open to all artists. According to Trails End President Richard Newman, "We are the oldest gallery on the Oregon Coast featuring a variety of art techniques by our members. While we have new monthly shows all throughout the year, the Judged Annual Show is our highlight. We encourage not only members to submit art work, but this show is open to the entire Northwest.

The show takes place July 1-28. Everyone is welcome and age categories are: Adults (over 16), Youth (13-16), and children (12 and under).

Artwork categories are: WET: (oil, watercolor, and miscellaneous (ink, monoprint, sepia, serigraph, lithograph), DRY: Pastel and miscellaneous (charcoal, colored pencil, graphite, etc.) MIXED MEDIA: (Collage, multi-media,) PHOTOGRAPHY, 3-D Sculpture, Fine Jewelry, Fiber Arts, Wood working, and Fused glass.

The Gala Opening Reception is Saturday, July 1 from 2-5pm with the Award Ceremony being held at 3pm. Cash prizes will be awarded. This show has had great success with giving local artists exposure and sales. Artists are requested to submit art work Sunday and Monday, June 25-26 between 10am and 3pm. Artists may submit two pieces not to exceed 24 x 30 each. If a piece exceeds 720 sq. inches, then only one piece will be accepted.

Entry fees and commissions: TEAA members – Free entry and 15% commission on sales. Non-members - \$15 per piece or two pieces for \$25 and 30% commission on sales. Trails End Art Gallery is located at 656 A Street in Gearhart – across the street from the Fire Station. (503) 717-9458. trailsendart.org.



NCSB PRESENTS A FREE PATRIOTIC CONCERT AT THE LIBERTY ON JULY

THE NORTH COAST SYMPHONIC Band presents a free concert of patriotic and Americana-themed music at 7pm on Monday, July 3rd, at the Liberty Theater in Astoria. Doors open at 6:15pm and the North Coast Jazz Ensemble will perform pre-concert music at 6:30pm while the audience enters the auditorium. The concert is free, but donations are encouraged to off-set expenses.

Pianist Lee Stromquist leads the North Coast Jazz Ensemble which also includes Bob Joiner on baritone, Dave Drury on guitar, Bob Walters on bass, and Dr. Wally Shaffer on percussion. This group will provide pre-concert music consisting of selections of the Great American Songbook and an original tune by Dave Drury.

Guest conductor and former director of the North Coast Symphonic Band Larry Johnson will return to lead the forty-five member community band in a two hour program of concert wind band music with the theme of "America, the Beautiful: Celebrating Our Great Nation." Johnson has taught wind ensemble, band and orchestra at Portland State University and Mount Hood Community College and is currently horn instructor at Oregon State and Principal Horn in the OSU/Corvallis Symphony.

NCSB board member Brian Bergman will be Master of Ceremonies for this fast paced evening of "feel good" music. Photographer / videographer Jeff Daly of Astoria will present

a special video of local photos to accompany "Parade of Tall Ships" by Jay Chattaway, a special work commissioned for the 1976 bicentennial of the U.S.A. Local favorite baritone Bob Walters of Ilwaco will lead the audience in sing alongs of patriotic tunes and Clatsop Post Number 12 of the American Legion will present the colors for the Star Spangled Banner and the flags of all the service branches, including the Merchant Marine, in "Salute to America's Finest," a tribute to veterans and their families.

Other selections on the program include "Fantasy on Yankee Doodle" by Williams, a swing version of "American Patrol" by Meacham, "Symphonic Variations on Amazing Grace" by C.T. Smith, and marches such as Fillmore's "Americans We" and Sousa's "Stars and Stripes Forever." The entire program is patriotic, inspirational, and family friendly and all ages are invited to attend.

North Coast Symphonic Band musicians are volunteers from the community and concert donations are encouraged to help the band cover its expenses. The band will take a brief break after this concert and resume rehearsals in the fall with Director Dave Becker returning for his seventh year of leading the band. New musicians interested in joining the band are encouraged to leave contact information. For more information, visit www.northcoastsymphonicband.org, email ncsband@charter.net, or call 503-325-2431.

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WAIKIKI Beach Concert Series

ENJOY OUTDOOR MUSIC in an amazing setting – a place where the waves crash fantastic! 7pm – 8:30pm. Cost: Discover Pass required. Sponsored by Friends of the Columbia River Gateway, Washington State Parks Foundation and Art Works. Cape Disappointment Park. 244 Robert Gray Drive.



- **Sat June 10: 3 Fiddlers - 3 Traditions.** Old dance tunes, whirling waltzes, happy polkas, groovy jigs, fiery reels and breathless hopsas. Good Times!
- **Sat June 24: Ranger and the Re-Arrangers.** Seattle Gypsy Jazz Band.
- **Sat July 8: Lincoln's Beards.** An alternative-folk-rock band from Vancouver. A high energy show that will keep you feet tapping and moving.
- **Sat July 22: Brownsmead Flats.** Folk, Bluegrass and Columbia-Pacific geography merge into a distinctly local musical genre, "Crabgrass" Sat
- **Sat Aug. 12: Misty Mamas.** Home-Style tasty instrumentals combining the American genres of bluegrass, old time, gospel, folk and country music.
- **Sat Aug 26: Famille Leger** - Old style family band playing French-Canadian kitchen party music from Quebec and Acadie.

MANZANITA MUSIC FESTIVAL 2017

Plans are in the works for the second annual festival in beautiful downtown Manzanita, Oregon!

The festival begins Friday, July 21st at 5pm at the Rex Champ Ballfield in Nehalem and runs through Sunday, July 23rd, 5pm in both Manzanita and Nehalem. ADVANCE TICKETS NOW ON SALE!

Purchase your advance tickets at manzanitamusicfestival.org just \$25 per person! \$35 at the gate. Volunteer too. Contact: karen.mccarty.music@gmail.com

THE LINE UP EVENING CONCERTS AT THE FIELD

Friday July 21

AMERICANA & COUNTRY

Scratchdog Stringband
Will West and the Friendly Strangers
Jessie Leigh Band
Paul Chesne Band
Saturday July 22

ROCK/REGGAE/BLUES

Rhythm Method
Rainwalkers
The Early Stuff
Beth Basille Band
Leslie Mendelson
Special Guest TBA

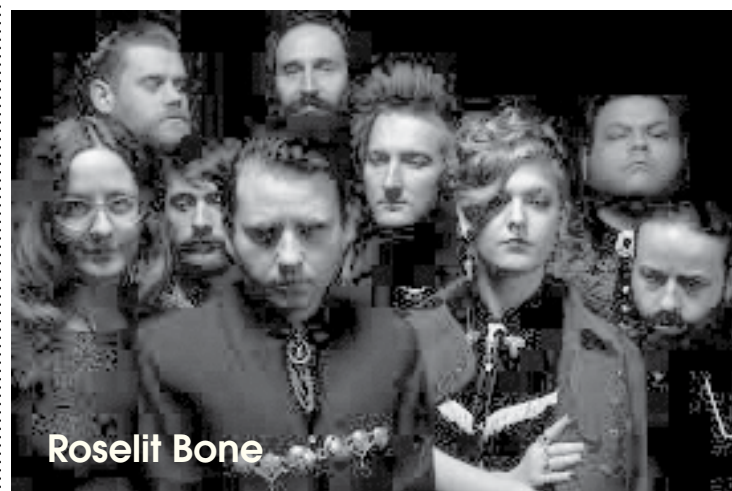
DOWNTOWN MANZANITA

Saturday July 22

Sedona Fire Band
Tony Smiley
Leslie Mendelson
Kate and the Crocodiles

Sunday July 22

Lauren Sheehan
Countryside Ride
Bluejug
Jazzitude
Patrick Lamb



Roselit Bone, Lana Rebel To Headline Electric Fences Music Fest

THE 3RD ANNUAL music festival, ELECTRIC FENCES, will take place on August 5th in Nehalem. Featuring performers from Oregon, California, Texas, Arizona, and Georgia, the single-day event will begin at noon and end at midnight. Advance general admission tickets, as well as overnight camping passes, are available through the festival website.

Featured acts at this year's festival include the gothic-western band Roselit Bone (Portland, OR), country/folk duo Miss Lana Rebel and Kevin Michael Mayfield (Tucson, AZ), indie-country balladeer Alex Dupree (Los Angeles, CA), garage punks The Dumpies (Austin, TX), and former guitarist/songwriter of The Lonesome Strangers, Jeff Rymes (Athens, GA).

Electric Fences is an all-ages event. For complete festival lineup, music links, advance tickets, and all other information please visit the festival website at www.electricfencesfest.com.



CREATE: Columbia River Estuary Task Force

Watching Out For The Columbia

By Iris Daire

"I says, a which a way does Columbia River run?
From the Canadian Rockies to the ocean of the settin' sun."
- Woody Guthrie on Ramblin' Blues

UP IN THE GORGE the First People ancestors carved She Who Watches into stone - or perhaps Coyote really did change the good Chief Tsagaglal into a stone, so that she could watch over her people. Either way there is a long, long tradition along the Columbia to set watchers for the good of the people and the land. In these times we need watchers - there is a need to stand up and speak for the water, for the salmon, for all that are dependent on the Mighty Columbia, the lifeblood of the Pacific Northwest.

As all of us who live near the river know, she gets under your skin, winds into the heart and takes up residence. Here at the mouth of the river where the tide rises and falls each day, we are blessed to be surrounded by a rich estuary filled with life. This is home to sea birds, eagles, otters, raven, crow, heron, seals, and sea lions. . . Fisher peoples have been here for thousands of years - and a few make their living here still. (Salmon, Oh Salmon, your return is always cause for celebration.) But what happens when quiet back room deals and corporate bullies show up and threaten all of that? Who is watching out for all that threatens the river in these busy modern times?

The modern watchers are a team of flesh and blood people who have the river running in their veins. They call themselves CREATE, Columbia River Estuary Action Team. They are a dedicated group of citizen activists committed to stewarding and protecting our river.

Many of the members learned the ropes while going up against multinational corporations in the long resistance to stop plans for LNG terminals on the Lower Columbia. Not long after the Oregon LNG circus came to a shocking close last year, the folks who had worked so hard to stop it came together to celebrate. At that gathering they realized that the skills they had learned and used for more than a decade were still very much needed. Asking themselves 'How can we build on this success?' spurred a conversation on reforming as a new group.

"Out of that discussion came the idea that we needed to be the watch dogs for the Columbia River Estuary."
Roger Rocka- CREATE Co-Facilitator

Roger Rocka and Kathleen Zunkel say that they were promoted to co-facilitators that night mostly because they had simply stepped back more slowly than others. They say that the room was filled with people



CREATE-ORS meeting up at the Blue Scorch

of significant fortitude, prowess at organizing, and concern for the land and people. Also on the table was how sheer exhaustion from the long effort had taken its toll on many, like Cheryl Johnson and Laurie Caplan, who had become burned out in leadership positions.



Roger Rocka- CREATE Co-Facilitator

Before the lights were turned out at the end of the party, the new group had already named itself CREATE, chosen facilitators, and set a time for their first meeting.

Downstream from Everything.

"Oh, Columbia River, takes 'em all to the ocean blue;
Snake, Hood, Willamette, Yakima, and th' Klickitat, too."
Woody Guthrie on Ramblin' Blues

The thing about being at the mouth of the river is that we are downstream from everything. This gives us a vested interest in what happens in the whole bioregion. We are united by the water to many communities. The monthly meet-ups of CREATE folks usually involve updates from upstream. Often from Columbia Riverkeeper, a Hood River based water protection non-profit, that was instrumental in the LNG resistance. It is not surprising they continue to be allies to CREATE. Riverkeeper's folk were at the party where it all started. Riverkeeper conservation director, Dan Serres, encouraged them to keep their connections and skills in use. After all, LNG is only one threat facing the great river of the west. CREATE has the potential to be a sort of prototype for community involvement. Efforts here can spread upriver like the rain returning to the mountains.

In the year since being founded, CREATE participants have sketched out how to divide the work to best be effective stewards. The three part action plan:

- #1 Attend public meetings & gather information
- #2 Share what you learn
- #3 Show Up - respond to calls to action

The role of the facilitators has been to send out notices, gather agenda items from the CREATE members and basically keep things



CREATE Co-facilitator Kathleen Zunkel at the Saturday, June 2 TRUTH RALLY, organized by coastal Indivisible groups, with some 75 - 100 people participating.

rolling. The input from new members has kept the group responsive and fluid. Their website and Facebook page keep track of various threats.

"It is important to keep the river healthy - all of the organisms that we depend on depend on our actions." Roger Rocka

In larger urban areas people often live their lives in silos. A benefit of being in a rural community is that neighbors are more likely to know each other, and have multiple connection points socially. Disagreeing with someone on something doesn't automatically transform them into the enemy. These connections make us stronger and more resilient as a community, as does the interwoven web of species in the ecosystem we are immersed in. CREATE is not a political group; the glue that holds them together is concern for the health of the Columbia River.

"We are small enough that we can talk to each other, and talk to our neighbors and that can make a big difference." Kathleen Zunkel

A key reason Lower Columbia grass roots efforts have been successful is wrapped up in their willingness to work through the inevitable conflicts within. Working through disagreements over the last dozen years has imbued a high level of trust within the group. By focusing on why they are collaborating, namely to protect the Columbia River Estuary, CREATE members can set aside the areas in life they don't see eye to eye. The diversity of voices that was the LNG resistance for so long is moving forward, one spirited conversation at a time.

Chief Tsagaglal has allies here in the estuary, and you can join them.

CREATE meets on the 3rd Thursday of each month at the Blue Scorch

<https://create-columbia.com>
<https://columbiariverkeeper.org>

<https://www.facebook.com/Create-Columbia-River-Estuary-Action-Team>

It's Going To Be a Fabulous 15

AMF 2017 SEASON SCHEDULE



15 YEARS. It flies in joy and beauty time. Music is timeless, although it is the measure of a heartbeat, when cast into the realm of this earthly pleasure, it transcends the confines of the mind. The impeccable craft of the concert classical musician can take you to places where only your own soul and spirit can soar. This is the gift. You need only get your tickets to even one Astoria Music Festival performance, to ride the wave.

in three concerts, one of which is an intimate chamber concert devoted to Wagner.

Portland-based Soprano ARWEN MYERS is quickly gaining a reputation as a captivating and sensitive interpreter of early and contemporary music. She'll be performing in one of two popular baroque candle light concerts at Grace Episcopal.

Last year MINNTAH HEAFKER stole the

show in her performance with 3 Leg Torso. 12 years old, Minntah is back to wow and charm audiences.

In a much anticipated performance, ISRAEL NEBEKER will be performing original songs in arrangement for the Young Virtuosi String Quartet, and his

classical associates, Sergey and Ilya.

As you read through the season, if you are familiar with AMF, you'll see that there are new artists being welcomed to the stage; Ukrainian violinist SOLO-MIYA IVAKHIV, and Italian violin virtuoso ROBERTO CANI.

If you look to the ticket prices, you'll see that the festival has maintained affordable and accessible admissions. Many concerts are General Admission, \$15 and \$20. Opera Tickets, never cheap. In the Liberty Theater, what you would pay at the War Memorial Opera House in San Francisco in the nose bleed section, it makes the "C" seating at the Liberty feel like a Box Seat! With the acoustics and caliber of performance of any big city music hall. Students, explore 50% off!!

That said, you can pick up tickets at the Festival Office on 1271 Commercial St. in Astoria, and enjoy the art of Tempo Gallery while you're at it – or simply go to libertyastoria.org. Simple as that for something so rich!!

OPENING NIGHT GALA

Sunday, June 11, 4:00 pm, Liberty Theater

Gala reception with Ms. Meade follows recital (premium tickets)

Angela Meade

Superstar soprano Angela Meade returns to Astoria this summer to make her Oregon Solo Recital Debut, with acclaimed pianist Danielle Orlando, singing her favorite songs and arias.

Ms. Meade joins us after a whirlwind spring and winter of Mozart's Don Giovanni at the Metropolitan Opera (New York), Verdi (Bilbao, Spain), and Donizetti (Sevilla, Spain).

Angela Meade, soprano
Danielle Orlando, piano
Tickets to this performance are expected to disappear quickly.

Tuesday, June 13, 7:30 pm, Grace Episcopal Church

Graceful Baroque by Candlelight Concert 1: Sound the Trumpet!

An intimate evening in the lovely setting of the Pacific Northwest's second-oldest church. Acclaimed Baroque trumpeter Kris Kwapis and soprano Arwen Meyers (pictured) join the Astoria Festival Baroque Soloists ensemble of period instruments for a joyful music of celebration including Purcell's Sound the Trumpet and music from King Arthur, featuring Noah Strick and Hannah Leland, Baroque Violins, Adaiha MacAdam-Somer, Baroque Cello, and Julia Brown, Harpsichord.

Astoria Festival Baroque Soloists
Kris Kwapis, Baroque trumpet
Arwen Myers, soprano
Noah Strick, Baroque violin
Hannah Leland, Baroque violin
Adaiha MacAdam-Somer, Baroque cello
Julia Brown, harpsichord

Given the popularity of our intimate candlelight concerts in Grace, we are pleased to offer two concerts in Grace this summer, each with its own distinctive program of music. June 13 and June 20.

Thursday, June 15, 7:30 pm, Liberty Theater

After-concert tango dance party free to ticket holders

3 Leg Torso

Back by popular demand, Oregon's hip band brings their special blend of fun and flair in an eclectic night of



Violinist Solomyia Ivakhiv

Tango, Klezmer, Latin, and Roma (Gypsy) music. Equal parts ravishing melodies and toe-tapping rhythms played on violin, accordion, percussion, and cello.

Special guest vocalist Minntah Haefker, Astoria's own 11 year-old singing sensation.

Bela R. Balogh, violin
Courtney Von Drehle, accordion
T.J. Arko, percussion
Mike Murphy, bass
Minntah Haefker, vocals

Friday, June 16, 7:30 pm, Liberty Theater

Cary Lewis and the Festival All-Stars

Featuring some of the world's finest artists who will be featured throughout our 15th Anniversary Celebration.

Pianist and Director of Chamber Music, Cary Lewis leads an evening of virtuosity featuring Ukrainian violinist Solomyia Ivakhiv, cellist Sergey Antonov, pianist Ilya Kazantsev, and Metropolitan Opera soprano Deborah Mayer in a program of chamber music including Xaver Scharwenka's Sonata for Cello and Piano, Franz Schubert's Duo for Violin and Piano, Robert Schumann's monumental Piano Trio in D minor, and vocal music by Richard Strauss.

Cary Lewis, pianist and Director of Chamber Music
Solomyia Ivakhiv, violist
Sergey Antonov, cellist, Tchaikovsky Competition Gold Medal
Deborah Mayer, soprano, Metropolitan Opera soloist

Violinist Solomyia Ivakhiv will be making her debut appearance with the Astoria Music Festival. Ms. Ivakhiv is known for her work as a soloist and chamber musician, she regularly appears on solo concert series in North America, Europe, and Asia, and has



Soprano Deborah Mayer

been featured at prestigious chamber music festivals including Tanglewood, Ottawa Chamberfest, and Newport Music Festival.

Saturday, June 17, 4:00 pm, Liberty Theater

Sergey's Happy Hour with Friends

Tchaikovsky Competition Gold Medal cellist Sergey Antonov hosts his annual informal matinee of Chamber Music and Chat with Chopin Competition Gold Medal pianist Ilya Kazantsev, and Friends. Always an audience favorite.

Gala Orchestra Opening

Saturday, June 17, 7:30 pm, Liberty Theater

Michael Foster Memorial Concert

Astoria Festival Orchestra: Beethoven Symphony No. 9 "Ode to Joy"

Keith Clark, Conductor
With the Portland Symphonic Choir and North Coast Choral

Combined choirs, international soloists and enlarged orchestra celebrate the life of Oregon arts leader Michael Foster, lifelong Astoria resident and tireless advocate for the Astoria Music Festival and Liberty Theater Restoration. Program includes the Festival Debut of Italian violin virtuoso Roberto Cani, prizewinner in the Genoa International Paganini Competition.

Paganini: Violin Concerto No. 1 in D minor
Roberto Cani, violin, Paganini Competition Gold Medalist
Beethoven: Symphony No. 9, Ode to Joy

Deborah Mayer, soprano, Metropolitan Opera
Angela Niederloh, mezzo-soprano
Marco Panuccio, tenor
Richard Zeller, baritone, Met Opera



What a wave it is. It begins with the SUPERSTAR SOPRANO ANGELA MEADE, this time in a Oregon debut solo concert, accompanied by DANIELLE ORLANDO, a premier accompanist of the highest caliber in the music world today. Here in Astoria.

This 15th season offers much in the vocal department. Jump to the Grand Finale, enter Sensational Mexican baritone LUIS LEDESMA, Figaro in The Barber of Seville. In addition to his world opera performances, Ledesma has done two tours with Andrea Bocelli performing in popular venues such as the Hollywood Bowl and the Hard Rock Café.

A double amazing treat, virtuoso guitarist AARON CAPLAN, with local ties to Astoria, of whom audiences have had the pleasure, teams up with Met Baritone RICHARD ZELLAR at the PAC, for an intimate art song show, "Songs of Love, Loss and Betrayal."

A new voice on the AMF stage, Met Soprano DEBORAH MAYER will perform



Soprano Arwin Myers



Baroque Violin Noah Strick



Sergey Conducts

Portland Symphonic Choir, Steven Zopfi, Director
North Coast Choral, Denise Reed, Director

Italian violinist Roberto Cani will be making his debut appearance with the Astoria Music Festival. He will serve as the Astoria Festival Orchestra's new Concertmaster. A native of Milan, Mr. Cani has been guest concertmaster for the London Philharmonic and the La Scala Philharmonic. He has performed as a soloist with symphonies and chamber groups around the world: including the Moscow Philharmonic, the Orchestra of La Scala in Milan, RAI Symphony (Italy), Haydn Orchestra of Bolzano, Orchestra Cantelli, Belgrade Orchestra, and Zagreb Orchestra.

Mr. Cani has been a first and grand prizewinner of numerous competitions, including the Paganini International Competition in Genoa, the Courcillon International Competition, and the Jeunesses Musicales International Competition in Belgrade, where he also won a special award for the best performance of a contemporary work. In addition, he was a winner of the Minetti Prize and received honors at the Tchaikovsky Competition.

Sunday, June 18, 4:00 pm, Liberty Theater
Festival Orchestra Symphonic Sunday Matinee

OREGON PREMIERE Philip Glass *Icarus at the Edge of Time*

Keith Clark, Conductor



Aaron Caplan



Baritone
Richard Zeller

The Astoria Festival Orchestra is joined by Sergey Antonov playing Tchaikovsky, as they premiere a Philip Glass' Spectacular, and present Stravinsky's Firebird Suite.

Icarus at the Edge of Time is a stunning orchestral work with animated film and live narration that tells a mesmerizing musical tale of space, time and a journey to the very edge of understanding—composed by Philip Glass, based on the award-winning book by physicist Brian Greene, adapted by Greene and David Henry Hwang, film created and directed by Al + Al.

Glinka: Ruslan and Lyudmila Overture
Tchaikovsky: Rococo Variations
Sergey Antonov, cello/conductor

Philip Glass: *Icarus at the Edge of Time*
Narrator, Film, Orchestra
Stravinsky: Firebird Suite 1919
Icarus at the Edge of Time, European Premiere, Young Virtuosi String Quartet
And more!

Tuesday, June 20, 7:30 pm, Grace Episcopal Church

Graceful Baroque by Candlelight Concert 2: All Bach

With cellist Sergey Antonov and the Festival Baroque Soloists

An evening of Bach in the lovely setting of the Pacific Northwest's second-oldest church. Cellist Sergey Antonov continues his survey of Bach unaccompanied suites. Astoria Festival Baroque Soloists period instrument ensemble features violinist Noah Strick, viola da gambist Adaiha MacAdam-Somer and Julia Brown, Harpsichord

Sergey Antonov, cellist,
Tchaikovsky Competition Gold Medalist

Astoria Music Festival Baroque Soloists
Noah Strick, Baroque violin
Adaiha MacAdam-Somer, Baroque cello
Julia Brown, harpsichord

Richard Zeller, bass-baritone
Aaron Larget-Caplan, classical guitarist
Friday, June 23, 7:30 pm
Performing Arts Center
Songs of Love, Loss and Betrayal

An intimate recital by Metropolitan Opera baritone Richard Zeller and international classical guitarist Aaron Larget-Caplan

A rare recital by one of America's foremost baritones, Richard Zeller and one of the leading classical guitarists of his generation, Aaron Larget-Caplan in the intimate setting of Astoria's Performing Arts Center.
Program includes Art



Songs and guitar solos by Franz Schubert, Manuel De Falla, J.S. Bach, John Cage.

Baritone Richard Zeller is internationally acclaimed for his sonorous dramatic voice, compelling stage presence and outstanding musicianship. His career has included 12 seasons at the Metropolitan Opera.

Noted for his "astounding technical proficiency and artistic delicacy" (Boston Musical Intelligencer), classical world guitarist Aaron Larget-Caplan is an international touring and recording artist. He has performed solo and chamber music in Russia, Europe and across the United States.

Saturday, June 24, 4:00 pm, Liberty Theater

Reader's Theater: The Barber of Seville by Pierre-Augustin de Beaumarchais

In anticipation of Sunday's Grand Finale operatic concert -- Rossini's *The Barber of Seville* -- Seneschal Incavo introduces scenes from the comedy that launched the French Revolution and inspired Rossini's opera. Plus the Oregon premiere of Tchaikovsky's little known *Couplets for Beaumarchais*' play, featuring Marco Panuccio as Count Almaviva. And no discussion of *The Barber of Seville* would be complete without Bugs Bunny and Elmer Fudd in the Looney Tunes classic *The Rabbit of Seville*. What's up, Doc? Find out in this entertaining afternoon.

Pay what you can at the door. Seneschal Incavo, director

Marco Panuccio, tenor, Count Almaviva in Sunday's Grand Finale, *The Barber of Seville* operatic concert.

Marco Panuccio joins Sunday's *The Barber of Seville* cast as Count Almaviva. An EMMY nominated and award-winning lyric tenor, Mr. Panuccio has been earning sensational acclaim from both critics and audiences in some of the most prestigious opera house worldwide. Noted for his versatility, musical exploration and linguistics, his repertoire of 25 major roles extends from the baroque to the contemporary with many operas of the Romantic Era.

Saturday, June 24, 7:30 pm, Liberty Theater
Celebrity Chamber Music

Featuring Oregon Symphony Concertmaster Sarah Kwak (pictured), violinist/violin Vali Phillips, cellist Sergey Antonov, pianist Cary Lewis, and friends, in music by Brahms and Turina.

An exquisite evening of chamber music performed by some of the Astoria Music Festival's internationally acclaimed soloists who have joined us this summer to celebrate our 15th Anniversary Season.



Sensational Mexican Baritone Luis Ledesma



Violinist Sarah Kwak

Pianist Cary Lewis, who is in constant demand as a collaborative pianist for soloists and chamber music groups, has performed at Carnegie Hall, the Library of Congress, the White House, the Kennedy Center, and Wigmore Hall in London, as well as with the National Philharmonic in Warsaw.

Sarah Kwak, violin
Vali Phillips, violin/viola
Sergey Antonov, cello
Cary Lewis, piano, Festival Chamber Music Director
Additional artists to be announced

Sunday, June 25, 4:00 pm, Liberty Theater

Come early for a free opera preview, at 3:00 pm

GRAND FINALE Rossini's *Il Barbiere di Siviglia: The Barber of Seville*

Sensational Mexican baritone Luis Ledesma leads an all-star cast as Figaro in the world's favorite comic opera, filled with soaring Bel Canto melodies, goofy jokes, and brilliant orchestral virtuosity.
Semi-staged concert.
Sung in Italian with English supertext.

Figaro: Luis Ledesma
Rosina: Meagan Martin
Count Almaviva: Marco Panuccio
Dr. Bartolo: Deac Guidi
Basilio: Richard Zeller
Fiorello: Nickolai Strommer
Berta: Laura Thoreson

Baritone Luis Ledesma will be making his Astoria Music Festival debut. Mr. Ledesma has performed with opera companies and symphonies around the world, including: Teatro alla Scala, Milan, Italy; Klangbogen Festival, Vienna, Austria; Wexford Festival, Wexford, Ireland; Washington Opera; New York City Opera; Lyric Opera of Chicago; and Carnegie Hall, New York. He also sang two tours with Andrea Bocelli, performing in famous venues such as Madison Square Garden, Hollywood Bowl, Hard Rock Café in Hollywood, Florida, and the Auditorio Nacional Mexico City.

Marco Panuccio, tenor, Count Almaviva in Sunday's Grand Finale, *The Barber of Seville* operatic concert.

Marco Panuccio joins Sunday's *The Barber of Seville* cast as Count Almaviva. An EMMY nominated and award-winning lyric tenor, Mr. Panuccio has been earning sensational acclaim from both critics and audiences in some of the most prestigious opera house worldwide. Noted for his versatility, musical exploration and linguistics, his repertoire of 25 major roles extends from the baroque to the contemporary with many operas of the Romantic Era.

Sunday, June 25, 7:00 pm, Astoria Golf & Country Club
Figaro's Feast: Annual Post-Opera Festival Dinner. Honoring Astoria Mayer Arline Lamear



Singer-Songwriter/Blind Pilot
Israel Nebeker

ARE YOU READY FOR PRIDE!!!!



ASTORIA'S SECOND ANNUAL PRIDE is taking place June 09–11 to celebrate LGBTQ+ diversity on the North Coast. The dedicated volunteers on the Pride Committee of the Lower Columbia Q Center started early last fall, to build on last years amazing 1st Annual Astoria PRIDE. This year's schedule is an admirable expansion, created for and to celebrate a diverse and spirit full coastal community. So get your PRIDE on, however you identify, because it's going to be a powerful weekend of people love!!!!

PRIDE will kick off on Friday, June 09 with an intimate pre-show, **"Cocktails with the Queens,"** from 6:30–7:30pm at the Liberty Theatre, followed by **PRIDE GALA** that starts at 8pm. The Gala will be an inspired



Dida DeAngelis Emcee's PRIDE GALA.

night of music and dance with a touch of old Broadway theatre emceed by Marco Davis and Dida DeAngelis. Performers include favorite local vocalists, the Dragulation Family, and West Coast queens with regional—even national—appeal. Tickets for both the pre-show cocktail hour and the PRIDE Gala are available for purchase from the Liberty Theatre.

THE PRIDE BLOCK PARTY. Saturday, June 10 from 1–7pm at the foot of 21st Street, just east of Columbia River Maritime Museum. The family friendly event is FREE admission. The stage features local and regional performers; Loads of drag performance creativity, Mayhem from the Astor St. Opry Co., Olympia's RVIVR, (Rolling Stone's List of 10 Great Modern Punk Bands), Seattle's Queer Pop Punk Band YOUR HEART BREAKS, and National Singer-songwriter SUMMER OSBORNE. Food and beverage, non-profit booths, PRIDE pop up

shop and kid's activity area. (Parking lot 23rd and Marine Drive).

DANCE PARTY. Saturday, June 10 from 9pm–midnight



YOUR HEART BREAKS Queer pop punk band from Seattle, Washington plays the BLOCK PARTY, set for Sat, June 10, 1-7pm.

will be an all-ages, no cover dance party at the Astoria Arts and Movement Center (AAMC) with DJ Imcode4.

PRIDE RIVERWALK PARADE. Festivities will wrap up on Sunday, June 11 with the PRIDE RiverWalk Parade, which starts at the Maritime Memorial Park at 12:30pm and continues east to 21st Street, followed by a short rally. Parade Grand Marshals Darcelle XV, LeRoy Adolphson, Margaret Frimoth, and Jeralyn O'Brien will lead the parade on the Astoria RiverWalk Trolley.

Go to lcqcastoria.org for more details and download the PRIDE GUIDE. Sign up to volunteer, or to register for the PRIDE River Walk Parade. All proceeds benefit the Lower Columbia Q Center.

Hoffman Center Play Writing Competition

Three Winning One-Act Plays reflect society's historical acceptance of lesbians
Reader's Theater Performance Friday June 9

The Hoffman Center for the Arts in Manzanita will host a Reader's Theater performance of the three winning one-act plays selected in a new competition this year.

Thirty-three plays were submitted for the competition. The plays were judged by Anne Osborne Coopersmith of Nehalem, George Dzundza of Tillamook, and Gail B. Frank of Nehalem and Arizona to determine the top three to be performed.

Submissions came from around the country and overseas even though the original press release announcements were all local to the coast and Northwest. The response likely says something about how much playwrights want to see their work performed.

The winning plays are *Gertrude and Alice Go to War* by Douglas Rees, from the bay area; *A Man's Home* by Donna Hopkins, from CA; and *Human Refuse*, by Dorianne Emerson, a Canadian.

The winners were chosen in blind judging. Each judged considered eleven plays. By coincidence each of the winning plays have a lesbian experience theme. In fact they happen to reflect society's historical acceptance of

lesbians: *Gertrude and Alice* reflecting attitudes during WWI, (no tolerance or understanding); *A Man's Home*, a grudging partial acceptance but maybe not understanding, in the 1950's; and *Human Refuse*, current tentative acceptance characterized by close scrutiny. Because of the subject matter, we chose to present these plays at the same time as Astoria's Gay Pride Week.

Sue Jelineo, who has been active in local Reader's Theater and the theater at NCRD, championed this first play competition at the Hoffman Center for the Arts. She will be directing the reader's theater. She has a number of readers lined up but could use a few more men to read. Contact her at sjelineo@nehalemnet.net if you are interested in reading.

Friday, June 9 at 7pm. \$7 at the door. The One-Act Play Competition is a program of the Hoffman Center for the Arts and will be held at the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) Further information is available at hoffmanblog.org <<http://hoffmanblog.org>> online or contact Sue Jelineo, sjelineo@nehalemnet.net.

Chasing Rainbows

Chasing Rainbows is a new art exhibition by Terrie Remington at Luminari Gallery at 1133 Commercial St. in Astoria. The show premieres early in June in commemoration of LGBT Pride month and the full installation can be seen at the July 8th Art Walk Saturday, 5-8pm.

Terrie Remington has a unique style that she calls sculptured paintings that she developed over a lifetime. Her art combines technique combined with a spiritual view of the world. Her latest passion has been attempting to capture the illusive-ness of rainbows that she sees dancing over the Columbia River.

Remington says about rainbows and her show:

"We may never catch one, but imagine what we may find along the way.

The planet has become a tangle of eratic energies - fighting for control, pushing apart, and coming together as a huge family of conflicting forces joining together.

But isn't all of life just a rainbow of fleeting moments of rapture, bliss, appearing and disappearing never to be captured but relived through the passion of art. A rainbow tells the story of the universe".

More of Terrie's Rainbows and other work can be found at www.terrieremington.com



June Cultural Calendar



Cannon Beach hosts its 53rd annual Sandcastle Contest June 17

Cannon Beach, Oregon, will host its 53rd annual Sandcastle Contest Saturday, June 17, the oldest competition of its kind in the Pacific Northwest and the most popular event in this Oregon Coast town. Dozens of teams of professional sand sculpture artists, amateur groups and families will construct remarkable creations in the sand during the event. The Masters division teams compete for cash prizes and construct large, elaborate creations often utilizing construction forms similar to those used for pouring concrete in order to accomplish their monumental size.

Wednesday 7

MUSIC

Blind Pandas. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Community Clay & Sauna. Come experience the therapeutic workings of a Finnish sauna in combination with a full body mask of wild forged mineral clay. \$25, 11am – 1pm at the Sou'wester Lodge in Seaview. RSVP at ma-mookwellness@icloud.com

Goonies Day Celebration and Shot in Astoria Celebration. FMI, visit goondocks.com

La Leche League Monthly Meet-up. 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. 5:30 – 7pm at Blue Scorchers in Astoria.

LITERARY

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

Thursday 8

MUSIC

Jeremy Wilson. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Goonies Day Celebration and Shot in Astoria Celebration. FMI, visit goondocks.com

LECTURE

Ales and Ideas. The Graduate Showcase. With Nancy Cook & Deac Guidi. 7pm in the Fort George Lovell Showroom, Astoria.

Friday 9

MUSIC

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

Jon Stowell. \$15, 7pm at the Cannon Beach History Center and Museum.

Jeremy Wilson. No cover, 9pm at the Adrift Hotel in Long Beach.

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

ART

Opening Reception. NW Artist's Guild. 5:30 – 8pm at the Picture Attic in Long Beach.

Opening Reception. Going Green by the Toledo Arts Guild. 5 – 7pm in the Chessman Gallery in the Lincoln City Cultural Center.

HAPPENING

Astoria Pride Celebration. lcqcastoria.org/pride-2017-1

Goonies Day Celebration and Shot in Astoria Celebration. FMI, visit goondocks.com

2nd Friday Contra Dance. Clatsop County Stringband with caller Dave Ambrose. \$5 - \$10 sliding scale. 7 – 10pm at the AAMC in Astoria.

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

OUTSIDE

Bird Walk. Diverse habitat including river, wetlands, lake, forest and forest edge. Easy hike. 9 - 11am at D River and Devils Lake State Park in Lincoln City. 541-992-9720

THEATER

Reader's Theater. Three One-Act Plays. The plays are Gertrude and Alice Go to War by Douglas Rees, A Man's Home by Donna Hopkins, and Human Refuse, by Dorianne Emerson. \$7, 7pm at the Hoffman Center in Manzanita.

Saturday 10

MUSIC

Oregon Coast Song Writing Final Concert & Dinner. A lasagna dinner and a show featuring performances by the Oregon Coast Song Writing Contest finalists. Dinner will begin at 5:30 and show starts at 6:30pm. Admission is \$15 for all ages. At the Bay City Arts Center.

The Half-Hearted. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

Kendra McKinley. No cover, 8pm at the Sou'wester Lodge in Seaview.

Scott Casey Trio. 8:30pm at Kitty's Food & Spirits in Tillamook.

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

Malachi Graham & Jamie Stillway. No cover, 9pm at the Adrift Hotel in Long Beach.

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

Sycho Billy's. 9pm at the Rusty Truck Brewery in Lincoln City.

ART

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

FOOD & DRINK

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

Sand Trap Seafood Boil. \$85, 21 and over. 7pm at the Sand Trap Pub in Gearhart.

HAPPENING

Wakiakum Fair Flea Market and Used Book Sale. 9am – 3pm at the Wakiakum County Fairgrounds in Skamakowa.

Astoria Pride Celebration. lcqcastoria.org/pride-2017-1

Goonies Day Celebration and Shot in Astoria Celebration. FMI, visit goondocks.com

Soup Bowl Event. Food, live music, guest speakers and auction. Tickets are \$50 for soup and handmade bowl which includes appetizers, salad, bread and dessert. Purchase tickets at harbornw.org as they will sell out. 5:30pm in the Loft at the Red Building in Astoria.

Emergency Preparedness Fair. Learn how to prepare for an emergency. The fair will feature information on water filters, communications, go-bags, solar eclipse safety, and more. Plus, enter to win a raffle prize. 10am- noon at the Neskowin Fire Station.

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

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

LECTURE

Open Sesame: Making Your Historic Windows Functional. With Katie Rathmell. 6 – 6pm at the Lower Columbia Preservation Society in Astoria.

LITERARY

Book Signing. Lucy Mihajlich will be doing a book signing for her new novel, Interface. 1 – 3pm at Lucy's Books in Astoria.

Build a Better World Summer Reading Kickoff Event. Channel your inner mad scientist at our Lego building station, delve into the world of electronics at the snap circuits table, get all crafty with tool lacing cards, and build some stupendous structures with fish blocks. While the young'uns are fabricating fun, parents can sign them up for our great Summer Reading Program. 11am at the Seaside Library.

OUTSIDE

Weed the Coastal Prairie. North Coast Land Conservancy is seeking detail-oriented volunteers to weed out unwanted plants, allow the native prairie to thrive. This stewardship day will begin with training in plant identification.

Visit the website or call NCLC for location and other details. 10am – noon. FMI visit nclctrust.org

Sunday 11

MUSIC

Astoria Music Festival. See page 14.

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

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

Malachi Graham & Jamie Stillway. No cover, 9pm at the Adrift Hotel in Long Beach.

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

HAPPENING

Astoria Pride Celebration. Riverwalk Parade. 12:30pm. lcqcastoria.org/pride-2017-1

Goonies Day Celebration and Shot in Astoria Celebration. FMI, visit goondocks.com

Storytelling. With The Mountain Man, Doug Force. 2pm in Margaret's Meeting Room at the Lincoln City Cultural Center.

OUTSIDE

Oregon Ocean Day Beach Clean up and Celebration. Ocean Blue Project is recycling beach plastic which will be made into reusable products. If you collect beach plastic fragments and would like to see this plastic rubbish recycled join our team and help make this a larger impact. On the beach at Seaside and Manzanita. <http://www.oceanblueproject.org/cleanup-events.html>

Monday 12

MUSIC

Malachi Graham & Jamie Stillway. No cover, 9pm at the Adrift Hotel in Long Beach.

Catch Kendra McKinley

"Her 1960s chamber-pop sound and strong, undulating vocals—which slightly resembles St. Vincent (Annie Clark)—will make you feel like ditching work to skip through a field of sunflowers with your new lover" / Melissa Hellmann, The Bold Italic
Sat June 10 at the Sou' wester in Seaview.
FREE



Tuesday 13

MUSIC

Astoria Music Festival. See page 14.

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

Wednesday 14

MUSIC

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

CINEMA

Beauty and the Beast. Free, 6pm at the Driftwood Public Library in Lincoln City.

HAPPENING

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

LECTURE

Los Samaritanos, a Healing Presence Along the Mexico Border. With Gail Frank. 7pm at the Hoffman Center in Manzanita.

LITERARY

Rain Magazine Release Event. Public reading and reception ^ - 8:30pm in the Royal Nebeker Art Gallery at CCC in Astoria.

Hiking the Camino de Santiago. With author Carolyn Wood. 1pm at the Seaside Library.

Thursday 15

MUSIC

Astoria Music Festival. See page 14.

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

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

FOOD & DRINK

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



BOMBADIL

Breaking down musical walls with their latest album Fences, Bombadil has made fans at NPR, Rolling Stone and the New York Times, who called them "astounding." Time Out New York said their music is "bursting with irresistible melodies, unexpected lyrical gems, and moments of profound honesty, all anchored by expert songwriting skills."
Sunday, June 18, Fort George in Astoria, 8pm. NO Cover

→ cont. p19

Coaster Theater Summer Rep

Musical Sleuthing and a beauty parlor beaming with character . . . and characters!

Steel Magnolias

June 16 – September 2

Truvy's beauty salon in Chinquapin, Louisiana is where all the ladies who are "anybody" come to have their hair done. Helped by her eager new assistant, Annelle (who is not sure whether or not she is still married), the outspoken, wise-cracking Truvy dispenses shampoos and free advice to the town's rich curmudgeon, Ouiser, an eccentric millionaire, Miss Clairee, who has a raging sweet tooth; and the local social leader, M'Lynn, whose daughter, Shelby, is about to marry a "good ole boy." Filled with hilarious repartee and humorously revealing verbal collisions, the play moves toward tragedy when the spunky Shelby risks pregnancy against all advice. The sudden realization of their mortality affects the others, but also draws on the underlying strength—and love—which give the play, and its characters, the special quality to make them truly touching, funny and marvelously amiable company in good times and bad.

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

Directed by April Poland, Costumer Judith Light, Lighting Mick Alderman, Props, Cindy Karr CAST: TRUVY JONES Jean Rice ANNELLE DUPUY-DESOTO Heather Neuwirth CLAIREE BELCHER Deanna Moomjian-Gjovik SHELBY EATENTON-LATCHERIE Katherine Lacaze M'LYNN EATENTON Sheila Shaffer OUISER BOU-DREAUX Gigi Chadwick

CLUE The Musical

June 23 – Sept 3

The internationally popular game is now a fun filled musical which brings the world's best known suspects to life and invites the audience to help solve the mystery: who killed Mr. Boddy, in what room and with what weapon. Pay attention and deduce the solution from clues given throughout the fun filled evening; there are 216 possible endings! Only one hard-nosed detective is qualified to unravel the merry mayhem. Comedic antics carry the investigation from room to room. Even

after the culprit confesses, a surprise twist delights the audience.

CAUTIONS: If this was a movie it would be rated PG. There are some mild adult themes and the character of Mrs. White is played by a man in drag. Children who watch prime-time TV won't see much to shock them, but depending on the personality and exposure of your younger children, they may be confused. On the other hand, there are lots of fun musical numbers, audience members get to play they game and even children who haven't reached the age of irony will likely have a good time. Your own judgement is the best guide for your family.

DIRECTOR Patrick Lathrop, **COSTUMER** Patrick Lathrop, **LIGHTING DESIGNER**, Mick Alderman **PROPS**, Cindy Karr **CAST:** MR. BODDY Frank Jagodnik, MRS. PEACOCK Jean Rice, PROFESSOR PLUM David Sweeney, MISS SCARLET Ann Bronson, COLONEL MUSTARD Ben Faubion, MRS. WHITE Dottie De Vine, MR. GREEN Richard Bowman, DETECTIVE Kelsie Peterson.

All shows begin at 7:30pm. Wed – Sat, some Sundays. For Repertory Season Schedule go to coastertheatre.com. 108 N. Hemlock, Downtown Cannon Beach 503.436.1242.

AUDITIONS

Coaster Theater: BLITHE SPIRIT, Directed Edward James. Show Dates: September 22 – October 28, 2017. Audition Dates: June 26 & 27, 6:30pm. At The Coaster Theatre Playhouse. For more info go to coastertheatre.com. 503.436.0609

Shanghaied in Astoria: The Astor Street Opry Company is looking for a few good men and women to play in this season of Shanghaied in Astoria! No experience necessary and minimal show commitment! Please, only 17 years and older may participate.

Being a part of Shanghaied is sure to make your summer a rewarding life-time memory as you connect, learn, and grow through theatre techniques and this precise style of stage craft performance. Please contact Markus Brown, Director, for further information! (503)791-6044. www.astorstreetycompany.com

Twelve Angry Jurors

The Peninsula Players

"SHALL WE admit right now that it is hot and humid and our tempers are short?" exclaims Juror #4, as jury deliberation begins after a week-long trial of a 19-year-old boy accused of stabbing his abusive father to death. The "open and shut" case becomes a wild shouting match between jurors that are exhausted and want to get on with their lives, with threats of violence, live murder simulations and obvious bigotry in the jury room.

The timeless classic Twelve Angry Men, adapted by Sherman L. Sergel for the stage from Reginald Rose's 1954 television show, has been adapted for men and women by the Peninsula Players.

The cast includes Russ Jones, Nimy Becker, Bill Clark, Robert Scherrer, Rita Smith, Jim Tweedie, Penny Bierly, Frank Logan, Sandi Hansen, Christy Marrs, Bob Goldberg, Joe Paliani, Dixie Wood, Kelly Jacobsen, and

Rose Wallace. Directed by Ed Alhers, Produced by Annika Kay.

Performances: Friday & Saturday, June 23, 24, 30 and July 1, 7pm Sunday, June 25 and July 2, 2pm. River City Playhouse, 127 Lake St. SE, Ilwaco WA. On July 1, see the show and stay for the Independence Day fireworks at the Port of Ilwaco!

Tickets are available at Okie's Thriftway in Ocean Park, Stormin' Norman's in Long Beach, and Olde Town Café in Ilwaco, with limited tickets available at the door.



BEAVER ART

Astoria Art Loft

Following the Beaver Tales art exhibit in Seaside the month of May, the Astoria Art Loft is taking the month of June to exhibit art featuring "beavers and the contributions they make to the environment," according to painter and Art Loft co-owner Jo Pomeroy-Crockett.

The beaver art show, featuring work by both children and adult artists, opens June 6. The Astoria Art Loft gallery, at 106 Third St., is open Tuesdays through Saturdays from 11 a.m. to 4 p.m. Pomeroy-Crockett expects to have one or more speakers on hand to talk about the artwork and about beavers' contributions to the coastal landscape during Astoria's Second Saturday Art Walk on Saturday, June 10. The Art Loft will be celebrating the show's opening from 1 to 4 p.m. that day, preceding the official art walk hours of 5 to 8 p.m. A portion of the proceeds from sales of work in the beaver art show will benefit North Coast Land Conservancy.



Landscapes of Perception

CB Gallery

JOIN THE CANNON BEACH ARTS Association for an opening reception of "Landscapes as Perception" Saturday, June 17, 6 - 8 pm at the Cannon Beach Gallery. The exhibit will explore landscapes from three artists: Sidonie Caron, Christopher Perry, and J. Scott Wilson on exhibit from June 14 to July 16. Guests are encouraged to attend the artist talk on Sunday, June 18, at 11am, also located at the gallery.

The exhibit features three distinct landscape styles and mediums interpreting the horizon, time, and space in unique ways. Caron has previously shown at the Gallery and works largely in oils. Her work hints at Fauvism in that it captures the vibrant colors of the land and sea at dusk.

Perry works in both oil and kiln glass and is a new artist at the Association. His abstract kiln-glass work allows the audience to interpret the moment in time which the landscape is depicting.

Wilson is a local artist and owns Polaris Gallery in Manzanita. Working in oil on canvas, his landscapes perfectly capture the height of the sky as the storms wait patiently to roll in. All three artists approach the landscape in such a way that honors the Oregon coast, with expansive perspectives that draw the viewer into the deep space where sea and air meet. The color and textures of the show will please all.

The opening is family friendly and there will be complimentary refreshments served thanks to Cannon Beach Fresh Foods, the Wine Shack, and Bald Eagle Coffee. The show is generously sponsored by Claudia Toutain-Dorbec, local author of "A Season At Monet's Garden." The author will also be signing copies of her book during Book Talk in July.

CB Gallery is located at 1064 S. Hemlock St. Open 10-4, Wed – Sat. 503.436.0744. cannonbeacharts.org



C. Perry, Emphasis, Oil 62x38

Ilwaco Art Walk

First Fridays

STROLL THE ILWACO waterfront the first Friday of the month for Ilwaco Art Walk. This past art walk well-known Peninsula artist Don Nesbit unveiled his new steampunk crab original watercolors and hand painted glassware.

In addition those fashioning Don's art apparel received a free art card and raffle entry. The Don Nesbit Gallery is located at 167 Howerton, Port of Ilwaco.

Art Port Gallery continues its current exhibit Origin of Myths featuring Barbara Mallon – personal primitive motifs in encaustic paintings and objects, and the metal sculptor of Bill Atwood, uses steel, bronze and gold to portray the figure and family in quiet moments. 177 Howerton Way.

Ilwaco Art Walk continues July – August from 5-7pm, First Fridays of the month. Pick up a map at any gallery.



AGNES FIELD SOINTULA (a place of harmony) AVA Pop-Up Space

ARTIST AGNES FIELD will be showing art relating to and completed in Finland during a forty day residency, in the new pop-up space operated by non-profit Astoria Visual Art during the Second Saturday ArtWalk on June 10th from 5-8 pm.

The work is a translation of experiences and ideas into visual work, and about finding connections between heritage and place. The sauna as experienced by Finnish people, through practice and culture, is a compelling story, as well as the local landscapes of stark contrasts. Of the work Field says, "I found amazing connections between my own family stories and my Finnish heritage, and strong differences between my perspective, as someone outside the culture, and Finnish life. I discovered real connections about how landscape and surface become space and narrative."

AVA Space is located at 80 11th Street (on the pier, in the old Fish Market building, just south across from the Wet Dog).



Untitled...20"x30" mixed media on panel.

Darren Orange:: Under The Surface at IMOGEN



D Orange Beard 18x24

NORTHWEST ARTIST DARREN ORANGE presents his first solo show at Imogen. Darren, who is known throughout the region for his bold and evocative style brings his latest collection, Under The Surface. His paintings encapsulate the raw power of the Pacific Northwest through abstract interpretations of landscape. Under The Surface opens during Astoria's Second Saturday Artwalk, June 10th with a reception from 5 – 8 pm. All are invited to attend and meet Darren who will be available to answer questions about his paintings and process.

Within this new series, Orange brings paintings of all scale. His palette shifts from past work to infuse hint of complex color, reminiscent of faint hues of refracted light forming when light hits reflective surface. About his new body of work he states: "My work continues to explore abstract interpretations of environment. Through destruction of established paintings new works emerge by carving into the foundation of the painting. These works are built from an aesthetic game of chess, an intuitive mark making process. I build up representational landscapes and break the predictable endgame with slashes, spills, and drips watching for more interesting outcomes to present themselves to the surface like a stone block to the sculptor." Also included to the show will be the finished painting that took shape onstage at the Liberty Theater as part of a performance with famed cellists Ilya Kazantsev and Sergey Antonov, during the 2016 Astoria Music Festival.

Darren's work has been widely exhibited, reaching all four corners of the United States. He has been presented awards from the Oregon Arts Commission, the Ford Family Foundation, and the Ucross Foundation Residency Fellowship. His work has been selected for exhibitions by Dominic Iacono of the Syracuse University Art Galleries, Michael Klein of the Microsoft Collection, Nat Trottman of the Guggenheim, Bonnie Laing Malcolmson of the Portland Art Museum, Margaret Bullock of the Tacoma Art Museum, and many others. As well, he has been awarded solo exhibitions by Academic institutions throughout the Northwest.

Imogen Gallery is located at 240 11th Street, Open Mon through Sat, 11 to 5, 11 to 4 ea Sun, and closed Wed. 503.468.0620/imogengallery.com .

JACQUILINE HURLBERT & DAVID MYERS AT RIVERSEA



J. Hurlbert, *I AM MANY*

TWO SOLO SHOWS open at RiverSea Gallery during Astoria's Second Saturday Artwalk, June 10, from 5:00 to 8:00 pm. Meet both artists and enjoy live tunes with catered refreshments. Both shows will remain on view through July 4, 2017.

Content with My Delusions is an exhibition of figurative ceramic sculpture and paintings by Jacqueline Hurlbert, an Oregon artist who has developed a national following over several decades. This show highlights the affinity between her two chosen mediums, each inspired by introspection, humor, and deep symbolic meanings from her life's journey. Many of the sculptures in this new body of work contain two or more figures engaged with each other, a new development in Hurlbert's ceramic art, and similar to the lively interactions seen in her paintings. As always, small embellishments add dimension and meaning, and often symbolize parts of the larger story conveyed. These elements can be smaller figures attached to a larger one, a multitude of bas relief appliques, or incised symbolic designs. In various pieces, twigs or upcycled brushes are expressive stand-ins for hair. Hurlbert considers her artwork, "an ongoing investigation of the personality and attitudes that reside inside each one of us."



DL Myers, *Manikin In Charge*

In Window Shopping, Astoria artist David Lee Myers is featured in an Alcove show with a surreal and engaging series of photographs capturing street life reflected in store windows. Inside and outside activity are transposed in such a way that an interaction between the two is perceived. No digital tricks are involved. Each image is the product of a single camera shot, with the artist choosing the exact moment for moving elements to come together into the perfect composition. Myers uses this theme to reflect on our culture and expound upon modern lives spent in the labyrinths of commerce. Myers taught photography for forty years, and retired several years ago from Clatsop Community College to pursue new adventures in fine art photography. He has shown his work throughout the Northwest.

RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. 503-325-1270.

Luminari Arts 2nd Saturday Art Walk

Luminari Arts features live blues with Peewee Patenaude and Mike "Sheckie" Metzner. New works by ceramicist Denise Greenwood, steampunk light switches by Greentree and pewter artisan jewelry by Volare. Treats, beverages and good cheer. Show your pride and join in the fun. 1133 Commercial St. 5-9pm.



Old Town Frame June/July Art Walk

Experimenting with alternative mediums, Astoria painter JOHN WECKER exhibits works on polymeric film, which is affixed to Styrofoam, a material sold as a home insulation product. His subject; abstract and figurative works.

View Wecker's paintings through June and July at Old Town Frame, opening for the 2nd Saturday Art Walk, 1287 Commercial St. in Astoria.

Old Town frame is located at 1287 Commercial in Astoria. 503.325.5221

Hiking The Camino De Santiago Author Carolyn Wood at Seaside Public Library

THE FRIENDS OF THE SEASIDE LIBRARY host Carolyn Wood, Saturday, June 24, as she tells of her experiences hiking the famed Camino de Santiago. Wood, author of "Tough Girl: An Olympians Journey", told the first half of her story in February and is back to complete her journey. The event will take place at 1:00 p.m. with book sales and singings by Beach Books.

The Camino de Santiago (the Way of St. James) is a large network of ancient pilgrim routes stretching across Europe and coming together at the tomb of St. James (Santiago in Spanish) in Santiago de Compostela Spain. Carolyn will tell about the emotional and physical obstacles she faced in 2012 as a sixty six year old when she decided to hike 500 miles in 40 days along the famed pilgrimage route in Southern France and Northwestern Spain. Wood also hiked another 500 miles on a connecting portion of the trail through France in 2013.

"The first walk was just to come to terms with being alone and being frightened of being alone. It was about getting my personal strength back and seeing how I would perform." The second trek was about reconnecting with the inner tough girl, of her youth, who was the driven Olympic athlete. Wood's story, in "Tough Girl", details two very different journeys, 52 years apart, that



capture the beauty and challenges of a very unique woman.

Carolyn Wood attended the University of Oregon, and became an English teacher. She taught at both Beaverton and Wilson High Schools and was inducted into the Oregon Sports Hall of Fame in 1992. Carolyn says "it has been rewarding reconnecting with so many of my former students." and that ended up being one unexpected benefit resulting from the publication of her story. "Tough Girl" is her first book.

Seaside Public Library is located at 1131 Broadway. (503)738-6742 or visit us at www.seasidelibrary.org

Writing to Make a Difference A Creative Journeys writing workshop with Gail Frank • June 10



WRITING ABOUT THINGS that really matter can help us grow through difficult times and be a healing balm in what seems like a hopeless world. Words can be the tools to change the way we think, discover our wisdom and transform our world.

This one-day workshop is for all levels of writers including beginners. No previous writing experience is needed. If you want to make a difference in your own life or in the world, consider exploring the transformative power of words writing what we alone can say in our own powerful voice. Whether you're in need of inspiration and renewal, or

simply want to undo the silence you've fostered most of your life, now is the time to begin.

To register, call Gail at 503-801-1238. Early enrollment is advised as seating is limited. Participants should bring a journal or notebook and pens, a sack lunch or cash to order out.

A former columnist for the North Coast Citizen under the name of Gail Balden, Frank is a writer, educator and activist. After living 25 years on the Oregon Coast, she now divides her time between the Oregon Coast and Arizona where she lives 40 miles from the Mexico/U.S. border. She is a member of the Green Valley Samaritans and currently writes about immigration and border issues.

June 10, 9am to 3pm, \$45 at the Center for Contemplative Arts, Underhill Plaza, Manzanita Avenue & Division in Manzanita. Reserve your space: contact Gail Frank, 503-801-1238.

Build A Better World Summer Reading Kickoff Event

MARK YOUR CALENDAR for June 10, and set the alarm for 11:00 a.m. because the Build A Better World Summer Reading Kickoff Event will be blasting off.

Channel your inner mad scientist at the Lego building station, delve into the world of electronics at the snap circuits table, get all crafty with tool lacing cards, and build some stupendous structures with fish blocks. The popular duck pond will be back and kids of all ages can build to their hearts content with pretzel sticks and marshmallows then eat their creations. While the young'uns are fabricating fun, parents can sign them up for our great Summer Reading Program.

This year's theme is "Build A Better World", and the library will offer something for every age group from pre-schoolers to teens. Some of the delightful county wide events are; International Border Collies Show, Penny's Puppies, and the Dragon Theatre.

But wait, there's more! How about building your own tiny town, having a nature scavenger hunt, playing communication games, doing sun and moon experiments! Take a breath, cause we haven't even touched on all the great story times, craft events or the Adult Summer Reading Program designed for parents and their kids.

Strap on your tool belt, pack your abacus, grab an extra set of blueprints and Build A Better World all summer long at the good old Seaside Library, conveniently located at 1131 Broadway. For more information call (503)738-6742 or visit us at www.seasidelibrary.org

RAIN Magazine 2017 Reading and Reception

CLATSOP COMMUNITY COLLEGE Invites the community to celebrate the release of the 2017 edition of RAIN Magazine at a free public reading and reception, Wednesday, June 14 from 6:00 to 8:30 p.m. in the Royal Nebeker Art Gallery at the Art Center on CCC's Lexington campus. This will be the magazine's 48th Edition.

The CCC Art Center is at 1799 Lexington Avenue in Astoria, Oregon. Doors open at 5:30 p.m. for an author meet-and-greet and reading signup before the program begins.

Many contributors will be on hand to read excerpts from their works, and original artwork from the magazine will be on display. Light refreshments will be served, and copies of this limited edition Clatsop Community College publication will be available to the public for a suggested donation of \$10.

This year's RAIN Magazine includes new writing from Robert Michael Pyle, Karin Temple, Wayne Downing, Florence Sage, Jim Dott, John Ciminello, Melissa Lahti, Kathy Hightower, Autumn Buckridge, Cameron Pierce, Gail Henrickson, Alyssa Graybeal, and many more. Artwork by Terry Shumaker, Bill Dodge, Roger Hayes, Kim Rose-Adams, Vicki



Lawson, Logan Tausch, Lisa Ackerman, Martha Clarkson, and many others will be included, much of it in glorious color. This year's cover features a painting by Clatsop Community College art student and RAIN staff member Kelsi Leer. FMI: Faculty Advisor Ryan Hume-rhume@clatsopcc.edu or call 503- 338-2517.

Ocean Writing Workshop in Astoria

OCEANS are the most dynamic natural force on the planet. They feed us, determine our weather, and provide an endless source of mystery and mysticism. Oceans also offer many people, including writers, inspiration for their creative lives.

Join author Matt Love on Saturday, July 15 for a unique half-day ocean-themed writing workshop in Astoria. In this creative thinking, visualization and writing workshop, Love will assist participants to engage with the ocean with the intent of unlocking ways of enhancing the personal creative process.

Whether you are a writer, musician, visual artist, photographer, woodworker, teacher, or some other kind of creative person, embracing the ocean as a source of inspiration could enliven your mind and take your creativity in new, unforeseen directions. It also might make you feel better in a political world gone seemingly mad.

"The ocean is a tremendous part of my creative life," said Love, "and I discover many of my best ideas for writing when I walk along the beach or watch the ocean from afar. Thinking and writing about the ocean is a great way to open one's mind. I encourage any aspiring writer to take the class and write about the ocean. It's the easiest thing in the world to write about and can help get you going."

The workshop runs from 10:00 a.m. to 2:00 p.m. in Astoria in a private home. The class costs \$65 and will cap at 12 participants. Participants will pay at the beginning of the workshop and price includes a free gift of ocean magic. Scholarships are also available. To register, contact Matt Love at nestuccaspitpress@gmail.com

Matt Love is the publisher of Nestucca Spit Press. He's the author/editor of 17 books about Oregon, including The Great Birthright, his novel about Oregon's beaches. He's also taught writing workshops at Portland State University, University of Oregon, Pacific University, Clackamas Community College and the Sitka Center for Art and Ecology. In 2009, Love won the Oregon Literary Arts' Stewart H. Holbrook Literary Legacy Award for his contributions to Oregon history and literature.

RIC'S POETRY MIC First Tuesdays @ Winecraft

In honor of founder Ric Vrana, Ric's Poetry Mic 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>



HAPPENING

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

La Leche League Monthly Meet-up. Pregnant women, mothers, babies & toddlers welcome. 10am – noon at the Seaside Library.

Friday 16

MUSIC

Astoria Music Festival. See page 14.

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

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

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

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

HAPPENING

Astoria Scandinavian Midsummer Festival. Music, food, vendors, and more. \$8 for 3-day adult admission button. At the Clatsop County Fairgrounds, Astoria. astoriascanfest.com

Sandcastle Contest. At Cannon Beach. cannon-beach.org/events/Main-Events/Sandcastle-Contest-2017

THEATER

Steel Magnolias. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 17

MUSIC

Astoria Music Festival. See page 14.

Juneteenth Reggae Festival. 4 – 7pm at the Nehalem Bay Winery, Mohler.

Art Accelerated's Open Mic. Open mic for musicians, poets, authors, singers, comedians. A relaxed, welcoming venue for the entire family. 6:30 – 8:30pm at YoTime Frozen Yogurt in Tillamook.

Arrival. Canada's Abba Tribute Band. \$15 - \$25, doors open at 7pm in the Arena at the Clatsop County Fairgrounds, Astoria.

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

The Purple Cats. 9pm at Snug Harbor in Lincoln City.

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

The Trouble Makers. 9pm at Rusty Truck Brewery in Lincoln City.

ART

Opening Reception. Landscapes as Perception. 6 – 8pm at the Cannon Beach Gallery.

FOOD & DRINK

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

HAPPENING

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

Seaside Muscle and Chrome Car Show. a celebration of show-quality vehicles from 1960 to 1978 and factory performance vehicles from 1979 to current year. Along Broadway and connecting side streets in downtown Seaside.

Astoria Scandinavian Midsummer Festival. Music, food, vendors, and more. \$8 for 3-day adult admission button. At the Clatsop County Fairgrounds, Astoria.

Sandcastle Contest. At Cannon Beach. cannon-beach.org/events/Main-Events/Sandcastle-Contest-2017

White Elephant Sale. 10am – 4pm at the Garibaldi Museum.

Monopoly Night. An evening of Monopoly board game fun and more. which gets you \$1,500 BCAC bucks to spend throughout the night. This is an age 21+; BYOB! Hors d'oeuvres and desserts included with admission. You can buy additional BCAC Bucks throughout the evening to spend at the silent and oral auctions too. 7 – 9pm at the Bay City Arts Center.

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. astoriascanfest.com

LITERARY

Book Signing. Author Carol Salmon will discuss her book "My Parents' Values", a story of the values and character of farm life in early 1900 in North Dakota. Noon – 2pm at Godfather's Books in Astoria.

OUTSIDE

Beach to Chowder 5K/10K. This annual beach walk/run on hard-packed sand is fun for the whole family and features a taste of local clam chowder served at the awards ceremony. \$20 - \$35. 9am on the beach at Long Beach. Register at databarevents.com/events/view/50

Botts Marsh Rail Walk. A walk along Botts Marsh and the future Salmonberry Trail. Botts Marsh is located on the north end of the city of Wheeler with parking just off Highway 101 (There will be a sign with balloons to guide you.) \$5, 10 – 11am.

THEATER

Steel Magnolias. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Beach.

Sunday 18

MUSIC

Astoria Music Festival. See page 14.

William Scriven. 10am – 3pm at the Astoria Sunday Market.

Sedona Fire Bnad. 1pm at Hoffman Gardens, Manzanita, FREE.

Hearts of Oak. \$5 - \$10 suggested donation. 7 – 9pm at the Merry Time in Astoria.

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

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

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

FOOD & DRINK

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

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

HAPPENING

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

Astoria Scandinavian Midsummer Festival. Music, food, vendors, and more. \$8 for 3-day adult admission button. At the Clatsop County Fairgrounds, Astoria. astoriascanfest.com

Monday 19

MUSIC

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

FOOD & DRINK

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

Tuesday 20

MUSIC

Astoria Music Festival. See page 14.

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

WEDNESDAY 21

MUSIC

Astoria Music Festival. Astoriamusicfestival.org

Siletz Bay Music Festival. siletzbaymusic.org

Rain City Ramblers. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Community Clay and Sauna. Experience the therapeutic workings of a Finnish sauna in combination with a full body mask of wild foraged mineral clay. These natural therapies joined together, act as powerful means of detoxification, stress relief, muscle relaxant, skin cleanser, and more. \$25, 11am – 1pm at the Sou'wester Lodge in Seaview. RSVP at mamookwellness@icloud.com

Thursday 22

MUSIC

Astoria Music Festival. See page 14.

Siletz Bay Music Festival. siletzbaymusic.org

Clint Black. \$30 - \$45, 8pm at Chinook Winds in Lincoln City.

Rain City Ramblers. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING

Chinook Winds 22nd Anniversary. Fireworks at 10pm. In Lincoln City.

Friday 23

MUSIC

Astoria Music Festival. See page 14.

Siletz Bay Music Festival. siletzbaymusic.org

The Builders and the Butchers. No cover, 7pm at the Sand Trap Pub in Gearhart.

Clint Black. \$30 - \$45, 8pm at Chinook Winds in Lincoln City.

Rain City Ramblers. No cover, 8pm at the Adrift Hotel in Long Beach.

Impulse Control. 9pm at Rusty Truck Brewery.

ART

Plein Air and More. The event will feature nearly 50 artists creating art on location throughout the town and on the beach. In Cannon Beach. cbgallerygroup.com/9th-annual-plein-air-more-june-23-25-2017/

CINEMA

Friday Night Flicks. \$5, 7:30pm at the Hoffman Center in Manzanita.

OUTSIDE

Bird Walk at Spring Lake. Forest and wetlands with cedar and hemlock, pond, some forest edge, and open brush. Easy/Moderate hike. No prior birding experience required, binoculars

Class M Planets

Way Worse

SEA

Yard

Class M Planets feature the songs of Portland musician Adam Goldman. 4 Portland Art & Music Projects play the Armory Skatepark.. Class M Planets brings a Projection Installation piece. Bring some donation cash for the bands, and enjoy a departure from the usual.

Saturday June 24 8pm – 11pm Armory Skatepark 1636 Exchange

Parks After Dark Summer Movies

The Astoria Parks, Recreation and Community Foundation with the help of sponsor, Astoria Co-op Grocery, kicks off their Parks After Dark summer movie series starting on June 24 with the 80's movie classic TOP GUN. Cost is \$5 for adults and children ages 0-12 are FREE. Food and drinks will be available for purchase. Movie will begin at dusk. All proceeds go to fund Astoria Parks and Recreation Scholarships.



and guidebooks provided. 9 – 11am in Lincoln City. 541-992-9720

THEATER

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

Saturday 24

MUSIC

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

Astoria Music Festival. See page 14.

Siletz Bay Music Festival. siletzbaymusic.org

Aaron Larget-Caplan. \$15, 7pm at the Peninsula Arts Center in Long Beach.

JaSkaMon. At Caribbean Night. \$20 admission, Caribbean Chicken Dinner \$15. 7 – 10pm at the Kiawanda Community Center in Pacific City.

Silver Lake 66. \$10, 7pm at the Hoffman Center in Manzanita.

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

4 Bands. Way Worse, Class M Planets, SEA, and Yard Waste. All ages. 8pm at the Astoria Armory Skatepark.

Scott Casey Trio. 8:30pm at Kitty's Food & Spirits in Tillamook.

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

Pete Krebs. No cover, 9pm at the Adrift Hotel in Long Beach.

Robbie Laws. 9pm at Rusty Truck in Lincoln City.

Steve Mason Band. 9pm at Snug Harbor in Lincoln City.

ART

Plein Air and More. The event will feature nearly 50 artists creating art on location throughout the town and on the beach. In Cannon Beach. cbgallerygroup.com/9th-annual-plein-air-more-june-23-25-2017/

FOOD & DRINK

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

HAPPENING

NCRD 20th Anniversary Celebration. BBQ, live music, games, kids' activities and more. 11am – 2pm at NCRD in Nehalem.

Emergency Preparedness Info Fair. Learn about wayfinding during an emergency evacuation, preparing physically, storing prescription medicines, and more. 10am – noon in the Community Room at the Nehalem Public Works.

June Dairy Parade and Festival. Parade, games, live music, car show and more. 10am – 4m in downtown Tillamook.

Garden Tours. At the Connie Hansen Garden in Lincoln City. 541-994-6338

Pixiefest. Bring the whole family for two days of festival fun. Rides, games, food and entertainment. At Chinook Winds in Lincoln City.

OUTSIDE

Tillamook Milk Run. 10K run, 5K run/walk, 2 mile run/walk. Kids can enjoy the Challenge Course and compete to win prizes for a \$10 entry fee. \$40 for the run/walk. 8 – 10am at the YMCA in Tillamook. Register at tillamookymca.org

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

THEATER

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

Sunday 25

MUSIC

Astoria Music Festival. See page 14.

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

Siletz Bay Music Festival. siletzbaymusic.org

Pete Krebs. No cover, 9pm at the Adrift Hotel in Long Beach.

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

June Rushing and Friends. 8:30pm at Snug Harbor in Lincoln City.

ART

Plein Air and More. The event will feature nearly 50 artists creating art on location throughout the town and on the beach. In Cannon Beach. cbgallerygroup.com/9th-annual-plein-air-more-june-23-25-2017/

OUTSIDE

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



McDougal plays the Sandtrap June 30, 7pm

Monday 26

MUSIC

Siletz Bay Music Festival. siletzbaymusic.org

Pete Krebs. No cover, 9pm at the Adrift Hotel in Long Beach.

THEATER

Auditions. For Missoula Children's Theater presentation of Treasure Island. Open to all students entering 1st – 12th grade. 10am at the Lincoln City Cultural Center. 541-994-9994

Auditions. For Blithe Spirit. 6:30pm at the Coaster Theater in Cannon Beach. <http://coastertheatre.com/shows/audition-notice-blithe-spirit/>

Tuesday 27

MUSIC

Siletz Bay Music Festival. siletzbaymusic.org

John Miller. No cover, 8pm at the Adrift Hotel in Long Beach.

LECTURE

Doc Talks. Join Ruben Franco-Garcia to learn more about meniscus injuries. Refreshments will be served and children are welcome. There will be activities available for kids. 6 – 7pm at the Tillamook Library.

THEATER

Auditions. For Blithe Spirit. 6:30pm at the Coaster Theater in Cannon Beach. <http://coastertheatre.com/shows/audition-notice-blithe-spirit/>

Wednesday 28

MUSIC

SHECK-PEE. Hippie Blues at the Voodoo

Siletz Bay Music Festival. siletzbaymusic.org

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

ART

Art Opening. Rockaway Six-By-Six a photography exhibition. 6 – 8pm at 19485 Hwy 101 N in Rockaway Beach.

HAPPENING

Repair Café. Bringing together people who have broken stuff, with people who know how to fix it. 6-9pm, 34706 Production Lane, Astoria. facebook.com/RepairAstoria

Thursday 29

MUSIC

Siletz Bay Music Festival. siletzbaymusic.org

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

Taylor Dayne. \$25 - \$30, 8pm at Chinook Winds in Lincoln City.

Friday 30

MUSIC

234th Army Band Concert. Sea to Shining Sea. Free, 7 – 9pm at the Liberty Theater in Astoria.

Siletz Bay Music Festival. siletzbaymusic.org

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

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

Beachfaced. 9pm at Rusty Truck Brewery in Lincoln City.

Counterfeit Cash. Johnny Cash & June Carter Tribute. \$5 cover, 9pm at the San Dune Pub in Manzanita.

ART

Oysterville Artisan Fair. Featuring over 20 local artists. 10am – 4pm at 3322 School Rd, Ocean Park.

HAPPENING

Open Mic, Soup & Salad, and Art Show. 5 – 8pm at the Fairview Grange, Tillamook.

THEATER

Steel Magnolias. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 1

MUSIC

Siletz Bay Music Festival. siletzbaymusic.org

Nate Lumbard. 8pm at the Sou'wester Lodge in Seaview.

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

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

Renee Hill Band. 9pm at Rusty Truck Brewery in Lincoln City.

Water Brothers. 9pm at Snug Harbor in Lincoln City.

ART

Oysterville Artisan Fair. Featuring over 20 local artists. 10am – 4pm at 3322 School Rd, Ocean Park.

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

FOOD & DRINK

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

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

HAPPENING

Fireworks at the Port. Dusk at the Port of Ilwaco.

OUTSIDE

Firecracker 5K Walk/Run. Perfect for athletes of all ages and ability. The event starts at the Port of Ilwaco and leads participants along the Discovery Trail to Beard's Hollow before heading back to the Port. \$25. Starts at 9am. Register at databarevents.com/firecracker5k

Treasure the Beach Cleanup. Organizers supply bags and gloves to volunteers, but recommend participants bring a bucket and drinking water. Meet on the Prom in Seaside at 9am. Register at solveoregon.org/get-involved/event-registration

Miss Oregon Crown Town 5K Fun Run/Walk. \$25, Crowns, sashes, and costumes are welcome and encouraged. Starting at 9am at the Convention Center in Seaside. Register at missoregon.org/miss-oregon-crown-town-5k/

THEATER

Treasure Island. Presented by the Missoula Children's Theater. 3pm and 7pm at the Lincoln City Cultural Center. 541-994-9994

THEATER

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

FLASH CUTS

MOVIES & MUSINGS

Coming Previews



MEGAN LEAVEY (JUNE 9)

Kate Mara plays the title character in this based on a true story military canine drama. Megan lives with her mother (Edi Falco) and they share a tense, combative relationship. She's fired from her job after being told "You don't really connect with people very well." On impulse, Megan joins the Marine Corps. However, even in the Corps, Megan does not fit in and as a disciplinary is assigned to clean the kennels of her unit's bomb-sniffing dogs. There she meets her canine counterpart in Rex, a German shepherd who is the black sheep of the K9 unit and is nearly as difficult a trainee as Megan. Megan works her way up to being a handler, and through patience and discipline, Megan earns the trust of Rex. Soon the two are inseparable team and are shipped out to Iraq. Put to work finding IEDs, Megan and Rex save countless lives – until their luck runs out and they are blown up. Megan wakes up in a hospital and immediately asks about Rex's whereabouts. Thus begins Megan's second war against the Marine Corp to regain custody of Rex, who is injured, and in danger of being put down.

THE MUMMY (JUNE 9)

The first movie in Universal's Dark Universe series drops with Tom Cruise starring in the reboot of the classic monster tale. Synopsis: Nick Morton (Cruise) is a soldier of fortune who plunders ancient sites for timeless artifacts and sells them to the highest bidder. When Nick and his partner come under attack in the Middle East, the ensuing battle accidentally unearths Ahmanet (Sofia Boutella), a betrayed Egyptian princess who was entombed under the desert for thousands of years. When the military gets

wind of Morton's discovery, they seek to weaponize it and team Morton with archeologist Jenny Halsey (Annabelle Wallis) to excavate and retrieve Ahmanet's casket. Once released from her tomb prison, Ahmanet regains her powers and seeks revenge on the world of the living by raising the dead. With her powers constantly evolving, Morton must now stop the resurrected monster as she embarks on a furious rampage through the streets of London.

47 METERS DOWN (JUNE 16)

On the heels of last year's great white shark thriller The Shallows, comes this year's girls-in-peril by man-eating sharks movie. Synopsis: Two sisters, Lisa (Mandy Moore), who's revealed to have just been through a horrible breakup and her younger adventurous sister Kate (Claire Holt), decide to accept an offer from two local men they met while out drinking, to go cage-diving while on a trip to Mexico. They board a boat captained by Taylor (Matthew Modine) and are excited to be cage-diving with the majestic great white sharks, until the cable wench connected to their cage snaps and sends them plummeting 47 meters down to the ocean floor. Surrounded by sharks and struggling to maintain their air supply the two women must find a way to return to the surface before time runs out.

THE BEGUILED (JUNE 23 LIMITED)

Sofia Coppola directs this remake of the 1971 Clint Eastwood melodrama. While the Civil War rages elsewhere, at Miss Farnsworth's Seminary for Young Ladies, five students and the headmistress Miss Martha Farnsworth (Nicole Kidman) while away their time with higher pursuits such as studying music and French. One

day while picking mushrooms in the woods young Amy (Oona Laurence) finds a wounded Union soldier. Needless to say, after his injured leg is treated, Corporal John McBurney (Colin Farrell) creates quite a stir in the all-female household. Martha is the first to fall for his charms as she gives the unconscious soldier a sponge bath. As McBurney recuperates, he's the number one topic of discussion among the girls, which Martha tries to temper. When McBurney is healed, Martha announces to the girls that he will soon leave the Seminary. With McBurney's departure looming, second oldest Edwina (Kirsten Dunst) admits to McBurney that she wants nothing more than to leave the school. McBurney admits his love for Edwina and promises to take her away. Before he does, however, Edwina catches him in bed with Alicia (Elle Fanning). The following uproar leads Martha to take the second-worst step next to castration to teach the man a lesson.

AMITYVILLE: THE AWAKENING (JUNE 30)

Jennifer Jason Leigh toplines the 11th installment in the long-running horror series. Troubled production was initially shot in 2014. Scenes were re-shot last year and release was postponed multiple times. Synopsis: Belle (Bella Thorne), her little sister Juliet, and her comatose twin brother James (Cameron Monaghan) move into a new house with their single mother Joan (Leigh) in order to save money to help pay for her brother's expensive healthcare. But when strange phenomena begins to occur in the house, including the miraculous recovery of her brother and Belle's increas-

ingly horrifying nightmares, Belle begins to suspect her mother isn't telling her everything—and soon realizes they just moved into the infamous Amityville house.

SPIDER-MAN: HOMECOMING (JULY 7)

The sixth film and second re-boot of the long-running series returns with the youngest Spider-Man yet – English actor Tom Holland plays Peter Parker as a 15-year-old. This is the first standalone Spider-Man movie since Sony and Marvel made a deal in 2014 for the character to join the Marvel universe, with Spider-Man appearing in 2016's Captain America: Civil War. One of the caveats of Sony's agreement to rights to the Spider-Man character is Sony must keep producing Spider-Man movies or lose the rights to the character. After The Amazing Spider-Man 2 with Andrew Garfield playing Spider-Man disappointed at the box office, a whole series of future Spider-Man movies and spinoffs was scrapped for re-boot with a younger lead and integration into the Marvel universe. Robert Downey, Jr. plays Tony Stark, who becomes Parker's mentor. Michael Keaton plays the villain Vulture. Synopsis: Thrilled by his experience with the Avengers, young Peter Parker returns home to live with his Aunt May (Marisa Tomei). Under the watchful eye of mentor Tony Stark, Parker starts to embrace his newfound identity as Spider-Man. He also tries to return to his normal daily routine – distracted by thoughts of proving himself to be more than just a friendly neighborhood superhero. Peter must soon put his powers to the test when the evil Vulture emerges to threaten everything that he holds dear.





FREE WILL ASTROLOGY

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JUNE

ARIES (March 21-April 19): Life is in the mood to communicate with you rather lyrically. Here are just a few of the signs and portents you may encounter, along with theories about their meaning. If you overhear a lullaby, it's time to seek the influence of a tender, nurturing source. If you see a type of fruit or flower you don't recognize, it means you have a buried potential you don't know much about, and you're ready to explore it further. If you spy a playing card in an unexpected place, trust serendipity to bring you what you need. If a loud noise arrives near a moment of decision: Traditionally it signifies caution, but these days it suggests you should be bold.

TAURUS (April 20-May 20): Your body is holy and magic and precious. I advise you not to sell it or rent it or compromise it in any way -- especially now, when you have an opening to upgrade your relationship with it. Yes, Taurus, it's time to attend to your sweet flesh and blood with consummate care. Find out exactly what your amazing organism needs to feel its best. Lavish it with pleasure and healing. Treat it as you would a beloved child or animal. I also hope you will have intimate conversations with the cells that compose your body. Let them know you love and appreciate them. Tell them you're ready to collaborate on a higher level.

GEMINI (May 21-June 20): "The most intense moments the universe has ever known are the next 15 seconds," said philosopher Terence McKenna. He was naming a central principle of reality: that every new NOW is a harvest of everything that has ever happened; every fresh moment is a blast of novelty that arises in response to the sum total of all history's adventures. This is always true, of course. But I suspect the phenomenon will be especially pronounced for you in the near future. More than usual, you may find that every day is packed with interesting feelings and poignant fun and epic realizations. This could be pleasurable, but also overwhelming. Luckily, you have the personal power necessary to make good use of the intensity.

CANCER (June 21-July 22): Nobody likes to be scrutinized or critiqued or judged. But we Crabs (yes, I'm one of you) are probably touchier about that treatment than any other sign of the zodiac. (Hypersensitivity is a trait that many astrologers ascribe to Cancerians.) However, many of us do allow one particular faultfinder to deride us: the nagging voice in the back of our heads. Sometimes we even give free rein to its barbs. But I would like to propose a transformation of this situation. Maybe we could scold ourselves less, and be a bit more open to constructive feedback coming from other people. Starting now.

LEO (July 23-Aug. 22): The lion's potency, boldness, and majesty are qualities you have a mandate to cultivate in the next three weeks. To get in the righteous mood, I suggest you gaze upon images and videos of lions. Come up with your own version of a lion's roar -- I mean actually make that sound -- and unleash it regularly. You might also want to try the yoga posture known as the lion pose. If you're unfamiliar with it, go here for tips: tinyurl.com/lionpose. What else might help you invoke and express the unfettered leonine spirit?

VIRGO (Aug. 23-Sept. 22): "What does it matter how many lovers you have if none of them gives you the universe?" French psychoanalyst Jacques Lacan posed that question. I invite you to put it at the top of your list of hot topics to meditate on. In doing so, I trust you won't use it as an excuse to disparage your companions for their inadequacies. Rather, I hope it will mobilize you to supercharge your intimate alliances; to deepen your awareness of the synergistic beauty you could create together; to heighten your ability to be given the universe by those whose fates are interwoven with yours.

LIBRA (Sept. 23-Oct. 22): From my study of the lost prophecies of Nostradamus, the hidden chambers beneath the Great Pyra-

mid of Cheops, and the current astrological omens, I have determined that now is a favorable time for you to sing liberation songs with cheeky authority . . . to kiss the sky and dance with the wind on a beach or hilltop . . . to gather your most imaginative allies and brainstorm about what you really want to do in the next five years. Do you dare to slip away from business-as-usual so you can play in the enchanted land of what-if? If you're smart, you will escape the grind and grime of the daily rhythm so you can expand your mind to the next largest size.

SCORPIO (Oct. 23-Nov. 21): "On some hill of despair," wrote poet Galway Kinnell, "the bonfire you kindle can light the great sky -- though it's true, of course, to make it burn you have to throw yourself in." You may not exactly feel despair, Scorpio. But I suspect you are in the throes of an acute questioning that makes you feel close to the edge of forever. Please consider the possibility that it's a favorable time to find out just how much light and heat are hidden inside you. Your ache for primal fun and your longing to accelerate your soul's education are converging with your quest to summon a deeper, wilder brilliance.

SAGITTARIUS (Nov. 22-Dec. 21): You're in a phase when you have the power to find answers to questions that have stumped you for a while. Why? Because you're more open-minded and curious than usual. You're also ready to be brazenly honest with yourself. Congrats! In light of the fact that you'll be lucky at solving riddles, I've got three good ones for you to wrestle with. 1. Which of your anxieties may actually be cover-ups for a lazy refusal to change a bad habit? 2. What resource will you use more efficiently when you stop trying to make it do things it's not designed to do? 3. What blessing will you receive as soon as you give a clear signal that you are ready for it?

CAPRICORN (Dec. 22-Jan. 19): A typical Capricorn cultivates fervent passions, even to the point of obsession. Almost no one knows their magnitude, though, because the members of your tribe often pursue their fulfillment with methodical, business-like focus. But I wonder if maybe it's a good time to reveal more of the raw force of this driving energy than you usually do. It might humanize you in the eyes of potential helpers who see you as too strong to need help. And it could motivate your allies to provide the extra support and understanding you'll need in the coming weeks.

AQUARIUS (Jan. 20-Feb. 18): In accordance with the astrological omens, I invite you to carry out a flashy flirtation with the color red. I dare you to wear red clothes and red jewelry. Buy yourself red roses. Sip red wine and savor strawberries under red lights. Sing Elvis Costello's "The Angels Want to Wear My Red Shoes" and Prince's "Little Red Corvette." Tell everyone why 2017 is a red-letter year for you. For extra credit, murmur the following motto whenever a splash of red teases and pleases your imagination: "My red-hot passion is my version of high fashion."

PISCES (Feb. 19-March 20): "If you want a puppy, start by asking for a pony," read the bumper sticker on the Lexus SUV I saw. That confused me. Would the owner of a Lexus SUV be the type of person who didn't expect to get what she really wanted? In any case, Pisces, I'm conveying a version of this bumper-sticker wisdom to you. If you want your domestic scene to thrive even more than it already does, ask for a feng shui master to redesign your environment so it has a perfect flow of energy. If you want a community that activates the best in you, ask for a utopian village full of emotionally intelligent activists. If you want to be animated by a focused goal that motivates you to wake up excited each morning, ask for a glorious assignment that will help save the world.

HOMEWORK: Your imagination is the single most important asset you possess. Listen to the podcast: <http://bit.ly/Your-Prophecy>

Bike Madame

By Margaret Hammitt-McDonald

Bad Kids on Bikes, Part II: Bikes as Accessories to Crime

WHAT I SAW in my handlebar-mounted rear-view mirror was either nightmare or farce. A police cruiser's red and blue lights pulsed, coaxing a malefactor onto the shoulder of Route 26. But no car was pulling in behind me. Was I being pulled over?

Being that I was already "over," I rolled to a cautious stop, worrying over what I could've done wrong. I hadn't run a stop sign; there's no way I could've been speeding. I wiped my clammy hands as the officer got out of his car and asked where I was riding

Wearing a mask of a popular horror-film character and with his clothing padded to disguise his actual physique, he would burst into a bank, vault over the teller's counter, stuff money into a bag, and rush out in under two minutes. He kept a bike stashed in the woods next to the bank (he always chose locations next to a wooded area) and rode for several miles cross-country to a van, driving off with the bike and the loot inside. He was captured when children playing in the woods near one of his target banks found his mask cache.



from. Before he sent me on my way, he alluded to looking for a female rider coming from the opposite direction. He didn't call the person a suspect, but my imagination filled in the rest as he pulled away. Did somebody really have the temerity, or foolhardiness, to flee the scene of a crime on a bike? I could envision this tactic working in a metropolis: this slim getaway vehicle can fit into places where a car can't, and it's faster to ride than to run. But trying to escape along a rural highway on a bike didn't seem smart.

Since that day, I've wondered if the annals of criminal history include bad guys and gals who used bikes as part of their modus operandi, a cycling Jack the Ripper perhaps. (OK, I won't go there—I can think of too many gruesome uses for bike parts.)

Carl Gugasian, dubbed "the Friday Night Bank Robber," is notorious enough to merit his own Wikipedia entry (https://en.wikipedia.org/wiki/Carl_Gugasian) for having robbed over fifty banks in a thirty-year period. Gugasian, who studied engineering before beginning his criminal career, was meticulous in planning and executing his robberies, conducting research and then observing potential targets prior to the heist.

While Gugasian's bike was just one tool in his arsenal, cycling was central to the life of Tom Justice, profiled in the Chicago online news outlet The Six-Thirty (<http://thesixthirty.com/news/chicago-bank-robber-on-a-bike-tom-justice/>). Justice was an Olympic cycling hopeful who used his custom-built bike to rob bank, both means by which he hoped to escape the stigma of ordinariness and to make his mark on the world. After robbing his first bank, worried about being caught, he left his \$15,000 jackpot in different spots for homeless people to find. He robbed 25 more banks—all while continuing to ride competitively—before being caught and serving nine years in prison.

I found numerous other articles about robberies with the bike as a getaway vehicle, some that went wrong in hilarious or tragic ways. So what's the appeal of the desperado mounted on a ten-speed? Are bike bandits the successors to Wild West icons? Does their dash and verve remind us of Robin Hood? I'll leave it to cultural historians to give us insight into the enduring fascination of the lovable rogue, from Gilgamesh to Han Solo. As for me, I hope I never get pulled over on my bike again.

WORKSHOPS/CLASSES

TAMALES AND MARGARITAS Cooking Class. June 16. Learn to make 3 savory tamales, 3 sweet tamales to pair with 3 craft margaritas. \$60, 6 – 8:30pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org/events/tamales-and-margaritas/

POLYPORE THERAPUTICS. June 17. This workshop includes: an introduction to the classification of fungi, identification techniques for medicinal polypores (including distinctions from common look-a-likes), an overview of the medicinal constituents of each species and their histories in healing, conscious and sustainable wild harvesting skills, as well as medicine making techniques for tinctures, balms, and teas. \$35, includes handouts and a take-home sample. 11am – 2pm at the Sou'wester Lodge in Seaview.

FATHER'S DAY COOKING CLASS. June 17. With Andy Catalano. We will share techniques for making fresh pasta, tips for selecting the season's freshest ingredients, and inspiration to make cooking with Dad the best possible quality time together. \$50, 10am 1pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

DISCOVERY IN STONE WORKSHOP. June 17 – 19. The class is open house style instruction with teachers and experienced stone carvers on hand to answer questions and share techniques. Tools are available for use and purchase on site. The workshop is by donation, and feel free to bring food to share during the lunch hour. 10am – 4pm at the Bay City Arts Center. baycityartscenter.org

MASK MANIA WORKSHOP. JUNE 21. With Kathleen Kanas. In 2.5 hours, you will have constructed a decorative mask from clay that will require firing and glazing in follow up sessions during open studio. All levels of skill are welcome. \$40, 10am – 12:30pm at the Hoffman Center in Manzanita. Sign up at hoffmanblog.org

EARTH FRIENDLY GARDENING. June 24. Learn about growing food in our unique climate and our approach to gardening together and sharing our harvest with the North County Food Bank. 10am – noon at Alder Creek Farm, Nehalem.

MONA AND SHARA DO IMPROV. July 8. Join Mona and Shara for a low-pressure and fun introduction to theatrical improvisation! In this interactive 2-hour class, you'll learn the basics of improv through small exercises and group games. No prior experience needed: just a willingness to show up and jump in. 4 – 6pm. At Fort George in Astoria.

STRENGTHEN YOUR PAINTINGS. July 8, 9. With Carolyn Gates. Day 1 will cover the elements of good composition. These are the bones of any painting. Day 2 will explore value, the lights and darks, which are the muscle behind what makes a painting really work, according to Gates. \$100, 10am – 4pm at the Hoffman Center in Manzanita. Register at hoffmanblog.org

BODY WORK-YOGA-FITNESS

AQUANASTICS. A water fitness class that is energizing and strengthening, yet gentle on the joints. The exercises are designed to increase range of motion, flexibility and cardiovascular fitness. Ability to swim not required. This is not a swimming class and is conducted in a 3-5 feet deep heated pool. Pool beach balls and 'noodles' are provided FREE for class use and enjoyment. As an added bonus, students are given basic water health and safety tips. Plus play some water games. This class is for both women and men. Class is held on Tuesday and Thursday beginning April 4th through May 25th, a total of twelve classes, from 9:00 to 9:50 A.M. or from 10:00 to 10:50 A.M. Only 12 students can attend each section. The cost is \$39.00. Held at KOA Campground. Instr. Kathleen Henderson. Register now at www.hipfishmonthly.com

clatsopcc.edu/schedule and search under Course Title or call 503-338-2402.

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

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

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

YOGA IN GEARHART. Gearhart Workout. For more information log on to www.gearhart-workout.com 3470 Hwy. 101 N. Suite 104 in Gearhart

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

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

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

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

ZUMBA. Come join the Zumba party at North County Recreation District in Nehalem, Oregon. Tue-Thur 6:30 to 7:30pm/Fri 9-10am. FALL term thru Dec. Attire: Loose gym clothing, non-gripping sneakers, a water bottle & lots of energy! Rosa Erlebach – instructor. Ncrd. 36155 9th Street Nehalem, Or 97131 (503) 368-4595 Rerlebach@gmail.com

SPIRITUALITY

Authentic Spiritual Conversations. Meets every Tuesday in Astoria, OR, from 7:00 – 8:30 PM. Are you looking for a spiritual community of like-minded people but don't seem to fit in anywhere? Do you long for the kind of connection where you can explore what feels spiritually real and alive in you? Do you want to be able to explore your spiritual questions, doubts, practices, and deepest longings in a space where everyone's needs are respectfully

held? Are you tired of being "nice," tired of keeping silent and playing it safe, in order to fit into group norms that tell you what you should believe? Join in a conversation where your unique spiritual path is respected and you can feel safe to express your authentic truth. All faiths, including "spiritual but not religious" are welcome. We meet in the Astoria "Columbia Community Education Center" located at 2021 Marine Drive, second floor, accessed from the back of the Seafood Research building (across from the hospital). For more information contact info@cgifellowship.org or call 916-307-9790.

CONVERSATIONS WITH MOTHER MARY. Come and experience the Love and Wisdom of Mother Mary through her channel Barbara Beach. Every Second Sunday, 10:30 to 12:30ish. In Seaside, Oregon. Call or email for directions: 503-717-4302 beachhouse1111@gmail.com. Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

COLUMBIA RIVER MEDITATION GROUP. Meets Thurs, 6-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on deepening 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.

VOLUNTEER

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemetery identification and cataloging project. Cemeteries are among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog their information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcounty-genealogy.org



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

MEETINGS/MEET-UPS

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

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.

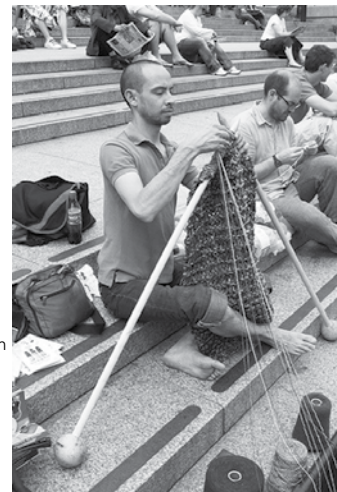
INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8:30pm. Next meeting MARCH 12. Benefit from the experience of a more diverse circle of men – all ages - all walks of life - all points of view - let's expand the possibilities. Some of us have been 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

TILLAMOOK PILOTS ASSOCIATION. Meets 1st Sat ea. month at the Airbase Cafe (Tillamook Air Museum) at 9am for their regular business meeting and to promote general aviation. Interested in learning to fly? Or simply interested in general aviation, come to the meeting and meet similar-minded folks? The TPA owns a Cessna 172 available for members to rent for instruction or for general use for licensed pilots who are members of TPA. tillamookpilots.org.

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

World Wide Knit in Public Day Saturday 10th June 10am – 4pm Homespun Quilts & Yarn 108 10th St., Astoria

Come and share our love of yarn arts during this world wide event. Sock machine demonstrations 10am – noon and open community knitting throughout the day. Get help with projects, learn to knit/crochet or just be inspired! Tools and yarn available for newbies. Astoria 503-325-3300 homespunquilts.com



Dance Your Joy at AAMC

The AAMC is a cooperative of passionate professionals who want to share the love of dance, fitness & performance art with you.
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• **MONDAY**
8:30 - 9:30am Zumba Dance Fitness with Kim Postlewaite
5:30 - 6:00pm: PreYoga Self Care with Jude Matulich Hall
6:00 - 7pm: SloFlo Yoga with Jude Matulich Hall
7:15 – 8:00pm Meditation with Jude Matulich Hall

• **TUESDAY**
8:30-9:30am: Zumba with Joy Sigler
7:30-8:30 Beginning West Coast Swing with Jen Miller
8:30 – 9:30pm Student Led West Coast Swing Practice Hour
• 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**
9:30-10:40am Gentle Yoga with Terrie Powers

6:00-7:15pm: Belly Dance Basics w/Jessamyn Grace
7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace
8:30 - 9:30pm: Argentine Tango Practica with JL Gillikin

• **THURSDAY**
8:30-9:30am Zumba with Joy Sigler
6:00 - 7:30pm: Tri-Dosha Yoga with Melissa Henige
• **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)

• **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
SUNDAY
6:00-7:00pm Burlesque with Merlyn Elise
7-8:15 TWERKshop. May 21 only. \$15@door

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 or visit our Facebook page."

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 Bakery 1493 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

Where the Land Meets the Sea

CROSSING THE SCOTTISH countryside, the shock of yellow between the gorse and the rape weed was an assault to the senses. I am sure if you are born in the U.K. you are used to this massive yellow covering the landscape, my sensitivity felt it down to my bones. I know I have had lifetimes in Scotland and I felt I must revisit a site that I knew all too well. The east coast bends with farm land and small villages and a massive history of Vikings crossing the North Sea. The small fishing village of Gardenstown was founded by Alexander Garden in 1720. This small cove was once known as Gamrie.

On the western hill, you can see the remains of a church known as St. John's Kirk. A local resident shared this was built over 2000 years ago. More startling is the battle that took place on this lovely hillside now covered in spring

flowers. The Battle of the Bloody Pits in 1004 was a grizzly event that left the heads of the fallen Danes imbedded in the church wall next to the altar.

I hiked up to the top of this hillside that overlooked the Gamrie cove, Gardenstown and the coast as far as the eyes could see. I felt time shift and I Spirit Traveled to the day the ancient ships arrived in Gamrie Bay. I watched as the lumbering Norsemen made their way up the hillside. There was a bad storm that caused this unscheduled stop. Around 600 men rounded up cattle and supplies from the nearby farms. This would not be the first time the Scots would deal with invasion. The Danes were unable to return to their ships, as an army of Scotsmen awaited them, led by the command of Mermane, Mormaer of Buchan.

He promised his men if they defeated the Danes he would build a church to St. John on the very site the enemy was encamped. I watched the battle all around me as I sat on the hillside next to the Kirk. It was a blood bath and victory for the Scots. They threw the bodies of the dead into natural hollows that earned the title the Battle of the Bloody Pits.

It was an odd feeling, this peace I felt inside watching what took place on this sun-drenched land. The souls of this battle were long gone. What remained were the ghosts of the church and graveyard that surrounds the Kirk. I saw the priest from that first came to the church. He walked past me, mumbling about the three Danish chiefs whose skulls were embedded into the wall next to the altar. He was reminding me he was not a pagan and kept repeating how could they. I ran into the hollow of the church and found the altar and the very wall where these skulls once lived. I could feel two centuries of life and death as I stood there, watching the priest prepare the altar. Many of the ghosts were men. They had lost a wife and married again only to lose the next one. One woman who died in child birth walked the graveyard looking for her baby. It was sad inside the ancient church.

I knew my light was as bright as the sun when I received the message from two unlikely visitors that it was time to go. Huggin and Munnin are the ravens that sat upon the Norse God Odin's shoulder and reported what they saw and heard. They traveled all over the world only to return to the demi god and with news of Midgard. I knew my ancestors were near when they flew to the steeple of the church. I also knew it was a sign to go. This land drenched in sunlight and spring flowers also carried the history of battle. It is never a good thing to stay longer than you are welcome. I smiled at the ghosts and Odin who now stood with his ravens on his shoulder, as I descended the narrow path to the beach. When I finished my descent, I looked back up and the hillside was empty, just the shell of the Kirk rose from the land.

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

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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June Thoughts - Blossoms in My Mind : wordwisdom

Does it feel like June to you? No, not to me either. It should be warmer, sunnier. I should be able to smell mown grass and barbeque on every corner. Oops. I let my expectations color my current day, which may not be sunny and warm but it is breezy, colorful, unpredictable.

There, now I'm not disappointed. I'm ready to get out of bed. This has been a hard year for me so far. Just last week my Aunt Arline passed away. She was 100 years old! I will miss her. I feel like I am getting my life whittled down to a bare slate. Whittled down by circumstances and life events. My world is not the shape it was six months ago. Back then, I worked, called my Aunt on Sundays, walked my dog daily. All different now.

Challenging! I'm a person that avoided change whenever I could and felt uneasy when change occurred. Now my whole life is one big change.

I believe that I am supposed to learn



some lessons somewhere along this path. I'm thinking a blank slate is not necessarily a less than desirable thing. I get to reinvent my life, fill it up with the person I want to be. So I've been thinking. My little garden of a mind is blossoming with all sorts of thoughts. What do I really want to do?

What kind of life can I come up with, given

By Tobi Nason

what's left? A blank slate.

How about you? How well do you know yourself? What's on your bucket list? If someone told me that in a very short time, I would lose my source of income, my dog, my aunt... I'd feel dread. My nightmare.

Loss of my world, as I knew it. I don't feel dread. I'm feeling vaguely fascinated by the twists and turns that not only have occurred, but will occur. It clicks somehow with the writer part of my being. I am a work in progress. My life story is suddenly going down a side alley, one that may be filled with flowers and wonders and who knows what.

Here's a counselor's suggestion: Rather than wait for Life to knock you out of your complacency, be proactive. Take a class. Change careers. Dream a bit. Life is short, and can be unpredictable. Have fun with it. It's yours. To play with...

Tobi Nason currently is a counselor from Warrenton. (503) 440-0587.

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bodies in balance

Naturopathic First Aid

AS THE SUMMER SEASON approaches and we are preparing to be outdoors enjoying fun in the sun, it seems a good time to stockpile the first aid kits. There are many minor injuries anyone can be fully equipped to deal with if they have the appropriate supplies. Our medical system of emergency rooms and urgent care centers are of course always an option, but with minor injuries; a little forethought and trust in the body's ability to heal will often be enough. Being prepared is the key to success...read on for tips to make your list of supplies and bring on summer!

For cuts and abrasions some basic supplies include: band-aids, butterfly bandages, gauze, cotton swabs, Q-tips, tape, ace bandages, and an antibacterial ointment. All these typical items will get you through most cuts and abrasions that are not in need of immediate medical attention. For stubborn bleeders black tea bags (like english breakfast or the standard Lipton tea) are ideal. Just immerse the tea bag in hot water to 'activate' it and place it over the bleeding (once cooled of course)...don't forget that pressure and elevation are also important. I am a big fan of tinctures for a more natural anti-infective agent. These are alcohol extraction of herbs that are widely available. Thanks to the alcohol extraction, the alcohol itself is a helpful antiseptic, but then combined with anti-infective and healing herbs like Oregon grape, calendula, or goldenseal an ideal marriage is made. Remember to use clean cotton swabs or gauze to apply, and of course it will sting a bit.

For sprains and strains, ice is the best first remedy along with rest and elevation especially if the knee or ankle is injured (if you are camping immersion in cold water is also applicable). Homeopathic Arnica topically and/or orally is a must in the initial day or two. Bromelain (a pineapple enzyme) is also something I keep around for this issue as it is an effective anti-inflammatory when taken internally away from food. As more time passes from the initial injury topical castor oil can be applied to continue to remove inflammation. Remember blood flow is important so keep the joint moving as much as possible without overdoing it. Alternating hot and cold can achieve this task if use is too painful. This can be done in a bath, shower, with wash cloths or heating pads and ice...all things we have readily available in our homes.

Digestive first aid is another area to be prepared for. Most common urgent issues are vomiting or diarrhea. For nausea a must try is ginger; this soothes the belly and ignites the fire of digestion to burn off the unwanted irritant. Tea, ginger chew candy, ginger ale, powdered or fresh ginger root are all options. If that's not working then homeopathic Ipecac may be worth a try. This is most indicated for intense continuous nausea. Once actual vomiting sets in it is important to monitor for signs of dehydration. Because electrolytes can often be imbalanced by persistent vomiting I find that salty foods are a good choice. Try popcorn with some celtic sea salt and nutritional yeast. There are a variety of recipes for electrolyte rebalancing; one that I have used is: into 1 quart water mix, 1 tsp salt (again my preference is a natural rock or celtic sea salt), 1 tsp baking soda, and 1 tsp sugar OR (unless under one year old) 2 tsp honey. There are of course a variety of electrolyte replacement products on the market, so having a few of those on and would work too.

For diarrhea a first try would be rice water. This is made by boiling rice in extra water, but instead of allowing the rice to fully absorb the water (after about 10 minutes or less if an instant type rice) strain off and keep the water and discard the rice. Drink the strained rice water plain, in juice or mix into other food or beverage of choice. I have used this with children, adults and dogs and it always seems to work like a charm. Again with either of these digestive issues watch for dehydration: dry mouth, dry eyes (unable to tear), loss of skin elasticity, or lack of urination; any of these can be signs of necessary medical attention. An herb worth mention here is garlic, we all should have it around the kitchen; it is an easy addition to ward off those unwanted digestive bugs. You can swallow a whole peeled clove raw or chop it up and drink it down in some warm water...this could leave an odor in its wake so try before bed.

Bites, stings, or those random red swollen skin issues are the final topic. Again back to the kitchen, as raw grated potato is a wonderful treatment to draw out that irritant. Another similar therapy would be bentonite clay or mud. Slather on either of these in their pasty form and they can draw out the ouchy, swollen effects. Ice or immersion in cold water can be of use to help with swelling. If there is intense

By Tracy Erfling, N.D.

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



itching try homeopathic Apis, Urtica, or Sulphur or a strong mint tea applied topically. Make sure and watch for signs of infection, this would be streaking or red lines running away from the affected area, a foul smelling discharge, or a fever, any of these signal antibiotic therapy may be warranted. These tips are easy to share as a doctor who is aware of the signs and symptoms of greatest concern. For YOU as the layperson you will never go wrong by trusting your gut. If and when you feel the situation is beyond your comfort zone...that is what the medical community is there to assist so use it. Safety First!

These wonderful bodies we inhabit are terrific healers, just a few simple tools can help you and your family be ready for basic emergencies. Hope this helps you to think of ways be prepared for your outdoor summer fun!

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



JUNE IS BUSTIN' out all over! When I was young, I thought that was a reference to a lady named June. In truth, it sort of is. June is the front door of summer, the prelude to hot and sweaty, slick and sexy. By summer's end, we will be up to our necks in melon and sweet corn. Garden flowers will have given up all pretense of propriety and gone boldly blowzy. You can keep your perfect rosebuds with long, thornless stems. Give me a full blown rose, petals yawning open with a breathy release of perfume. We should all be so lucky to reach optimum magnificence just before we're done. It's a stunning farewell.

Another memory from my youth is Mom reliably musing about what to do for the next meal while we were still eating the previous one. The admirable part of that tendency seems to have skipped right by me and left in its wake a penchant for seeing everything but what's in front of me. I'm by nature, a cantaloupe-in-the-distance, oranges-in-the-rearview sort of person. It's an endless loop of loss and longing where food seasons are concerned. Where mom was organized about meal planning, I'm dreamy about the lavish gift of fresh morels from a friend. You know, the ones that we've already eaten.

I will attempt to redeem myself, if fleetingly; by celebrating asparagus which is a true gift of spring but is thoughtful in its willingness to stay deadly delicious throughout the summer. Steamed, roasted or grilled. Topped with a splash of balsamic and a sprinkle of chopped egg and bacon. Rolled in a paper thin blanket of Prosciutto. Simmered in a velvety soup. Stark naked with a side of garlic aioli. Tucked into a quiche with a bit of Chèvre. Asparagus is stubbornly luscious, no matter what we do to it.

Tune in to **FOOD TALK**, an irreverent conversation about home cooking with hosts Merianne Myers and Linda Perkins. First and Third Mondays of every month, 9:30 to 10:00am on Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at coastradio.org.

DIJON VINAIGRETTE:

1/3 cup chopped fresh chives
1/4 cup white wine vinegar
1 small shallot or a Tablespoon of sweet onion, coarsely chopped
1 teaspoon honey
1 teaspoon Dijon mustard
1 cup extra-virgin olive oil

Put everything in a jar with a tight fitting lid and shake until thoroughly mixed.



NOT REALLY SALADE NICOISE

Like so many regional dishes, the 'proper' Salade Nicoise is a moving target the bullseye of which lies in the belief of the cook. This salad eschews the traditional green beans, red onion, anchovies and olives in favor of asparagus and radishes. It's a completely fair trade. Although, adding any of those ingredients to this salad would be scrumptiously fine and dandy.

1 to 2 pounds asparagus, stems peeled if they are thick
1 to 1 1/2 pounds new potatoes, chunked into forkable size
1/3 cup olive oil
1/2 cup capers, drained, patted dry
A couple of big handfuls of spring salad greens
A dozen or so radishes thinly sliced
3 hard-boiled eggs, peeled & quartered
10 to 12 ounces tuna

The traditional version of this kind of salad calls for oil packed tuna, drained. Our locally processed Albacore packed in water is completely delicious. There is a most desirable order of events here. Pre-heat the oven and get the potatoes and asparagus roasting. Make the vinaigrette. Put the eggs on to boil. You can do the steps ahead of time and assemble the salad when ready to serve.

You can boil the spuds, but I prefer to toss them with olive oil, salt and pepper and roast them in a 400 degree oven. Either way, just until fork tender. Once they have cooled a little bit but are still warm, add 1/4 cup vinaigrette and gently toss to coat.

I prefer to roast the asparagus alongside the potatoes. Keep an eye on them, they don't take as long as the spuds. Cook asparagus in large skillet of boiling salted water until just fork tender. Immediately plunge into an ice bath. When cool, drain and pat dry. Or roast them in the oven alongside the spuds. Heat olive oil over medium-high heat. Add capers and fry, stirring occasionally, until crisp and open like flowers. Transfer to paper towels to drain. NOTE: If you toast the capers in a dry pan until they are crisp, you can put them in a pepper mill and have a salty, savory seasoning for a whole bunch of stuff.

Toss greens and radishes with some of the vinaigrette. Toss asparagus with vinaigrette. Place asparagus in large bowl. Arrange greens and radishes on a large platter. Array potatoes, asparagus, eggs, and tuna atop greens. Drizzle some vinaigrette over tuna. Sprinkle with fried capers.



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Columbia-Pacific Farmer's Market.

Fridays, 3 - 6pm through September. In downtown Long Beach, WA. longbeach-wa.gov/recreation/farmersmarket/

River People Farmer's Market.

Third Thursday of the month, 3 – 7pm, Year round. At the North Coast Food Web Kitchen, 577 18th st, Astoria. The market accepts SNAP, debit cards, WIC and Senior Nutrition coupons. northcoast-foodweb.org

Seaside Farmer's Market.

Wednesdays, 3 - 7pm, June 21 – September 27. At the Seaside Broadway Middle School Parking Lot, adjacent to the Seaside Chamber of Commerce SNAP accepted. seasiidemarket.org

Cannon Beach Farmer's Market.

Tuesdays, June 13 - September 29 (except for the 4th of July), 2 – 5pm. Located in the Midtown area of Cannon Beach. SNAP, Visa, and Mastercard accepted. ci.cannon-beach.or.us/

Markets with produce, food, art, crafts and more:

Cowlitz Community Farmers Market.

Tuesdays and Saturdays, through October, 9am – 2pm. At 900 7th Ave in Longview, WA. cowlitzfarmersmarkets.com/

Clatskanie Farmers Market.

Saturdays, through September, 10am – 2pm in Copes Park, Clatskanie. Accepts SNAP and FDNP. clatskaniefarmersmarket.com

Grays Harbor Farmer's Market.

Open all year, Monday - Thursday 9am – 5:30pm, Friday 9am – 6pm, Saturday 9am – 5pm, Sunday 11am – 4pm. At 1956 Riverside Avenue in Hoquiam, WA. facebook.com/Grays-Harbor-Farmers-Market-185756336581/



The spirited Puget Island Market in Cathlamet is a community hub!

Weekend Market on the Dock.

Saturdays 10am – 4pm, Sundays, 11am- 4pm until Labor Day. Live Music, food, and more. Ray Spurrell Walkway in South Bend. facebook.com/Sunday-MarketOnTheDock

Weekend Market.

Fridays and Saturdays on the first and third weekends of the month, all year. 10am – 4pm. At the Long Beach Grange on Sandridge Road in Long Beach, WA. longbeachgrange.org/Weekend-Market2.html

Saturday Market at the Port.

Saturdays, 10am – 4pm through September 24. Located along the waterfront in Ilwaco, WA. portofilwaco.com/events/saturday-market/

Astoria Sunday Market.

Sundays, through October 8, 10am – 3pm. On 12th St in downtown Astoria. Some vendors may take debit/credit cards. astoriasundaymarket.com/

Manzanita Farmer's Market.

Fridays, June 9 – September 1, 5 – 8pm, 5 – 7pm after September 1. At 5th Street and Laneda in Manzanita. SNAP accepted. manzanitafarmersmarket.com

Tillamook Farmer's Market.

Saturdays, June 17 – September 30, 9am – 2pm. At Laurel & 2nd St in Tillamook. SNAP and debit cards are accepted. tillamookfarmersmarket.com/

Pacific City Farmers Market.

Sundays June 11 - September 24. 10am – 2pm in the South Tillamook Library parking lot in Pacific City. facebook.com/PacificCityFarmersMarket

Neskowin Farmers Market.

Saturdays, through September, 9am – 1pm. At the Neskowin Beach Wayside. neskowinfarmersmarket.com

Lincoln City Farmers and Crafters Market.

Sundays, through October 8, 9am – 3pm. Located at the Cultural Center in Lincoln City. The market accepts debit and SNAP cards. lincolncityfarmersmarket.org/index.html

Gleneden Harvest Market.

Thursdays 11am – 4pm through September 15. At Side door Café/Eden Hall, Gleneden Beach. side-doorcafe.com/gleneden-harvest-market

Newport Farmers Market.

Saturdays, outdoors through October, 9am – 1pm at Angle and Hwy 101. Indoors November – April 19am – 1pm at the Lincoln County Fairgrounds Exhibit Hall on 3rd St in Newport. The market accepts debit and SNAP cards, and WIC and Senior Nutrition coupons. newportfarmersmarket.org/home.html

FOODGROOVE



Astoria Co-op Grocery Announces Expansion Site

ASTORIA CO-OP GROCERY has signed a long term lease which includes construction of a new grocery store at Millpond, located at 23rd Street and Marine Drive in Astoria. Plans include a larger version of the current store, with more fresh produce, meat, cheese, deli, dining area, and parking. The new building will include about 7,500 square feet of retail space compared to the current 2,100 square feet.

Most shoppers feel the Co-op has outgrown its current space at 14th and Exchange Street in Astoria. Crowded aisles and lack of a designated receiving area for deliveries are a few of the telltale signs. A shopper survey revealed that the vast majority support expansion, so the Board of Directors made that a goal in the Co-op's strategic plan.

The Board and General Manager Matt Stanley have spent more than three years searching for a site in Astoria that would be highly visible with plenty of space for parking. The aim is to increase sales dramatically in the new location so that the Co-op can leverage its positive impact on the community. For example, the current staff of 25 is expected to nearly triple when the new store opens.

"Think more sales of local products, more money to local farmers, more good jobs, and growing the cooperative economy in our region. Envision more of your friends and neighbors joining the Co-op and benefitting from our increase in selection and services," Stanley said.

Wood products were manufactured on the site for more than 120 years before Millpond's rebirth as a neighborhood that reflects Astoria's historic character and waterfront heritage. Astoria Plywood Cooperative, a locally owned co-op mill and Astoria's largest employer, closed in 1989 leaving a contaminated industrial site.

In 1993 the City of Astoria took on a project to clean this "brownfield" to become suitable for redevelopment. The project received a National Phoenix Award from the Environmental Protection Agency.

The property is now mostly built-out with single family homes, multi-unit buildings for senior and low income housing, and the new Co-op site: a large vacant commercial parcel. The Co-op hopes to provide walkability for neighbors, those on the nearby Riverwalk, and Columbia Memorial Hospital (Astoria's largest employer), as well as easy access from the main roadway for anyone in the coastal region.

There will be a long road ahead for the Co-op with land use approvals and financing. The Co-op plans to keep its shoppers and nearly 4,000 consumer-owners in the loop as the project progresses with in-store and online updates.

CO-OP CONVERSATION WITH MATT STANLEY

You're invited to a Co-op Conversation with general Manager Matt Stanley about the location of the future new store at Shively Hall on June 8 at 7 p.m.

"We're excited to hear from you and answer any questions you might have about the project," Stanley said.

Stanley says he will not have more specifics than what has already been shared, but for those with ideas or questions, this will be an opportunity to talk. The Co-op has received an outpouring of positive responses since sharing news of signing the lease.

If you're not able to attend, please don't hesitate to contact Matt or find him in the store during your next Co-op shop.

Matt's contact information: matt@astoria.coop, (503)325-0027

COOK IT UP! AT NC FOOD WEB

• **Tamales and Margaritas Cooking Class.** June 16. Learn to make 3 savory tamales, 3 sweet tamales to pair with 3 craft margaritas. \$60, 6 – 8:30pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org/events/tamales-and-margaritas/

• **Father's Day Cooking Class.** June 17. With Andy Catalano. We will share techniques for making fresh pasta, tips for selecting the season's freshest ingredients, and inspiration to make cooking with Dad the best possible quality time together. \$50, 10am 1pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

• **Healthy, Affordable, and Delicious Cooking Class.** June 21. Learn how to choose healthy, seasonal ingredients to create affordable meals. You may learn new kitchen skills or fine-tune your current ones and, we will share great tips on meal planning for busy evenings that won't blow your budget! \$0 - \$45 sliding scale. 6 – 8:30pm at the North Coast Food Web in Astoria. Register at northcoast-foodweb.org

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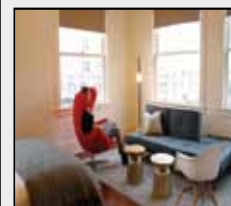
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