

August 2017 • vol 18 • issue 222

**cathartic Klezmer**  
**August 24**  
**The Yankl Folk Trio**



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# A New (And Old) Form of Protest Song: THE YANKL FALK TRIO'S CATHARTIC KLEZMER

**JACK "YANKL" FALK** is far from a stranger to the Astoria community. Over the last few decades, Falk's been a "Boxcar Cantor," traveling from his home in Portland throughout the country to lead services for synagogues in need. In 2013, Falk came to Astoria to lead Rosh Hashana and Yom Kippur



services for the first time in 53 years (a story that even landed itself coverage in The New York Times). However, it wasn't Falk's first time in this seaside/river town. Aside from his traveling Cantor work (which has become a little more local to Portland these days), Falk's a well-known Klezmer musician, and has performed many times here in town throughout the years. This month, he'll be making his way again with his newest arrangement, the Yankl Falk Trio, consisting of Falk, (vocals/clarinet) Christina Crowder (accordion) and Charles Casimiro (bass).

Though the trio's less than a year old, again, its roots are deceptively long. Falk met Crowder for the first time in Budapest back in 1995. Falk had gone over to work as a Music Director for a production of "Dybbuk," and in the process of searching for local Hungarian Klezmer, ended up teaming up with Crowder.

"The more we spent time together, the more we realized we had a lot of natural common ground musically," Falk said.

The two dove into Hungarian Klezmer and began to perform together throughout the '90s. As years passed and personal paths spread farther apart (Crowder is based in Connecticut), the performances lessened, until last year when the two met up to play again. Shortly after, they were both invited to play Klezmerquerque in New Mexico, and decided to team up and add Charles Casimiro to create a trio. Since then, the group has focused mostly on building a repertoire of "basically what we love playing, what speaks to us," Falk said. "We're living in very, very weird times, and I wanted to make sure the music is both emotionally relevant to me under these circumstances, and also songs that I can share with people that they can relate to as well, even if only in translation. For example, songs that talk about living through fearsome times and being sustained by faith, by courage, knowing that better times will come."



Klezmer is a style of music traditionally rooted in Eastern Europe, specifically within Jewish culture, but its reach and familiarity extends far beyond religious or country borders.

"It goes beyond the Jewish community, anymore so than you'd only have Catholics listening to Bach, or only Italians listening to Verdi," Falk said "If a piece of music resonates, the ethnicity or religion of

the musician doesn't matter, nor does the ethnicity or religion of the audience matter, the music transcends all that."



Though Klezmer can often be an expression of belief or feeling, like any music, its influence can come from many directions. For Falk, lately it's been a political one.

"I don't know anybody who hasn't had to rethink 'what's my job here in this America going forward? What do I need to do differently to preserve my own emotional strength and also to feel like I'm contributing to making the world better?" Falk said. "These are different questions than we had to ask before November."

Though the political shift wasn't a catalyst for the trio's formation, it's been a parallel for its inspiration and song selection from the vast catalogue of Klezmer tunes.

"It certainly does influence the choice of repertoire," Falk said. "I like singing stuff that has a little heft to it, either that gives hope, or helps to expiate the pain. And a little bit of the drinking songs don't hurt either."

Falk and his trio will be taking that catharsis to Astoria, and based on his past experiences, it'll likely be embraced.

"[Astoria's] always felt very welcoming to me, I've played there over the years, and every time it's been something very different, but it's always been great," Falk said. "It's a sense of community, when the door closes and you're in the room together, we're on this voyage together for however long the music lasts that day, maybe a little longer."

**MUS@KALA**  
Thursday • August 24

• **YANKL** sings with Don Byron's acclaimed Music of Mickey Katz ensemble and has recorded with Polka Madre (Mexico City), Di Fidl-Kapelye (Amsterdam), Yale Strom (San Diego), and the Black Cat Orchestra (Seattle). Locally, Yankl has worked with Klezmocracy/DoinaGroove, Hora Tzigane, and Oomph Intercontinental. In 2013, Yankl was profiled by the New York Times for his 30 years as an itinerant High Holidays cantor, including several years at the US Naval Academy ("Anchors Oy Vey").

• Lake Oswego native **CHRISTINA CROWDER** lived for ten years in Hungary and Romania, including two years as a Fulbright scholar, recording elderly Romanian violinists who had played for Jewish communities before World War II. Her recent research, sponsored by NYU Abu Dhabi, investigates connections between Jewish, Bessarabian, and Greek music.

Now based in Connecticut, Christina is a highly sought accordionist in New York klezmer circles, performing regularly with leading klezmerim including Margot Leverett, Alicia Svigals, and Walter Zev Feldman. She performs with the Nu Haven Kapelye and leads the chamber klezmer trio Bivoli a (bee-vo-lee-tsa). She also performs with the Alexander Fiterstein Trio, the Wholesale Klezmer Band, and the Dave Levitt Klezmer Trio. She has been a guest instructor in klezmer accordion and ensemble performance in Paris, New York, Albuquerque, Duluth, and Asheville.

• **CHARLES CASIMIRO** has forged a career as a professional bassist working in theater pits and concert halls throughout the East Coast tri-state area. He regularly performs alongside Broadway veteran Frank Mastrone, as well as with the Fairfield Counts—a 17-piece classic swing band that has been playing the "best of the Big Band music" for decades. He is an orchestra regular with community theater groups including the Bridgeport Theatre Company, Musicals at Richter, Theatreworks New Milford, and the Ridgefield Theatre Barn. Recent musicals include Dreamgirls, Shrek, Little Shop of Horrors, The Wedding Singer, and Kiss Me Kate.

## YANKL FALK TRIO - Thursday, Aug 24.

Advance tickets are on sale at [libertytheater.org](http://libertytheater.org), see Events and Tickets. Doors open at 7:30pm. Music at 8pm. \$15 Tickets upon availability at the door. KALA, 1017 Marine Drive in Astoria. 503.338.4878

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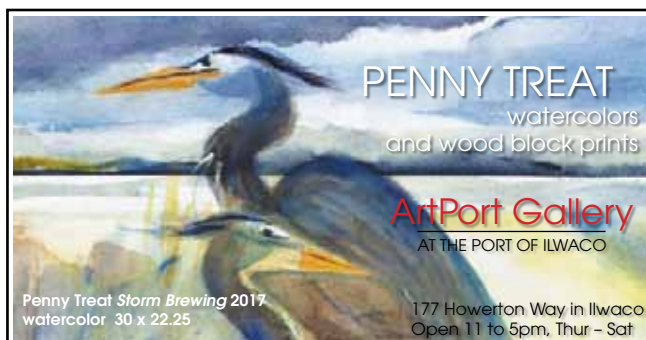
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its transmitter on Megler Mountain.



## EP Release "Adalyn" KAMILA SWERDLOFF Solo • Aug 19



KAMILA SWERDLOFF, a pianist, singer, songwriter, and a native of Astoria, OR, brings an intimate solo set to KALA on August 19th. Many coastal residents are privy to Kamila's classical piano performances in her years growing up in Astoria.

She spent the better part of 2017 writing, recording, and producing her debut EP "Adalyn", in Austin, TX where she

currently lives. The EP was released on July 29th—CD's will be available at the show.

Her songs are a fusion of singer-songwriter, jazz-influenced folk/pop that draw inspiration from her background in classical piano paired with a deep love and fascination of the lyrical and melodic ingenuity of folk songwriters and the harmonic complexity of jazz.

She has been praised as being "no stranger to intricate melodies and complex arrangements."

Upon receiving her B.M. in Piano Performance from Ithaca College her move to Austin, TX has birthed numerous creative projects. She is the co-founder and composer of a collaborative dance project entitled "Chance Encounters: Stories of mostly true missed connections and mostly fictional responses inspired by Craigslist Austin", which is currently being workshopped with dancer Dorothy O'Shea Overbey. The project was selected to be a part of the visual arts/music/dance festival "Revolve: A Movement Display", and will be premiered in September of 2017.

In addition to composing and performing, she is a ballet pianist for Ballet Austin and the American Ballet Theater summer intensive at the University of Texas at Austin.

She is half of the duo band The Satellite Junes, an Austin based female duo that explores blending indie pop with lush, singular harmonies and modern folk.

Her band project is with Elayne Harris on drums and Ben Vogel on bass. She claims she is currently trying to convince her band to start a side project that only plays smooth jazz covers of T-Pain songs. It's not going well.

She recently joined the faculty as a Guest Artist teaching songwriting for the Odo Sound Creative Musician Summer Sessions, an innovative summer music camp in Austin and Plano Texas for musicians of all kinds to create a musical laboratory of learning, exploration, and collaboration.

**Celebrate the release of "Adalyn" with Kamila in concert, Saturday, August 19 at 8pm. Vocalist Dinah Urell will join Kamila Swerdlhoff on backup for several compositions. \$10 at the door. KALA is located at 1017 Marine Drive in Astoria. Doors open at 7:30pm.** <https://www.kamilaswerdlhoff.com/>

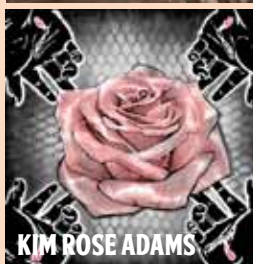
## SUMMER INVITATIONAL



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SUMMER INVITATIONAL. KALA continues with TORN APART, new work by Sid Deluca. The collage series represents the many fractures between ourselves and our worlds, both external and internal, both present and in memory. "While I don't think of myself as a political artist often the hand and eye betray intellect. Torn Apart was created during a time of what I perceive as a great fracture," says Deluca of the work.

Also featured, the paintings and photography of Kim Rose Adams, paintings by Annie Eskelin, Bill Atwood, Agnes Field and Rene Rowe, collage by Pooka Rice and Joi Smith.

Back By  
Popular  
Demand!

**BIKINI BEACH**  
Classic Surf  
Aug 12  
9pm



FRONTED by guitarist Lorenzo Carlson, and a project put together solely for the love of instrumental surf rock, Bikini Beach delivered a raw, sweet recreation of tunes, by Dick Dale, the Ventures, the Shad-ows, and the like this July.

Peter Unander's keyboards added an extra reminiscent of garage fuzz, and the laid back, on-top rhythm section provided by Flint Rice on drums and Jeff Cardin on base, didn't take anything over the top. Understated, and not blasting loud, it could be one of the

best music configurations on the coast this summer. It's one thing to hear a polished surf tune on the radio, but hearing this American hybrid on a scratchy Strat, live, is the real deal! Plus an unusual version of "Hey Joe," and some follow-up Buddy Holy and Chuck Berry tunes will put you on the dance floor.

**Saturday, August 12, 9pm (following Art Walk), \$5 Cover. KALA. 1017 Marine Drive in Astoria. COCKTAILS.**





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## LAND USE WORKSHOP For Citizens

A workshop for citizens who want to participate effectively in land use planning and other regulatory processes is offered to the public on **WEDNESDAY, AUG. 9, 6 p.m.**, at the **ROCKAWAY BEACH CIVIC FACILITY** (276 Hwy. 101 S. in Rockaway Beach).

The workshop, free and open to all, is sponsored by the Oregon Shores Conservation Coalition along with local partners Rockaway Citizens for Watershed Protection. Leading the workshop will be two attorneys with the Crag Law Center, a non-profit that provides legal services to conservation groups. Crag is Oregon Shores' partner in the Coastal Law Project.

Courtney Johnson, Crag's operations director as well as a staff attorney there, has worked with Oregon Shores for many years handling issues as diverse as gravel mining, shoreline armoring, and LNG (liquefied natural gas) development proposals.

She will be joined by Scott Hilgenberg, who recently joined Crag as a land use legal fellow after serving as staff attorney for Oregon's Land Use Board of Appeals.

Johnson and Hilgenberg will provide a primer on how the land use planning system works and how citizens can get engaged, with special emphasis on the aspects of land use law that apply specifically to the coast, including those land use regulations governing beaches, dunes, estuaries, and coastal shorelands. There will be ample time for questions on topics of interest to audience members, including on such matters of local concern as spraying and other forestry practices.

For more information contact Scott Hilgenberg, (503) 234-0788, [scott@crag.org](mailto:scott@crag.org); or Nancy Webster of Rockaway Citizens, (503) 355-2516, [rockawaycitizen.water@gmail.com](mailto:rockawaycitizen.water@gmail.com).

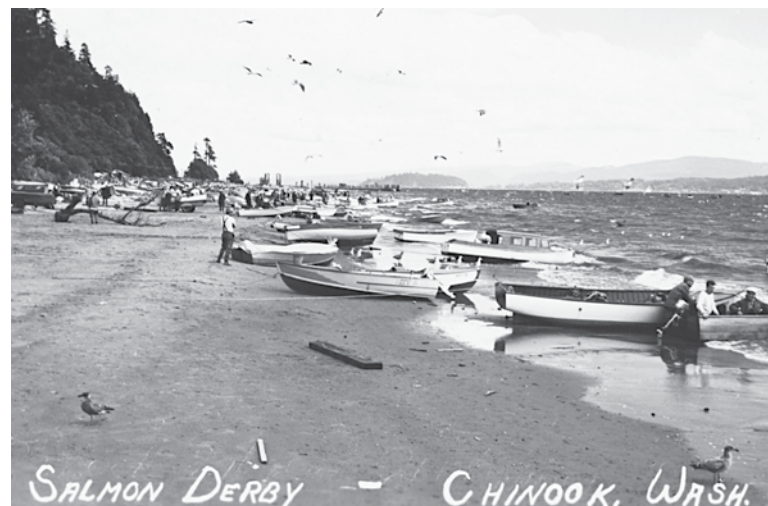
## Lower Nehalem Community Trust Welcomes New Executive Director



FOLLOWING a several month long search process, the Board of Directors of Lower Nehalem Community Trust has selected Kate Morrison as their new Executive Director. With professional experience with non-profit organizations in both Portland and Walla Walla, Washington, Morrison will bring a host of strong talents to the Trust. Allan Olson, president of the Trust board, notes that "... Kate's skills in fund development, project management, and non-profit leadership will serve the Trust well now and in the future."

Morrison, who has a second home in Manzanita, is already a familiar face in the community, having contracted as the Trust's manager for the Living Locally event the last two years. "I'm excited about this new opportunity to help grow the organization and to plant some deeper roots in Manzanita. I'm inspired by how this community works together, and I'm looking forward to being a part of it."

In addition to her non-profit work, she is also an award-winning musician with the Portland-based band Kate and the Crocodiles, who performed at this summer's 2nd Manzanita Music Festival.



## The Columbia Pacific Heritage Museum Derby Days: Chasing the Prize Through October 7

THOUGH ANGLING developed centuries ago, the rise of recreational fishing as a popular pursuit took on a new dimension in the years after World War II. Towns such as Ilwaco and Chinook began to see new potential in recreational salmon fishing as an opportunity for business development. Salmon derbies were

In the early years, commercial fishing companies took sport-fishing customers out in their boats. Eventually, recreational fishermen arrived by the hundreds with their own small boats and launched right off the shore at what was called "Derbyville" (between Point Ellice and McGowan).

Soon, knowledgeable fishermen took advantage of expanding opportunity by offering charter services. Thus emerged the charter-boat fishing industry, which has been a mainstay of the business landscape of Ilwaco for decades.

The exhibition will be on view through October 7, 2017. The Columbia Pacific Heritage Museum wishes to thank Saturday Market at the Port of Ilwaco, Chinook Marine, and the Port of Ilwaco for their sponsorship of this exhibition.

The Columbia Pacific Heritage Museum is located at 115 SE Lake Street in Ilwaco, WA. Museum hours are Tuesday through Saturday 10am to 4pm. Admission is

free on Thursdays thanks to the Port of Ilwaco. For more information please call 360-642-3446 or visit [www.columbiapacificheritagemuseum.org](http://www.columbiapacificheritagemuseum.org).



begun as a way to exploit rising interest in recreational fishing. Over time, other fishing derbies took hold on the Peninsula including the Surf Perch Derby and the Black Lake Fishing Derby.





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THE ASSERTION by the Democratic Party and Republican Russophobes that Russia meddled in the 2016 presidential election is especially ludicrous in view of the fact that the US has habitually, through the CIA and other covert entities and NGO's, interfered with elections and conducted coups the

first things done was to reopen the poppy fields, which had been shut down by the Taliban.

The CIA is valuable to transnational financial-corporate US nabobs, because it sees to it that governments of countries harboring



## The Arrogance of Empire by Stephen Berk

world over, and warred against governments seeking to go their own way and not cater to US interests. When the US meddles, it is not merely relaying information, as a Russian diplomat is alleged to have done on Hillary Clinton to Trump's son and son-in-law. The US sends in covert operatives who sow disinformation, foment demonstrations against duly elected governments, and, as in Guatemala in 1954, Indonesia in 1968, Chile in 1973, Ukraine in 2014 and a great many more, rightist coups d'état. Harry Truman, under whose presidency the CIA came into being in 1947, said he regretted giving the spy agency power to interfere in other countries' domestic affairs, something it has done continuously from the outset.

The CIA habitually acts without specific approval from the president. They did so in the Bay of Pigs invasion (1961), planned by CIA architect, Allen Dulles, during the Eisenhower administration. Kennedy took responsibility for the poorly planned invasion's failure but lamented the agency's operating outside the normal channels of government. Later, in tandem with mobsters who had lost lucrative rackets in the Cuban Revolution, they continually sought to kill Fidel Castro. Kennedy told New York Times writer Arthur Crock that he wanted to splinter the CIA into a thousand pieces and replace it with an intelligence agency directly responsible to the president. In 1964, the year after Kennedy's assassination, two former operatives published a book on the CIA titled *The Invisible Government*. As is well known, much of CIA budgeting is off the congressional books, and it raises much of its own money, often through unsavory activities such as the drug trade. After the 2001 invasion of Afghanistan, well known for its poppies, used to make heroin, one of the

has particularly suffered from this policy. When President Goulart of Brazil recognized revolutionary Cuba, the CIA orchestrated demonstrations against the government culminating in a coup. The new government was a repressive regime that lasted over twenty years, greatly increasing the gap between rich and poor, but giving free rein to US business interests. The earlier Guatemala coup had been at the behest of United Fruit, known as the octopus. Over thirty years of imprisonment, torture and killings of labor leaders and others seeking a more just order followed. During the Reagan administration, President Ephraim Rios Montt was responsible for the murder of over 100,000 indigenous people in the path of the progressive insurgency. He was accused of genocide, but Reagan defended him as a misunderstood man of integrity.

Other CIA coups in Latin America include the one against Chilean socialist president, Salvador Allende in 1973. His successor, Augusto Pinochet's seventeen year reign of terror saw thousands disappeared, imprisoned or gunned down. But American copper interests, which Allende had planned to nationalize, were left intact. During the Reagan years, two Central American countries, El Salvador and Nicaragua, became American targets. In the former, death squads trained at the US Army's School of the Americas, slaughtered thousands of reformers influenced by Catholic liberation theology, who were working to improve the lives of impoverished peasants. Among the victims were a group of Maryknoll nuns and Archbishop Oscar Romero, gunned down while saying Mass.

In 1979, in Nicaragua, the Sandinistas, with similar goals of empowering an oppressed peasantry, displaced US supported

American holdings stay in line. Latin America

right wing dictator, Anastasio Somoza. The new leader, Daniel Ortega, began programs of land, education and health reform. But Reagan saw this as simply the spread of Cuban communism. White House staff got around a congressional act forbidding military intervention by selling arms to Iran through Israel. The US had severed relations with Iran when the 1979 revolution there created the Islamic Republic, throwing out the Shah, whom the US and Britain had restored to the throne after the CIA and MI6 ousted democratic socialist, Mohammad Mosadegh in 1953. In the eighties, the US had goaded its then client, Iraq's Saddam Hussein, into going to war against Iran, also supplying him with chemical and biological weapons. The Reagan White House subsequently implemented its plan to sell arms to Iran and use the money to fund Nicaraguan "Contras" conducting a terror war against unarmed peasants. The Iran Contra Affair's discovery brought an investigation leading to imprisonment of two White House officials, but Reagan and Vice President Bush escaped prosecution. During the Contra War, the CIA mined the port of the Nicaraguan capital, Managua, and the World Court condemned the US for doing so. But the US never acknowledged this criminal act.


In my previous column, I described US actions within Russia to get an unpopular Boris Yeltsin, who impoverished Russia under American-dictated free market "shock therapy" "reelected." In interviews with film director Oliver Stone, Yeltsin's successor, Vladimir Putin, who restored Russian power and prosperity through state oversight, told Stone that the US maintains a continuous Fifth Column in Russia to topple his government. He states that these operatives sought to manipulate the 2012 election. The Putin Interviews are well worth reading. They give a more accurate, nuanced picture of a gifted statesman, caricatured in Western media because he upholds Russian sovereignty against US/EU/NATO encroachments.



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# NATURE NEWS

## Angora Hiking Club HIKE ON! WA Long Beach Peninsula Fort Columbia Hike Saturday, August 12



JOIN Washington Park Interpretive Specialist Aaron Webster for a rugged hike through the coastal forest of Ft. Columbia. He'll cover historical information related to the Corps of Discovery's visits to the sites over 200 years ago.

Hikers will meet on Saturday, August 12 at 9am, at the 6th Street parking lot in Astoria (1 block West of Video Horizons). You'll carpool to the Washington State Parks.

Fort Columbia Hike – 12 August: Expect to arrive at Fort Columbia at about 9:30am to meet Aaron Webster, a Washington State Park interpretive specialist who will lead you on the Scarboro Trail which winds through the fort with its historic buildings and gun batteries, and continues up through a forest of Sitka Spruce and Hemlock.

Fees are \$10 parking per vehicle (Discovery Pass). Purchase is available at the trail head or in Chinook, Wa. Sturdy hiking shoes, water and snacks, binoculars, bug repellent, hiking sticks, and weather-appropriate clothing should be considered.

Annual dues for Angora membership is \$7. Membership is not required to participate in these hikes. Angora's annual schedule of hikes and where they occur is available on the website, [www.AngoraHikingClub.org](http://www.AngoraHikingClub.org). For additional club information contact Bill Herold, chief guide, at (503) 468 0474 or [BILLN692oc@gmail.com](mailto:BILLN692oc@gmail.com). Hike leaders are Jim & Kathleen Hudson, (503) 861 2802. Please call if you plan to participate. No dogs are allowed on the hikes.

## Outdoor Music 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 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 New Brunswick.

## NORTH COAST LAND CONSERVANCY 2nd annual Summer Picnic at the Barn Aug 24

PACK A PICNIC and join friends and supporters of North Coast Land Conservancy at Circle Creek Conservation Center in Seaside on Thursday, Aug. 24, for the 2017 Summer Picnic at the Barn. The first summer picnic was held last year to commemorate the conservancy's 30th anniversary; it was such a success that staff and volunteers decided to make it an annual event. If you've never been to Circle Creek, it's a great opportunity to get acquainted with the forest, wetlands, and trails here that are open to the public. No admission fee; everyone is welcome.

Guided walks on the trails at Circle Creek will begin at 4pm. Bring chairs or a blanket to relax on the lawn outside the big barn and listen to live music beginning at 5pm, while a silent auction with lodging, wine, fine art and other offerings is held inside the barn. Bring a pie or other dessert for the dessert table. The picnic will wrap up around 7pm. Circle Creek Conservation Center is at the end of Rippet Road in Seaside; look for it on the west side of U.S 101, 0.7 mile north of the junction with U.S. 26.

North Coast Land Conservancy has been working since 1986 to conserve and connect the landscape of the Oregon Coast from the



Walking the Legacy Loop trail at Circle Creek

Columbia River to northern Lincoln County by acquiring or otherwise managing lands for their habitat value. NCLC has completed more fee acquisitions in Oregon than any other local land trust, ranking it alongside The Nature Conservancy and The Trust for Public Lands for statewide conservation impact.

## Hike. Walk. Paddle. Explore Nature



### Alder Creek Farm & Wildlife Sanctuary Tour Saturday August 12, 10am - 1pm.

A representative from the Lower Nehalem Community Trust will lead a walking tour of the wildlife refuge & natural area of Alder Creek Farm. Distance is approximately 1.5 miles. Alder Creek Farm includes its local Community Garden, a developing Teaching Trail, as well as the Farm's diverse wildlife habitats; Alder Creek where otter and beaver live, the uplands and Sorrel Woods area where hawks soar, and the grassy meadow and pond where elk roam and blue heron hunt. The Farm's unusual ecosystem will be discussed and LNCT's restoration

progress, goals, and objectives. Wear hiking boots, and bring binoculars and water. There are bathroom facilities at the Farm.

Suggested Donations, collected onsite: \$5 per person over 18. Kids are Free!

No dogs. No registration required. 10am to 1pm.

Learn more about Lower Nehalem Community Trust efforts to conserve this and other coastal lands, visit:

<http://www.nehalem-trust.org/protect-edge-lands/>

FMI: about the hike contact [roxann\\_balmer@yahoo.com](mailto:roxann_balmer@yahoo.com) or call 503-539-9889 For other local walks visit [www.explorenaturetillamook-coast.com](http://www.explorenaturetillamook-coast.com)

**100 PADDLES!** is an opportunity for people to join in a human-powered water journey. Lewis and Clark National Historical Park is our local National Park and the public is invited to travel by water into the park, similar to how the Lewis and Clark Expedition members travelled during their winter here in 1805-06.

On the day of Saturday, August 19, experienced kayakers will meet at the Astoria Recreation Center (former Astoria Yacht Club site by the Old Youngs Bay Bridge) for a 10:30 am launch and group paddle across Youngs Bay into the Lewis and Clark River. Less experienced folks are encouraged to meet at Netul Landing at 10:30 am and head downstream on the Lewis and Clark River. The two groups plan to meet on the Lewis and Clark River. After a flintlock gun firing and huzzah, together the groups will paddle to Netul Landing for refreshments. Participants need to bring their own kayak, canoe, paddleboard or any non-motorized watercraft and need to wear a US Coast Guard approved personal floatation device. Please call the park at (503) 861-4425 or at [Eventbrite.com](http://Eventbrite.com), if you'd like to join the fun.

## 100 PADDLES!

View the Park like Lewis and Clark. Paddle across Youngs Bay or the Lewis and Clark River Saturday, August 19



THE HAYSTACK ROCK Awareness Program (HRAP) announces a fun new educational opportunity for adults age 21 and over. A Puffin Stuffin' day camp will be held on **WEDNESDAY, AUGUST 9TH** from 11am-1pm. Attendees will learn about the Tufted Puffin, the iconic bird of Cannon Beach and the official mascot of the Haystack Rock Awareness Program, while enjoying Puffin Wine from the Wine Shack in Cannon Beach and creating their very own one-of-a-kind puffin to take home as a souvenir.

The Haystack Rock Awareness Program, in its 32nd season on the beach, aims to protect, through education, the intertidal and bird ecology of the Marine Garden and National Wildlife Refuge at Haystack Rock. Having educated over one million visitors, HRAP aims to provide sustainability-focused educational opportunities to a wide range of Cannon Beach visitors.

This class is \$35, and all proceeds support the Haystack Rock Awareness Program Education Department which offers free field trips educating over 2,500 students every year. In addition, sweatshirts supporting the new Protect Our Puffins campaign will be available for purchase for \$30, and these purchases enable further research and protection of the declining Tufted Puffin population at Haystack Rock.

Register at [www.ci.cannon-beach.or.us/HRAP/page/camps](http://www.ci.cannon-beach.or.us/HRAP/page/camps). contact Lisa Habecker, HRAP Education & Volunteer Coordinator, at 503-436-8064 or [Habecker@ci.cannon-beach.or.us](mailto:Habecker@ci.cannon-beach.or.us).



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**Our first program was distributed on April 1, 1988.**

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

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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 AUG 9TH.** 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. Meetings will be at 6:30 pm at the Q center. For Information call Jeralyn O'Brien @ 503-341-3777

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

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

**3rd Friday Skate nights and LGBTIQ+ teen social nights - ON BREAK UNTIL SEPT 2017.**

**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

**Cancer: Thriving & Surviving (CTS) New Class Offering**

CTS is a new class offered to anyone living with cancer and a caregiver / support person. This workshop was originally adapted from the Stanford Living Well with Chronic Conditions class.

CTS will not conflict with existing programs or treatment. This workshop is designed to enhance regular treatment. The program gives participants the skills to coordinate all the things needed to manage their health and help keep them active in their lives and relationships.

Some subjects covered are techniques to help deal with the following:

- Frustration • Fatigue • Pain • Isolation • Poor Sleep • Living with Uncertainty • Making decisions about treatment & complimentary therapies • effective Communication and more.

**Sign up for a FREE class today!**  
**Must have a minimum of 8 participants to hold this class.**

Wednesdays—August 16—September 20, 2017  
2:00—4:30 PM  
CMH Columbia Center—2021 Marine Drive—Astoria  
(2nd Floor in the Steelhead Room)

You can register online at [www.columbiamemorial.org](http://www.columbiamemorial.org), or by calling the CMH Community Outreach Department @ 503-338-7564, or by e-mail to [cham@columbiamemorial.org](mailto:cham@columbiamemorial.org).

**Q CENTER PICNIC** On AUGUST 6, the Lower Columbia Q Center hosts a picnic/BBQ at the far side of Coffenbury Lake at Fort Stevens SP. Follow the rainbows and spend the day at this family-friendly event, open to everyone. Starts at 11:30am, and activities will include bocce ball and croquet.

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

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

**CREATE • Aug 17**  
**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 6pm, 3rd Thursdays at the Blue Scorchers.



## ODF plans extensive chemical spraying on state lands across the North Coast

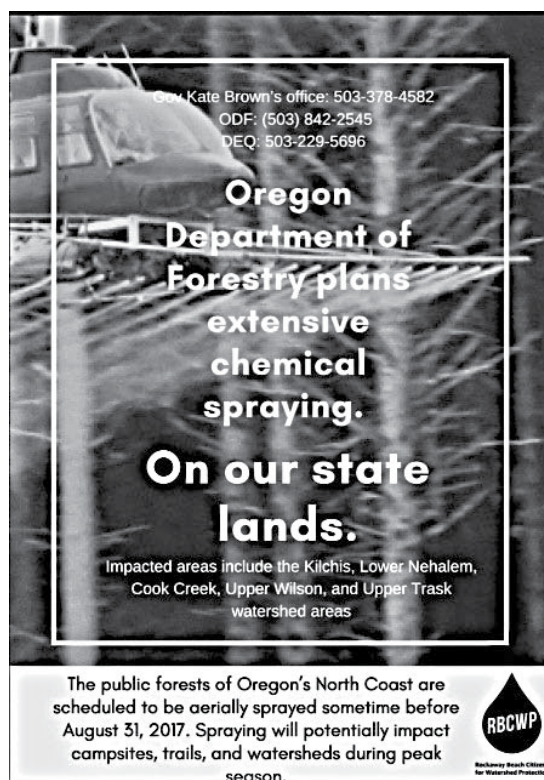
The public forests of Oregon's North Coast are scheduled to be aerially sprayed sometime before August 31, 2017. Spraying will potentially impact campsites, trails, and watersheds during peak season.

ROCKAWAY BEACH, OREGON July 27, 2017 – Oregon Department of Forestry ("ODF") has directed employees to avoid exposure to toxic chemicals being sprayed on clearcuts from July 24th to August 31st. The exact date and time of the application is currently unknown but areas impacted include the Kilchis, Lower Nehalem, Cook Creek, Upper Wilson, and Upper Trask watershed areas. While ODF has directly notified its employees, ODF has failed to sufficiently notify the public of these toxic spray events despite potential impacts on trails, watersheds and campsites during the peak summer season.

Nadia Gardner, a North Coast parent is appalled by the lack of notice, "I spend time with my toddler in the summertime near Cook Creek. We were just swimming there yesterday and had no idea ODF had planned an aerial pesticide spray for the area. The fact that ODF prioritizes killing native species like alder and salmonberry by spraying toxic pesticides from a helicopter over the health and safety of the State Forest users is appalling and unacceptable. Oregonians and our State Forests deserve better."

Rockaway Beach Citizens for Watershed Protection ("RBCWP"), a citizen group working to ensure that North Coast residents have access to safe drinking water and clean air through education and advocacy, is calling on Governor Kate Brown to order an immediate cease to the toxic sprays on public lands, at a minimum until public notification can be guaranteed.

While legal in Oregon, RBCWP believes forest practices of clear cutting and spraying of toxic pesticides after each cut without notifying the public has significant negative impacts



on coastal communities; potentially exposing local residents and visitors to known carcinogens, damaging local drinking water, and destroying habitat for fish and other wildlife.

Rockaway Beach Citizens for Watershed Protection is leading a coalition of conservation groups calling on legislators in Salem to reform Oregon's outdated forest practices laws, the weakest on the West Coast. The coalition insists that until those laws are improved, ODF broadly notify the public through the media anytime they may be exposed to toxic pesticides while recreating in Oregon's beautiful public lands and parks.

## Get Your Junk Fixed! Repair Astoria Hosts Repair Café at Buoy Beer in August

REPAIR ASTORIA hosts FREE monthly repair events that bring people together who have broken stuff, with people who know how to fix it, creating community around skill-sharing, repairing things, and diverting waste from landfills.

The August event will be held at Buoy Beer outside from 6-8pm on Wednesday, August 23rd. Events feature mending, bicycle repair, knife and scissor sharpening, general small appliance repair and electronics repair.

The taproom will be open for beer and food purchases.

Find 'em on Facebook to stay updated on events! <http://facebook.com/repairastoria>

Learn some new skills, meet members of your community, and prevent waste while saving some of your most loved items. This will be Repair Astoria's fifth event. We have repaired over 40 items and diverted more than 200 pounds of waste by repairing items rather than throwing them away.

## Coast Range Association Presentation Focuses On Ownership, Taxes, And Economics Underlying Forest Practices

IF YOU LOOKED at the photograph in the July 18 Tillamook County Pioneer story about Coast Range Association (CRA) Director Chuck Willer's presentation on July 19, you might have thought the presentation was going to be about clearcutting.

If you noticed that the presentation was sponsored by the Rockaway Beach Citizens for Watershed Protection (RBCWP), you might have thought it was going to be an anti-spray presentation.

In both cases you would be wrong. The focus of Willer's presentation was the economic structures and tax advantages that underlie what we see in the watersheds of the Oregon Coast Range.

Willer spoke to a crowd of more than 50 people in a community room at the Tillamook Central Library. Much of his presentation was right out of a Bernie Sanders play book: Those who have money (and therefore power) are able to manipulate government systems to reduce their own taxes while stripping local jurisdictions of the means to provide basic services like police protection and public education.

The graphic which is more meaningful than a photo of a clear-cut is the map of Oregon forest ownership. Willer and his assistants obtained public information regarding who owns every patch of ground for all counties north of Curry, Jackson and Josephine in western Oregon except Tillamook County.

It turns out that Tillamook County charges \$1535 for ownership data, roughly three times the fee that any other county charges; some counties charge zero. For example, a researcher can obtain all the land ownership data for Multnomah, Clackamas, and Washington Counties via Metro for \$485. As a non-profit, CRA has not had the financial wherewithal to make the expenditure to obtain Tillamook's ownership data.

According to a Pioneer reporter, Tillamook County departments are reviewing their fees. Willer stated that an unusually high portion (30 percent) of Tillamook County revenue is from fees for services. That means building permit fees, public information access fees and so forth tend to be higher because these offset low property tax revenues. That's where forest ownership and related capped property taxes impact Tillamook County's ability to provide services.

From the information obtained, CRA created a color-coded map showing that "Real Estate Investment Trusts (REIT) and Timber Investment Management Organizations (TIMO) dominate private forest ownership in Western Oregon. The largest REIT is Weyerhaeuser. The largest TIMO is Hancock Timber Resource Group." Forests in these ownerships, what CRA labels "Wall Street Owned Forests" are red on the map. Other big corporate owned forests are orange. All remaining private land is grey and land inside urban growth areas is black.

REITs and TIMOs are not taxed the way corporate property typically is taxed. According to morningstar.com, "Each year, REITs send Form 1099-DIV to their shareholders, containing a breakdown of the dividend distributions. For tax purposes, dividends are allocated to ordinary income, capital gains, and return of capital. As REITs do not pay taxes at the corporate level, investors are taxed at their individual tax rate for the ordinary income portion of the dividend," which is typically at a lower tax rate.

TIMOs buy, manage, and sell forestland and timber on behalf of various institutional investors — e.g., insurance companies, pension funds, endowments, and foundations for a specified period of time — quite commonly 10 to 15 years. TIMOs, especially when they are investing pension funds, have an implicit fiduciary responsibility to manage the investment to maximize profits.

The shift in type of ownership and therefore taxation of Oregon forest lands occurred over a long

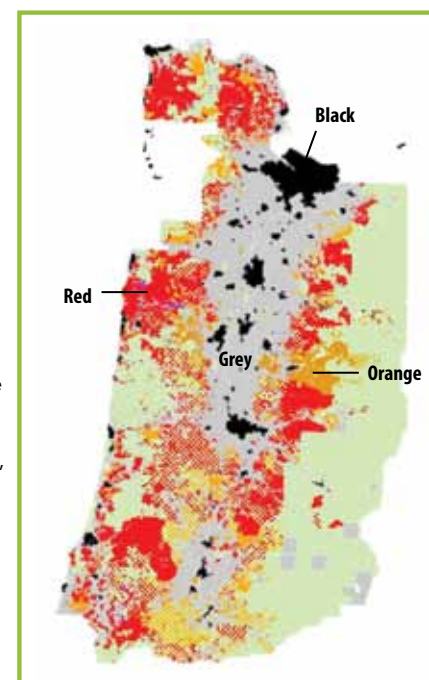
period of time, beginning in 1977 when timber property tax was eliminated and replaced by a harvest tax.

The upshot is that the change in ownership of forestlands from past structures to the current REITs and TIMOs means that there's been a loss of property tax income to counties. During 1990 - 1995, local governments in western Oregon received \$119,184,299 per year, but after forest ownership transitioned to REITs and TIMOs, the same jurisdictions received \$18,371,172 in the five years from 2007 to 2012, a roughly 85 per cent reduction in revenues from corporate forests.

It is important to note that there are several kinds of forest lands in the Coast Range: federal forests which are regulated according to federal rules, state forests, in particular Clatsop State forest and Til-

lamook State forest, and privately held forests. From one audience question at Willer's presentation, it was apparent that not everyone understands the differences among these types of forest ownership. For years, this writer believed that "timber tax" came from any forests that were cut in the Coast Range; however, timber tax is only generated from state forest land and helps fund schools, city & county government, and fire districts. Something referred to as "harvest tax" is generated from cutting on privately held forest, but most harvest tax revenue actually goes to the Oregon Forest Resources Institute to do education and public relations, for example literature that is mailed to building designers encouraging them to use wood products. (The World Forestry Center in Portland does not appear to benefit from harvest tax revenues, but by donations primarily from large corporate timberland owners.)

This article first appeared in the Tillamook County Pioneer, an on-line news source for Tillamook County.



CRA Map 2017



## Moby Dick Hotel and Oyster Farm

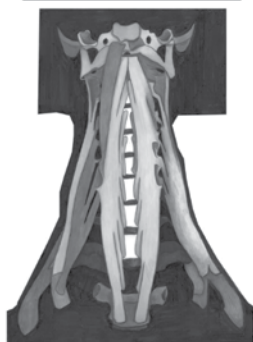
Enjoy the serenity of our gardens, wooded paths, sauna, yurt and bhuddas . . .

. . . in Nahcotta, Washington on Sandridge Road, just south of Bay Avenue overlooking willapa bay

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



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## KCRX 102.3 FM PRESENTS: Pigs on the Wing THE WALL • AUG 11 Astoria Event Center

PORTLAND, Oregon based Pink Floyd tribute Pigs on the Wing bring an intense, high energy experience to the table that is both true to the original and unapologetic in its interpretation, something which the band members believe has set it apart from the other tributes from the very beginning. Forsaking a traditional approach to the tribute band concept, you'll find no look-alike gimmickry or attempts at creating a faux audience experience. Instead, with Pigs on the Wing you'll experience a group of seasoned veteran musicians steeped in the NW rock scene who share a common love of the music of Pink Floyd.

Arguably Pink Floyd's best known and most controversial work, The Wall shows an entirely different side of the band than earlier, more space rock - psychedelic pieces. The Wall is a beautiful, yet angry, emotionally, socially and politically charged piece showcasing the pinnacle of Roger Waters' work as a composer and lyricist with Pink Floyd. A concept album through and through, The Wall follows the madness, isolation, violence and slide into fascism of the fictional character Pink in an intense first person narrative portrayal.

Famously contentious in its making and mind-blowing in the scale of its live production, The Wall is a piece Pigs on the Wing have circled around for years but only now feel the timing right to produce in its entirety. Pigs on the Wing believe the music and lyrical themes speak for themselves and bear no political commentary from them in their relevance to our modern day - but do feel the album makes a timely statement. In some ways, The Wall represents



the very side of Pink Floyd that they, as a tribute band, are not: huge scale of production, elaborate stage craft, and layered instrumentation - while Pigs on the Wing fancy themselves representing more of the visceral rock side of Floyd. In the end, the band thinks that this juxtaposition is perfect and offers a take on The Wall that everyone will enjoy, from die-hard to casual fans.

Pigs on the Wing: (from L): Bryan Fairfield (drums); Eric Welder (bass, vocals); Jason Baker (guitar, vocals); Pete Galluzzo (Sax); Keeley St. Clair (vocals); Matt Jones (keys, vocals); David Lindenbaum (guitar, vocals).

**Fri. Aug 11. Astoria Event Center - Port of Call Live, 255 9th Street, Astoria. 8:30PM doors/9PM show, all ages, tickets \$15ADV/\$20DOS available through brownpapertickets.com**

## Phund the Phunsters



KICKSTARTER CAMPAIGN ON! Phunsters duo Heather Christie and Phil Pelletier got some cool gear and gifts (like these nifty Phunster glasses) to help launch their new project "NICE." Says Phunsters, "Collaborating on these songs has let us process life in these challenging times, and we are excited to share them. This is a time of transformation & new beginnings. In this album we're exploring elements of funk, chill, groove, and ambient in fresh & exciting ways."

You'll phind a lot of phun creative juices in this phat Kickstarter video for Phil and Pheather, er' I mean Heather. . . . new release, new release!!!!!! It's a strong indicator something good is cookin'. The goal date is August 27 and its moving along. Get to Kickstarter:Phunsters Debut with NICE. And . . . have some PHUN!!



## BAR-K-BUCKAROOS 8/19 Hoffman Center

BAR-K BUCKAROOS play traditional western swing dance music in the style of Bob Wills and his Texas Playboys.

The band is made up of north coast musicians, featuring Brad Griswold on rhythm guitar, Dave Quinton on bass, Richard Thomasian on lead guitar, Tom Peake on drums and John Orr on pedal steel.

Collectively these musicians have played in such notable north coast bands as The Floating Glass Balls, The Bond Street Blues Band, The Swingcats, Acoustica, and Ma'Barley. Together they bring their love of Bluegrass, Country, Jazz, Blues and Reggae' to create a great evening of western swing and 1920's to 1940's era swing music.

**Sat, August 19, 7pm, \$10, Hoffman Center for the Arts, 594 Laneda Manzanita, OR**



## FORT GEORGE BLOCK PARTY UNOFFICIAL REGATTA PARTY WEEKEND



### Friday, August 11th

Outdoor Movie: Fantastic Mr. Fox at dark (approximately 9:15pm in the Fort George courtyard). Food & beverages can be purchased through the pub and all ages are welcome. Bring your own chairs and blankets if you like or seating is available. No tickets are required, never a cover.

### Saturday, August 12th

Music Outside in the Courtyard 4-10pm

4pm - Will West and the Friendly Strangers

Easy-Vibin'-Acoustic-Feel-Good

6pm - Countryside Ride - REAL Honky Tonk

8pm - Giants in the Trees - If ya' don't know, now ya' know - From 'Cross the River

### Sunday, August 13th

Music Outside in the Courtyard 4-10pm

4 pm- Sheck Pee - Local, Astoria True-Blues

6pm - The Get Ahead - Portland Neo-Soul

8pm - Cascade Crescendo - The Best in NW Newgrass



# WORD & IMAGE



Backstreet Sue Hutchins

## Runaway

It's like chasing  
a shadow,  
the officer said,  
refusing  
to track a teenager  
who wanted to run.

Taking up the hunt,  
I traced  
a serpentine  
through the city  
where shadows  
are sons,

the silhouette  
slipping in  
and out of other  
shadows,  
blending into  
other shade,

but sometimes  
lying still,  
waiting  
for something  
to move  
so it could follow.

Phyllis Mannan

**WORD & IMAGE** is a summer exhibit at the Hoffman Center for the Arts in Manzanita, which pairs artists and writers to create original work, each in response to the other's.

**Saturday, August 26** at the Hoffman Center for the Arts view the results of this unique creative experience, one that co-organizers Emily Ransdell and Andy Barker call "silent collaboration." Read more in WORD section, pg18.

## FOR THE LOVE OF PHOTOGRAPHY LightBox Gallery Reaches a Milestone

By Roger Dorband

**EXHIBITION NUMBER 100.** Not bad! Especially for a gallery that savvy business people in Astoria guessed wouldn't make it beyond two years. Part of that assessment was based on the timing of the gallery's opening in 2009, during the middle of a recession. A potential strike two was the commitment of owners Michael and Chelsea Granger to show only photography; no paintings, drawings, prints or crafts.

Their commitment to be purists made them a long shot indeed. Similar efforts in Portland and Seattle had either closed in recent years, or like Gail Gibson Gallery in Seattle, had added painting, prints and drawing to the mix in order to broaden their sales base. The few remaining photography-only galleries, like Blue Sky Gallery in Portland, are registered as not-for-profit enterprises. One such gallery, New Space, a stalwart in the Portland scene, closed its doors for good this month.

LightBox chose not to go the nonprofit route and now stands alone as the only traditional, brick and mortar business exhibiting only photography north of San Francisco. Strike three!

But wait! LightBox is still here! 8 years of consistently showing photographs that challenge viewers to expand their understanding of what a photograph can be, at times informing them about vital social issues, educating them on traditional and alternative ways of making a photograph, and always engaging their imaginations in ways that merge with the photographer's to expand the viewer's perception of the world.

The key to understanding LightBox's success is simply the



Astoria is not only a tourist destination with the usual diversions. At its best it offers opportunities to focus, and with them the possibility of discoveries worthy of taking home.

Just as the River Walk and the view at the column allow us, if we are quiet, to see life in the long term, so the best of Astoria's art galleries help us to find what is lasting.

In this regard I very much admire LightBox Gallery. I like to walk into its uncluttered, beautiful space, and appreciate the seriousness of many of its exhibitions. I admire Michael and Chelsea Granger's clarity of vision, and their courage. Robert Adams Internationally acclaimed photographer Astoria

Michael and Chelsea Granger deserve special recognition for creating LightBox, an extraordinary gallery of photography that certainly has been about a lot of things, but has not been about them. While we celebrate LightBox's 100th exhibition, let's acknowledge their consistent celebration of fine art photography, because that has been their purpose and motivation from the beginning. What I appreciate most about what Michael and Chelsea have accomplished is that there is neither a notable nor recognizable signature LightBox look, other than precisely hung work of the highest quality in a very handsome space.

Their remarkable support of artists who share a personal and serious dedication to photography is another reason why I am a big fan of LightBox. If

you love photography you can only love, appreciate, and be grateful as I am for what Michael and Chelsea Granger have been doing with LightBox in Astoria.

Ken Hochfel  
Nationally exhibiting photographer  
Portland

Michael and Chelsea Granger have reached a remarkable milestone with the opening of their 100th exhibition at LightBox Photographic Gallery, in Astoria, Oregon. I myself am one of the fortunate 100 who has had their photographs grace the walls of this fine gallery, and I am honored to have done so. In this run of exceptional shows, a remarkable thing has been accomplished for a gallery tucked away in a small town like Astoria.

With each and every exhibit that opens there, the eyes and attention of a nationwide community of photographers, curators, and collectors fixes their gaze upon LightBox. What they find there are photographs thoughtfully curated, and presented in a way that elevates them beyond what is normally done. It is without a doubt, a gallery with local, regional, and national attention.

Michael Kirchoff  
Internationally award winning photographer  
Los Angeles

I love LightBox Gallery. Michael and Chelsea have created a world class gallery and a great photo



love of photography. It was the emotional driver behind the Granger's decision to follow a long standing dream. In a large sense they wanted to share the joy they derive from the medium and to influence the community in the recognition of photography as a fine art.

Like all love affairs it could only blossom in the presence of two ingredients; passion, which the Grangers have provided through their unflinching work ethic and attention to detail, and reciprocity; artists exhibiting and people showing up at the gallery to enjoy their work.

The gallery's high professional standards and commitment to showing the best work available has won them an enthusiastic following and support base among photographers and appreciators of the medium from around the northwest as well as nationally and internationally. From those ranks the gallery has attracted premier artists wishing to exhibit with the gallery. The current exhibition, a must see, is a good example. It features master photographer and printer John Wimberley whose work has been collected by museums around the world. Among his many accolades he is the only photographer to have been invited by Ancil Adams to join him in two exhibition.

**In celebration of the 100th Exhibit, reviews below come in from LightBox exhibiting photographers.**

community. I had the honor of exhibiting my American Fight Clubs series at the gallery in 2015. I was surprised and please to see so many old friends at the reception.

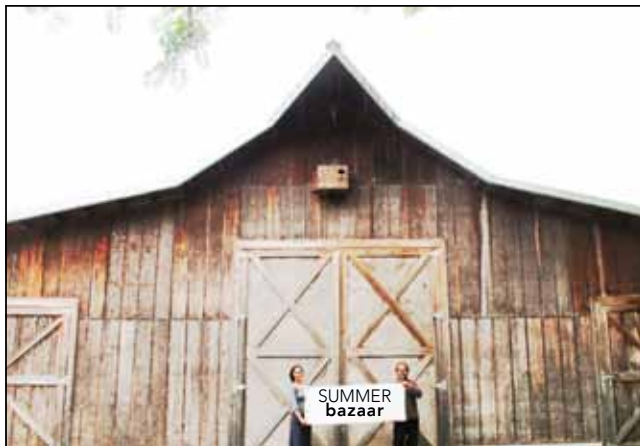
I have helped run galleries and I know how much work goes into each exhibition. There are tons of details, surprises and setbacks. Operating a gallery is not for the faint at heart. It takes commitment and sacrifice. Congratulations to Michael and Chelsea for their 100th exhibition, you are a gift to Oregon and photographers everywhere.

Jim Lommasson  
Award winning documentary photographer  
Portland resident

I am proud to say that I was the very first associate member of Lightbox Gallery. From the moment I walked in the door, I knew that something great was going on in Astoria. And for the last eight years, it has been just that: one of the jewels of the photography world in the Northwest. Praise has been heaped on Lightbox from all over the Northwest and indeed from all over the world. Michael and Chelsea Granger have created a beautiful space to enjoy and share fine art photography, and we have all benefitted from their love of this gallery space. With their current show they have reached 100 very significant and exciting shows, and I hope that they will be putting on 100 more!

Jody Miller  
Nationally exhibiting photographer  
Astoria





## SUMMER bazaar

August 19th 10-6pm

reclaimed wood furniture, vegetables, jewelry, paintings, pasture raised meat, soap, canvas bags, gourmet ice cream, natural fiber garments, handmade paper books + boxes, art prints, natural dyed textiles, kombucha, sculpture, vanilla, glass mosaics, paintings, pizza, body-care products, cutting boards, and handmade paper lights

A one day market bringing artists and farmers together to celebrate the homegrown and the handcrafted.

89120 Lewis and Clark Road Astoria, Oregon / [www.HiihLights.com](http://www.HiihLights.com)

Hiih Lights makes custom handmade paper lights for residential and commercial settings and offers tours of their studio by appointment.

## Jazz & Oysters

**Saturday • August 19**

**2pm - 8:30pm**

**Long Beach, Washington**

**Veteran's Field in downtown Long Beach**

**\$25 Gen • 6-18 \$12 • under 6 free**



An outdoor concert for Jazz and Rock enthusiasts. Great food! Grilled oysters. Beer and wine. Kid friendly! Bring chairs or a blanket and enjoy.

### Featuring:

**Tom Grant** 2-5pm

Premier Oregon Jazz Entertainer

**Easy Rider Brotherhood** 5:30-8:30  
High-Energy Classic Rock!

In addition to lively music, listeners can enjoy famed Willapa Bay oysters, grilled sausages and a selection of side plates. Wine, beer and other beverages are also available

- Service animals only.
- Please, no outside food or beverages

[watermusicfestival.com](http://watermusicfestival.com)

Sponsors: Taylor Shellfish Farms, North Jetty Brewery, Chautauqua Lodge, SIP Magazine, SALT Hotel

## Kay Peden: A Local Shamana Heals Veterans through Intuitive Gifts



**KAY PEDEN**, born and raised in Astoria, has known she was clairvoyant since she was three. "I've always been able to pull on how other people feel as if the emotions were my own, but I kept my gifts hidden until they were so strong it was unbearable," she says.

Now, as a practicing shamana, she incorporates her intuitive abilities, clairvoyance, empathy, and mediumship. "Each of these gifts comes forward when they're meant to for the individuals I'm working with," she says.

While Peden started out as a biographer, she's been using her intuitive gifts to help veterans in particular since she was 17. She didn't know she had healing abilities at the time. "I would watch them heal just sitting next to them," she says.

What drew Peden to working with veterans?

"It started when I took an AP history course and the teacher had us focus on the emotional experiences of the combat veterans. He didn't pay too much attention to the politics or anything outside what the actual soldiers and marines went through, and it hit me like a ton of bricks. I was sobbing by the time I walked out of the classroom, and I told my mom, 'I'm going to find these people.'"

And she did.

Peden does free energy healing for veterans but also offers paid services to everyone.

Chakra clearing and soul retrieval are her two most requested services. Chakra clearing is good for those with stress or emotional blockages, Peden says, because it clears out those energy centers. "People report feeling lighter," she says, "with more joy, energy, and ability to give and receive love."

Soul retrieval, on the other hand, is a sacred shamanic ceremony to call back pieces of the soul lost during grief or trauma. "Or sometimes energetic cords need to be cut if someone has been in a toxic or abusive relationship," she says. "It's heavy work, and people should be aware of that before booking."

What a session looks like depends on whether it's in-person or long-distance, although Peden says both are equally effective. "Usually," she says, "when they're sitting right in front of me, I

just start channeling and rattling off the information." Or, with permission, she might literally pull dark, stagnant energy from a person's heart chakra with her left hand and transmute it into light before passing it back to them with her right.

However, most people she works with are spread across the country. "In distance work, I don't have to see them at all," she says. "Sometimes I'll see that person or that person's energy as light, and then I'll know what needs to be shifted around."

No matter where the sessions take place, Peden tries to make her own energy as warm and soothing as possible. To prepare, she goes outside with bare feet and grounds whatever energy she's carrying from the day in the earth.

"I make sure I'm not carrying anything into the session. It's all about them."

People who come to her, however, don't need to prepare in any way. They don't even have to speak. "They just have to be open to receiving," she says.

"It's not clinical," she continues, "and you're not put on the spot. If I start channeling, I'll ask for permission first, but people don't have to tell me anything. I can still pick up on it."

"Instead of only focusing on what's wrong, I also want to focus on what's right, because all the people I work with have incredible gifts that maybe they can't see. And I want them to build on that, to recognize that they're doing the best they can and to have compassion for themselves."

Peden wants to reassure people, especially combat veterans, that even the most horrifying experiences are meant to help you grow. "If you've seen and felt some really terrible things, you're basically set up to feel responsible for those situations, so for the rest of your life you wonder if you did enough. But I want them to know that things are sometimes beyond our control. They're still worthy of love. There's something to be learned from having a broken heart."

Peden is especially passionate about preventing veteran suicide.

As a caregiver to her husband, who was medically discharged from the Army in 2014, Peden has seen how the system currently in place to support veterans is insufficient.

"We put a Band-Aid on the emotional and spiritual when what veterans really need is heart-centeredness. They have such energetic depth because they've given so much of themselves physically, emotionally, and spiritually, and we have to give that love back to them."

Peden advises anyone working with veterans to meet them where they are. "Don't try and push your views on them," she says. "They endure things that not every soul is built for, and they'll know if you're not being genuine."

In another type of heart-centered healing, Peden also works with horses to provide equine therapy. Heart Before the Horse\* will be offering a retreat for veterans, free of charge, on August 19. "The horses do the healing work I do, but it's horses," she says, and it will be a very warm, no-pressure environment for anyone who's interested.

Contact Kay Peden at 503-298-7162 or [k.peden97103@gmail.com](mailto:k.peden97103@gmail.com) for more information about the retreat, and find out more about her healing service offerings at [kaypedenintuitive.webs.com](http://kaypedenintuitive.webs.com).



Kay with healing horse, "Confidence!"



## WATERSHED WELLNESS Responds to Community Health Needs in Astoria

**WATERSHED WELLNESS** opened in Astoria in January 2017, offering Traditional Chinese Medicine (TCM) and acupuncture; massage; and yoga, pilates, and movement classes. The clinic space is bright and airy, with a row of windows overlooking the Columbia River and a wall of shelves lined with jars of Chinese herbs.

Eric Grey, L.Ac and Amanda Barp, LMT have lived in Astoria since March 2016. Both from small towns, they started a similar clinic in Portland eight years ago before expanding their practice to Astoria.

The Astoria clinic has taken off quickly and is now hitting its stride. Grey went to school at the National College of Natural Medicine (NCCM) with Carolyn Nygaard, ND of Astoria Integrative Family Medicine, whose practice is across the hall.

"She told me all of her patients needed acupuncture. There was a real demand and a space right next to her, so that was enough," says Grey. Among its many services, Watershed Wellness offers pregnancy massage, induction, and postpartum work that compliments the practice next door.

"The number of practitioners per capita in Astoria doesn't even come close to the number in Portland. And the practitioners we spoke with in town are already as busy as they could ever want to be."

"It's been easier than we expected!" says Barp, who earned her certificate of massage from Lane Community College. "And we're still so excited about this new space."

In addition to acupuncture, Grey specializes in Chinese herbs. However, he says, "I don't want people to be dependent on herbs or acupuncture or anything. I want people to take care of themselves, and TCM is at its best when it's preventing disease." He emphasizes his role as an educator. "I really want to teach people the fundamentals of how TCM looks at the world and the body because I find that when they learn some of the basic stuff they can use it in their own lives to be healthier."

Barp has been massaging for 12 years and is passionate about integrating functional movement into the clinic, due in part to her 17-year yoga practice. She recently became a yoga teacher and is offering a beginners' class.

"I really started to understand how important functional movement is for people and their bodies. And by that I mean movement that is sustainable as people age and as people's bodies change, rather than repetitive motion or practicing yoga in a way that's not sustainable for the long term."

Other yoga and movement teachers include Jillian Pegg, who teaches pilates and the hybrid Harmony Flow class, and Kestrel Gates,



Eric Grey and Amanda Barp of Watershed Wellness

who offers SloMo, which is like a moving meditation and is great for postpartum women.

"We can bill insurance too," says Barp, "which not everyone does here." That includes VA insurance for veterans, as acupuncture and massage have been used increasingly to treat PTSD and chronic pain.

How does practicing in Astoria differ from practicing in Portland? "Here, the enthusiasm is high and people are open to trying new things," Grey explains. "Most of our new patients in Portland are in their 20s and highly familiar with acupuncture, Chinese herbs, and massage. In Astoria, we're seeing people who are 65 and never had a massage."

"So more education happens here, just helping people to learn about their bodies," adds Barp. "I love to whip out the anatomy book and show people what's going on, whether they like it or not!"

"In Portland," says Grey, "I end up doing a lot more psychological work, but here it's a lot more about pain management. I see more fishermen and loggers and servers who work with their bodies every day."

As for yoga, Barp explains how there are still so many beginners, even in Portland, which she sees as a real opportunity. "Doing something in an adult body for the first time is very special, exploring and realizing, 'oh my gosh, I didn't know I could do that!' It's really fun to facilitate that for people."

"Word of mouth also travels a lot faster here than in Portland, by a long shot," adds Grey. "Once you see someone in any given workplace, you can guarantee that by the end of the day everyone there has heard about it."

In addition to their successful start, Grey and Barp are filled with plans and ideas about where to take the practice.

"We're not being as strong and directive as we might be because, honestly, we're just trying to respond to what the community needs. So we love to hear from people, even when they're not our patients, just to hear what they're looking for," says Grey. He continues, "so if they're curious or have questions or have ideas about classes Amanda should teach, we're really open to that feedback."

"Finally," says Grey, "we want people to know we have a strong background in LGBT+ healthcare, including trans healthcare and supporting people through transition. We are also weight-neutral and kink positive, offering a safe and affirming environment with no awkwardness around our patients' bodies or personal lives."

Watershed Wellness is located at 1490 Commercial St. Ste. 202  
watershedwellnessastoria.com 503.974.0914



Yoga and movement studio at Watershed Wellness

artnote

The Wetlands Conservancy,  
Lower Nehalem Watershed Council  
and North County Recreation District present  
**Beaver Tales**  
Traveling Art Exhibit



TO CELEBRATE BEAVERS and their contribution to the ecology of the North Coast, The Wetlands Conservancy (TWC) and Lower Nehalem Watershed Council (LNWC) have partnered with local businesses to host the Beaver Tales Art Exhibit and Sale in Nehalem.

The exhibit opened on July 31st at the North County Recreation District (NCRD) in Nehalem, 36155 9th Street, and will be on display through August 30th.

The exhibit will feature juried art for purchase, a portion of the sales will benefit The Wetlands Conservancy and Lower Nehalem Watershed Council. The traveling exhibit includes artwork of all kinds, from paintings to fiber, wood, stone, glass and ceramics. With regional and local artists displaying their work, this stop in Nehalem will bring together a multitude of styles and creativity.

Along with the month long display, there will be tours and other activities around Nehalem and Manzanita.

On August 19th from 10 am -2 pm, learn about the importance of beavers in the watershed as Lower Nehalem Watershed Council leads the Beaver Trails Tour as part of the Explore Nature series of hikes, walks and paddles in Tillamook County. Registration for the tour is required, visit <http://www.explorenaturetillamook-coast.com> for more information.

Wrap-up a day of beaver activity on August 19th by joining Lower Nehalem Watershed Council and Lower Nehalem Community Trust for movie night in the barn at Alder Creek Farm, 36455 Underhill Lane in Nehalem. At 7:00 pm they'll feature the PBS documentary Leave it to Beavers showcasing the ways in which the presence of beavers can transform and revive landscapes.

The goal of the Beaver Tales Art Exhibition and events is to recognize the aesthetic and ecological significance our state animal plays in the creation and maintenance of wetland habitats. Beavers, though woefully misunderstood, actually create and sustain wetlands that aid in resuscitating wetland and riparian stream habitats. They play a central role in shaping our future as we prepare for transformations that a warming and changing climate may bring. The sponsoring organizations are working together to learn more about how we can work with beaver to conserve and restore natural systems.

For more information on the exhibit and additional activities, please check the LNWC Facebook page at [www.facebook.com/lnwc1](http://www.facebook.com/lnwc1) and TWC website at [www.wetlandsconservancy.org](http://www.wetlandsconservancy.org).



# IMOGEN GALLERY 5 YEARS

## Hipfish talks with Teri Sund

**I**N SUBURBAN YAKIMA, just at the edge of rural corn fields, pastures and orchards, the beauty of eastern Washington might be thought of now by gallerist Teri Sund, as a possible abstract landscape painted by one of the exhibiting artists in her downtown Astoria gallery IMOGEN. But as a child growing up there, save for a few fortunate teachers interested in exposing their students to the world of art, that was about the extent of it.

This month Teri Sund celebrates a 5-year anniversary for IMOGEN, and this celebration encompasses a long relationship for her appreciation of art, artists, and the vibrant coastal arts scene that she feels privileged to be a part of. Teri still holds the image of a work introduced to her by one of her elementary school teachers; one who would bring big laminated posters of master works to class, borrowed from the county library.

In referring to a very early “aha” moment at the age of seven, says Sund, “The first one that tipped it off for me was a Chagall, “I and The Village.” It was like looking at my own dreams. It was a cultural scene; the peasants, the farmers, with this big cow head looming over—it stuck with me and I’ve looked at it over the years numerous times, it still has the same magic, something other worldly. It spoke to me.”

She furthers, “And that’s what I love about art and art history, you get a sense of who you are in a time, and where you’ve come from, whether you are directly linked to it or not. There’s great story telling in art, that’s always been a huge draw for me.”

Thus so, Sund’s selection of artists may be a direct correlation of a child truly mesmerized by a great piece of modern art. She attests to the galleries ever-growing success; that people find it accessible, approachable, that the natural light is inviting, relaxing, casual, and well-curated. But like a certain style of music, you wouldn’t call it “smooth art,” or “easy looking.”

It’s important to Sund that the artists she works with have to illustrate that they really know the medium they’re working with, and that they are still exploring with it, that they are still pushing boundaries, and not stuck in cookie cutter mode, with technique that’s a sure sell.

“When I look at art I want to wonder, to not only be impressed by how they’ve painted the surface, or what the composition looks like, but “Wow,” what lead this person to create this, and that the subject matter expresses something about who that artist is,” says Sund.

With a degree in fine art from Western Washington University, which included study of art history in Greece and Turkey, it was during her college years, working at gallery spaces on and off campus, that Sund saw an importance and need to support artists who had the commitment and drive, to help further their careers. It was then that she planted the seed to someday open her own gallery. But after 30 some years of working both in for profit and nonprofit galleries, says Sund, “I was critically aware of what a daunting business it can be.”

She’s held numerous positions working in visual arts for both profit and nonprofit venues, including management of the cooperatively owned Northwest Woodworkers Gallery in Seattle, the White Bird Gallery in Cannon Beach, Director to the Royal Nebeker

Gallery of Clatsop Community College, and Exhibition Director to RiverSea Gallery before opening Imogen Gallery in 2012. Having met and gotten to know the work of Christos Koutsouras, (whose art will be hanging for the 5th Anniversary show) who had no representation west of Indianapolis and then Jim DeFeo (owner of Astoria Coffee House, Cargo, and Carruthers) contacting her about the space, she decided that if she was to do it, this was the space and the time.

In a rotation of 2 years with her represented artists, Christos Koutsouras is on his third round. The internationally known Koutsouras, Greek-born, an Astoria resident for 7 years, began to establish his painting career when he jumped ship in 1980, as a merchant marine, to enroll in Germany’s most prestigious art institutions. In 1995 Koutsouras continued his career in New York before relocating to the Midwest where he became an Adjunct Professor of Drawing and Painting at the University of Indianapolis, while furthering his career as a painter. While it was not his intention to stay in Astoria—he came to paint the Columbia River, and has found anchor in his work here. IMOGEN celebrates Venetian Red for Despina. His upcoming exhibition will be focusing on one of the last remaining union fisherman

net sheds on the Astoria riverfront. The building, affectionately known locally as Big Red, was owned by the late artist Royal Nebeker who used the building for years as his own studio.

As well as representing international, regional and locally emerging artists, Sund works with highly savvy collectors from across the country. But, she emphatically stresses the local support of the art scene. “I’m tremendously proud of the local support that happens here. Exhibiting guest artists are continually impressed with how many people at openings want to engage with the artist, about how knowledgeable they are with the art processes. Unlike the metro area art nights, Sund feels that, “It’s still pure here. People are here to consider the art that’s represented. And it’s nice that outsiders can bump around with local people and enjoy the celebration of art. There’s a great energy on that night” [2nd Saturday Art Walk].

Regional artists, who exhibit, for example in the Portland area, gain new audience that they may not reach by exhibiting here in Astoria. Sund is on the board of ArtTable, a nationally recognized nonprofit group supporting professional women in the arts. While she claims she feels like the small fish in the pond, she says, “It’s delightful to me when I attend,

by Dinah Urell

that I may hear, Oh we’ve heard of IMOGEN Gallery.”

Sund may be the satellite that rings true that art can be successful anywhere.

“That’s something that Royal Nebeker instilled, I heard him say it again and again—you know, you can go to New York, but you don’t have to stay there, you can create your art anywhere. It’s a discredit to artists, that there is this myth that you have to be in a big city environment to create strong work and get attention.”

“I love the idea of working with local people and helping to take their work to a broader scale and a broader audience,” says Sund, “and also inviting

that broader audience here—to see the power of what is being created here.”

Sund believes the Northwest has been sadly neglected for the quality of work that has been happening here, as opposed to the L.A./East Coast market. But it’s all too obvious it’s changing. Asked what she would like to see in the next 10 years she said, “Having a really strong hub

for artists as a non-profit space. A physical building that facilitates studio, exhibition space, workshops, for artists of all ages.” Astoria Visual Arts, (AVA) of which Sund is a board member, is taking good steps to get there, and according to Sund, is in a strong position now to start acquiring bigger grants. But she encourages, “the individual donor is what is really crucial to organizations like AVA.”

The Clatsop County Arts Council study recently conducted and released several months ago, reports that the nonprofit arts and culture industry generates \$13.7 million in annual economic activity in Clatsop County.

There’s an art economy in Astoria! Sund gets asked this question frequently, “Wow, there’s so many artists here, how come artists are coming here now.” And she responds, “No, No, this has always been a tremendously creative community – there’s just better venues now, and people are starting to pay attention – and we have to honor those



Photo by Dinah Urell

Gallery Owner Teri Sund with Koutsouras painting

creative people, that’s what’s been lacking in the past. Because everybody has been so busy making a living, in the rivers and the forests, and that’s all part of who we are-- But that’s what so beautiful about it, that you can bring the arts together with the working class. To me, they’re intrinsically linked. It doesn’t have to be one or the other. Clark Gable, the story goes, came here to be a logger, and ended up on the stage in Astoria.”

Teri Sund is of Norwegian descent, her ancestors were weavers and crafters, and her grandmother instilled the importance of art through books and stories. In fact, her grandma’s first cousin was a prestigious classical musician in Norway, Geirr Tveitt. A pianist and composer who also wrote specific compositions for the distinctive Hardanger fiddle. And according to Wikipedia was a central figure of the national movement in Norwegian cultural life during the 1930s. Following after her cousin’s footsteps, Sund’s move to the coast, and opening IMOGEN, she herself has become a central figure in a very significant movement.

She came by way of the pioneering gallery owner Evelyn Georges, who for 40 years propelled Northwest art and artists with White Bird Gallery. Still a young Seattlite Sund had visited Cannon Beach regularly as a child and into young adulthood. In fact, White Bird was the first gallery she had visited as a child, amazed by the small beach shack filled with so much art. She had fantasized living on the coast one day, so she sent off a resume to Evelyn for the heck of it.

Whilst begrudgingly attending a huge 1000 count women’s business conference required by her gallery boss at the time, she happened to sit across from a psychic who looked at her and said, “You don’t belong here, you belong at the beach.” Sure enough a week later, she got a call. Evelyn wanted to interview her, she was coming to Seattle.

“It was the strangest interview I’ve ever had. She asked mostly personal questions, as her husband Ossie hid behind a newspaper.” Evelyn asked Sund if she had a boyfriend and she responded, “Yes, I do, but I can leave him behind, but I do have a dog, and he has to come with me.” At which point Ossie put down his paper and said, “I like her!”

Says Sund, “I think that’s what nailed it for me.”



Photo by Don Frank





## The Washington State International Kite Festival Aug 21-27

Forever no shortage of wind . . . The Washington State International Kite Festival is a week-long celebration of kites on the Long Beach Peninsula which has been called the Kite Capital of the United States. The annual extravaganza brings in kite fliers and enthusiasts from all over the world for flying competitions, kite-building workshops, hands-on activities and more. As much fun to watch, check out the amazing schedule of fun, and you might find yourself an enthusiast. And spectatorship is a win-win!

*Along the Bolstad Beach Approach | 101 Pacific Avenue Long Beach, WA Check out [www.kitefestival.com](http://www.kitefestival.com)*

## Monday 7

### MUSIC

Jenna Ellefson. No cover, 8pm at the Adrift Hotel in Long Beach.

### THEATER

Auditions. For a Christmas Carol. 6pm at the Coaster Theater in Cannon Beach.

Auditions. For the Missoula Children's Theater presentation of The Tortoise vs. the Hare.

## Tuesday 8

### MUSIC

Shawn Koreski. 5 – 8pm at the Manzanita Farmers Market.

Jenna Ellefson. No cover, 8pm at the Adrift Hotel in Long Beach.

Jolie Holland. No cover, 8pm at the Sou'wester Lodge in Seaview.

### HAPPENING

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 Scorcher in Astoria.

Family Day at Rinehart Clinic. Free. Food, Games, Prizes, and FREE Health Exams for children (from infants to age 18) and Sports Physicals. At Rinehart Clinic in Wheeler.

### LECTURE

The Art of Aging/Dying Series. Aging Adventures: Overcoming Obstacles. With Carolyn Wood. \$5, 3 – 5pm at the Hoffman Center in Manzanita.

### LITERARY

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

### THEATER

Auditions. For a Christmas Carol. 6pm at the Coaster Theater in Cannon Beach.

## Wednesday 9

Buzz Rogowski. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

Live music. No cover, 8pm at the Adrift Hotel in Long Beach.

Sheckpea. No cover. Blues/Jazz/Latin/World Music. 9 – 11pm at the Voodoo Room in Astoria.

### HAPPENING

Astoria Regatta – Lower Columbia Heritage Festival. [astoriaregatta.com](http://astoriaregatta.com)

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

Huckleberry Health Fair.

### THEATER

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

## Thursday 10

### MUSIC

Basin Street NW. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

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

Grand Funk Railroad. 8pm at the Tillamook County Fairgrounds.

Joseph Hein. No cover, 8pm at the Sou'wester Lodge in Seaview.

Ash Reiter & Indianna Hale. No cover, 8pm at the Adrift Hotel in Long Beach.

### CINEMA

The Jungle Book. Free, 7pm at Haystack Gardens in Cannon Beach.

### HAPPENING

Astoria Regatta – Lower Columbia Heritage Festival. [astoriaregatta.com](http://astoriaregatta.com)

### THEATER

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

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

The Odd Couple. \$15, 7:30pm at Theater West in Lincoln City.

## Friday 11

### MUSIC

David Drury. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

Dan Cecil. 5 – 8pm at the Manzanita Farmers Market.

Ash Reiter & Indianna Hale. No cover, 9pm at the Adrift Hotel in Long Beach.

Pigs on the Wing. A Pink Floyd tribute band performing The Wall. \$20, 9pm at the Astoria Event Center. [brownpapertickets.com](http://brownpapertickets.com)

### ART

Opening Reception. Loving, Studying and Restoring Our Public Open Spaces by Nora Sherwood. 5 – 7pm at the Chessman Gallery in the Lincoln City Cultural Center.

### FOOD & DRINK

James Beard Dinner. \$100 per person, 21 and over, 7pm at the Sand Trap Pub in Gearhart. [cascadetickets.com](http://cascadetickets.com)

### HAPPENING

Rollin' Oldies Vintage Travel Trailer Rally. At the Sou'wester Lodge in Seaview.

Astoria Regatta – Lower Columbia Heritage Festival. [astoriaregatta.com](http://astoriaregatta.com)

Block Party . Live music, cinema, and more 11am – 11pm at Fort George in Astoria.

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

Nesika Illahee Pow-Wow. Siletz.

### THEATER

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

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

The Odd Couple. \$15, 7:30pm at Theater West in Lincoln City.

## Saturday 12

### MUSIC

Bikini Beach. Classic Surf Rock, 9pm, \$5 Cover at KALA in Astoria.

Allan Byer Project. At the Tillamook County Courthouse lawn.

Tom Trudell. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

Giants in the Trees. 8pm at Fort George in Astoria.

Matthew Zeltzer. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

Jeff Rymes and His Plastic Nashville Band. No cover, 9pm at the Adrift Hotel in Long Beach.

### ART

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

### FOOD & DRINK

Wine Tasting. Oregon Pinot Noir #3. 1 – 4pm at the Cellar on 10th in Astoria.

### HAPPENING

Rollin' Oldies Vintage Travel Trailer Rally. At the Sou'wester Lodge in Seaview.

Astoria Regatta Grande Lane Parade. 12noon downtown Astoria. On Duane St. thru

# August Cultural Calendar

Commercial St. Lower Columbia Heritage Festival. [astoriaregatta.com](http://astoriaregatta.com)

Block Party . Live music, cinema, and more 11am – 11pm at Fort George in Astoria.

LCPS Astoria Garden Tour. \$10, 10am – 3pm pick up tickets at the Lower Columbia Preservation Society in Astoria.

Nesika Illahee Pow-Wow. Siletz.

### LITERARY

Writing Outside the Box. Writing workshop with author Liz Prato. \$40, 1 – 3pm at the Hoffman Center in Manzanita. Register at [hoffmanblog.org](http://hoffmanblog.org)

Author reading. Author Liz Prato will read from her book "Baby's on Fire". 4pm at Cloud and Leaf Bookstore in Manzanita.

### OUTSIDE

Lincoln City Sandcastle Contest. At Siletz Bay in the Historic Taft District. <http://www.oregoncoast.org/sandcastle-contest/>

### THEATER

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

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

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

The Odd Couple. \$15, 7:30pm at Theater West in Lincoln City.

## Sunday 13

### MUSIC

Tsunami Drummers. 1-3pm in the Hoffman Gardens in Manzanita.

Two Crows Joy. 10am – 3pm at the Astoria Sunday Market.

Richard T and Friends. 11:30 – 2pm at the Bridgewater Bistro in Astoria.

Brenna Sage Quartet. \$10, 3 – 5pm at Nehalem bay United Methodist Church in Nehalem.

Skadi. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

Jeff Rymes and His Plastic Nashville Band. No cover, 8pm at the Adrift Hotel in Long Beach.

Live Music. No cover. 4 - 10pm at Fort George Brewery & Public House in Astoria.

### HAPPENING

Rollin' Oldies Vintage Travel Trailer Rally. At the Sou'wester Lodge in Seaview.

Astoria Regatta – Lower Columbia Heritage Festival. [astoriaregatta.com](http://astoriaregatta.com) Citywide events

Block Party . Live music, cinema, and more 11am – 11pm at Fort George in Astoria.

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

### LITERARY

Author Appearance. Author Earl Llewellyn Goldman will read from his work. 2 – 4pm at Yotime Frozen Yogurt in Tillamook.

### OUTSIDE

Lincoln City Sandcastle Contest. At Siletz Bay in the Historic Taft District. <http://www.oregoncoast.org/sandcastle-contest/>

### THEATER

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

## Monday 14

### MUSIC

Jeff Rymes and His Plastic Nashville Band. No cover, 8pm at the Adrift Hotel in Long Beach.

### THEATER

Auditions. For a Christmas Carol. 6pm at the Coaster Theater in Cannon Beach.

## LINDSIE FEATHERS

Lindsie Feathers is a rabble rousing honky-tonk woman that's spreading her wings and trusting in the flight. Her latest album, Neon Renaissance, was engineered and mixed by Adam Selzer at Type Foundry (Sallie Ford, Laura Gibson, Scout Nibley). Her songs are about love, the life journey, our planet and it's dwindling resources, connecting to our ancestors, and honoring our heroes.

Sweetheart of the Rodeo - WW  
**Aug 17, Sou' Wester lounge, 8pm, Seaview, No Cover**



## 3 SOLO ACTS 1 SUNDAY

Ghost in the Willow is the folk/rock project of Gil Rodriguez from Phoenix AZ punk band The Combat Medic. Nate Kuning is the singer from the Longview-based Seventeen Excuses, (with punk leanings) and Simone Levene, Astorian from Manchester delivers British, post-punk indie. Check out 3 solo acts, have some beer and burger and cheeeelax!!!!!!

**Sunday Aug. 20, 7:30pm. No Cover. Merrytime in Astoria.**

→ 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: Jean Rice, Heather Neuirth, Deanna Moomjian-Gjovik, Katherine Lacaze, Sheila Shaffer, 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.

Directed by Patrick Lathrop, Costumer Patrick Lathrop, Lighting Designer Mick Alderman, Props Cindy Karr.

CAST: Frank Jagodnik, Jean Rice, David Sweeney, Ann Bronson, Ben Faubion, Dottie De Vine, Richard Bowman, 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.



**THE 33RD SEASON** of Shanghaied in Astoria is opening soon! That's right! This Historical, Vaudeville-Style, Musical Melodrama beloved by millions is now selling tickets! Shanghaied in Astoria, written by T. Phillips with inspiration from Egil Unander-Scarlin, Dr. Delbert Corbett, Edna Packard, Greg Miner and Liam Dunne, runs through September 9th, performing Thursday-Saturday, with a few Sunday matinees throughout the show.

Directed by Markus Brown, this award winning, locally written and performed show is sure to once again be a hit! A local and tourist favorite, with vibrant characters, interactive style and music to keep you humming weeks after, this show is a do not miss event of the summer!

This season's sponsors are many, with well over a hundred businesses and individuals donating time and money to see this tradition continue! The Astor Street Opry Company is a not-for-profit, 501c3 community theatre organization. The show is now open and runs through September 9th, 2017. It is your support that keeps year-round community theatre programming for all ages alive and thriving in Clatsop County!



**33RD SEASON  
SHANGHAIED IN ASTORIA  
MORE FUN THAN A BUCKET OF FISH  
...UFFDAH!**

FMI 503-325-6104, or email [info@astorstreetoprycompany.com](mailto:info@astorstreetoprycompany.com). Learn more about our company at [www.astorstreetoprycompany.com](http://www.astorstreetoprycompany.com) Or Find us on Facebook!

**Box Office Open 6pm, doors 6:30pm, Show at 7pm. At the Astor St. Opry Playhouse, 129 West Bond in Uniontown, Astoria.**

### Espacio Flamenco Music & Dance Sept 3 • Astoria PAC

ESPACIO FLAMENCO and the PAC present NOCHE FLAMENCA, an unforgettable evening of flamenco music and dance SUNDAY SEPTEMBER 3RD, 7pm at the Astoria Performing Arts Center. With Noche Flamenca, Espacio Flamenco (Portland, OR) shares the best of it's repertoire, taking audiences on a journey through the different "palos" or styles of flamenco. Each dancer brings her unique interpretation to the table, together celebrating the diversity of this enchanting Andalusian art form.

At the heart of Espacio Flamenco's performance are the soulful vocals of Moroccan born singer Randa BenAziz. Randa began her performance career at the age of ten and incorporates arabic and jazz influences into her flamenco interpretation. Espacio Flamenco musical director Brenna McDonald provides guitar accompaniment for the group. An accomplished



soloist in her own right, Brenna has devoted her life to the study of flamenco music and dance and is one of the few female flamenco guitarists ("tocaoras") in the world qualified to play for singers and dancers. Nick Hutch and Christina Lorentz bring the groove with top notch percussion and palmas (hand clapping) essential to Flamenco. Dancers or "bailaoras" Lillie Last, Montserrat Andreys, Kelley Dodd, and Christina Lorentz charm and inspire the audience, leaving no choice but to shout "olé!"

**Sunday, Sept 3. 7pm, \$15. Children under 12 FREE. Tickets: [espacioflamenco.bpt.me/brownpapertickets.com](http://espacioflamenco.bpt.me/brownpapertickets.com). PAC, 16th 7 Franklin in Astoria.**

### Young actors bring WONDERLAND to life in Seaside

Join a cast of Clatsop County youth as they bring "Alice in Wonderland (and Back Again)" to the stage in a theatrical retelling of Lewis Carroll's timeless classics.

Presented by Sunset Empire Park & Recreation District and Jeremy Mills State Farm, the Clatsop Children's Theatre Company will perform the show, written by Randy Wyatt.

Two dozen children, ranging from 5 to 13 years old, will take on numerous shapes and forms throughout the two-act show, transforming into flowers, queens, playing cards, birds, cats and more. Not only does the show feature many well-known characters – such as Alice, the Mad Hatter, the Tweedles, the Queen of Hearts and the Cheshire Cat – but the audience also will encounter several lesser known characters, such as Humpty Dumpty, the Duchess and her Nanny, and the White Knight.

"Alice in Wonderland (and Back Again)" is being produced by special arrangement with YouthPLAYS and is made possible

through a Clatsop County Cultural Coalition grant, funded by the Oregon Cultural Trust.

All performances are free and open to the public. The group is accepting donations to support arts in the local schools.

**SHOWS: Aug. 18 – 20, 7PM at the Seaside Civic and Convention Center. Doors open at 6:30. By Donation. FMI: contact director Katherine Lacaze at (503) 741-5668.**

### Reader's Theatre at The Liberty McTavish Room THE SUM OF US

The Sum of Us, written by David Stevens is about a widower and his gay son. The play is about wanting love but being afraid to look for it; about finding love and being afraid to go for it; and about having love and not being able to hold onto it. It's a play from the heart that tickles the funny bone in many delicious ways. Directed by Seneschal Incavo.

**SHOWS: Aug 16-17, 23-24. 7pm. \$15, available at the Liberty Box Office and half hour before the show.**



## AVA Pop UP Brenda Harper IMAGINARY ARCHITECTURE

ASTORIA VISUAL ARTS presents: BRENDA HARPER multi-media artist from Astoria will be showing: IMAGINARY ARCHITECTURE--

an idea of places, buildings, land and space as blank slates or shells, rather than pieces of property with commercial value. The idea is inspired by the 1965 book: Bulgaria, Land and Economy by Spass Roussinov-drawings, photos and video, which showed ideas for what productivity means, and how people express it in their daily work.



**Second Saturday Artwalk--August 12, 5-8pm, 80 11th Street in Astoria/ AVA POP-UP SPACE (at the River across from INFERNO Bar).**

## CODY FOX AT OLD TOWN FRAMING

OLD TOWN FRAMING celebrates Cody Fox, Astoria High School alumni and apprentice plumber. AND artist. Cody studied art with Mickey Cereghino at AHS. Exposed to art and how it could be a tool to express himself, Cody flourished. He works in Portland as an apprentice to pay the bills but art is his passion. "Living in the Great Northwest we have the perfect canvas, it is truly one of the most beautiful places in the entire world, I enjoy painting what is right in front of me. There are times I will go on hikes just to see what I can paint to really get my inspiration. You will notice in my art pieces, most of them are rivers, the ocean, hills and trees. I do not only like to paint what the mountain, tree or river look like, but add a layer of what that scenery could be...really make it come to life through color. I do not ever want to take for granted the beauty that is all around us."

**Join Old Town Framing for 2nd Saturday Art Walk, 5:00 – 8:00pm, August 12th. 1287 Commercial St. Downtown Astoria.**



## Ben Soeby INSIDE OUT at Luminari Arts



Luminari Arts celebrates Regatta and 2nd Saturday Art walk with the return of outsider Ben Soeby. "Inside Out" features new work by the Lincoln City native; Soeby's pieces incorporate upcycled wood and acrylics to create ironic, timely works, and reveal a love of all things northwest: fish, wood, animals, logging and fishing.

Join Luminari Arts for 2nd Saturday Art Walk and meet this local favorite artist and naturalist. **Music with Bill Hayes. Refreshments of course! 1133 Commercial in Astoria. Open Daily. 503.468.0308**

## SUMMER bazaar At HiiH Lights



A ONE DAY MARKET brings artists and farmers together to celebrate the homegrown and the handcrafted at HiiH Lights barn studio on August 19 from 10-6pm. Reclaimed wood furniture, vegetables, jewelry, paintings, pasture raised meat, soap, canvas bags, gourmet ice cream, natural fiber garmets, handmade paper books + boxes, art prints, natural dyed textiles, kombucha, sculpture, vanilla, glass mosaics, paintings, pizza, body-care products, cutting boards, and handmade paper lights! HiiH Lights makes custom handmade paper lights for residential and commercial settings and offers tours of their studio by appointment.

**Saturday, August 19, 89120 Lewis and Clark Road Astoria, Oregon / www.HiiHLights.com**

## RiverSea Gallery Historic and Contemporary Lifestyles of the Pacific Northwest

TWO EXHIBITIONS at RiverSea Gallery offer a contrast in historic and contemporary lifestyles in the Pacific Northwest through the vision of two regional artists. Garric Simonsen of Spokane brings history to life in his exhibition honoring his Swedish immigrant ancestors, and Astoria's Noel Thomas explores contemporary scenes of the north coast. Both shows open Saturday, August 12 with a reception during Astoria's Second Saturday Artwalk from 5:00 to 8:00 pm. Meet both artists and enjoy live music and catered refreshments. Artwork will remain on view through September 5, 2017.

114 Years is a solo exhibition featuring work by Garric Simonsen, a Northwest artist and musician, and a fourth-generation Washingtonian. This show offers a tale of the artist's immigrant ancestors and thereby encompasses a historic panoply of the early American development of the Northwest. Many of Simonsen's family members emigrated from Sweden to Portland, Oregon beginning in the late 19th-century, leaving him a rich heritage of stories and a collection of hundreds of photographs, dating from 1889 to the 1950s, which document life in turn-of-the-century logging camps along the lower Columbia River and early 20th-century alpine mountaineering throughout the Pacific Northwest. The photographs and mementos circulated through his family for 114 years before becoming the inspiration for this show.

The work presented in this show delves deep into the past, beginning with collages of vintage postcards from the artist's ancestral homeland in Lit, Jämtland county, Sweden, then following his family throughout their immigration and settlement in the Pacific Northwest. Individual family members, their lifestyles and activities



Noel Thomas, *Old Friends and Relative Strangers*

## Living By The Sea at ArtPort Gallery

A NEW EXHIBIT titled "Living by the Sea" at ArtPort Gallery is on view the month of August with featured artists goldsmith Luisa Mack and famous painter Eric Wiegardt.

The artists share a common fascination with our local environment and never stop finding inspiration in their surroundings. They will be showing recent work, some of which has not been seen before!

Luisa Mack will be exhibiting her newest collection made from silver, speckled with gold and gemstones. She finds inspiration in the never ending movement of water and the pattern it leaves behind. Mack graduated from



Luisa Mack

the University of Pforzheim, Germany, which is well-known for their excellent jewelry-making, with a Bachelor degree

## ART HAPPENS



Garric Simonsen *BROS*

are traced through the use of old photographs reproduced and embellished by the artist, as well as through contemporary works that Simonsen has created to interpret their stories. Continuing his family saga into the present day, the artist has included an assemblage incorporating shingles he hand-split from a tree that fell on his house two years ago.

Simonsen teaches at Spokane Falls Community College, and has exhibited artwork at Bellevue Arts Museum, Jundt Art Museum (Gonzaga University), Platform Gallery (Seattle), Boston Center for the Arts, University of Wisconsin-Madison, Blackfish Gallery (Portland), and Seattle University. This is his first show on the Oregon coast.

In the Alcove space, Noel Thomas, one of this region's most distinguished artists, exhibits *Old Friends and Relative Strangers*, a gathering of new watercolors celebrating Astoria and the surrounding area. Iconic scenes mix with odd nooks and crannies that the artist is known for depicting. Thomas has lately been exploring newer substrate materials for watercolors, including a "paper" made from limestone, and his enthusiasm can be felt in this new collection. Often he will revisit a favorite subject in order to paint it again while experimenting with new techniques and materials. A testament to constant practice, even for an artist at the top of his game, his signature style has continued to evolve, to surprise and delight.

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



Eric Wiegardt

in Jewelry- and Object-Design. After finishing four and a half years of study, she moved to Washington to live with her husband and is now creating her one of a kind, exquisite jewelry on the Long Beach peninsula.

Eric Wiegardt is showing his world-renown watercolor and acrylic masterpieces. As a long-time resident of the peninsula, he continues to find never ending beauty the Pacific Ocean. Wiegardt graduated from the American Academy of Art, Chicago, and continues to leave his indelible mark on both the American and International art scene.

**ArtPort Gallery is located at 177 Howerton Way in Ilwaco. Open 11 to 5pm, Thur – Sat.**



## Liz Prato Reads at Cloud & Leaf + Workshop/Hoffman Center

LIZ PRATO will lead a Writing Workshop "Writing Outside the Box" at the Hoffman Center for the Arts in Manzanita on Saturday, August 12, from 1-3pm. Prato will read from her book "baby's on fire" at 4pm at Cloud & Leaf Bookstore.

The workshop, Writing Outside the Box will include Lecture and Guided Writing.

Let your creativity have free rein and write outside traditional prose structure! All stories and essays are different, so it stands to reason they don't all require the same structure. In this class, break out of the standard narrative box and have fun exploring the forms available for telling your best story. Tuition is \$40. Register at [hoffmanblog.org](http://hoffmanblog.org).

Prato will read from "baby's on fire" a collection of short stories at 4pm Saturday, at Cloud & Leaf bookstore in Manzanita.

Prato is author of "baby's on fire," a collection of short stories. Her short stories and essays have appeared in over two-dozen literary journals and magazines. She was the Guest Prose Editor for the Summer 2013 issue of VoiceCatcher, and edited the fiction anthology, The Night, and the Rain, and the River.

Awards include the 2010 Minnetonka Review Editor's Prize, 1st place in the 2005 Berkeley Fiction Review Sudden Fiction Contest, four Pushcart Prize nominations,



and a Scholarship to the 2012 Sewanee Writers' Conference. She began teaching at the Attic Institute in 2008, and has taught creative writing for several literary organizations throughout Oregon.

Praise for Prato's book.

"Liz Prato's characters blaze with humanity, sensuality, and hope. Her writing glitters and her stories push us to the edge: Prato rubs her people together until they spark, in a book that throbs with heart—and grips our own."—Dylan Landis, author of Rainey Royal

Cloud & Leaf is Located at 148 Laneda in Manzanita. The Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) FMI: [hoffmanblog.org](http://hoffmanblog.org), [kathiejhigh-tower@gmail.com](mailto:kathiejhigh-tower@gmail.com).

## North Coast Squid Literary Journal Accepts Submissions of Writing and Art from Sept 1 to Oct 31

SUBMISSIONS for the sixth North Coast Squid literary magazine will be accepted from Sept 1 through Oct 31. Submissions are accepted for fiction, nonfiction (to include memoir), and poetry. There is also a Young Writers category (ages 18 and under).

All submissions are selected in a blind judging by authors/poets outside the coastal area. Submissions of art, photos and photos of sculptures will also be solicited for cover art and inside art, with final art chosen by a committee.

The North Coast Squid, a program of the Hoffman Center for the Arts and the Manzanita Writers Series, showcases the work of writers and artists who live on the north Oregon coast or have a strong connection to the area. The next issue will be published in April 2018.

Andrea Hollander will judge poetry. She is author of four full-length award-winning poetry collections and has been awarded many fellowships. For twenty-two years she served as the Writer-in-Residence at Lyon College, where she was awarded the Lamar Williamson Prize for Excellence in Teaching. She lives in Portland, Oregon, where she teaches workshops at the Attic Institute and Mountain Writers Series.

Diana Abu-Jaber will judge nonfiction. She is author of six award-winning books, her latest being Life Without a Recipe. Her books have been listed in top books of the year

by NPR, the Washington Post, LA Times and others. She teaches at Portland State University and divides her time between Portland and South Florida

Arthur Bradford will judge fiction. He is an O Henry Award winning writer with four books, the latest being a collection of short stories, Turtle Face and Beyond. Bradford is also creator and director of the acclaimed "How's Your News?" documentary series, and the Emmy-nominated film, "Six Days to Air,"

April Henry will judge young writers' work. She is a New York Times bestselling author of 21 mysteries and thrillers for teens and adults. She lives in Portland and will make a special visit to Neah-Kah-Nie Middle School and High School in October 2017 as part of her partnership with the Squid.

All work must be submitted electronically via the 'submit' button on the North Coast Squid page of the [hoffmanblog.org](http://hoffmanblog.org) (<http://hoffmanblog.org/north-coast-squid>) and must arrive by midnight on October 31, 2017.

Writers are invited to submit one piece per prose (fiction and nonfiction) category and three pieces for the poetry category. Word length for fiction and narrative nonfiction (including memoir) is 1,500 words each. All work must be previously unpublished.

Complete guidelines on format are at [hoffmanblog.org](http://hoffmanblog.org).



## WRITE ASTORIA

WRITE ASTORIA is a free, open forum where writers read from works in progress and offer each other constructive feedback. The group meets in the Astoria Public Library Flag Room twice/month, on 1st and 3rd Wednesdays from 5-7pm.

## RIC'S POETRY MIC 1st Tues @ 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](mailto:mmcauley05@gmail.com)>

## WORD & IMAGE Event Showcases August 26

WORD & IMAGE is a summer exhibit at the Hoffman Center for the Arts in Manzanita, which pairs artists and writers to create original work, each in response to the other's.

Saturday, August 26 at the Hoffman Center for the Arts view the results of this unique creative experience, one that co-organizers Emily Ransdell and Andy Barker call "silent collaboration." Twelve artists and twelve writers drew names, and have created art and writing in response to each other's creative work.

At the event, you'll view original art, listen to original readings responding to art and have a chance to purchase broadsides of the collaborations along with a keepsake book of all the creative results. Suggested donation for the event is \$5.

For those who cannot attend the launch evening, Hoffman Center for the Arts Gallery will be open every Friday and Saturday, from 3 to 5pm, to view the broadsides. The gallery show will run through the end of September.

"We piloted this project two summers ago," Ransdell explains. "Writing in response to art has been popular for centuries — we thought it would be fun for artists to have their turn as well, creating art in response to writing."

"It turned out to be a great experience for the participants," Ransdell adds, "Unlike a more typical themed show, the concept of response art and writing enabled each participant to both showcase their own personal style and to connect with others through interpreting each other's work. People explored new mediums and methods with wonderful results."

Participants were selected via a blind submission process, with judging by a group of past Word & Image participants as well as participants in Manzanita Writers' weekly Writers' Lounge. Judges for writing included Bob Balmer, Kathryn Stock and Phyllis Mannan. Judges for art included Karen Gale, Cathi Howell and Scott Wilson.

"By limiting participants to 12 writers and artists, we make sure we give all the participants the space and time for their work to be represented well," Ransdell said. "And we want the community participation to be as broad and diverse as possible. There is so much talent in our area."

The Hoffman's Word and Image project is open to all artists and writers who live on the north Oregon coast or have a strong connection to the area.

Ransdell is a poet with an MFA in Creative Writing. She is a 2016 Pushcart Prize Nominee and was a finalist for the 2016 Rattle Poetry Prize. She serves as co-chair of the Manzanita PoetryFest and divides her time between Manzanita and Camas, Wa.

Barker taught creative writing as a high school English teacher for over 30 years before retiring two years ago. His stories have appeared in journals including the Oregon publications Rain Magazine and The North Coast Squid. He also serves as team leader for The North Coast Squid.

Word & Image 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) <<http://hoffmanblog.org>>

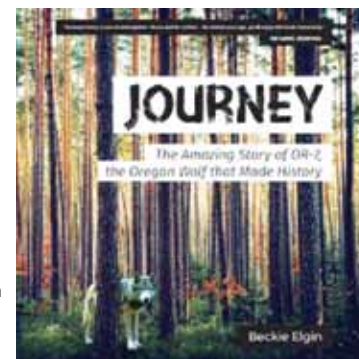
## Journey: The Amazing Story Of Or-7, The Oregon Wolf That Made History Seaside Public Library

SEASIDE LIBRARY welcomes author Beckie Elgin as she tells the story of "Journey: The Amazing Story of OR-7, the Oregon Wolf that Made History," July 12 at 1pm in the community room.

"Journey: The Amazing Story of OR-7" is the documented history of the tagged Oregon wolf who left northeast Oregon, to find a mate, and became the first wild wolf to enter California in 87 years. Author Beckie Elgin will weave together the story, based on known facts, behind the sojourn of this collared Oregon wolf. She will describe the wolf's life from his birth, until the time he left his natal pack in the northeast corner of the state for a 4,000 mile three year trek.

Beckie will also share background information about the lifestyle of wolves, their history with humans, and methods used by scientists to study wolves. The author will present some dilemmas, such as science "intruding" into the lives of the animals, with collaring and GPS tracking, vs. gaining information to learn about how to protect the species.

As the daughter of a zoo director, Beckie Elgin's formative years were spent with wolves and other animals, beginning her passion for wildlife at a young age. She has an MFA from Pacific University and has published numerous articles about wolves that have appeared in The Oregonian, Earth Island Journal, Mail Tribune, and many more. The Seaside Public Library is located at 1131 Broadway. (503)738-6742 /[www.seasidelibrary.org](http://www.seasidelibrary.org)





## Tuesday 15

### MUSIC

Jeff Rymes and His Plastic Nashville Band. No cover, 8pm at the Adrift Hotel in Long Beach.

### HAPPENING

Veteran Career Fair. 3 – 5pm at the Fort George Lovell Showroom in Astoria.

Rinehart Clinic Community BBQ & Resource Fair. 11am – 1pm at the Rinehart Clinic in Wheeler.

### LECTURE

Journey: The Amazing Story of OR-7, the Oregon Wolf That Made History. With author Beckie Elgin. 1pm at the Seaside Library.

### THEATER

Auditions. For a Christmas Carol. 6pm at the Coaster Theater in Cannon Beach.

## Wednesday 16

### MUSIC

Buzz Rogowski. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

Wonder. No cover, 6:30 – 8:30pm at the San Dune Pub in Manzanita.

Bullets & Belles. No cover, 8pm at the Adrift Hotel in Long Beach.

Sheckpea. No cover. Joe P. and Sheckie Mteznar w/Josh Baer and Jeff Carden,Blues/Latin/World/Good Grit9 – 11pm at the Voodoo Room in Astoria.

### CINEMA

Summer Movie in the Park. Moana. 9- 11pm at Fred Lindstrom Park in Astoria.

### THEATER

The Sum of Us. Reader's Theater. \$10, 7pm in the McTavish Room at the Liberty Theater in Astoria.

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

## Thursday 17

### MUSIC

Basin Street NW. 6:30 – 9pm at the Bridge-water Bistro in Astoria.

Lionharp with Lisa Lynne & Aryeh Frank-furter. 7pm at the Lincoln City Cultural Center. 541-994-9994

Wes Wahrmond. Free, 7pm at the Seaside Library.

Will West & The Friendly Strangers. No cover, 7pm at the Sand Trap Pub in Gearhart.

Bullets & Belles. No cover, 8pm at the Adrift Hotel in Long Beach.

Lindsie Feathers. No cover, 8pm at the Sou'wester Lodge in Seaview.

### FOOD & DRINK

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

### HAPPENING

Wahkiakum County Fair. At the Fairgrounds in Skamokawa.

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

La Leche League Monthly Meet-up. 10am – noon at the Seaside Library.

### LECTURE

Wolf Haven Program. There will be a slide show presentation, artifacts and a talk about wolves and the Wolf Haven Sanctuary in Tenino, WA. Free, 5 – 6:30pm at the Shoalwater Bay Tribal Community Library in Tokeland.

### THEATER

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21, 7pm at the ASOC Playhouse in Astoria.

The Sum of Us. Reader's Theater. \$10, 7pm in the McTavish Room at the Liberty Theater in Astoria.

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

The Odd Couple. \$15, 7:30pm at Theater West in Lincoln City.

## Friday 18

### MUSIC

Nehalem Valley All-Stars. 5 – 8pm at the Manzanita Farmers Market.

David Drury. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

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

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

### HAPPENING

Wahkiakum County Fair. At the Fairgrounds in Skamokawa.

Angels for Sara Sanctuary Rummage Sale. 9am – 4pm at 60 N Main in Warrenton.

Benefit Dinner, Open Mic & Art Sale. 6 – 8pm at Fairview Grange, Tillamook.

Step Back in Time. One ticket covers entry to the Tillamook County Pioneer Museum, Latimer Quilt & Textile Center, Garibaldi Maritime Museum, Oregon Coast Scenic Railroad, Tillamook Air Museum, International Police Museum, and the Old Iron Show are included in the flat ticket price of \$20.00. 10am – 5pm. Tickets at eventbrite.com

Tillamook Old Iron Show. Antique tractors, gas engines, equipment. Vintage trucks & cars. Tool displays. Swap meet. \$3 per day, \$5 for 3 days. Noon – 3pm at the Blue Heron French Cheese Company in Tillamook.

### THEATER

Alice in Wonderland. A children's play. Free, donations accepted, 7pm at the Seaside Convention Center.

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21, 7pm at the ASOC Playhouse in Astoria.

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

The Odd Couple. \$15, 7:30pm at Theater West in Lincoln City.

## Saturday 19

### MUSIC

Kamila Swerdlhoff. Singer/songwriter/pianist, performs new original works.8pn, doors open 7:30pm. \$10. at KALA in Astoria.

Jazz & Oysters. \$25, 2 – 8:30pm at Veteran's Field in Long Beach.

Jennifer Goodenberger. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

Bar-K-Buckaroos. \$10, 7 – 9p at the Hoffman Center in Manzanita.

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

### FOOD & DRINK

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

### HAPPENING

Summer Bazaar. Art/Craft/locally made foods and much more. At the HiH Studio. 10-6pm. 89120 Lewis and Clark Road

Wahkiakum County Fair. At the Fairgrounds in Skamokawa.

Ratrodde, Rusted, and Under Construction. At the Roadkill Saloon in Skamokawa.

Angels for Sara Sanctuary Rummage Sale. 9am – 4pm at 60 N Main in Warrenton.

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.

Step Back in Time. One ticket covers entry to the Tillamook County Pioneer Museum, Latimer Quilt & Textile Center, Garibaldi Maritime Museum, Oregon Coast Scenic Railroad, Tillamook Air Museum, International Police Museum, and the Old Iron Show are included in the flat ticket price of \$20.00. 10am – 5pm. Tickets at eventbrite.com

Tillamook Old Iron Show. Antique tractors, gas engines, equipment. Vintage trucks & cars. Tool displays. Swap meet. \$3 per day, \$5 for 3 days. Cruise-In from 10am – 2pm. 9am – 5pm at the Blue Heron French Cheese Company in Tillamook.

Total Eclipse of the Art. Arts, crafts, games, live music and more, to celebrate the coming solar eclipse. At the Lincoln City Cultural Center. 541-994-9994

### LECTURE

Solar Eclipse Presentation. All-ages program by NASA ambassador, Greg Cermak. “Solar Eclipse 2017” presentation plus live solar telescope viewing. Free, 1 – 2pm at the Library in Pacific City.

### THEATER

Action This Day. One-act play. 2 – 3pm at the Tillamook Library.

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21, 7pm at the ASOC Playhouse in Astoria.

Alice in Wonderland. A children's play. Free, donations accepted, 7pm at the Seaside Convention Center.

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

The Odd Couple. \$15, 7:30pm at Theater West in Lincoln City.

## Sunday 20

### MUSIC

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

David Weigan. 1 – 3pm at the Hoffman Gardens in Manzanita.

John Orr. 11:30 – 2pm at the Bridgewater Bistro in Astoria.

Skadi. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

Three Bands. Ghost in the Willow, Seventeen Excuses, and Simon Levene. No cover, 7:30pm at the Merry Time in Astoria.

Lindsie Feathers. No cover, 8pm at the Adrift Hotel in Long Beach.

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

### 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.

Step Back in Time. One ticket covers entry to the Tillamook County Pioneer Museum,

## CB HOOTENANNY

The Coaster Theatre Playhouse presents an evening of music and meriment on Saturday, August 26, 2017 with a Cannon Beach Hootenanny. The evening will showcase local musicians Adams & Costello, Floating Glass Balls, Maggie & The Katz and Thistle & Rose, blending unique sounds of Folk, Blues and a little bit of Rock & Roll.

**Sat, Aug 26, 7:30pm, \$15 at The Coaster Theater.**



Latimer Quilt & Textile Center, Garibaldi Maritime Museum, Oregon Coast Scenic Railroad, Tillamook Air Museum, International Police Museum, and the Old Iron Show are included in the flat ticket price of \$20.00. 10am – 5pm. Tickets at eventbrite.com

Tillamook Old Iron Show. Antique tractors, gas engines, equipment. Vintage trucks & cars. Tool displays. Swap meet. \$3 per day, \$5 for 3 days. 9am – 3pm at the Blue Heron French Cheese Company in Tillamook.

### HAPPENING

Total Eclipse of the Art. Arts, crafts, games, live music and more, to celebrate the coming solar eclipse. At the Lincoln City Cultural Center. 541-994-9994

### THEATER

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

## Monday 21

### MUSIC

Lindsie Feathers. 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.

### OUTSIDE

WA State International Kite Festival. At Long Beach. kitefestival.com

View the Solar Eclipse. View the solar eclipse from the grounds of the Library in Pacific City. 8:30am – 4:30pm.

## Tuesday 22

### MUSIC

LINDSIE FEATHERS. No cover, 8pm at the Adrift Hotel in Long Beach.

### OUTSIDE

WA State International Kite Festival. At Long Beach. kitefestival.com



**Adams and Costello**

## Summer Movie in the PARK

Pacific Power is sponsoring the return of the Astoria Parks and Recreation’s free “Summer Movie in the Park” on Wednesday, **AUGUST 16TH**. The Summer Movies in the Park event was removed as part of budget reduction decisions made by the Astoria City Council at the beginning of the year to stabilize the Department’s funding. Disney’s Moana will begin at dusk in Fred Lindstrom Memorial Park. Concessions sold.

**Niagra Avenue and 6th Street •Astoria**

## Wednesday 23

### MUSIC

Buzz Rogowski. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

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

Sheckpea. No cover. 9 – 11pm at the Voodoo Room in Astoria.

### HAPPENING

Repair Café. This event will feature mending, bicycle repair, knife and scissor sharpening, general small appliance repair and electronics repair. 6 – 8pm outside of Buoy Beer in Astoria.

### OUTSIDE

WA State International Kite Festival. At Long Beach. kite-festival.com

### THEATER

The Sum of Us. Reader's Theater. \$10, 7pm in the McTavish Room at the Liberty Theater in Astoria.

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

## Thursday 24

### MUSIC

Basin Street NW. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

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

Chubby Checker. \$15 - \$30. 8pm at Chinook Winds.

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

Three for Silver. No cover, 8pm at the Sou'wester Lodge in Seaview.

### CINEMA

Beauty and the Beast. Free, 7pm at Haystack Gardens in Cannon Beach.

### LITERARY

JA Jance. Bestselling author JA Jance will present from her work. Free, 2 – 4pm at the Coaster Theater in Cannon Beach.

### OUTSIDE

WA State International Kite Festival. At Long Beach. kite-festival.com

cont. p20



North Coast Land Conservancy Summer Picnic at the Barn. 4 – 7pm at the Circle Creek Conservation Center south of Seaside. FMI go to [nclctrust.org](http://nclctrust.org)

#### THEATER

The Sum of Us. Reader's Theater. \$10, 7pm in the McTavish Room at the Liberty Theater in Astoria.

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21, 7pm at the ASOC Playhouse in Astoria.

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

The Odd Couple. \$15, 7:30pm at Theater West in Lincoln City.

## Friday 25

#### MUSIC

Slab Creek Music Fest & Gathering. Enjoy a village experience where people of all ages and abilities play, explore, perform, enjoy & experiment with Music! Plus, lots of fun and activities for everyone! Food and overnight accommodations available. \$65. 1am – 5pm at the Neskowin Valley School. Register at [slabcreekmusicgathering.com](http://slabcreekmusicgathering.com)

Jazzattitude. 5 – 8pm at the Manzanita Farmers Market.

Pete Olson. 7pm at the Lincoln City Cultural Center. 541-994-9994

David Drury. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

Chubby Checker. \$15 - \$30. 8pm at Chinook Winds.

Natty Charles & Katie Rose. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

#### HAPPENING

Comedy on the Coast. With Alonzo Bodden, Derick Lengwenus , and Matt Hall.

#### OUTSIDE

WA State International Kite Festival. At Long Beach. [kitefestival.com](http://kitefestival.com)

#### THEATER

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21, 7pm at the ASOC Playhouse in Astoria.

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

The Odd Couple. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 26

## MUSIC

Slab Creek Music Fest & Gathering. See Fri 25.

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

Jennifer Goodenberger. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

Rio Con Brio. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Cannon Beach Hootenanny. With Adams & Costello, Floating Glass balls, Maggie & the Katz, Thistle, and more. \$15, 7:30pm at the Coaster Theater in Cannon Beach.

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

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

#### ART

Word and Image. A creative experience combining art and writing. See pg 18.

#### FOOD & DRINK

Hood to Coast Beer Garden. 11am – 11pm on the beach at Seaside.

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

#### HAPPENING

Open Mic. Community open mic event for poets, musicians, comedians, essayists, in a supportive setting. Eric Sappington, emcee. 6:30 – 8:30pm at Yo Time Frozen Yogurt in Tillamook.

Surf City Car Show. 8am – 6pm at Chinook Winds in Lincoln City.

Comedy on the Coast. With Alonzo Bodden, Derick Lengwenus , and Matt Hall.

#### OUTSIDE

WA State International Kite Festival. At Long Beach. [kitefestival.com](http://kitefestival.com)

#### THEATER

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21, 7pm at the ASOC Playhouse in Astoria.

The Odd Couple. \$15, 7:30pm at Theater West in Lincoln City.

## Sunday 27

#### MUSIC

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

Rhythm Method. 1 – 3pm at the Hoffman Gardens in Manzanita.

Ted Brainard. 11:30 – 2pm at the Bridgewater Bistro in Astoria.

Skadi. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

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

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

Run On Sentence. No cover, 8pm at the Sou'wester Lodge in Seaview.

#### OUTSIDE

WA State International Kite Festival. At Long Beach. [kitefestival.com](http://kitefestival.com)

## Monday 28

#### MUSIC

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

## Tuesday 29

#### MUSIC

Hollis Peach. No cover, 8pm at the Adrift Hotel in Long Beach.

## Wednesday 30

#### MUSIC

Hollis Peach. No cover, 8pm at the Adrift Hotel in Long Beach.

Sheckpea. No cover. 9 – 11pm at the Voodoo Room in Astoria.

#### HAPPENING

Seaside Classic Charity Golf Tournament, Dinner & Auction. 11am – 9pm at Gearhart Links Golf Course and the Seaside Convention Center. Registration, etc. at [seasidedowntown.com](http://seasidedowntown.com)

#### THEATER

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

## Thursday 31

#### MUSIC

Tevan Goldberg & Dinah Urell. Beyond Eclectic. \$12. 8pm. Door at 7:30. At KALA in Astoria.

Basin Street NW. 6:30 – 9pm at the Bridgewater Bistro in Astoria.

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

Hollis Peach. No cover, 8pm at the Adrift Hotel in Long Beach.

#### THEATER

Shanghaied in Astoria. Musical Melodrama. \$13 - \$21, 7pm at the ASOC Playhouse in Astoria.

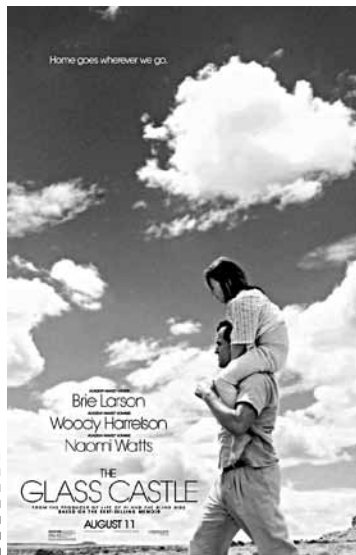
# FLASH CUTS MOVIES & MUSINGS

## Coming Previews



### ANABELLE: CREATION (AUG. 11)

Horror director David Sandberg (*Lights Out*) directs this prequel to possessed doll film *Annabelle*, itself a spinoff from *The Conjuring* series. Set in the mid-'50s, story follows Mullins family, with dollmaker Samuel (Anthony LaPaglia) and his bedridden wife Esther (Miranda Otto). The couple are haunted by the tragic death of their daughter Annabelle, killed 12 years previously in a road accident while returning home from church. Still suffering from their loss, the Mullins offer a place to stay at their huge, remote farmhouse to six girls from the local Catholic orphanage. Among them is Janice (Talitha Bateman), a young girl stricken with polio. Confined to the house because of her condition, Janice explores its many rooms, and although warned not to, the bedroom that once belonged to Annabelle. There she finds the brightly-painted wooden doll, a creation of Samuel's. As Janice's condition leaves her progressively more helpless, she encounters the doll more and more and eventually realizes Annabelle is out to take her soul.



### THE GLASS CASTLE (AUG. 11)

Jeanette Walls' bestselling memoir about her difficult upbringing in her poverty-stricken, dysfunctional family is brought to the screen by *Short Term 12* director Destin Daniel Cretton. Cretin's film brought his star Brie Larson to the attention of Hollywood. Larson has gone on to win a Best Actress Oscar for her performance in *Room* and top billing in Kong: *Skull Island*. Woody Harrelson plays the brilliant, abusive, alcoholic father Rex, who has big dreams and spirit but can't keep a job. Naomi Watts plays the mother Rose Mary, who is ill-suited for motherhood. Synopsis: Based on a memoir, four siblings must learn to take care of themselves as their responsibility-averse, free-spirit parents both inspire and inhibit them. When sober, the children's brilliant and charismatic father captured their imagination, teaching them physics, geology, and how to embrace life fearlessly. But when he drank, he was dishonest and destructive. Meanwhile, their mother abhorred the idea of domesticity and didn't want to take on the work of raising a family.

### WIND RIVER (AUG. 11 LIMITED)

Actor Taylor Sheridan (*Sons of Anarchy*) has made quite a name for himself recently with this screenplays for humanistic crime dramas *Sicario* and last year's *Hell and High Water*, the latter landing Sheridan an Oscar nomination. Sheridan makes his directorial debut directing his own script, a murder mystery set on a Wyoming Indian reservation. A young Native American woman runs barefoot through a frozen tundra, desperate to escape from some-

thing. Later, her frozen body is discovered by Fish & Wildlife agent Cory Lambert (Jeremy Renner), who is hunting a pack of mountain lions. The girl is identified as 18-year-old Natalie who was once friends with his daughter. An autopsy reveals she was raped. When it becomes apparent Natalie's death is a homicide, FBI agent Jane Banner (Elizabeth Olsen) arrives. A city agent from Las Vegas, Banner is completely out of her element and teams up with Lambert to negotiate the threatening wilderness and even more threatening life on the reservation. Natalie's brother, it seems, is part of a drug gang, the leader of which, Pete (James Jordan), may hold the key to Natalie's death.

### THE ONLY LIVING BOY IN NEW YORK (AUG. 11 LIMITED)

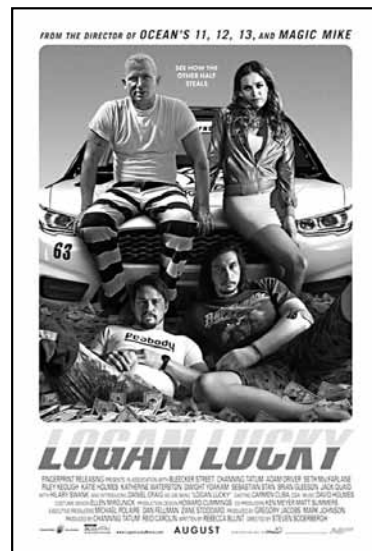
Marc Webb (*500 Days of Summer*) directs this coming-of-age story of Thomas Webb (Callum Turner), a young man whose world fractures when his not-terribly-committed girlfriend Mimi (Kiersey Clemons) dumps him. Thomas, the son of a publisher and his artistic wife, has just graduated from college and is trying to find his place in the world. Moving from his parents' Upper West Side apartment to the Lower East Side, he befriends his neighbor W.F. (Jeff Bridges), a shambling alcoholic writer who dispenses worldly wisdom alongside healthy shots of whiskey. Thomas' world begins to shift when he discovers that his long-married father (Pierce Brosnan) is having an affair with a seductive younger woman (Kate Beckinsale). Determined to break up the relationship, Thomas ends up sleeping with his father's mistress, launching a chain of events that will change everything he thinks he knows about himself and his family.

### LOGAN LUCKY (AUG. 18)

Director Steven Soderbergh returns from his self-imposed sabbatical from feature filmmaking with a Southern-fried heist movie the polar opposite to his *Oceans 11-12-13* series. "Nobody dresses nice.

# FILM.

## BY LES KANEKUNI



Nobody has nice stuff. They have no money. They have no technology. It's all rubber band technology" Soderbergh said in Entertainment Weekly. Channing Tatum stars as Jimmy Logan, a heavy equipment operator who loses his job in the first scene. To make things worse, Jimmy's nasty ex Bobby Jo (Katie Holmes) is separating Jimmy from his daughter. Jimmy's unlucky break seems to fit right in with local legend of the Logan family being cursed with being losers. Jimmy drowns his sorrows at a local roadhouse where his brother Clyde (Adam Driver) tends bar. Clyde himself has experienced the Logan curse when he lost an arm while serving in Iraq. Jimmy gets an idea, one that will get him out of his fix – he and his brother along with explosives expert Joe Bang (Daniel Craig) and his two numbskull brothers will steal the proceeds from the Charlotte Motor Speedway during the Coca Cola 600. Jimmy, while working filling sinkholes near the Speedway has discovered that the cash proceeds are moved to a vault through a series of pneumatic tubes. One problem: Joe Bang is serving time so the Logans, aided by their hair dresser sister Mellie (Riley Keough) must break him out of prison to do the job, then break him back in unnoticed. The ingenious hillbilly heist goes down. In the adding to the compone fun is Seth MacFarlane as an obnoxious British race car team leader, Hilary Swank as an obsessed FBI agent and Katherine Waterston as Silvia, Jimmy's love interest.





# FREE WILL ASTROLOGY

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## AUG

**ARIES** (March 21-April 19): In my astrological opinion, your life in the coming days should draw inspiration from the ancient Roman festival of Saturnalia, a six-day bout of revelry that encouraged everyone to speak freely, indulge in pleasure, and give gifts. Your imminent future could (and I believe should) also have resemblances to the yearly Doo Dah Parade in Pasadena, which features a farcical cavalcade of lunatics, like the Shopping Cart Drill Team, The Radioactive Chicken Heads, the Army of Toy Soldiers, and the Men of Leisure Synchronized Nap Team. In other words, Aries, it's an excellent time to set aside your dignity and put an emphasis on having uninhibited fun; to amuse yourself to the max as you experiment on the frontiers of self-expression; to be the person you would be if you had nothing to lose.

**TAURUS** (April 20-May 20): It's time to Reinvent the Wheel and Rediscover Fire, Taurus. In my astrological opinion, you'll be wasting your time unless you return to the root of all your Big Questions. Every important task will require you to consult your heart's radical intelligence. So don't mess around with trivial pleasures or transitory frustrations that won't mean anything to you a year from now. Be a mature wild child in service to the core of your creative powers.

**GEMINI** (May 21-June 20): Writing in The Futurist magazine, Christopher Wolf says that the tradition of eating three hearty meals per day is fading and will eventually disappear. "Grazing" will be the operative term for how we get our fill, similar to the method used by cavemen and cavewomen. The first snack after we awaken, Wolf suggests, might be called "daystart." The ensuing four could be dubbed "pulsebreak," "humpmunch," "holdmeal" and "evesnack." In light of your current astrological omens, Gemini, I endorse a comparable approach to everything you do: not a few big doses, but rather frequent smaller doses; not intense cramming but casual browsing; not sprawling heroic epics but a series of amusing short stories.

**CANCER** (June 21-July 22): The RIKEN Institute in Japan experiments with using ion beams to enhance plant growth. In one notable case, they created a new breed of cherry tree that blossoms four times a year and produces triple the amount of flowers. The blooms last longer, too, and the trees thrive under a wider span of temperatures. I'm going to make them one of your personal symbols for the next eleven months, Cancerian. I expect that your power to bloom and flourish will be stronger than usual.

**LEO** (July 23-Aug. 22): Leo actor Robert DeNiro once observed that most people devote more energy to concealing their emotions and longings than to revealing them. Is that true about you? If so, the coming weeks will be a favorable time to hide less of yourself and express more. There'll be relatively little hell to pay as a result, and you'll get a boost of vitality. Don't go overboard, though. I'm not suggesting that you unveil every last one of your feelings and yearnings to everyone. But I do hope that you unveil every last feeling and yearning to yourself. Please bare your soul to the person in the mirror.

**VIRGO** (Aug. 23-Sept. 22): It has almost become a tradition: Each year at about this time, you seem to enjoy scaring the hell out of yourself, and often the heaven, too. One of the beneficial side effects of this self-inflicted shock is that it serves as a rousing call to re-imagine the future. So yes, there is an apparent method in your madness -- an upside to the uproar. What should be expected this time, my dear? A field trip to a crack house or a meth lab? Some fun and games in a pit of snakes? An excursion to the land of bad memories? I'd like to suggest something less melodramatic. How about, for example, a frolic with unruly allies in a future paradise that's currently a bit unorganized?

**LIBRA** (Sept. 23-Oct. 22): Before grapes become wine, they have to be cleaned. Then crushed. Then macerated and pressed. The

next phase is fermentation, followed by filtering. The aging process, which brings the grapes' transformation to completion, requires more time than the other steps. Bottling happens last. I'd like to compare the grapes' evolution to the story of your life since your last birthday. You are nearing the end of the aging stage. When that's finished, I hope you put great care into the bottling. It's as important as the other steps.

**SCORPIO** (Oct. 23-Nov. 21): Are you gearing up to promote yourself and your services? In my astrological opinion, you should be. If so, you could put the following testimonial from me in your résumé or advertisement: "[place your name here] is a poised overseer of nerve-wracking transitions and a canny scout who is skilled at tracking down scarce resources. He/she can help you acquire the information and enhancements you don't quite have the power to get by yourself. When conditions are murky or perplexing, this plucky soul is enterprising and inventive."

**SAGITTARIUS** (Nov. 22-Dec. 21): Your eyes are more powerful than you realize. If you were standing on a mountaintop under a cloudless night sky with no moon, you could see a fire burning 50 miles away. Your imagination is also capable of feats that might surprise you. It can, for example, provide you with an expansive and objective view of your entire life history. I advise you to seek that boost now. Ask your imagination to give you a prolonged look at the big picture of where you have been and where you are going. I think it's essential to your discovery of the key to the next chapter of your life story.

**CAPRICORN** (Dec. 22-Jan. 19): Love now becomes your gritty but sacred duty. It's your prickly prod and your expansive riddle, your curious joy and your demanding teacher. I'm talking about the whole gamut, Capricorn -- from messy personal romantic love to lucid unconditional spiritual love; from asking smartly for what you desire to gratefully giving more than you thought you had. Can you handle this much sweet dark mystery? Can you grow your intimacy skills fast enough to keep up with the interesting challenges? I think you can.

**AQUARIUS** (Jan. 20-Feb. 18): There's an eclipse of the moon coming up in the sign of Aquarius. Will it bring bad luck or good luck? Ha! That's a trick question. I threw it in to see if you have been learning anything from my efforts to redeem astrology's reputation. Although some misinformed people regard my chosen field as a superstitious pseudo-science, I say it's an imaginative art form that helps us tune in to and transform our subconscious patterns. So the wise answer to my earlier question is that the imminent lunar eclipse is neither bad luck nor good luck. Rather, it tells you that have more power than usual to: 1. tame and manage the destructive aspects of your instinctual nature; 2. make progress in dissolving your old conditioning; 3. become more skilled at mothering yourself.

**PISCES** (Feb. 19-March 20): August is Hard Labor Month for you Pisceans. It's one of those rare times when a smart version of workaholic behavior might actually make sense. Why? First of all, it could ultimately lead to a pay raise or new perks. Secondly, it may bring to light certain truths about your job that you've been unconscious of. Third, it could awaken you to the fact that you haven't been trying as hard as you could to fulfill one of your long-term dreams; it might expand your capacity to devote yourself passionately to the epic tasks that matter most. For your homework, please meditate on this thought: Summoning your peak effort in the little things will mobilize your peak effort for the Big Thing.

Homework: What do you know or do that very few people know or do? Tell me at [FreeWillAstrology.com](http://FreeWillAstrology.com). Click on "Email Rob."

[FreeWillAstrology.com](http://FreeWillAstrology.com)

# Bike Madame

By Margaret Hammitt-McDonald

## Lady Knights and Their Metal Horses: How Far Have We Ridden?

I'M SURE YOU'VE seen those Art Nouveau paintings featuring women in billowy nineteenth-century clothes pedaling along at a cheerful if sedate pace, magically not catching skirts in the drive chain. The images appear nostalgic rather than avant-garde, but a dip into the history of early women cyclists reveals the relationship between cycling and the women's rights movement. In 1896, Susan B. Anthony declared that bicycling had "done more to liberate women than anything else in the world" ("Champion of Her Sex," New York Sunday World, February 2, 1896: 10, quoted in Peter Zheutlin, "Women on Wheels: The Bicycle and the Women's Movement of the 1890s," [www.annielondonderry.com/womenWheels.html](http://www.annielondonderry.com/womenWheels.html)). It's no wonder. Romanticized images notwithstanding, riding a bike necessitated adopting practical clothing that clashed with women's standard wear, which both represented and perpetuated social constraints with their

breath-defying corsets and movement-hampering skirts. Also, early bicycles required strength to ride, and the sight of women astride them demolished popular images of the "weaker sex." Finally, even proto-bicycles allowed one to travel farther faster than on foot, allowing women greater mobility...sometimes (gasp!) unchaperoned.

Already fascinated by the intertwined histories of cycling and women's rights, I was excited about attending cyclist-writer Joe Kurmaskie's lecture on Evelyn Hamilton, an authentically butt-kicking British cycling pioneer, at the Seaside Public Library on July 20. Then I was saddened to discover that Mr. Kurmaskie had canceled the lecture due to illness. I hope he's soon back in the saddle, pen in hand. (His biography of Hamilton, *Lightning in a Saddle: The Long, Untamed Life of Evelyn Hamilton*, is due out in 2019; he's also written a documentary, *Chasing Lightning: Unearthing Evelyn Hamilton and Bringing Her Across the Finish Line of History*). Until then, here's what I learned about

Hamilton from Kurmaskie's website [www.evelynhamilton.org](http://www.evelynhamilton.org), and the article "Evelyn Hamilton: A Blast from the Past—the Pre-War Long-Distance Cyclist" (<https://totalwomenscycling.com/news/evelyn-hamilton-a-blast-from-the-past>).

I'm infamous among family and friends for my slow-mo riding. I console myself that my puttering pace is the flip side of my (at least in my mind) legendary endurance. Let's just say that Hamilton's record-breaking 1934 ride of 1,000 miles in seven days, um, puts me



in my place. In 1935, she rode 700 miles in four days. After that, she even rode 10,000 miles in 100 days to demonstrate women's physical-fitness mettle. Male cyclists took the threat of her seriously and barred her from competing against them, including in the Tour de France. If her heroism in the saddle wasn't enough, she also joined the French Resistance during World War II and delivered crucial

information to the Allies, hidden in her handlebars! Now that's serious courage! I will never complain about axle-eating potholes, epic winds, or softball-sized hailstones again.

As with everywhere else women have striven to break out of restrictive social conventions, we've made progress, and yet we've still got miles to go. I'd like to see more options for serious female cyclists, rides that take our varied body shapes into account and don't relegate a comfortable seat to three-speed beach cruisers. I want technical cycling outerwear that doesn't sacrifice performance and fit for trendiness...and whose manufacturers don't assume all dedicated riders are whippet-thin and never perspire. Also, why should girls' riding choices be limited to pink, purple and pom-pommed (or worse, adorned with princesses or fashion dolls)?

Hamilton died in 2005, aged 99. I wonder how she viewed the world that changed so much around her during the ultimate long-distance ride of her long, vibrant life!



## WORKSHOPS/CLASSES

**TIME TRAVEL:** Experiments in Typewriting Creative Nonfiction about Place and Movement. August 12. With Melissa Favara. Come play with vintage manual typewriters and focused creative prompts as you experiment with writing about places, travels, and the various kinds of movement you've experienced in your life. After writing, we will work as a group to create one of a kind zines in which you'll include your favorite writings from the day. \$30 + \$5 materials fee. 10am – 2:30pm at the Sou'wester Lodge in Seaview. RSVP via southwesterfrontdesk@gmail.com

**WHAT'S FOR LUNCH** Cooking Class. August 14. With the start of school just around the corner it is time to get some great tips and recipes to fill your lunch box! Toddlers to Teens this menu should please some of the pickiest kids! \$45, 9am – 12:30pm at the North Coast Food Web in Astoria. Register at northcoast-foodweb.org

**WRITING THROUGH THE CRACKS:** Self Forgiveness & Compassion in Memoir Writing. August 15, 16. With Cooper Lee Bombardier & Gina Senarighi. This workshop will give you tools to get vulnerable in your writing, scrutinize the past from a place of compassion, and help you to discover the story beneath your stories. \$30 for one day, \$50 for both. 10am – 3pm at the Sou'wester Lodge in Seaview. RSVP via southwesterfrontdesk@gmail.com

**CANNING PICKLES,** Tomatoes and Salsa. August 19. Have you thought about learning to can fruits, vegetables, jams, jellies, fish or game meat this summer? Are you an experienced canner who would like an update on the latest USDA recommendations? \$20, 1 – 4pm at the OSU Extension Office in Tillamook. Call 503-542-3433 to register.

**COOKING WITH ANDY CATALANO.** August 19. Learn techniques for making fresh pasta, tips for selecting the season's freshest ingredients, and inspiration to make cooking at home easy and delicious. \$50, 10am – 1pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

**YINDIGO DYEING WORKSHOP.** August 27 10am-4pm Bring the timeless methods of natural indigo dyeing together with the Earthly delights of yoga. The practices of yoga and indigo dyeing are both ancient and originate from India. In this workshop, we will focus on the connection between the two arts. We will begin with an optional, one hour Vinyasa Flow class, then reset for our workshop, where you'll learn how to make organic indigo vats and use the dye. We will finish with a Yin Yoga class to soothe and restore your body after a long day working with the dye. Cost:\$95. Sign up at www.seasideyogaretreats.com.

**SONGWRITING CAMP.** August 22 – 23. Students ages 8-14 will learn how to write lyrics and produce their own songs with rock violinist Aaron Meyer and pianist JP Garau. At the Lincoln City Cultural Center. 541-994-9994

**MUSHROOM IDENTIFICATION CLASS.** August 31. With Dane Osis. 1 – 2pm at the Tillamook Library.

## BODY WORK-YOGA-FITNESS

**TRIGGER POINT RELEASE CLASS.** July 10. How to Release a Tight Muscle in 30 Seconds or Less. Bring a friend to be your "massage partner" for this hour where you will learn how to release a tight muscle with a quick and gentle technique. Free, 5 – 7:15pm at Dawn Sea Kahrs, DC, in Wheeler. GRACFUL WAVES.

**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.

**CB YOGA.** Barbara's yoga class focuses on alignment, strengthening and balancing. Yoga is good for the body and soul. Please come and join us. All ages and skill-levels welcome. Class is \$9. First class FREE! Tolovana Arts Colony, 3779 S. Hemlock, Cannon Beach, OR 97145. FMI: barbarafucc@outlook.com online at tolovanaartscolony.org.

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

**RIVERSZEN YOGA** and Ki-Hara Resistance Stretching Studio. Located at 399 31st Str. Astoria. 503-440-3554. Over 30 classes, for Strength, Stamina or Yoga Flow,Levels 1, 2 & 3 offered from early morning to evening, 7 days a week. 1/2price for new students first month and locals residents first day free.Free parking and a handicapped ramp is available. http://riverszen.com 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/GEARHART.** Gearhart Workout. For more information log on to www.gearhart-workout.com 3470 Hwy. 101 N. Suite 104 in Gearhart

**CB 'TAI 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

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

**NEHALEM 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 beachhouse11111@gmail.com. Suggested donation \$15.00. Bring finger food if you feel so inclined. The gathering will include a healing circle, channeled conversation with Mother Mary, snacks and sharing.

## COLUMBIA RIVER MEDITATION GROUP.

Meets Thurs, 6-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on 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 cemeteryidentification and cataloging project. Cemeteries are among the mostvaluable of historic resources. They are reminders of our settlementpatterns and can reveal information about our historic events, ethnicity,religion, lifestyles and genealogy. The society is seeking volunteers tojoin members in identifying and visiting cemeteries to catalog theinformation for future generations. The society would also be grateful forany information from the public regarding old cemeteries and burial sitesthat may not be commonly known. If you are interested, contact thesociety at www.clatsopcounty-



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, lnc@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.

Call for Artists  
Cathlamet  
Art Festival

THE FIRST EVER Cathlamet Art Festival is seeking fine art and crafts vendors for Saturday, September 16, 9am – 4pm. Cathlamet, WA, is a charming little town on the banks of the Columbia River very conducive to an artistic atmosphere. The Tsuga Gallery is sponsoring this event which will kick off Friday, September 15th, with a welcoming reception and music. Saturday will feature activities on Main Street including an art walk, musicians, authors and poets, demonstrations and classes, throughout the town, as well as fine art and crafts vendors. Vendors can download application forms and information at www.tsugagallery.org or by calling the Tsuga Gallery at (360) 795-0725.

## Dance Your Joy at AAMC

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

## • MONDAY

8:30 - 9:30am Zumba  
Dance Fitness with Kim Postlewaite  
5:30 - 6:00pm: PreYoga  
Self Care with Jude MatulichHall  
6:00 - 7pm: SloFlo Yoga with Jude Matulich Hall  
7:15 – 8:00pm Meditation with Jude MatulichHall

## • TUESDAY

8:30-9:30am: Zumba with Joy Sigler

## • WEDNESDAY

9:30-10:40am Gentle Yoga with Terrie Powers  
7-8:15pm: Belly Dance with Jessamyn Grace

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."



TAKE A DAY OFF and treat yourself to some creative communing. Summer workshops at the Sou' Wester Lodge offer drawing, writing, crafting, fooding, and more. Make a succulent planter, find inspiration on an old typewriter, ferment vegetables, do some outdoor yoga, and enjoy the peace and creative spirit at the Sou' Wester in Seaview. Check out workshops coming up at www.souwesterlodge.com/calendar.

8:30 - 9:30pm: Argentine Tango Practica with JL Gillikin

## • THURSDAY

8:30-9:30am Zumba with Joy Sigler

## • FRIDAY

9:30 - 10:40am: Gentle Yoga with Terrie Powers

## • 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

9-10:30am: Tri-Dosha Yoga with Melissa Henige

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



## Messages Sonja Grace

mystic healer

### Immortality

OUR HEALTH is the corner stone of our earth-bound experience. If our health is bad, we experience a decline in energy and attitude. Many people rely on doctors and pharmaceuticals to manage chronic and acute conditions while others reach out for alternative healing. In the old days, we didn't have hospitals and pharmaceuticals to ease the pain or remove life threatening infection. The methodology of doctors in the past was to bleed illness from the patient, or cut it off! We mostly relied on herbalists and healers who could aid the local community through natural medicine. Because of our shorter life spans we had a much closer relationship to death. Longevity extended as we moved into the 20th century.

Different cultures practiced various rituals for the dead. I remember my Norwegian grandmother telling me the story about her sister dying

when she was a young girl and she had to dress her body, comb her hair and care for her until the burial. In rural Norway, this was common. They had a clear understanding of death similar to my Hopi culture. The veil between this world and the spirit world is very thin. Our relatives are there to help us when it's time to go. We all go to the light. We are all submerged in divine love. I have been to the other side. The feeling is beyond incredible. Our earth-bound experience requires trust remembering we are governed by a much greater consciousness that oversees our journey.

The blend of cultures and customs have changed how we deal with death today. We tend to hide from it and not discuss it for fear of the emotional impact. The feeling of loss seems to surround each century all for a different reason but awakens our karmic history. When we feel

loss today it triggers numerous emotional wounds that take us back in time. People try to not feel this overwhelming and seek immortality.

We spend thousands of dollars for medical care in effort to survive a cancer or illness, that can leave us feeling disconnected from the natural world. In this technology advanced society, it is important to not forget the elements that are instrumental to our healing. The journey of the soul requires energy, sound and vibration to maintain physical form. We must care for the energy systems of the body as much as we rely on modern medicine.

Why are we so obsessed with living and fearful of dying? We are at the end of this phase of humanity. What that means is 14,000 years ago when Atlantis and Lumeria fell, a new phase of humanity began. Our soul group agreed to participate in this phase of humanity bringing consciousness into physical form.

People may feel a sense of urgency, not having completed something for this lifetime. I recommend taking a deep breath.

Many have not completed their homework assignment. This explains the rush on spiritualism and a desire to clear up any remaining karma we might have accumulated. Trust you are exactly where you need to be. Our souls are infinite; thus, we are immortal. Trusting your passage whether you are ill and fighting a disease or healthy and pursuing your next journey is the key to the bridge that spans this world and the next. Trust we are all protected by an incredible force that governs the entire universe

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

# Long Days of Summer

## wordwisdom

- THESE have been long days for me.
- Hobbling around with a boot on my left leg and wielding a cane, I long to run free. I want to dance and bike and wear my other clothes, the ones that don't have to accommodate a fat plastic thing that looks like a ski boot. Yes, I'm whining! It feels wonderful!
- I'm tired of healing and hobbling. I am so looking forward to having a life again. I plan to "DO THINGS!" The biggest thing I seem to do these days is survive.
- Yes. Survive. My energy is low, so sometimes it's a struggle to walk around the block. Maybe I'm slightly depressed because there's not enough ease or comfort in my world. To overcome the inertia that oozes over me takes an act of will. Everything I want to do seems to need "special" energy. At the end of the day, even if I've done little, I give myself a half-hearted pat on the back.

This is just a moment in my life. Next year, I may be laughing, as in "Ha ha! Wasn't that the year from Hell?" kind of laugh. Then again, maybe not. No matter what, I need to laugh again, freely and spontaneously. I'm just not finding the world that funny these days.

Maybe, just maybe, I'm registering more than my own circumstances. I'm troubled by the political climate of our country. What happened?

The security and basic tenets I once believed in are non-existent.

The foundations I grew up on are suddenly shaky. Just slap a backpack on me and head me down a windy road, blindly. Let's see what happens.

Let's see if I can re-discover something. America. Democracy. Me. My sense of humor.

My life may look like a still life right now, but perhaps it's a prelude to a better way of being. I was brought up to believe you do the right things, work

hard, maintain integrity, and life will pretty much stay in a straight line. That sort of Christian Biblical, and yes, American concept is being challenged. My too-busy mind tries to make sense of senseless events. It tries to find meaning and order in this temporary chaos. It's what we humans do. Find meaning. If we can't find it, we create it. We come up with our individual narrative that explains and satisfies a way of being.

I have to take comfort in the fact that I'm not unique. I'm human. I just have to work at it a bit harder these days. I'm learning to be kind to myself.

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



## The Joy of Pets

Treat yourself - adopt from the Animal Shelter and Enjoy!

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

Marie Corelli

Clatsop Co. Animal Shelter  
1315 SE 19th in Warrenton  
Ph. 503.861.0737 | Hrs. noon to 4 pm  
Tuesday through Saturday

Visit our website at:  
[www.dogsncats.org](http://www.dogsncats.org)  
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## THE LOWER COLUMBIA CLINIC

Thomas S. Duncan, M.D. • Susan L Skinner, CNM, CFNP

595 18th, Astoria • 503-325-9131

## ADOPTION: It's an Option

The Animal Shelter's THE place to go for your next pet!



"DUKE"

This little guy is a 7 yr. old pug mix. He's cute and compact. No kids please.

"BABBS"

This fetching female tabby needs a home. She's a champion lap sitter & so nice!



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## bodies in balance

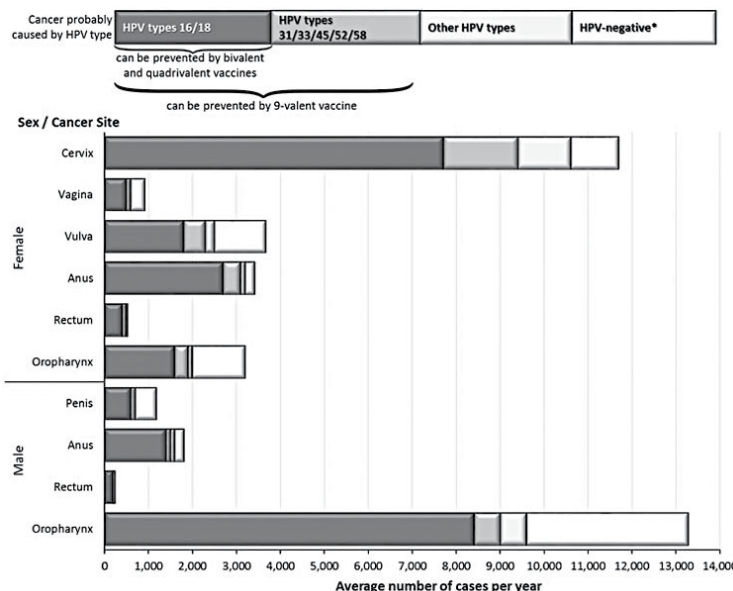
### HPV: The Cancer Causing Virus

TO CONTINUE on my sexual health series, let's take a closer look at HPV (Human Papilloma Virus) and its connection to cancer. This indeed has been an incredible medical success story; in fact cervical cancer was the first cancer to be recognized as 100% attributable to viral infection. Although incidences of cervical cancer are a small percentage of cancers overall; the HPV relationship is none the less an important reminder of what continued screening, medical research and safe sex practices can accomplish in lowering HPV related cancers. We can only hope that other cancers will have this level of success in their identification of cause. Incidentally, Clatsop County has some of the highest rates of cervical cancer in the state, yet another reason to ready on ladies. Once again I will be referring to and discussing sex, if you are sensitive to that topic in its many forms read on with caution. I also want to note that for definition purposes I am referring to women as those with a vagina and cervix and men as those with a penis.

HPV is the overarching name for all types of virus' that cause warts (papilloma). There are nearly 200 subtypes of this virus which are individually numbered for identification. Some types like 1 and 2 are associated with warts on the hands and feet, while others like 6 and 11 are associated with actual genital warts but not cancer. Cancer is reserved for the 'high-risk' types 16 and 18... primarily. It should be noted that there are a few other cancers associated with this virus, namely vulvar, vaginal, anal, penile and oropharyngeal (mouth and throat), generally in that order. This virus is spread skin to skin during penetrative sexual contact. Although incidence in men is MUCH lower than women, men are an important vector or carrier of this virus. Of note, second to cervical cancer in WSM (women who have sex with men) is oropharyngeal cancer in MSM (men who have sex with men).

Indeed sexual activity is THE factor for transmission of this virus. It is in fact estimated that nearly 75% of sexually active persons have or have had exposure to one or more types of the virus, which makes HPV the most common sexually transmitted infection. So then why doesn't cervical or other HPV related cancers affect 75% of the population? Well as with all things there are many factors at play. When any virus is introduced to our bodies we have defenses which for most do the job at eliminating potential infection. In fact 90% of the HPV

we are exposed to is just a passing infection, kind of like the flu. It is around for a very short time (1-2 years), cleared and we acquire immunity. Remember though, there are more than one hundred subtypes, so this process can happen over and over again depending on number of sexual partners, condom use, etc. This means that for the unlucky 10% infection persists and cancer is a more likely outcome. It is worth noting that it takes nearly a decade for a high risk HPV infection to progress to cancer, so although screening throughout our sexually active years is



important; older individuals are more likely to have these persistent infections and therefore positive screening tests indicating cancer.

There is HPV testing for women only because in women the area of infection has been identified and is relatively accessible: the cervix. Therefore the same technique used to collect cells for the Pap (the cellular screening test for cervical cancer) can be used to screen for HPV. Now keep in mind we are only screening for high risk/cancer causing types of HPV. The hundred plus others that don't cause cancer could also be there but their impact on long term health is negligible. Pap screening starts at 21 and is performed every 3 years. HPV testing is routinely added to all Paps after 30 years of age at which time screening is extended to every 5 years. There is currently no routine testing available for men.

Speaking most directly to incidence of cervical cancer and therefore women, some of the studied co-factors which may make one more susceptible to persistent infection are as follows (this theoretically could be extrapolated to men too of course). Don't smoke! The carcinogenic substances in to-

By Tracy Erfling, N.D.

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



bacco have affinity for the mucosal tissues of which our genitals are covered. Once there, these carcinogens can lower the integrity of the cells thus admitting this infection more easily. If you are under 25 get tested yearly for Chlamydia. This common sexually transmitted bacterial infection can increase the chance that HPV will also be acquired.

Chlamydia and HPV are most commonly acquired between the ages of 15-25. Another common infection that can increase HPV susceptibility is BV (bacterial vaginosis), this infection is not sexually transmitted, is generally benign and like chlamydia is easily treated. Use condoms! Since infection takes skin to skin contact if that skin is covered then you have eliminated the route of transmission... magic. Studies show that women of African American and Hispanic descent as well as those of lower socioeconomic status have higher rates of cervical cancer. Of course your overall health and immune system integrity are factors and naturopathically speaking making sure you are taking care of yourself will help bolster your

response when exposed. I'm talking eating plenty of plants, drinking plenty of water, moving, getting a decent night's sleep... to name a few. Nutrients like Vitamin D, C and Folic acid are each of value for good immunity and cervical health.

Isn't there a HPV vaccine? I knew you were going to ask that...Yes! In Oregon it is recommended for girls and boys 11-26 but can be initiated as early as 9. The vaccine is indeed extremely effective but as with all vaccines not without risk. It is your role as parents to seek information to help make informed choices and decide what is best for your kids and this vaccine is no exception. That cautionary tale said, it is super cool that there is a vaccine that can prevent cancer, again may we be so lucky as to see this choice occur for other cancers in the future.

A cancer causing virus is just one of the many many health threats we face in our lives. Being informed is half the battle and I hope I've helped to give you a little knowledge to use or pass along.

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



AUGUST comes bearing a whole lot of baggage. A Pandora's box of delights and terrors. Sun, of course. Glorious sun. We crave it. Yearn for it for weeks before we have any right to expect it to appear. As north-west coasters, many of us become giddy with joy at the first days-in-a-row of sunshine. We unpack shorts and swimsuits, swill gallons of ice tea, rub tubs of sunscreen on ourselves and others and celebrate being able to grill supper without the aid of an umbrella.

By mid-August the squinty-eyed, sweaty-browed, burned-crispy among us commence telling August, "That's quite enough, thank you. You were wonderful, now dial it back." It doesn't matter what color you start out being, when the lure of August, strong as any opiate, draws you into it's scorching embrace, you will burn. And then you will blame August. And rightfully so! August is a temptress, a hunter of hides and a torcher of souls doomed to road and roof repair, wood oven baking, field work, utility pole scaling and more.

August is the astrological home of Leo. This sign and it's matching constellation is a majestic male lion. I am willing to bet dollars to donuts (talk about a win-win!) that August is a lioness. Frankly, I'm pretty sure the male of the species has neither the wiles nor will to produce the most luscious, irresistible bounteous food of the year and then punish us so severely as we try to harvest it.

Example: Blackberries, which aren't technically a berry, but never mind about that, the main thing is they have thorns and a rapacious attitude toward land acquisition. They are August's way of saying, "Here's a little something you might like. In exchange, I will require that you bleed a little and battle brambles forever." If you want a true feel for the zeitgeist of blackberries, you need only read Tom Robbin's STILL LIFE WITH WOODPECKER. Save that for Fall. Right now, eat blackberries. Say yes to August's bait and switch. A wild blackberry, warm from the summer sun, sweating purple juice that stains your hands, your mouth and your favorite shirt is worth whatever price August demands. Pay up and chow down.

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.

#### CRUMBLY TOPPING

1 cup flour, sifted  
1/4 cup sugar  
1 teaspoon fresh thyme, chopped  
1/2 teaspoon baking powder  
1/2 teaspoon salt  
1 egg yolk  
1 teaspoon lemon zest  
6 Tablespoons cold butter, cut into small bits

In a medium bowl, whisk all ingredients except the butter and egg yolk until blended. Add the butter bits and use your finger tips to toss them evenly throughout the dry ingredients. You want the butter to stay cold and to stay in little chunks, so don't be messing with it too much. Add the egg yolk and stir it in until mixture forms moist clumps. Stick in the fridge and chill for an hour or more.



## BLACK IS BEAUTIFUL BERRY MUFFINS

ADAPTED FROM A RECIPE BY ELIZABETH BELKIND  
IN BON APPETITE MAGAZINE, MARCH 2012

#### MUFFINS

2 cups plus 2 Tablespoons flour, sifted  
1 teaspoon baking powder  
3/4 teaspoon baking soda  
1 teaspoon salt  
1 stick butter, room temperature  
1 cup sugar  
2 eggs  
1 teaspoon vanilla  
1 cup buttermilk  
2 Tablespoons lemon zest  
1 1/2 to 2 cups ripe blackberries, halved lengthwise (You can use frozen, thawed and drained berries to make this in the winter)  
1 teaspoon fresh thyme, chopped

Preheat oven to 325. Either butter and flour your muffin tins or line them with paper liners. This recipe makes about a dozen standard size muffins. More or less if you're making mini or beefsteak muffins. I often bake this as a quick bread in mini or standard loaf pans which allows me to serve any size I choose to cut.

Whisk 2 cups of the flour, baking powder, baking soda and salt together. In a separate bowl, use a mixer or a modicum of elbow grease to cream the butter and sugar until pale and smooth. To the butter mixture, add eggs and vanilla and blend until light and fluffy. Into this same bowl, add buttermilk and lemon zest, beating until blended. Add wet ingredients to flour mix and blend just until combined. Do NOT over-mix!

Toss berries and thyme with remaining 2 Tablespoons of flour and fold into the batter. Crush a few of the berries as you do this to release the juice. Spoon into pans and top with crumbly topping. Bake until golden brown. Start with 20 minutes and see what happens. Let cool in pans for 20 minutes or so, then transfer to a wire rack.



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## GARLIC IN THE PARK • August 19 Clatskanie Farmer's Market



THE CLATSKANIE FARMERS MARKET is gearing up for the bumper crops of summer. On August19 from 10:00AM - 2:00pm it will again feature one of the most spectacular of midsummer crops at the third annual Clatskanie Farmers Market Garlic Festival at Copes Park in Clatskanie.

This year there'll be even more varieties and activities. It is one thing to have access to multiple varieties but quite another to know what to do with them.

Vendors will describe the various taste profiles, storability, and health benefits of all the different types of garlic. Just in case you are prone to glazing over while listening to a garlic geek drone on about clove size, shelf life, and whether or not a particular variety has scapes, not to worry - cheat sheets will be handed out and you won't be tested as you leave the festival. In addition, chefs preparing fresh garlic "tapas"; fresh and free! Tastings of roasted garlic, artisan breads, gazpacho, and other small plates will be prepared demonstration style. Thistle Hill, the food booth, will be offering garlic inspired recipes infused with garlic. Every single food item with garlic in it will have been made with locally grown garlic.

If you are interested in making fresh salsas, you'll be pointed in the direction of one of the purple stripe hard neck varieties that, when used raw, is as hot as jalapeno peppers. If you like a traditional mellow garlic flavor, there's an artichoke variety that is great for roasting and has a shelf life of up to one year! If health benefits are at the top of your selection criteria--porcelain varieties have a high allicin content - that's a good thing. But get there early, Music, one of the porcelains, is a well known favorite. Beware, stocks won't last.

The market will still feature the vendors you have come to rely on for value added products, plant starts, produce and crafts, but the flavor of the market will be skewed toward garlic--local honey, and that other allium, elephant garlic. Elephant garlic isn't actually a garlic at all. It is in the leek family and is generally considered sweeter and milder than true garlic. It's fabulous in stews and the festival is happy to feature this enormous bulb. For the brave at heart, one vendor will be offering comparative samplings of raw garlic. This is the day to finally learn about that flavor you've loved all along, but just couldn't quite identify.

So mark your calendars: Clatskanie Farmers Market Garlic Festival, Saturday August 19, 2017.

Stock up for the year or just come down to visit. Copes Park is located next to a wonderful playground and the Market always has a kid's booth where they can enjoy supervised hands-on activities, so bring the whole family. The Market is a great place to meet friends and have a bite to eat. On this day, garlic will just super charge the proceedings.

## THE BISTRO IN CANNON BEACH Takes the City's Dog Friendly Reputation to a New Level

CANNON BEACH is frequently named among the top destinations for dogs including being named the Top Dog Friendly Escape on the West Coast by Sunset magazine, but one Cannon Beach restaurant has raised the bar on that distinction. Starting this summer, The Bistro restaurant in Cannon Beach is offering a doggy meal for pets visiting its outdoor brick courtyard dining area. The Bistro's doggy meal includes chicken, brown rice, carrots, peas, tomatoes, parsley, olive oil and a pinch of salt to please discriminating palates. The doggy meal is served daily starting at 4:30pm, serving size is 1.5 cups and is priced at \$4.50, beverage (water) included.

While in Cannon Beach, your pooch will find plenty of other businesses that will welcome them when the beach play is done. There are always free treats at the town's two dog stores, Dogs Allowed and Puppy Love by the Sea, and many other stores that keep fresh water outside or allow well-behaved dogs inside. At least 10 Cannon Beach restaurants offer outdoor dining areas that permit pets.

As always, the main attraction for dogs in Cannon Beach is the miles of sandy shoreline where dogs are allowed off leash if they're under the voice control of the owner to prevent them from approaching leashed dogs, harassing wildlife or approaching others on the beach. Owners are responsible for removing their pet's waste and doggy bags are available at waste receptacles at many beach access points.

It's a dog's life in Cannon Beach and that's meant in a really good way.

## LCPS ANNUAL GARDEN TOUR Pocket to Palatial.... A sampling of private and public gardens in Astoria. August 12

THE LOWER COLUMBIA Preservation Society revives the garden tour! Planned for August 12, the tour will feature gardens created from ingenuity and adaptation. From jack hammering asphalt, reimagining parking lots, terracing hillsides, applying yards of compost and mulch, to completely changing a garden after a loss of a forest....the tour will offer ideas for everyone and celebrates the vision of the garden creators.

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Clatsop County Master Gardeners consultations

The self guided tour is from 10am - 3pm on August 12. Advance tickets: online @ [www.lcpsociety.org](http://www.lcpsociety.org), by mail: PO Box 1334. Astoria. 97103 (Online and mail order tickets held in will call at LCPS office for pick up day of tour) @Astoria Sunday Market: July 30, August 6

Day of tour tickets sold at the LCPS office: 389 12th Street ( in the Elliot Hotel building)

\$10. General public \$5. LCPS members

Join LCPS (or renew) at time of ticket purchase and receive tour ticket(s) w/ price of membership. A great deal! Membership in the organization is \$15. per individual and \$25. per family per year. Benefits include lectures, workshops, tours for free or at a discount; "Restoria" newsletter; notices of preservation related news and events. Check out the website [www.lcpsociety.org](http://www.lcpsociety.org) for upcoming events and further information.

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## FOODGROOVE





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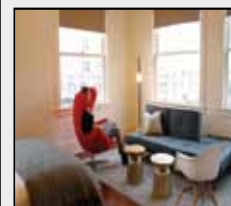
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