

HIPFISH MONTHLY


alternative press serving the lower columbia pacific region

BEAR CREEK WATERSHED
Of Water and Forests
Part III By Roger Dorband



Bringing Rock to “The Rock!”
Stackstock Music Fest
Colin Meloy (Decemberists) Hosts!
Sept 23

HOW TO BE
AN ALLY TO



TRANSGENDER
PEOPLE




RiverFolk Benefit
For The Homeless
Sept 16



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16th Annual Pacific Northwest Brew Cup Sept 22-25

WITH ITS HUMBLE BEGINNINGS back in 2002, the owners of Astoria's Baked Alaska Restaurant established the Pacific Northwest Brew Cup. Today, the event is organized and presented by the Astoria Downtown Historic District Association, with proceeds benefiting local downtown revitalization efforts.

The 16th Annual Pacific Northwest Brew Cup will take place on Friday, September 22 through Sunday, September 24 at 7th and the Riverwalk, adjacent to Buoy Beer in Downtown Astoria. Always held on the last full weekend of September the festival features 40 northwest beers on tap Friday through Sunday, along with live music, food vendors, and activities for the kids. Admission is free but to taste beer you'll need a souvenir mug (\$9 each) and tokens (\$1 each).



Acoustic soul stomping BENYARO closes the Brew Cup on Sunday.

Festivities kick-off at noon on Friday, September 22 and continue through 4pm on Sunday, September 24.

Freak Mountain Ramblers will be headlining the music stage on Friday night, with Sassparilla wrapping up Saturday, followed by Benyaro closing the festival on Sunday. The music stage will host 16 bands over the course of the weekend with the Columbia River in the background.

Throughout the weekend, guests will have the chance to chat with brewers as they vie for the coveted "Thar She Blows" prize for the first keg to blow that was awarded in 2016 to Mill City Brew Works for its Spiced Ginger Kolsch. Festival goers will be voting for the "People's Choice" choice award throughout the weekend that was awarded to Double Mountain Brewery last year for its Clusterf#uck Single Hop IPA.



New Locale!!!!

The Pacific Northwest Brew Cup is a fundraising event benefiting the Astoria Downtown Historic District Association, whose mission is to encourage community involvement and investment in preserving the character of downtown Astoria while promoting its health and future.

For more information about ADHD, or to volunteer or sponsor the event please



Portland royalty, Freak Mountain Ramblers close Friday night.

contact Executive Director, Sarah Lu Heath at sarah@astoriadowntown.com. For more information, please visit www.pacificnorthwestbrewcup.com and "like" us on Facebook: Pacific Northwest Brew Cup.

2ND ANNUAL RIVERFOLK BENEFIT

Features John Fogerty Keyboard Player, Bob Malone! Saturday, September 16 at 7pm (Doors at 6pm) CCC Performing Arts Center, Astoria

RIVERFOLK IS EXCITED to announce it's upcoming benefit, featuring a music star-studded roster: Bob Malone, Dan Weber, Alexa Wiley, and Tom May with Donny Wright. Bob is John Fogerty's (Creedence Clearwater Revival) keyboard player, and is also featured on Ringo Starr's upcoming new album. Dan Weber is an award-winning performing songwriter, Alexa Wiley is a very talented singer-songwriter and activist, and Tom May is a legendary folk performer who played with Gordon Lightfoot, and is the founder and host of nationally syndicated public radio program, "River City Folk."

Senator Betsy Johnson says of the upcoming Riverfolk Benefit: "I'm asking you to help support one of my favorite not-for-profit organizations in Astoria, Riverfolk. It's a homegrown charity that helps people in securing a state ID, a license, a birth certificate, or maybe even military separation documents. An ID is often a path

to recovery, and critical for someone trying to get back on their feet. I'm inviting you to go on Saturday, September 16th to the 2nd Annual Riverfolk Benefit Concert in Astoria. It's an evening of great music, a [music package] raffle, wonderful food and fellowship, but mostly an opportunity to help your neighbors help themselves, by getting foundational documents, and a path to a brighter future."

RAFFLE: Riverfolk will be raffling off one of folk legend Tom May's guitars along with CDs from Music Millennium in Portland. There'll also be a "Sushi Chef Live Auction," where the top bidder will get local sushi chef Jessi Anderson to your home and cook sushi for two!

General Admission tickets are only \$20.00. But there is a very limited number of VIP Packages available, including a front row seat, dinner at Fulio's Restaurant, a Bob Malone CD, and an autographed poster. The package costs \$175.00. Tickets are available online at riverfolkastoria.com/concert.



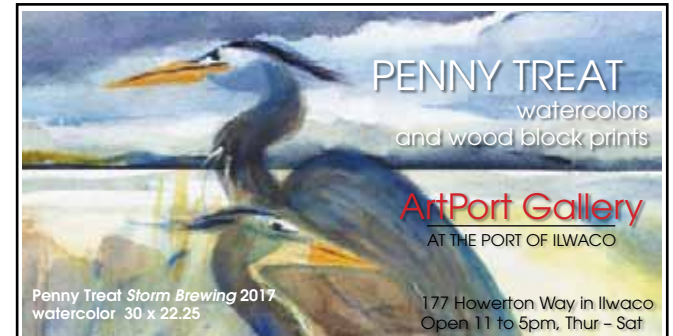
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Penny Treat Storm Brewing 2017 watercolor 30 x 22.25

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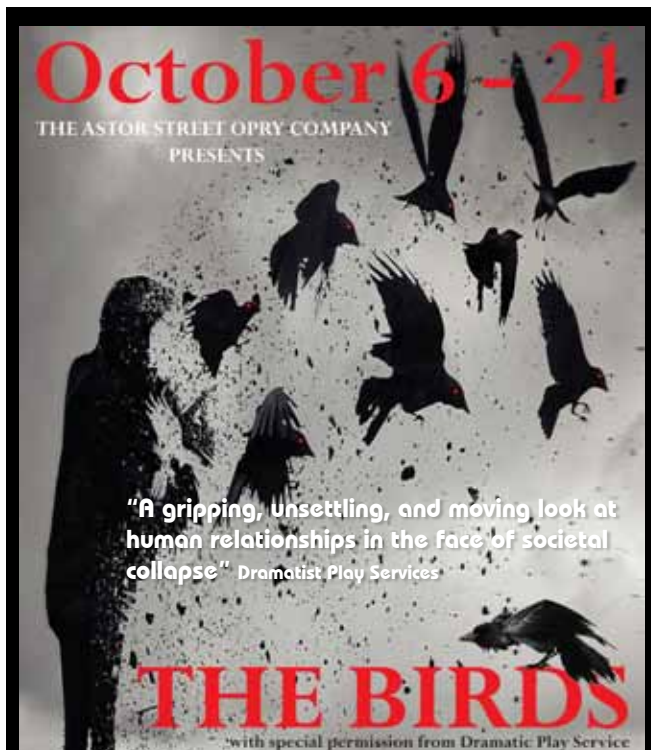
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KCPB 90.9

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



Rock with "The Rock" at STACKSTOCK Sept 23

MUSIC FESTIVALS can sometimes be a bit trying, like trying to get to the rest room, trying to stay cool, trying to find your friends amidst a sea of festival goers, and trying to carve out a little listening real estate that you've paid good \$\$'s for. But imagine a roster of some of the most creative musicians today, in an intimate venue, playing by the ocean, while you relax with one of nature's most truly inspiring monoliths in view. And imagine paying \$40 for your ticket.

'**STACKSTOCK**, the first music festival to bring some of the region's best established and emerging rock and pop bands to the Oregon coast, has announced the line-up for its inaugural festival. The festival takes place on Saturday, Sept. 23 at Haystack Gardens, just steps from the beach in Cannon Beach, and includes headliners Pure Bathing Culture and, **The Decemberist's Colin Meloy** among many others.



Edna Vasquez rocks with Latin soul.

Ryan Snyder, head of hospitality company Martin North and longtime Cannon Beach resident, really loves music, like, really loves it. He had an idea to take his event venue, build a small stage and create a nice little festival. Seemed simple. But Cannon Beach has this thing about rock, specifically the iconic Haystack Rock. Why not, thought Ryan, bring rock

TO the town with the rock?

Snyder reached out to producer Kate Sokoloff (Roustabout Creative), founder/producer of public radio's Live Wire! Radio and the recently formed OK Chorale PDX to jointly create a vision for the festival; one that would draw fans from across the northwest to hear their favorite bands in a unique setting, while giving the North

New kids on the block, **CARDIOID's** infectiousness is gaining musical ground and fans!



Coast community a chance to see these bands without leaving town. Sokoloff brought in experienced booking agent Alicia J. Rose (Mississippi Studios, Doug Fir Lounge) to create a line-up that includes everything from the dreamy pop sounds of bands like **Pure Bathing Culture** and **Cardioid** to the "raw choral pop" sounds of Portland's **Agnes and Agnes**, the latin-influenced **Edna Vazquez Acoustic Trio**, and the woodsy harmonies of **Wonderly**. Headlining it all: the folk rock ballads of **The Decemberist's Colin Meloy**. A special treat-**Portland's OK Chorale**

PDX will be in the house to turn the entire festival audience into a one-night-only pop band.

"The North Coast of Oregon is not really on the tour schedule for big name touring acts like Colin Meloy or Pure Bathing Culture," says festival founder Ryan Snyder, adding, "'STACKSTOCK is my way of sharing this incredibly unique music with the community here and our visitors alike."

'STACKSTOCK offers fans the rare chance to see these top bands in such an intimate setting, and unlike most festivals, 'STACKSTOCK is unique in encouraging attendees to come and go throughout the day. Take a beach stroll, grab a coffee, and come back when ready.

See the website for a list of local accommodations. Presented by Cannon Beach's Public Coast Brewing Co's, Public Coast beers will be on tap, plus tasty eats from the Wayfarer Restaurant's Chef Josh Archibald and his mobile smokehouse. Desserts will served by the Ruby Jewel Ice Cream cart.

Admission:
General: \$40 advance sales/\$50 day of show

VIP Opportunity Available

Children ages 10 and above welcome to attend (same ticket price as General Admission)

Doors open 12pm, event starts at 1pm and goes until 9pm.

To purchase tickets, please visit: www.STACKSTOCKFEST.com. FMI: 503.436.1197

Performance Schedule

7:30-9pm (including encore) - Colin Meloy	4:35 - 4:55 The OK Chorale
7:20-7:30 - The OK Chorale	3:20 - 4:05 Cardioid
6:15 - 7:00 Pure Bathing Culture	2:10 - 2:50 Edna Vazquez Acoustic Trio
5:00 - 5:45 Agnes And Agnes	1:00 - 1:40 Wonderly

Co-Headliners Pure Bathing Culture, pop's dreamiest textures devined.



Be a part of the performance with OK Chorale PDX!

Sing for LOVE! A Benefit Concert for Hurricane Harvey Relief

OREGON COAST LOVE COALITION presents "Sing for LOVE!" A Benefit Concert for Hurricane Harvey Relief. Saturday, September 23, at 7pm, at North County Recreation District (NCRD), 36155 9th St, Nehalem, OR 97131. Suggested donation is \$20 with a goal of raising \$10,000 in relief dollars to split between two organizations. Donations will go to the St. Bernard Project (sbpusa.org) and Oregon Humane Society as well as collecting non-perishable food items to support the local food banks.

Sing for Love! is a way to financially support our neighbors in Texas and Louisiana as well as our local state animal shelters.

The following acts/groups will be performing: The Gospel Trio, Fred and Sonya, Keith Cantrell, Nelson and Hines, Cat Freshwater, N.E. Daynow, Lani High and LaNicia Williams.

If you are not able to attend the event, please consider making a donation. Checks should be made out to Nehalem Bay United Methodist Church, 36050 10th St, Nehalem, OR 97131 (please put "Hurricane Relief" on all checks). All donations are tax deductible.

Co-Sponsors: Oregon Coast Love Coalition, Nehalem Bay United Methodist Church, NCRD, musicians and friends of the north coast.

Please contact LaNicia Williams at coastalsoulnw@gmail.com or 425-243-3765 for more information.



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DRIVE ELECTRIC YACHATS SEPT 17

Are you interested in electric vehicles? Do you drive an electric car? Would you like to learn more?

Join Drive Electric Yachats. This is a one-day event in Yachats, Sunday Sept. 17, 10am – 3pm at the Commons Picnic Shelter. Test drive an E.V.

National Drive Electric Week, September 9-17, 2017, is a nationwide celebration to heighten awareness of today's widespread availability of plug-in vehicles and highlight the benefits of all-electric and plug-in hybrid-electric cars, trucks, motorcycles, and more. "National Drive Electric Week is presented by Plug

In America, Sierra Club, and Electric Auto Association". Drive Electric Yachats is locally sponsored by the Drift Inn Hotel and Restaurant and the Yachats Chamber of Commerce. All electric vehicle owners, and EV aficionados are invited to take part in the event. EV owners are being registered who are willing to let a novice explore their car. It is your decision what you allow guests do with your electric vehicle: look at it, sit in it, ride in it, or drive it.

Please contact 541-968-6089 or e mail events@yachats.org, with your ideas, questions and suggestions. go to: driveelectricweek.org/index.php



LNCT Harvest Festival 2017 Oct 7

JOIN LOWER NEHALEM COMMUNITY TRUST for its 15th annual Harvest Festival at Alder Creek Farm on Saturday, October 7th, from noon to 4:00 p.m. The event is FREE, and donations are always accepted! Alder Creek Farm is located at 35955 Underhill Lane, Nehalem.

The Harvest Festival is one of North Tillamook County's premier volunteer-run community celebrations.

Events include the last farmers market of the season, farm and community garden tours, KidZone, live music by Rhythm Method, old-fashioned apple cider pressing, community booths, and good local regional food vendors.

There is limited parking at Alder Creek Farm, and no dogs are allowed.

We encourage cycling, walking, and carpooling to the farm.

If you've never visited Alder Creek Farm now is the time. It's a 59-acre conservation parcel protected by the Lower Nehalem Community Trust that includes a wildlife refuge, natural area, and community garden. Once a dairy farm owned by the Anderson family, the Farm now features an ethnobotanical trail, native plant nursery, community garden, greenhouse, orchard, and sustainable irrigation system.

The Farm is a stop on the Oregon Coast Birding Trail and also a hotspot on ebird.org, Audubon and Cornell Ornithology Lab's birding website.

A community land trust, Lower Nehalem Community Trust preserves land and nurtures conservation values in partnership with an engaged community in the Nehalem Region of the Oregon Coast. For more information, visit <http://www.nehalemtrust.org/about/>



Say Yes! to Better Forestry 6:30pm, Friday, September 29

OREGONIANS Peter Hayes of the Hyla Forest and Ernie Niemi of Natural Resource Economics, Inc. are coming to the North Coast on September 29 to share their experiences and insights for improving forestry practices in the Northwest and beyond. The two will highlight the role of sustainability, ecological stewardship, and cost-benefit economics in forest practices that maintain both healthy forests and a healthy bottom line for communities of all shapes and sizes. Also discussed will be the key policy changes needed in Oregon to drive better forestry on state and private forests across the region.

Ernie Niemi is a scientist and economist trained at University of Oregon and Harvard. As President of Natural Resource Economics, Inc., he specializes in economic-impact analysis to understand the economic importance of natural resources. He has been active on numerous advisory boards, including the Citizen's Task Force for Developing a Strategic Plan for the Oregon Dept. of Fish and Wildlife, and the Technical Advisory Committee on Land Use and Economic De-

velopment for the Oregon Dept. of Land Conservation and Development.

Peter Hayes and his family are 5th generation owners and operators of three working forests that make up the 1,000-acre Hyla Woods near Forest Grove. Their restoration forestry business experiments with models of forestry and grower-consumer partnerships that enrich the forest and sustain people. Peter serves on several non-profit boards, is a leader of the Build Local Alliance, and recently served on the Oregon Board of Forestry.

The event is hosted by the Rockaway Beach Citizens for Watershed Protection, a very active group on the North Coast working to raise public awareness about the environmental and community impacts of forest practices on water and air quality, among many other regional issues and interests.

6:30pm, Friday, September 29, St. Mary by the Sea, 275 S. Pacific St., Rockaway Beach, OR, Doors open at 6:00 with light refreshments.

Photo is courtesy of Peter Hayes and shows him at the controls of a saw mill at Hyla Woods.



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THE GRANDIOSE SANCTIONS bill that sailed through Congress last month (Countering Russian Influence in Europe and Eurasia) is an attempt to punish Russia for daring to trade with EU states or virtually any other country. It is based on the colossal pretense that the US has the right and power

Russia imploded in the nineties due to cascading failures in its command economy which led to the breakup of the Soviet Union. As a result the US took advantage of being the "sole superpower" by trying to reorder the world according to its interest. This entailed establishing an American

The Price of Power by Stephen Berk

to dictate trade policy for the world. In fact for the US to determine with whom other countries can trade is against international law. Washington politicians sense American vulnerability as its old cold war competitor rises. Following the breakup of the Soviet Union, Russia plummeted economically and ceased for a time to be a world power. American leadership reacted by asserting US dominion as sole superpower. The basis for this claim was our worldwide military footprint: 700 to a thousand bases and a defense budget greater than the rest of the world of the world combined.

Empires like the US, or Britain or Rome before us, invariably believe they have a superior way of life and are doing the world a favor by spreading their culture throughout. But empires are extremely expensive to maintain. And in the case of the US, projection abroad is accompanied by de-industrialization at home, as US-originated companies continually outsource production to outside cheaper venues. And while domestic development expenditures can support capital formation and expansion of the economy, money spent abroad for imperial maintenance does not come back to us. It acts as a steady drain on wealth. So empires carry within themselves the seeds of their demise. And as the empire declines as it incurs more and more debt, other countries with less burden abroad and expansive production at home, and thus greater efficiency of operation, begin to flourish in its place. This state of affairs is what the American governing class senses and tries to compensate for with sanctions, or economic warfare.

military command for every continent on earth, causing imperial overstretch, including continuous wars in the Middle East, plunging the US into a twenty trillion



dollar debt. The economy of a country with such massive debts will eventually tank, in part because servicing the debt becomes an ever greater part of its budget. Congress should look dispassionately at the country's economic state and deal with it by reducing militarism and reining in empire. But they are unlikely to do these things because they are too used to being the superpower. Our politicians are in love with American power. Henry Kissinger, who spent much of his career as power broker, has said it's like an aphrodisiac. So instead of diagnosing our situation and applying the correct therapy, the governing class projects its own quest for domination onto Russia.

Why the fetish for accusing Russia of international misdeeds? In good part the answer lies in the cold war, when the US competed with a Russian adversary and "won." Politicians assume we won the cold war because the Russian economy melted down. But those who take a less superficial look at why that happened find that it had nothing to do with anything the US did; it

was because of growing lack of viability of the command economy created in the Soviet era. Russia languished in the nineties, while the US enjoyed relative prosperity and world dominance. But under Putin, Russia has recovered and fully emerged as a capitalist economy with particular strength in the energy sector. Russia's Nord Stream II natural gas pipeline under the Black Sea to Turkey draws on the country's vast energy supply. And Russia is also very active in neighboring Eastern Europe, building nuclear power plants for the Czechs and Hungarians.

Because the Russians aren't trying to dominate the planet, as the US does, they are not distracted by continuous expensive wars, and they can focus on trade. Washington, however, prefers to continue the folly of endless war in the Middle East and Central Asia, and projects its own aggression onto Russia. They blame Russia for "invading Ukraine" and annexing Crimea, where their fleet has been since the eighteenth century. This when the US, through its CIA controlled National Endowment for Democracy engineered the fascist coup in Ukraine, which brought about an anti-Russian state in a country full of Russians

on the Russian border. How would the US react to a Russian led coup in Mexico or Canada? Established US policy is a double standard for the US and the other world powers. There is some US military presence in nearly every country in the world, but if Russia counters a hostile coup on its border, the US condemns it as an outlaw to be sanctioned.


In reality, the sanctions are the act of an aging empire now feeling threatened by the prosperity of its former cold war rival. Russian energy is now thriving far more than any in the US. Westinghouse, formerly the biggest provider, sold its operations to an investment group, which then sold it to Japan's Toshiba. At the same time Russia is selling energy throughout Eastern Europe, the Balkans and Turkey, the latter purchasing a \$2.4 billion dollar advanced S-400 anti-aircraft defense system. The US looks with horror at this and other lucrative Russian arms deals because the Russians and other upcoming countries are challenging US dominance.



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NATURE NEWS

Columbia Pacific Heritage Museum presents
The Razor's Edge: Sept 30
 The Washington Razor Clam Phenomenon



WHAT BRINGS THOUSANDS OF MEN, women, and children to Washington's sandy coastal beaches every year, braving weather and surf? The buried treasure known as the Pacific razor clam!

Hunting and gathering these creatures has preoccupied Northwesterners from the time of the Native peoples to the present moment. Challenging to dig, delicious to eat, and providing a sometimes heady experience of abundance, razor clams are entwined with the state's commerce, identity, and history. Join author and clam digger David Berger to explore the twists and turns of a quintessential Northwest activity from its pre-settlement days to the present.

David Berger has worked as a visual arts critic for The Seattle Times, executive director of a botanical garden, and as a communication officer for Dunhuang, a World Heritage Site on the Silk Road in China. Berger is also a Metcalf Fellow for Marine and Environmental Reporting. David Berger started razor clamming when he moved to Washington after graduating from college. Answering the many questions generated about razor clam lore, history, and biology led to writing a book, *Razor Clams: Buried Treasure of the Pacific Northwest*, being published in fall 2017.



When not razor clamming, Berger is also a visual artist, living in Seattle.

This lecture will be held Saturday, September 30th at 2pm. The lecture's doors open at 1:30pm and is free thanks to Humanities Washington's Speakers Bureau. Speakers Bureau fosters inquiring minds through engaging conversations about history, culture, geopolitical issues and more.

OPRD seeks feedback on proposal to add a section of Nehalem River to the State Scenic Waterways Program

Nehalem OR — The Oregon Parks and Recreation Department is asking for feedback on an important study evaluating a 17-mile section of the Nehalem River for possible inclusion in the State Scenic Waterways Program. The feedback will be used to write a report that will either recommend for or against designating a portion of the river as a state scenic waterway.

A public meeting and hearing will be held 5:30 – 7 p.m. Tuesday, Sept. 12 at the North County Recreation District, 36155 9th Street in Nehalem.

Comments can also be sent to oprdr.publiccomment@oregon.gov or to OPRD Scenic Waterway Study, 725 Summer St NE Suite C, Salem, OR 97301. The comment period closes Oct. 13, 2017.

More information on the program is at: <http://www.oregon.gov/oprdr/NATRES/scenicwaterways/Pages/index.aspx>

Lower Nehalem Watershed Council Invites the Community to Celebrate Annual BBQ and Raffle

NEHALEM, OREGON – The Lower Nehalem Watershed Council (LNWC) invites council members, partners, friends, and the public to join them at their annual BBQ to recognize their volunteers and celebrate the Council's accomplishments. The Council is dedicated to the protection, preservation and enhancement of the Nehalem Watershed through leadership, cooperation, and education. Since 1998, volunteers from the local area have worked diligently to promote the mission of the Council, protect and restore habitat for fish and wildlife, and provide a forum for community members to be involved in local conservation efforts. The annual BBQ is a chance for everyone to celebrate the accomplishments of the Council, to thank our volunteers, and to look forward to more exciting restoration work.

LNWC's annual BBQ is a great opportunity to learn more about the Council and meet the Board of Directors. Festivities will be held on Saturday, September 16th from 4:00 PM to 6:00 PM at Nehalem City Park, 12705 Hugo Street, Nehalem, OR, 97131. The Council will be providing food and beverages. This event is free and open to the public. Please RSVP to LNWC@nehalem.tel.net or 503-368-7424 by Thursday, September 14th to help with planning.

2017 RAFFLE. New to the event this year, the Council is raffling off a Winter Steelhead Angling Trip for Two on the North Fork Nehalem River. The trip will be guided by professional angling guide and Council Board Member, Joe Watkins. Tickets are a \$5.00 donation each and only 200 are available for purchase. All proceeds from the raffle will benefit the Lower Nehalem Watershed Council and help the organization implement its mission. The prize is valued at \$400.00 and is redeemable from December 15th, 2017 – March 1st, 2018. The drawing will be held at 5:00 pm during the annual BBQ on September 16th, but the winner need not be present to win. Tickets are available now by contacting the Council at LNWC@nehalem.tel.net or 503-368-7424; Get yours now before they sell out!

North Coast Land Conservancy Stewardship Events

Weed the Skipanon River by Canoe Sept 13

For Weed Warrior Wednesday in September, NCLC is inviting all paddlers to bring your own kayak or canoe (and paddles, and PFDs) and spend a few hours removing weeds such as ivy, loosestrife, and yellow flag iris from the Skipanon river. NCLC will provide all the tools you will need for weed work. If you don't feel up for a lot of heavy work but you'd like to join NCLC on the river, come anyway! You can help identify places where there are weeds and direct other volunteers to attack them. Contact Eric at landsteward@NCLCtrust.org for more details, including directions to the put-in.

Wednesday, Sept. 13, 9am, Little Skipanon Habitat Reserve in Warrenton

Collect Seed for the Prairie Sept 20

As summer winds down, the time arrives for collecting seeds from native plants to spread on our coastal prairie properties, supporting North Coast Land Conservancy prairie restoration efforts. Gather at the state park, in an area where a variety of native coastal species thrive, to collect the seeds. Among the plant seeds to collect are dune and Canada goldenrod, aster, dune tansy, yarrow, and pearly everlasting.

If you'd like to help, contact NCLC Stewardship Director Melissa Reich at 503-738-9126 or melissar@nclctrust.org to let her know you're coming and to get directions to the site. Wear sturdy boots and gloves. All equipment will be provided. Bring drinking water and lunch; there will be no toilets or potable water on site.

Wednesday, Sept. 20, 10am to 1pm, Fort Stevens State Park, Warrenton

Clatsop Community College Offers Free Comprehensive Shelter Training



September is National Preparedness Month. This year's theme, "Disasters don't plan ahead. You can!" encourages everyone to prepare on four levels:

- Week 1: September 1-9 Make a Plan for Yourself, Family and Friends
- Week 2: September 10-16 Plan to Help Your Neighbor and Community
- Week 3: September 17-23 Practice and Build Out Your Plans
- Week 4: September 24-30 Get Involved! Be a Part of Something Larger

Residents of Clatsop and Pacific counties are well aware that there's plenty to prepare for – from upcoming winter storms to a potential Cascadia event. During the last two weekends of September, the American Red Cross will once again team up with Clatsop Community College to offer a free course in preparedness at the larger, community level.

"Comprehensive Shelter Training" is a 20-hour series of classes spanning two weekends: September 22-23 and September 29-30, plus October 1. It will be held at Clatsop Community College's Astoria campus, Towler Hall Room 310.

The complete schedule is:

Fridays, September 22 and 29, 6pm to 9pm,
 Saturdays, September 23 and 30, 9am to 4pm
 and Sunday, October 1, 1pm to 5pm

Note: The Sunday afternoon session is for the second weekend only and is a simulation exercise designed to practice the skills learned during the course.

Classes include Basic Food Safety, Psychological First Aide, Serving People with Functional & Access Needs, and basic Shelter Setup and Operations.

Those who've already taken some of these courses may opt out of repeating them by contacting Jenny Carver, Red Cross Disaster Program Manager, at Jenny.Carver@redcross.org or 503-428-4090. Current volunteers from the local Red Cross and Emergency Prep groups will attend the simulation to meet and work with new volunteers and to assist with the simulation exercise.

Register now by phoning Clatsop Community College at 503-338-2402, or Register online at www.clatsopcc.edu/schedule Type in course number SOC93001 or enter the title, Red Cross Comprehensive Shelter Training. For more info: phone 503-325-6886.



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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 LGBTQ 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 LGBTQ 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 LGBTQ community, friends, family, and allies of the Lower Columbia Region.

LGBTIQ Group

The Lower Columbia Q Center is excited to announce its general LGBTQ group. This group is designed to help connect LGBTQ 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 LGBTQ 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 LGBTQ+ teen social nights - RETURNS 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

4th Annual Conference on Extraordinary Living Save the Date!

THE 4TH ANNUAL CONFERENCE ON EXTRAORDINARY LIVING will be rockin' the socks off of seniors again on Saturday, September 16, at Clatsop Community College. Mark your calendars to attend a plethora of breakout sessions, starting with an engaging keynote speech by Dr. Chris Breitmeyer, CCC President, followed by three breakout sessions. We will have a rousing wrap-up with local experts on A Cannabis Discussion about medical marijuana for people and pets. A donation of \$10 is requested.

The Conference is Saturday, September 16, in the new Patriot Hall. Check in starts at 9:00 am and the conference ends at 4:00 pm. Lunch is provided by the Bandit Cafe.

Choose from presentations on health, finance, travel and general interest. The forty-five minute breakout sessions cover topics like Disaster Prep, Making Friends of All Ages, Ship Report/KMUN, Dancing Your Way to Fitness, Trail Opportunities on the North Coast and more. For a complete list of events go to www.clatsopcc.edu/communityed. Check out the animals at the Wildlife Rescue Center and the Therapy Animals exhibits. Free flu shots will also be available.

Brought to you by a partnership of Clatsop Community College, ENCORE, Columbia Memorial Hospital, Providence Seaside Hospital, NW Senior/Disability Services and FamilyCare Health.

To preregister and for more information go to www.clatsopcc.edu/communityed or www.encorelearn.org or call Clatsop Community College at 503-338-2566. Clatsop Community College is an affirmative action, equal opportunity institution.

Accommodations: Persons having questions about or a request for special needs and accommodation should contact JoAnn Zahn, Vice President of Finance and Operations, at Clatsop Community College, 1651 Lexington Avenue, Astoria, Oregon 97103, Phone (503) 338-2421 or TDD (503) 338-2468. Email special needs and accommodation request to requests@clatsopcc.edu. Contact should be made at least two business days in advance of the event.

PACIFIC GREEN PARTY STATE CONVENTION IS SEPT 17 at Clatsop Community College in Columbia Hall 219 from 10am to about 5pm. There will be discussions regarding the state party's bylaws and also regarding the future direction of the party. For info contact: Jacqueline DeVaney, jacquelineDEVANEY@icloud.com

PACIFIC GREEN PARTY OF CLATSOP COUNTY meets the 2nd Sunday of the month, at 4pm. FML: contactjacquelineDEVANEY@gmail.com

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

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

CREATE • Sept 21 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. 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.

TOM BENDER, of Sustainable Architecture and Economics, will be the special guest and he will speak to us about pesticide spraying and forestry. **DON'T MISS THIS INTERESTING AND INFORMATIVE FALL KICKOFF MEETING!!**

New members are always welcome. Come and join in at 6pm, 3rd Thursdays at the Blue Scorchers.

How to Be an Ally to Transgender People

On Friday, August 04, Chase Doremus and Dominic López from Basic Rights Oregon (BRO) gave a public presentation on transgender justice at the Lower Columbia Q Center.

BRO was founded in 1996 and has been instrumental in bringing non-discrimination ordinances to Oregon and expanding healthcare access for transgender people.

For example, prior to a 2012 Department of Consumer Insurance bulletin, insurance companies could bar transgender people from access to any healthcare (not just transition-related services). Transgender people in Oregon now have equal access, thanks in part to BRO's advocacy efforts.

The most overarching piece of supportive legislation is the *Oregon Equality Act of 2007*, which has a trans-inclusive non-discrimination ordinance that includes employment, housing, state-funded schools, and public accommodation.

"It also says that people can use the restroom that is consistent with their gender identity," says López. However, he continues, "the *Oregon Equality Act* is only one ballot measure away from falling apart, and federal law is now very inconsistent."

Transgender students at federally-funded institutions, such as Job Corps in Astoria, are currently in a gray area of legal protection from non-discrimination.

So despite how far Oregon has come in the past decade, advocacy remains important; BRO is now expanding its advocacy role outside the Portland metro area.

Beyond legal protections or a lack thereof, transgender people face discrimination on a daily basis and in ways that may not be obvious to cisgender people.



Dominic López - BRO Organizing & Education Manager



Chase Doremus - BRO Transgender Justice Trainer & Organizer

How can a cisgender person be an ally? Hipfish summarized the key points of the BRO presentation.

Respect confidentiality.

It is particularly important not to "out" a transgender person to other people if that person is not yet open about their transgender status or has "passing privilege," which means they may be read as cisgender by strangers.

"Whenever I reveal my trans status to someone I don't know," says Doremus, "I'm always prepared for the risk of violence. That's just the way it is."

They continue. "So I need allies not to tell anyone unless I give them permission to do so because they're exposing me to a risk of violence or rejection without my consent."

Use a transgender person's preferred name.

There are barriers for transgender people to legally change their names. For example, it costs money, requires a public notice, and may be impossible to do if they don't have residency in the state they live in.

"Other people using your preferred name can be an incredibly affirming thing," says Doremus.

Asking about a transgender person's "real" name, i.e., the name associated with their assigned sex, is also a no-no for allies. This question can be experienced as rude at best and traumatic at worst, because it brings up a time when a transgender person did not feel able to live true to their gender identity.

The exception to this rule is if you work with legal documentation, such as in HR or as a healthcare provider. If so, just make sure the legal name stays within the realm of documentation and to otherwise use a transgender person's preferred name.

Pay attention to pronouns.

Listen to the pronouns used to refer to a transgender person, and if you're not sure, ask!

But if you don't feel comfortable asking, defaulting to the singular "they" is totally acceptable. In fact, the American Dialect Society named the singular "they," as a nonbinary identifier, the 2015 word of the year.

"We actually do this naturally all the time when we don't know someone's gender," says Doremus, a transgender person who prefers the singular "they" to "he" or "she."

"If you say, 'I went to the doctor yesterday,' the most common response is 'Oh, yeah? What'd they say?' This is what we default to when we don't know a person's pronoun."

If you make a mistake, simply apologize and move on.

"People mess up my pronouns, literally, seven days a week," says Doremus. "As long as they're trying, I'm not going to get mad at them."

Don't ask about transition details.

"When someone's asking me about pre-op/post-op, they're asking me about my genitals," says Doremus. "And that's pretty uncomfortable."

It's much more respectful to simply accept a person's current identity than to focus on any aspect of the transition process.

It's generally a good idea not to inquire about the genitals of a cisgender person you've just met either.

Assume everyone is in the right restroom.

If restroom facilities are gendered, assume everyone is in the right place.

Also, advocate for the creation of gender-neutral restrooms whenever possible. They're a safe haven for transgender people



to use when they might otherwise be in danger using a gendered facility.

Don't assume you can tell someone is transgender just by looking at them.

Gender identity and expression are complex; in addition to transgender people, there are also genderqueer/nonbinary and intersex people, among others.

The United Nations Human Rights Commission estimates that between 0.5 and 1.7% of the world's population is born intersex. This is a birth condition that is often treated with "corrective" medical procedures that have great potential for long-term psychological and physical distress. Fortunately, just this year, three U.S. Surgeon Generals recommended discontinuing the practice.

Also remember that not everyone places themselves on one end of the gender binary or the other. Fortunately, as of July 2017, Oregon became the first state to allow a non-binary option (X) on driver's licenses.

Remember that a person's transgender identity is only one aspect of their lives.

When a transgender person is treated as if the only interesting thing about them is their transgender status, it's a form of

Definitions

For those new to transgender identities, it helps to conceptualize each of the following three concepts on separate spectrums:

-Gender identity is a person's internal sense of their gender;

-Gender expression is how a person presents their gender;

-And sexual orientation is distinct from both gender identity and expression, and refers to who a person is sexually attracted to.

Assigned sex is the sex a person is assigned at birth.

So a transgender person is a person whose gender identity is different than their assigned sex, and a cisgender person is a person whose gender identity is the same as their assigned sex. Both transgender and cisgender people may be gay or straight (or somewhere in between).

Queer is a term embraced by many people whose placement on any of the above spectrums isn't in total alignment, and genderqueer refers to those whose gender identity falls at neither one end nor the other.

An intersex person is someone whose sex characteristics and chromosomes aren't entirely consistent with either female or male anatomy.

Alyssa Graybeal is a freelance writer/editor who's on the board of the Lower Columbia Q Center. She's a queer, cisgender person who uses she/her pronouns.



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



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INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS SEPTEMBER

INCO Vote the Future

"Knock Every Door" Canvassing
Saturday, September 9, 3 - 5 pm
Meet at Fort George, Astoria.
Scripts provided.

Resistance School: Sustaining the

Resistance Long Term
Thursday, September 14, 6 - 8 pm
Seaside Library Community Room

Immigration 101 Seminar

Saturday, September 16, 1pm
Columbian Theater, Astoria

INCO Vote the Future Team Meeting

Wednesday, September 20, 6 - 8 pm
Seaside Library Board Room

INCO Warrenton Community Group

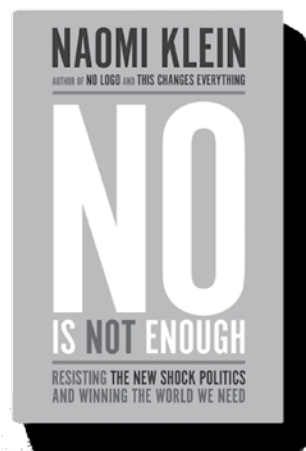
Monthly Meeting
Saturday, September 23, 11am
Uptown Cafe, Warrenton

INCO Vote the Future Voter

Information Event
Tuesday, September 26, 10am - 2 pm
Towler Hall, 3rd Floor Commons,
Clatsop Community College, Astoria

INCO Book Club

This month's
selection:
Naomi Klein's
"No Is Not
Enough"
Thursday,
September 28,
6:30pm
For location,
email
incoregon@
gmail.com



THIS MONTH HIPFISHmonthly initiates a new column in partnership with INCO, Indivisible North Coast Oregon. The column will feature a contributed INCO article, current events and local updates. HF confidently welcomes INCO to the monthly pages of Hipfish in the true spirit of journalism that all our voices be heard.

INDIVISIBLE North Coast Oregon (INCO) is one of nearly 6,000 grassroots Indivisible groups rising up around the country in response to the 2016 presidential election.

Area residents formed INCO to defend democracy by opposing authoritarianism, bigotry, and corruption—demanding accountability and transparency in government and to support American

rights like equal justice, free speech, a free and independent press, and separation of church and state.

INCO's community groups (CG) are in Manzanita, Cannon Beach, Seaside/Gearhart, Warrenton, Astoria/East County, and the Washington peninsula. Whenever possible, CGs support existing organizations to make the best use of everyone's time, talents, and energy. Activities include ongoing contact with Members of Congress, monitoring legislation, and other actions and events created by INCO members.

Sign up for INCO at the blog, www.indivisible-northcoastor.blogspot.com. You'll be part of your local Community Group and get regular INCO emails. You can also sign up for the Facebook group. Join in defending democracy!

Following a Facebook discussion regarding a Confederate flag flown in our area, one member of Indivisible North Coast Oregon (INCO) delivered this letter to the flag owner along with an American flag.



Dear Neighbor,

We hope this message finds you well.

We wanted to talk to you about the Confederate flag that you've been flying. There is something special about flying a flag. It must harken back to the days of our forefathers when flags sent messages of hope and determination, or distress, or ownership. A raised flag has spirit and when it catches the wind, it is that much stronger.

We can only assume that this particular flag means something special to you. Perhaps your family originates from a Southern state. Perhaps it signifies heritage or a never-give-up spirit. Perhaps it is just the Rebel Flag for you and touches on an inner rebel. Or your flying of the flag may say all that we would hope that it does not. We can't be sure, but we can tell you that for many of your neighbors, this flag symbolizes the idea that white people are superior to people of color and that the person flying it would like to see a return to the days of slavery.

In recent days, our country has seen horrific violence. All of it based on ideas. As Americans, we know we do better. We are the UNITED States of America and we wish to live in harmony with our neighbors and all our fellow countrymen. This can only happen if we are able to appreciate and respect each human life as we would our own and the lives of those we love. We hope you will help keep our area safe and find ways to unite rather than divide.

We respectfully request that you remove the flag and perhaps fly one of unity, such as the American flag.

Sincerely,
Your Neighbors



Photography by Jim Stoffer, Upper Reservoir Bear Creek Watershed

Of Water and Forests part III

By Roger Dorband

THE CLATSOP BAND of the Chinook tribe that lived at the mouth of the Columbia River didn't call it that. To them it was Wimahi. No doubt they had another name for Bear Creek as well as Wickiup Lake, now one of the three reservoirs in the geographic "bowl" known as the Bear Creek Watershed, source of Astoria's drinking water.

Before diseases brought by the white man decimated the tribe and their culture, the Clatsops and neighboring Cathlamet bands fished and hunted along Bear Creek as part of a centuries old tradition. What a sight Wickiup Lake must have been in those days; a fresh water lake, rare in the Coast Range, nestled like a crystal clear jewel reflecting the presence of gigantic cedar, spruce, fir and hemlock trees, many over 500 years old, which graced its shores. That vision of Wickiup Lake vanished when Crown Zellerbach, which owned the 3200 acres that comprise the Bear Creek Watershed, clearcut the area between the 1930s and 1950.

Although the clear, clean waters of Bear Creek had been used by settlers for decades, it wasn't formally adopted as the heart of the City of Astoria's water system until 1895. That original watershed consisted of 500 acres of woodland at the head of Bear Creek. Crown Zellerbach owned the surrounding lands

that comprise the bowl which is today's watershed. Based on an agreement that the corporation would be allowed to have all salable timber and would replant after cutting, Crown Zellerbach eventually deeded the entire watershed to the city of Astoria. This agreement was not entirely beneficent considering that after the trees had been removed the corporation didn't want to have to pay taxes on the land when there was no more short term opportunity to profit from it.

After Crown Zellerbach moved on the Public Works Department of the City of Astoria began managing the Bear Creek Watershed primarily for water quality. Secondly the area has continued to be managed for timber harvest, providing revenue for the city. The details and parameters of this ongoing practice are outlined in the Public Works Department's Forest Resource Management Plan.

The logging in the watershed, which includes some clearcutting, has been going on for several decades without measurable degradation of the water supply or quality according to the Public Works Department. Toward that end for the past 13 years the city has been complying with Forest Sustainability Council standards, which emphasizes ecologically sound forest management practices, and the regulations of the Oregon Forest Practices Act.

In an average year the extent of the logging in the watershed is calculated at approximately 750,000 board feet per year which brings the city around \$300,000 annually. This degree of timber harvest is intended not to harm water quality and is considerably below what the law allows according to the Oregon Forest Practices Act. The amount allowable under the OFPA is pegged at 3 million board feet per year based on a total forest growth of 3% annually for the 100 million board feet of standing timber in the watershed.

In 2015 the city signed a contract with the Climate Trust, a Portland nonprofit selling carbon credits. The deal was no sea change in the way the city looks at the watershed when it comes to logging. Ken Cook, the Public Works Director didn't promote the carbon sequestration idea to the city based on a sudden commitment to do everything possible to curtail climate change. Rather, because of the limited logging the city typically does in the watershed, by Cook's measure the city could sell the carbon credits and still continue logging at the same rate as always. Such a deal would not be "Crimping our style necessarily", Cook said (Daily Astorian -Jan. 29th 2015). In other words, the city could have its cake and eat it too and be praised by the Climate Trust for "taking a climate leadership role."

This sounds like good business for the city but where is the commitment to mitigating global warming? Even Mike McKee,

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October 7th 3-5pm \$30

Indigo Movie Night with Iris Sullivan
Watch a documentary about the world of indigo natural dye and experience a sugar vat.
October 21st 4-6pm \$30

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www.HiiHLights.com

the CEO of Climate Trust, chose not to look at the reality of the situation when he stated, "One of the things that is appealing about this project is that it provides an incentive to decrease the harvest in an area that's really providing clean drinking water to the City of Astoria."

References to compliance with the Oregon Forest Practices Act and to FSC certification are touted in the Forest Resource Management Plan and were reiterated by forester Barnes in a March 29, 2017 meeting on logging in the watershed. The Forest Sustainability Council certification was a big step forward in guaranteeing that timber harvest would be done in a manner that would maintain water quality. However, the FSC certifies timber harvest. It sets quotas in terms of board feet, the language of modern forestry which is predicated on sustainable harvesting regardless that the landscape is being turned into a monoculture tree farm.

Though an effort is being made to create diverse multiage forests in the Bear Creek Watershed, by FSC standards some degree of clear cutting is still allowed. Seattle's watershed and Portland's Bull Run watershed halted all logging and severely restricted any human activity in the watersheds over two decades ago based on their assessment of the effects on water quality.

While it is admirable to some degree that the city is not cutting as much as would be allowed by the OFPA, by those regulations only 3 trees have to be left per acre on privately owned timber land as habitat for wildlife! Compliance with the OFPA is not something you want to hang your hat on considering its weakness in protecting water, natural forest lands, fish and wildlife. Especially when compared with regulations in neighboring states the OFPA is such a low bar for the protection of the environment that numerous environmental organizations have launched an effort to overhaul the regulations which haven't been significantly changed to comport with the latest science in 45 years.

Pertinent to this point, nowhere in the county's 52 page Forest Resource Management Plan are the words "global warming" or "climate change" mentioned. The only county document that deals with what Governor Brown recently called, "...the greatest threat to our environment and economy that we are currently facing", is a two page memo written in 2014 by the Jeff Harrington, the County Engineer. Regarding water resources the memo warns of the possibility of decreased surface drinking water due to decreased spring and summer precipitation, and increased turbidity due to increased winter precipitation. When asked at the March 29th public meeting about the absence of global warming in the management plan Forester Mike Barnes stated, "We deal with issues as they come up."

Granted the global warming issue, especially when highlighting impact on water, perhaps would be more appropriate in the Hydrology Management Plan, if there was one. When asked in the meeting why we have a 52 page plan for timber harvest which is said to be the secondary usage of the watershed and no comparable document for hydrology given its primary status, the Public works staff present seemed to be at a loss and could only respond that they have the data but to date haven't collated it into a document.

In following up on the absence of a hydrology management plan at the meeting, Chris Farrar, a retired hydrogeologist who worked for the U. S. Geological Survey for 37 years and has an extensive background in monitoring water quality, suggested that a hydrology plan could include such areas as extensive long term data on water temperature, stream flow, turbidity variability and toxicity testing.

As background for this article the Public Works Department was asked about the issue of toxicity from drift during aerial spraying of herbicides. The question was prompted by the fact that the watershed is surrounded by recent industrial clearcuts.

The e-mail response from the City Engineer who consulted with others in Public Works was that the three timber companies involved have all stated that they abide by the regulations of the OFPA, respect 60 foot buffers (around fish bearing streams, residences, schools and presumably drinking water sources), spray only according to the label on the herbicide and only when there is less than a 10 mile per hour wind (I guess they can tell when there is going to be a gust.). The Public Works department was

further assured by the Department of Forestry, who occasionally are on site when spraying occurs, that they had "not observed anything that raised a concern."

The Public Works response gave further assurance that drift from aerial spraying is mitigated because the borders of the watershed have second growth timber that "is generally taller than the elevation of the helicopter when it is spraying a clearcut". They also stated that it is Public Works, "understanding that they only spray once initially after a clearcut." If true this is an exception to the general industry practice of spraying several times during various growth stages of the new trees.

Finally, regarding toxic chemical testing a list was provided for this article which includes chemicals tested for and frequency of tests. In conclusion it was stated that Public Works has had no positive tests for any chemicals in the last 30 years, with an added qualifier, "...that we know of". The response did not corroborate a claim made by Ken Cook at a Bear Creek Working Group meeting last year to the effect that observers are sent out whenever spraying is taking place.

Subsequently Chris Farrar was asked to review and comment on the toxic chemical data provided by Public Works. He pointed out that the annually tested for organic substances listed are not the ones most likely to be in forest herbicides. Those herbicides, including glyphosate (Round up), which Farrar says are, "purposefully applied in large amounts in very poorly controlled application and targeting over forests", Public Works tests for on a 3 year cycle.

According to Farrar, "regular sampling with a static frequency is a poor way to monitor the environment in the case of aerial spraying which is not done statically. The samples should be collected prior to any chemicals having been sprayed for a lengthy period and then ideally days or weeks after nearby land has been sprayed." Farrar concludes that, "The sampling now done is a huge compromise in favor of the logging industry and can not be construed as scientific environmental monitoring."

The remarks coming from the Public Works Department on the issue of whether there is adequate monitoring and testing for toxic chemicals and questions about their procedures suggest that improvements need to be made. In fairness, the Public Works Department has consistently tried to keep Astoria's water quality as high as possible. Most importantly they use no herbicides after logging in the watershed.

THE RIDGELINE COMBINATION TIMBER HARVEST

This year's cut, the Ridgeline Combination Timber Harvest, a relatively small parcel of 52 acres described as a thinning project, showed up on the city council "consent" agenda for their meeting in late March. Due to several alert community activists, including Josie Pepper and Chris Farrar, the placement of the timber harvest item in the "consent" agenda came into question.

Pepper sent an e-mail to the mayor and city councilors founded on the question of why this project should be considered a routine matter without public discussion when timber harvest and its possible effect on the water quality "effects all of us." She expressed particular concern that logging could release more organic matter into the water system exacerbating Astoria's ongoing issue with haloacetic acid. (See Part II, May 2017 issue, of this series.)

Pepper also questioned the justification for the harvest which is described as a thinning cut removing 40 % of the trees including some densely growing hemlock, Swiss Needle Cast infected fir and blown down timber all needing to be removed to hasten the growth of healthier trees in the parcel. Pepper wondered how many healthy trees would be coming down to achieve the \$200,000 projected city revenue after the fee paid out for the operation.

Relevant to Pepper's request for the item to be placed on the agenda for public discussion, it seems that in the past the city has fallen into a complacent rubber stamping of whatever the Public Works director suggests regarding timber harvest in the watershed. In a 2016 meeting with the Bear Creek Working Group, when asked who makes the decision about cutting in the watershed, Ken Cook said the forester recommends to him and he in turn to the city council.



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Photography by Jim Stoffer, Upper Reservoir Bear Creek Watershed

While the director and the consulting forester proclaim adherence to the Forest Resource Management Plan, on public transparency they seem to veer away from the plan which plainly states in section 3.9 that, "The City of Astoria as a public entity provides an open process related to all decisions impacting the management of the Bear Creek Watershed." And further on, "The City Council accepts public comment prior to any decision regarding the project (timber harvest)."

In March, Astoria Mayor Arline Lamear did move the timber harvest item from the "consent" calendar to the public agenda. The chambers were full to capacity that night and seven citizens rose to express their concern about lack of public input on such matters. In general, they all questioned the need to do any logging in the watershed in deference to keeping the water quality as high as possible. Several suggested that in spite of assurances by the Public Works Department it was not possible to log in the watershed - regardless of precautions taken - without impacting water quality.

The concern of Pepper and others who made public comment that Swiss Needle Cast may not require a tree being taken down is reiterated in the research that shows that the disease rarely kills trees. It does slow their growth and if timber harvest is the goal that seems to be the justification for removing the trees in the hope uninfected trees will grow faster in the space provided. One source, the Forest Pathology web site states that commercial thinning can make the disease worse. They further state that research suggests moving away from Douglas fir and encouraging more species such as hemlock.

Finally, the presence of threatened, endangered or sensitive species was not discussed by the city council or at the follow up public briefing on timber harvest in the watershed. Concern over the issue is expressed in the forest management plan. However, it appears from the management plan that the last systematic study of the presence of Marbled Murrelets was done in 1999 at which time the species was found on lands southeast of the watershed. Given that much of that land has been clearcut since then, it seems overdue to have an independent study done of the watershed where some mature trees remain that the birds may have taken refuge in. The same applies to Northern Spotted Owls whose absence from the watershed was last confirmed in 2007. On site staff may claim they haven't seen any of the birds but their observations are no substitute for having an experienced biologist do a careful survey.

THE TAKE AWAY

In a county whose leaders have yet to digest the fact that the fishing, farming and timber industries provide only 2% of the employment in the county and that tourism and hospitality have become our economic juggernaut, it is not suprising to find the old economic models too reliant on timber harvest still in place.

Continuing to log in the watershed is a habit that doesn't take into account the latest science that clearly shows that harvested and replanted areas produce less stream flow and increase the chance of turbidity in the water supply (see Part 2 of series). Is the city so bankrupt that we have to continue this dubious practice? Public Works and their forester continue to claim that they are restoring the watershed forest and that harvesting in the watershed has minimal to no impact on water quality. In spite of their good intentions it is doubtful that the expertise of one forester and the Public Works staff alone is adequate on such a complex issue.

A commitment to begin phasing out logging in the watershed could make Bear Creek a real model for watersheds elsewhere. It would also acknowledge a movement away from relying on timber to fund services in the county and demonstrate that the city's sale of carbon credits is based on a real commitment to abating climate change and protecting water and wildlife.

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Roger Hayes Selected for AVA Artist Residency

ASTORIA VISUAL ARTS welcomes multimedia artist Roger Hayes to work in its studio at 80 11th Street in Astoria, rent-free, as part of the AVA artist-in-residence ("AVA a-i-r") program. The residency runs from September 1 through December 31, 2017.

A longtime member of Astoria's arts community, Roger Hayes attended the Center for Creative Studies in Detroit, Michigan from 1978 to 1981, with a focus on printmaking. His work was exhibited in major cities throughout the Midwest from 1982 to 1986.

In 1987, Hayes met the French-Armenian art dealer Jacques Karamanoukian and was introduced to current European trends of Art Brut and Outsider Art, and began showing regularly at Galerie Jacques in Ann Arbor, Michigan. In 1988, Hayes participated in a large exhibition of censored art at the Performance Network in Ann Arbor. His contributions to the show gained him national notoriety via Newsweek magazine, mentioned as he was within the context of the controversial work of Robert Mapplethorpe. Hayes became one of the few Galerie Jacques artists chosen by Karamanoukian to show in Europe, notably in a major exhibition of contemporary Outsider Art at Halle Saint Pierre in Paris in 1999. Other shows in Paris included an exhibition at the Galerie Scavongelli. Several of Hayes's pieces were donated to the permanent collection of the Musée de la Création Franche in Bègles, France and the Collection de l'Art Brut in Lausanne, Switzerland. Hayes regularly contributed graphic art pieces to the French periodical Décharge during the early 1990's.

Hayes participated in a variety of Portland-based exhibits in alternative space galleries between 1989 and 1995. Returning from Europe with a collection of figurative works, he was offered the opportunity to collaborate on a series of shows with Astoria/Berlin artist Nick Knapton. An exhibition of works by Hayes and Knapton, brought from Paris and Berlin, was mounted at the Alderbrook Station in 2003. Hayes exhibited a series of collaborative silk-screen works at Le Serigrafieur, in Berlin, with Knapton, in 2014.

In 2003 Hayes co-curated an exhibit of Outsider Art with Portland curator Jim Archer as a component of the Portland Modern Zoo. Curating long has been a side interest for Hayes. He has curated numerous local exhibits in Clatsop County, showcasing work from Astoria Outsider artists at Clatsop Community College, the KALA Gallery, Astoria Visual Arts Gallery, and the Fort George Showroom.

Hayes has shown throughout the Northwest, in solo and group shows, in Astoria, Cannon Beach, Eugene, Manzanita, Portland, Salem, and Seattle. He became a regular artist of the Lunar Boy stable in 2009 and joined the Imogen Gallery in 2012. His next show at Imogen is scheduled for January 2018.

During September's 2nd Saturday Art Walk, Hayes will be showcasing both completed works and works-in-progress.

The New! CATHLAMET ART FESTIVAL Sept 15 - 16

TSUGA GALLERY OF CATHLAMET, WA announced its first-ever Cathlamet Art Festival Lineup. A River of Art, scheduled to take place on September 15 and 16 of this year, will be headlined by Washington State Poet Laureate Tod Marshall. The Art Festival will include poetry, music, workshops, demonstrations and an art walk.

The Cathlamet Art Festival opens Sept 15 with a reception at the Tsuga Gallery featuring an open mike for artistic reminiscing, with live music, snacks and beverages at the reception. Music at the historic Pioneer Church, the Cathlamet Hotel and the Julia Butler Hansen House Garden (weather permitting) will be scheduled on both Friday and Saturday nights.

SATURDAY, Sept 16 will feature art vendors, demonstrations, an art walk and more music, plus a featured two-hour workshop on poetry by Poet Laureate Marshall. Also offered are workshops by Debbie Neely (print making), Dan Westlind (steampunk art), Debbi Littlefield (colored pencils) and Bob Kizziar (art appreciation).

Gonzaga professor and award-winning poet, Tod Marshall, was appointed the fourth Washington State Poet Laureate by Governor Jay Inslee in January 2016. He is the first State Poet Laureate from Eastern Washington.

The kickoff for the Cathlamet Art Festival will begin with a reception at Tsuga Gallery followed by a poetry reading by Marshall in the Pioneer Community Center at 7:30pm. Seating is limited and tickets are required. Free tickets are available at Tsuga Gallery beginning Thursday morning, September 14.

Following the reading will be music by Andrew Emlen and Kyleen Austin from 8:30 to 10 p.m.

On Saturday, the Festival features an Artist's Market from 9am to 5pm, held in the Bank of the Pacific parking lot. Food and drink will be available in the County Courthouse parking lot.

Tsuga Gallery Art Walk from 10am to 4pm. View artwork in 10 different venues, collect punches on a Art Card for a chance to win \$100 cash as well as gift cards in the amount of \$50 and \$75.

There will be readings and music at several venues, including the Juliet Butler-Hanson garden. *Kaden Moeller, poetry reading, Butler House, 12 noon - 12:45 p.m. Debbie Neely Haiku with prints, Pioneer Community Center, 1 pm - 1:45 pm. Bob Pyle and Florence Sage, Poetry reading, Pioneer Community Center, 4 pm - 5 pm. MUSIC Rick Nelson, Hotel Cathlamet 1 pm - 2 pm. Kerrie McNally, Hotel 2 pm - 3 pm. Jerry and Becky Ledke, Butler House garden, 3 pm - 4 pm. David Johnson, Butler House garden, 4 pm - 5 pm. John Crocker, Community Center, 5 pm - 6 pm. Doug Sheres, Community Center, 6:30 pm - 7:30 p.m.*

Saturday night the Festival will conclude with a program at the Community Center with music and poetry by **Bob Pyle, Krist Novoselic and Ray Prestegard**. This is a ticketed event due to limited seating. Free tickets will be available at the Tsuga Gallery, Thursday Sept. 15 at 10am.

Tsuga Gallery was formed in 2011, by benefactor Janet Cimino in a century old building on Main Street of Cathlamet. Her goal was to bring artists and locals together to make, learn and participate in a community based art program. Still artistically strong today, Tsuga Gallery's goals are to continue Cimino's dream, bringing artwork to the North West. For More Cathlamet Art Festival info WWW.tsugagallery.org.

ARTIST CALL: LightBox Photographic Library

Fairy Tales & Nuclear Bombs
(What Happened to the Summer of Love)

Exhibit: October 14 - November 7, 2017

Individual expressions of Photographic Imagery in any Photographic Medium are desired. Juror: Photographic Artist Diane Fenster. Deadline Sept 15. Go to lightbox-photographic.com for submission guidelines.

A note from the Juror: "The Summer of Love and the hippie revolution were primarily centered on remaining outside the taint of the major societal forces of war and greed. Dreams were cultivated spiritually and chemically. The post WWII years of repressive ideas, clothing and regimentation exploded into a wide array of color and music and dance, expressions of both individual dreams and visions of a society which nurtured creativity and personal liberty to the utmost while taking consideration of the environment in a sustainable way.

Now decades later the tie dye clothes are as tattered as the dreams. What was lost was more than these brief experiments in lifestyle but an imagination which honored ones' visions and possibilities of a joyful existence. Though those aspirations of youth now seem distant, there is a residual flame, burning deep and still revolutionary and radical in it's demand for joy and love."

For this call I'd like to see your dreams or nightmares as we face the anxiety of the present."
Juror ~ Diane Fenster

new paintings by RANDALL DAVID TIPTON at White Bird Gallery

RANDALL DAVID TIPTON had his first solo show at White Bird Gallery in 1987, over the past 30 years the artist has developed a highly original painting style that stems from improvisation within the familiar. The long-time Portland artist uses landscape as a guiding orientation in his paintings, creating scenes based on the artists experiences in various places he has visited.

Coming of age in the late 20th century, Tipton's innovative process is informed by the improvisational aspects of Abstract Expressionism as a more direct link to the unconscious. His introspective paintings also stem from a belief in the restorative qualities of nature.

Within Tipton's canvases, abstraction is used to emphasize the most attractive elements of a scene. Alluding to the landscape in a sensual way rather than literally, Tipton's resonant color choices point to the transcendental aspects of the natural world.

His emotive compositions challenge the relationship between foreground and background with elements of light and depth that further the degree of abstraction amongst his recognizable subjects. Balancing activated painterly brushwork with quiet moments of gentle hues and ethereal space, Tipton's paintings have an undeniable authenticity.

Randall David Tipton works in both oil and watermedia. He studied under Richard Diebenkorn in 1985 in the masters class at the Santa Fe Institute of Fine Art. His work is included in several prominent collections such as the U.S. Embassy in El Salvador and Newsweek.

White Bird Gallery is located at 251 N. Hemlock in Cannon Beach. 503.436.2681. On Saturday, Sept. 23, join the artist for a gallery demonstration at 2pm. View Randall David Tipton thru Oct 16.



R. Tipton, *Window*

RICHARD NEWMAN At Trails End

TRAIL'S END Art Association and Gallery features the photography of Richard Newman, opening Saturday Oct. 7, 2-5pm. Saturday, October 7 from 2-5pm honoring Richard Newman, our featured artist along with many other artists as members of the association. The gallery is located in Gearhart at 656 A Street, one block south of Pacific Way.

"Photography in Black and White" will include Newman's most recent works printed on aluminum, canvas and pearlized metallic paper. Newman favors landscapes, nature, sports and historical objects. He is fascinated by the various textures that nature has provided, allowing him to bring these objects to print. "Photography is not a job for me; it is a passion for capturing memories." He loves to share his photographic development techniques with interested viewers.

Currently, Newman is the president of Trail's Ends Art Association. His photograph of a DC3 on aluminum received first place in the annual judged show in 2016. His photographs are hung in various coffee shops in Beaverton and Portland, and he has developed his own website located at www.window-to-the-world-photography.com.

His photographs of the Bridge of Sighs and the Leaning Tower of Pisa in black and white were sold to ABC television and used on the Criminal Minds TV show. In addition, his photographs are also offered on Etsy under the shop Newman48.

September features the watercolors of artist Jane McGeehan. Along with other members' work, the public is welcome to browse the gallery always featuring an all-new monthly exhibit of oil paintings, watercolors, acrylics, photography, collage, cards and gifts. Visit online at www.trailsendart.org. New members are always welcome. 503-717-9458 Open 11-3pm Wednesday through Sundays.



September Cultural Calendar



TOPSEY TURVEY RETURNS! SEPT 15 - 16

THE ASTOR STREET OPRY COMPANY brings its original production of *Shanghaied in Astoria - Topsey Turvey!* to the stage. Directed by Jason Hippert, with Choreography by Carleta Lewis-Allen, this limited-two-night only show is wingding of fun.

It's simple - the boys play the girl roles and the girls play the boy roles! That's right! It's a cross dressing extravaganza meant to lampoon their own beloved show, *Shanghaied in Astoria!* This two night fundraiser is only \$10 per ticket and all proceeds go to help with further building projects!

The show runs September 15 & 16 with the house opening at 6:30pm and the show starting at 7pm!

For tickets call (503)-325-6104, or find it online at www.astorstreetycompany.com.

Friday 8

MUSIC

Sonya Kazen. 4 – 7pm at the Manzanita Farmers Market.

Eric John Kaiser. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

HAPPENING

Slow Drag at the Port. All day on Howerton Way at the Port of Ilwaco.

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

Wheels and Waves Car Show. In downtown Seaside along Broadway and connecting side streets. 7am – 6pm. seasidedowntown.com

THEATER

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

Saturday 9

MUSIC

Oktoberfest. With the Polkatones. Food, drink, music, and dancing. \$10, 10am – 6pm at the 2nd Street Plaza in Tillamook.

The Winterlings. No cover, 8pm at the Sou'wester Lodge in Seaview.

Silverlake 66. No cover, 9pm at the Adrift Hotel in Long Beach.

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

ART

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

FOOD & DRINK

A Cornucopia of Wines. Wine Tasting and Auction. \$20, 6:30 – 10pm at Skamokawa Grange.

HAPPENING

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

Rod Run to the End of the World. From Model Ts to muscle cars. Plus food and craft vendors and a swap meet. At Wilson Field in Ocean Park.

Wheels and Waves Car Show. In downtown Seaside along Broadway and connecting side streets. 7am – 6pm. seasidedowntown.com

LECTURE

Researching History. With author and historian Gloria Linkey. 1pm at the Seaside Library.

THEATER

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

Sunday 10

MUSIC

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

Ladies Musical Club of Seattle. Free. 2pm at the Historic Raymond Theater in Raymond.

Silverlake 66. No cover, 9pm at the Adrift Hotel in Long Beach.

James Dean Kindel + Jeff Rymes. No cover. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING

Sentimental Journey. Music & stories from WWII. Free, 6:30 – 8:30pm at the Rosburg Community Hall.

Rod Run to the End of the World. From Model Ts to muscle cars. Plus food and craft vendors

and a swap meet. At Wilson Field in Ocean Park.

Wheels and Waves Car Show. In downtown Seaside along Broadway and connecting side streets. 9am – noon. seasidedowntown.com

Sidewalk Sale. 11am – 3pm at Cart'm & The Refinery in Manzanita.

Light Up the Darkness. World Suicide Prevention Day Gathering. 7 – 8pm at Goodspeed Park in Tillamook.

Monday 11

MUSIC

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

Tuesday 12

MUSIC

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

LECTURE

The Art of Aging/ of Dying Series. What Everyone Needs to Know about Memory Loss. With Janet Holboke and June Longway. \$5, 3 – 5pm at the Hoffman Center in Manzanita.

Wednesday 13

MUSIC

Christie & McCallum. \$5, 7pm at the First Presbyterian Church in Astoria.

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

HAPPENING

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

Thursday 14

MUSIC

Four Shillings Short. \$15, 7pm at the PAC in Astoria.

Tunes in the Dunes. Ukulele Concert & Benefit. \$20, 7pm at the Lincoln City Cultural Center.

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

Cody Slaughter. Elvis Tribute Artist. \$10, 8pm at Chinook Winds in Lincoln City.

Friday 15

MUSIC

Fig n Dean. 4 – 7pm at the Manzanita Farmers Market.

Ashleigh Flynn and the Riveters. No cover, 7pm at the Sand Trap Pub in Gearhart.

Easton Corbin. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

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

ART

Cathlamet Art Festival. Visual art, poetry, music, workshops and more. 10am – 4pm at various locations in Cathlamet. tsugagalley.org

HAPPENING

Cache-Dash-Splash. Geocaching III. The fun kicks off with a morning check-in at Veteran's Field in Long Beach before participants begin the Peninsula-wide search.

THEATER

Topsey Turvey Shanghaied. A cross dressed musical melodrama. \$10, 7pm at the ASOC Playhouse in Astoria.

Roses in December. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Saturday 16

MUSIC

Peninsula Rhythm & Blues Festival. \$15, 6 – 10pm at Wilson Field, Ocean Park.

facebook.com/peninsulabluesfestival

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

Riverfolk Benefit. featuring Bob Malone, Dan Weber, Alexa Wiley, and Tom May with Donny Wright. \$20, VIP package for \$175. 7pm at the PAC in Astoria.

The Lincoln Pops. \$13, 7pm at the Lincoln City Cultural Center.

Easton Corbin. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

ART

Cathlamet Art Festival. Visual art, poetry, music, workshops and more. 9am – 9pm at various locations in Cathlamet. tsugagalley.org

HAPPENING

4th Annual Conference on Extraordinary Living in the new Patriot Hall. Check in starts at 9:00 am and the conference ends at 4:00 pm. Lunch is provided by the Bandit Cafe. Choose from presentations on health, finance, travel and general interest.

Cache-Dash-Splash. Geocaching III. The fun kicks off with a morning check-in at Veteran's Field in Long Beach before participants begin the Peninsula-wide search.

Hispanic Heritage Celebration. Activities for the whole family and more. Live music, folk dance performance, food and drink for sale. 4 – 8pm at the Astoria Event Center.

United Paws Monthly Adoption Day. This is a great time to stop in and see all the kittens, cats and dogs that need new forever homes. Noon – 3pm at the Tillamook County Fairgrounds.

Hangar B Classic & Fly-in. Cars, planes, raffles, music, food, and fun. Noon – 4pm at the Tillamook Air Museum.

LITERARY

Great Speaker Series. Literature of the West. With Richard Etulain. 3pm at the Tillamook County Pioneer Museum.

Manzanita Writer's Series. Author Pauls Toutonghi will read from his book "Dog Gone." 7pm at the Hoffman Center in Manzanita.

THEATER

Topsey Turvey Shanghaied. A cross dressed musical melodrama. \$10, 7pm at the ASOC Playhouse in Astoria.

Roses in December. \$15, 7pm at the Barn Community Playhouse in Tillamook.

FOOD & DRINK

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

Native American Style Salmon Bake. \$26, 10am – 5pm at the Depoe Bay City Park.

Sunday 17

MUSIC

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

Peninsula Rhythm & Blues Festival. \$18, noon – 10pm at Wilson Field, Ocean Park.

Christie & McCallum concert to benefit Clatsop Emergency Food Bank

Enjoy a variety of folk, country and rock music with Christie & McCallum, performing in the Fellowship Hall of First Presbyterian Church in Astoria. Tickets are \$5. The proceeds help fund the Clatsop Emergency Food Bank.

Pete Christie and Suzanne McCallum perform sounds ranging from the rootsy sounds of Elvis and Roy Orbison, to the classic rock of Fleetwood Mac and Bruce Springsteen, to modern country like Cheryl Crow and the Dixie Chicks. Pete and Suzanne also pay special tributes to Johnny Cash and Patsy Cline.



Christie & McCallum perform at 7:00 p.m., September 13 at the First Presbyterian Church Fellowship Hall, 1103 Grand

→ cont. p19

Activist Artist Holcombe Waller Launches Northwest Musical Tour: **Notes from the Riverkeepers** *exploring the environmental threats from crude-oil-by-rail transport*

NOTES FROM THE RIVERKEEPERS new music by artist Holcombe Waller makes its world premiere with a regional tour (Sept. 22-Oct. 4, 2017). The musical homily provides a history of crude-oil-by-rail transportation in the Columbia River Gorge; culminating with the nearly catastrophic Union Pacific oil train derailment, spill, and fire in Mosier, Oregon in June of 2016. "Performance-based work around local environmental issues focusing on the risks of crude-oil-by-rail transport tells the story with names and faces and objects and dates through music and spoken word in a way that the mainstream handling of the topic fails to do," said artist Holcombe Waller.

"I've never seen the work we do with our many allies and partners portrayed so musically—with humor, history, and advocacy. Holcombe's voice and vision are amazing," said Dan Serres, Conservation Director, Columbia Riverkeeper.

Notes was written in response to Waller's three-month artist residency with Columbia Riverkeeper, an environmental nonprofit working on issues facing the Columbia River. The residency was organized and supported by Signal Fire, a local non-profit dedicated to connecting artists with wild space and environmental activists, and the tour is supported by community partners including Columbia Riverkeeper and other members of the Stand Up To Oil coalition.

Notes features through-composed and extemporaneous storytelling, song, sermon and ceremony, incorporat-



ing Waller's original folk, blues and soul inspired music, focusing on the issues facing Columbia Riverkeeper as stewards of the Columbia River—particularly the risks of crude oil-by-rail transport along both sides of the river. Musicians accompanying Waller: Dana J on drums, Justin Miller on bass and Joshua Thomas on keyboards and guitars.

Notes from the Riverkeepers Tour: Following each performance, Stand Up to Oil coalition partners will lead a conversation around oil-by-rail and what you can do to get involved.

• **9/24—Astoria, OR—Columbian Theater (102 Marine Drive Astoria, OR). Doors at 6:30pm, show at 7:00 pm; audience Q&A at 8:15pm. Post-Performance Conversation with Journalist Carol Newman of KMUN Radio, and Columbia River Estuary Action Team (CRE-ATe). Tickets (\$8-22): <http://www.brownpapertickets.com/event/3081997>**

Portland Chamber Orchestra/Finnish Pianist Ruusamari Teppo Yaacov Bergman, Music Director Sept 23 4pm

THE CLASSICAL SERIES kicks off at the Liberty this September – nine concerts are slated through May 2018. This month Finnish Pianist Ruusamari Teppo returns to the Liberty in concert with The Portland Chamber Orchestra directed by Yaacov Bergman, and just around the corner, The Schubert Ensemble of London on Oct. 4. Purchased on a single ticket basis, General Admission is \$30. However, investigate the packaged tickets options and you'll save a bundle! For example, the Encore Bundle offers 6 concerts for \$100, nearly ½ price. The season is ready and waiting for your classical discretion and music bargain!

Ruusamari Teppo wowed audiences with her graceful craftsmanship several years ago, while on tour to celebrate the 150th Birthday of her great, great grandfather, Finnish composer Jean Sibelius, playing in concert with Finnish cellist Jussi Makkonen.

Ms. Teppo has performed as a soloist and a collaborative pianist in the US, eight European countries and South Africa. In addition to winning second prize in the Bradshaw and Buono International Piano Competition, and the Petrof Piano Competition, Ms. Teppo has participated in many music festivals, including Kuhmo, Naantali, Turku, Karjaa, and Inkoo festivals in Finland, Portogruaro and Tarvisio Italy,



South Africa's Stellenbosh, and Moulin D'Ande in France. She is currently pursuing her Doctoral Degree in Collaborative Piano Performance at the University of North Texas.

Maestro Bergman is currently Music Director/Conductor of the Portland Chamber Orchestra, the Walla Walla Symphony, the Siletz Bay Music Festival and the McCall Idaho Summerfest. He is the former Music Director of the Colorado Springs Symphony, The New York Heritage Symphony, and the 92nd St Y Orchestra in New York City. His versatility has led to frequent guest appearances across the globe conducting the symphonic, operatic, oratorio, balletic, and pops repertoires.

Program: George Walker...Lyric For Strings
Ernest Block...Concerto Grosso No. 1, Ruusamari Teppo, Pianist
Jean Sibelius...Impromptu for Strings
W.A. Mozart...Piano Concerto No 14 in E-flat Major, Ruusamari Teppo, Pianist

General Admission, \$30 Tickets: www.libertyastoria.org or in our Box Office The Liberty Theater, 1203 Commercial Street



FOUR SHILLINGS SHORT celto-indo fusion Sept 14 • Astoria PAC

FOUR SHILLINGS SHORT, the husband/wife duo of Aodh Og O'Tuama from Cork, Ireland and Christy Martin from California, perform Traditional and Original music from the Celtic lands, Medieval & Renaissance Europe, India and the Americas on a fantastic array of instruments (over 30) including Hammered & Mountain Dulcimer, Mandolin, Mandola, Bouzouki, Recorders, Tinwhistles, Medieval and Renaissance Woodwinds, North Indian Sitar, Charango, Bowed Psaltery, Banjo, Native American Flutes, Bodhran, Guitar, Ukelele, Doumbek & Darbuka, Spoons, vocals and even a Krumhorn.

Touring in the US & Ireland since 1997, Four Shillings Short are independent folk-artists who perform 130 concerts a year, have released 12 recordings and live as full time Troubadours traveling from town to town performing at music festivals, theatres & performing arts centers, folk societies, libraries, house concerts and schools.

Aodh Og O'Tuama grew up in a family of poets, musicians and writers. He received his degree in Music from University College Cork, Ireland and received a Fellowship from Stanford University in California in Medieval and Renaissance performance. He plays Tinwhistles, Medieval & Renaissance woodwinds, Recorders, Doumbek (from Morocco), bowed Psaltery, Spoons and sings both in English, Gaelic & French.



Christy Martin grew up in a family of musicians and dancers. From the age of 15, she studied North Indian Sitar for 10 years, studying with Tony Karasek (a student of master Sitarist Ravi Shankar) and Rahul Sariputra (a student of Allaudin Khan). She began playing the Hammered Dulcimer in her 20's and has studied with Maggie Sansone, Dan Duggan, Cliff Moses, Robin Petrie, Tony Elman and Glen Morgan. In addition she plays Mandolin, Mandola, Bouzouki, Banjo, Guitar, Bodhran (Irish frame drum), Charango, bowed Psaltery, Ukelele and sings in English, Irish and Sanskrit.

"Eclectic and unpredictable are apt descriptions of this beguiling duo. Their repertoire joins together traditional Celtic tunes, Indian ragas and American mountain music into an intoxicating mash. Through their many albums and constant touring, they've become known for thwarting listeners' expectations and finding common ground in genres not often associated with one another." (Connect Savannah, Savannah GA)

Thursday: September 14, 7:00 – 9:00pm PAC 588 16th St. Astoria. Benefit Concert for Clatsop Community College Performing Arts Center. \$15@ the door.

TAPA Roses in December Opens Sept 15 - 30

IN A WORLD OF TEXTING, emails, and social media, the art of letter writing seems lost. Not so in TAPA's fall romance, "Roses in December". In this play told through letters, a young official in a college alumni office invites a celebrated but reclusive author to the 35th reunion of his class. When he declines, she charmingly prods him, and thereby begins a witty and revelatory written correspondence that becomes part mystery, part memory, and part romance. The New Yorker called it "Rich and revealing."

Sponsored by the Rendezvous Restaurant, and Krazy Kat Productions, this play is directed by Joni Sauer-Folger, a TAPA veteran director and actor. The two-person cast features two Tillamook Association of the Performing Arts veterans as well. Anita O'Hagan, who has been cast in a number of different roles, from snarky wife to a flighty housekeeper, plays Carolyn Meyers who is tasked with inviting famous alumni back for a weekend. Bill Farnum plays reclusive author Joel Gordon. Bill has been seen in numerous TAPA productions, including the musical "Dames at Sea", "The Great Gatsby", and "Sherlock's Secret Life".

"Roses in December" opens September 15th with a Gala Celebration, and runs through September 30th. Friday and Saturday shows start at 7:00 pm, Sunday shows start at 2:00 pm. Tickets are \$15/person and available at Diamond Art Jewelers, 503-842-7940. For more information, email info@tillamooktheater.com or find us on Facebook.



Robert Paulmenn and Leslie Lee at RiverSea Gallery

RIVERSEA GALLERY presents two solo shows opening September 9 and continuing through October 10, 2017. Find paintings and drawings by Robert Paulmenn in the main exhibition gallery and paintings by Leslie Lee in the Alcove. Both artists will be on hand at the opening night reception, Saturday, September 9, from 5:00 to 8:00 during Astoria's Second Saturday Artwalk.

Three Rivers: Netul, Kil how a nah kle, Yakaitl-wimakl is a solo exhibition of plein air landscape paintings and drawings by noted Astoria artist, Robert Paulmenn, who has spent the summer depicting the sweeping views from the top of Coxcomb Hill surrounding the Astor Column. The resulting exhibition celebrates the vast and ever changing panorama that can be experienced from the site. Prominently featured in this series are the three rivers in the show's title: Netul (Lewis and Clark River), Kil how a nah kle (Youngs River) and Yakaitl-wimakl (Columbia River). A sig-



Paulmenn, *Between Two Rivers*

nificant work in the show is a panorama is 22 feet wide, assembled from individual charcoal drawings on paper.

Two years ago Paulmenn had the opportunity to work on the restoration of the Astor Column, along with sixteen other artists from around the Northwest. Each day they were treated to the magnificent views that surround the Astoria peninsula, a sight that inspires the



LLee, *On the Edge*

artist to this day. "I try to look at this watery landscape differently each time I go there to paint, trying to bring some new twist or turn to it," states Paulmenn, "but I really don't have to, because it provides effortlessly all the differences and all the twists and turns I could ask for."

Exhibiting in the Alcove space is Portland artist, Leslie Lee, whose show, *From That, This*, features paintings in her eloquent, intuitive style, populated with figurative elements that develop into unexpected narratives.

Lee rose to national prominence for her figurative ceramic sculpture in a career that spanned thirty years. Over a decade ago she completely changed her focus and made a leap to painting, again to great success. Her latest paintings belong to yet another new direction for the artist. Beginning with a colorful, abstract "smoosh," she seeks out hidden figures in this background, viewing the work from all four directions, and making intuitive choices. As the artist explains, "The figurative artist in me re-emerges to tease out people and animals, bugs, landscapes and odd shapes which have nothing to do with each other until... they do. I let the colors, shapes and brush marks lead the way using oil paint and oil sticks to complete the paintings."

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

RYAN DOBROWSKI Leaves for The Forest at IMOGEN

MANY ARTISTS can spend a lifetime trying to master one art form, Ryan Dobrowski happens to be one of those rare individuals who seems to cultivate a balance between two very different artistic expressions, music and painting. The Astoria based artist brings to Imogen a new collection of paintings and drawings inspired by the forests and the desert. The exhibition, *Leaves for The Forest* opens Saturday, September 9, 5 – 8 pm with a reception for Dobrowski, who will be present and available to answer questions about his work. Light bites and drink will be provided by Astoria Coffeehouse and Bistro. *Leaves for The Forest* will be on view through October 10th.

Ryan Dobrowski is not one to sit idle; creative and physical energy seem to perpetually feed his talents. Known as drummer to two bands, the internationally known indie-pop band, Blind Pilot as well as the region-



Desert Cave acrylic on leaf mounted on paper

ally respected Hook and Anchor, Dobrowski still finds time to express himself through the visual language.

Portals to the Pacific Coast at ArtPort Gallery

A NEW EXHIBIT at ArtPort Gallery celebrates the working landscapes of our Pacific coastal communities. The many atmospheric moods of its harbors, bridges, sloughs and the people, buildings and boats that enliven the natural history of this region will be captured in our September exhibit titled "Portal to the Pacific Coast". Featured artists Wally Mann and David Campiche, who live and work near the ocean are inspired by the sights and sounds of our watery communities. Their work delights, transforms and reflects the rivers and our coastal environment with deep feeling. Friday Art Walk in Ilwaco takes place the first Friday of each month. Wally sensitively paints the scenes and people that have inspired him from Astoria, Oregon, in his travels, to his studio in Tokeland, Washington where he lives and works. He draws and paints in unique ways; sometimes creating unusual perspectives or points of view. He is a master painter which we see in his enchanting everyday scenes capturing light, color, and texture with ease.



W.Mann, *Dragger*

David Campiche, is a well-known Shelburne Innkeeper, potter, community leader and volunteer, teacher, chef and writer. David reflects the spirit of the peninsula- the wild place he calls home - in his diverse pottery. His Seaview studio is often filled to the brim with donation bowls for the hungry, commissioned pottery, exhibition pieces, and exotic work in progress. This multitasking, multitasker artist is embodied in his signature Spirit Bowls. Each bowl contains a special blessed, organic element that is trapped inside the bowl; it rattles when shaken. The noise it sends is a unique message of comfort and love.

ArtPort Gallery is located at 177 Howerton Way in Ilwaco. Open 11-5pm Friday-Sun.

ART HAPPENS



Happy Mountain 16x24 oil on panel

Although he has cultivated a successful career as a musician, honing his skills as a drummer since childhood, he has also consistently worked to express himself through painting, earning a BFA from the University of Oregon.

For his second show at Imogen, Dobrowski brings a series of paintings and drawings of varying points of reference, tying them all neatly together through metaphor, while seeking to contain and/or make sense of that which may not be controlled. He brings depictions of terrain of the Sonoran Desert where he spent the last winter, as well as imagery realized by imprint of forests.

Dobrowski also brings tiny and delicate acrylic paintings on various species of leaves he's collected. On leaves he paints miniature scenes depicting our relationship to one another and to the land we live within. Also part of this collection is a series of abstract drawings and paintings, a departure from other pieces included to the exhibition, but making sense in his quest to find balance, or to cultivate a place of order out of chaos.

Imogen Gallery is located at 240 11th Street in Astoria. Mon-Saturday, 11to 5, 11 to 4 ea Sun and closed Wed. 503.468.0620 www.imogengallery.com.



D. Campiche, Pottery selection

Denise Kester Drawing on the Dream at Luminari Arts

Featured artist Denise Kester, from Ashland Oregon, joins Luminari Arts for Sept 2nd Saturday Art Walk, Sept. 9, 5-8pm. "Drawing on the Dream" showcases Kester's unique approach to daily life with humor, animal perspective and archetypal juxtaposition. Her work incorporates pastel, colored pencil, and watercolor to create rich tapestries of landscape and place.

Luminari Arts is open daily at 1133 Commercial in Astoria. 503.468.0308



Researching History With Author/Historian Gloria Linkey Seaside Public Library

LOCAL AUTHOR and historian Gloria Linkey, gives us the keys to unlock the past and research history. Join Seaside Library on Saturday, Sept. 9 at 1pm. The event takes place in the Community Room and is sponsored by the Friends of the Seaside Library.

Research is one of the most important aspects of writing any type of book. Whether your story is set in the court of Henry VIII or the trenches of the Somme, historical writers need research to explore a subject and fully explain it to their readers. Gloria Linkey will describe how she accesses historical information, extracts intriguing human stories, and transforms it into compelling books. She will give us a window into the writer's process that will fascinate, and educate. If you're interested in how one local author works her magic



to produce absorbing historical fiction and non-fiction then this is the event for you.

Resources that Gloria has found invaluable are an excellent library, a first rate museum, and an exceptional bookstore. She says, "Seaside is fortunate to have all three, with staff ready to assist you."

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

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

Literature Of The West Focus Of Great Speaker Series At Pioneer Museum

FOR WELL MORE THAN A CENTURY, Americans have loved to tell stories about Old and New Wests. Join Dr. Richard Etulain as he returns to the Tillamook County Pioneer Museum on September 16, 2017 at 3:00 PM as the final part of this summer's History of the West series.

This slide-illustrated presentation treats traditional, overlooked, and new stories about the West. It spotlights such worthies as Buffalo Bill, Billy the Kid, Calamity Jane, John Wayne, Zane Grey, and Louis L'Amour--and a host of others.

An entertaining and interesting speaker, Dr. Etulain is Professor Emeritus of History from the University of New Mexico as well as the author of over 50 books including *The Life and Legends of Calamity Jane* and *Lincoln and Oregon Country Politics in the Civil War Era*. Sponsored by the TCPM's Daisy Fund, this program is free and open to the public. For more information, visit www.tcpm.org or call 503.842.4553

Popular Local History Course Returns!

THE NEHALEM VALLEY Historical Society proudly announces the return of the "History of the Nehalem Bay Area" series led by Mark Beach at Pine Grove Community House in downtown Manzanita. All presentations involve extensive use of historical photos and include time for questions and discussion. New classes include "From Indians to Homesteaders" and "Selling the Seashore" with unique information and photos.

The series begins on Monday, October 16, and meets every Monday and Thursday until November 2 from 4:00 until 5:30 PM. The \$50 fee includes membership in the Historical Society, a DVD and map about local history, as well as all course materials. Current Historical Society members pay \$35. The Pine Grove Community Center in Manzanita.

Mark Beach has a Ph.D. in history, taught at Cornell University and worked at the Smithsonian Institution before moving to Oregon in 1992. This history course will draw from Mark's research into north Tillamook County and will feature his extensive collection of historical photos.

To sign up for this course, call the Historical Society at 368-7460 or apply at Pine Grove on the first date, October 16. To see a detailed list of topics, check the events button at www.nehalemvalleyhistory.org or request a brochure from the Historical Society.

• 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 WineCraft, 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>



• PAULS TOUTONGHI: DOG GONE 9/16 • READING/WORKSHOP AT HOFFMAN CENTER

• PAULS TOUTONGHI reads from his book DOG GONE: A Lost Pet's Extraordinary Journey and the Family Who Brought Him Home at 7pm at the Hoffman Center for the Arts in Manzanita on Saturday, Sept. 16.

• Toutonghi's reading kicks off a weekend for dog-lovers in Manzanita, preceding the all-day Sunday events for the 9th annual Muttzanita Festival (muttzanita.com).

• On October 10, 1998, Fielding Marshall is hiking on the Appalachian Trail. His beloved dog—a six-year-old golden retriever mix named Gonker—bolts into the woods. Just like that, he's vanished. And Gonker has Addison's disease. If he's not found in twenty-three days, he will die. Dog Gone is the story of the Marshall family and their epic hunt to track down Gonker.

• "A moving nail-biter." —*Good Housekeeping*

• Author of four books, Toutonghi has been awarded a Pushcart Prize, and has written for The New Yorker, The New York Times, Virginia Quarterly Review, Granta, Tin House, and numerous other periodicals. After receiving his PhD in English Literature from Cornell University, Toutonghi moved to Portland, Oregon where he teaches at Lewis & Clark College.



• WORKSHOP: During the day Saturday, from 1-3:30 pm, Toutonghi will teach a workshop "Writing



with Balance." Whether in fiction or nonfiction/memoir, how do you share personal, painful stories and still negotiate active relationships with the people involved?

How do you decide what to tell — and what not to tell? What are some of the best practices for determining the best way to use a difficult or personally challenging piece of your story?

The workshop will be held at the Hoffman Center for the Arts and tuition is \$40. Register at <http://hoffmanblog.org/register-for-workshops>

Following Toutonghi's reading and Q&A in the evening, the popular Open Mic features up to nine local or visiting writers reading 5 minutes of their original work. The suggested (not required) theme for the evening's Open Mic is "Dog Stories." . . . ruff ...ruff ... ruff ...

Admission for the evening reading is \$7. Doors open at 630.

The Manzanita Writers' Series 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.) FMI: hoffmanblog.org online or contact Kathie Hightower, kathiejhightower@gmail.com

• Join Your Fellow Writers in a Writing Lab to Better Polish Your Submission • 6TH ANNUAL NORTH COAST SQUID LITERARY JOURNAL • Sunday, Oct. 8

• JOIN FELLOW WRITERS interested in submitting to the next issue of the North Coast Squid for a Writing Lab, Sunday, October 8. Meeting up 10am to noon, at the Hoffman Center for the Arts.

The purpose of this workshop is to get feedback from fellow writers as you offer your insights to other participants on their writing. It will be a full session of learning for all, when your piece is being critiqued as well as when others are being critiqued. The session will be facilitated and timed so everyone gets equal attention and time.

"One misconception about workshops is that you learn the most about how to be a better writer on the day your story is discussed – not true. ...It's when someone else has their turn at bat that you actually get to see what is going on; the view is always clearer without all those emotional defenses in the way."

-- Ann Patchett, from the essay "The Getaway Car," from the collection *This is the Story of a Happy Marriage*

Please bring \$10 (workshop fee) and 10 copies of one piece you are considering for submission to the Squid (one poem or one prose piece—1500 words, fiction or nonfiction). RSVP by emailing northcoastsquid@gmail.com. Space is limited.

All Squid submissions are due by midnight October 31, so this session will allow you editing/

polishing time. Work must be submitted electronically via the 'submit' button on the North Coast Squid page of the hoffmanblog.org (<http://hoffmanblog.org/north-coast-squid>).

Submissions are accepted for fiction, nonfiction (to include memoir), and poetry. 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.

If you are looking for inspiration and examples, copies of the 5th Edition of the North Coast Squid Literary Journal are still available for sale at Cloud & Leaf Bookstore, Manzanita News & Espresso and other local retail stores. Proceeds of the \$7 cover price will go to produce future editions of the magazine.

FMI: hoffmanblog.org <<http://hoffmanblog.org>> online or contact Kathie Hightower, kathiejhightower@gmail.com

No cover, 9pm at the Adrift Hotel in Long Beach. facebook.com/peninsulabluesfestival

The Quebe Sisters. \$12, 2pm at the Historic Raymond Theater in Raymond.

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

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

Na Rosai. 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.

HAPPENING

Cache-Dash-Splash. Geocaching III. The fun kicks off with a morning check-in at Veteran's Field in Long Beach before participants begin the Peninsula-wide search.

Pacific Green Party State Convention. Open to the public. 10am – 5pm at CCC Columbia Hall, Rm 219 in Astoria.

Muttzanita. Dog & human related games and contests, activities, vendors. At Four Paws on the Beach in Manzanita.

Drive Electric Yachats. A one-day event in celebration of National Drive Electric Week. 10am – 3pm at the Commons Picnic Shelter in Yachats.

LECTURE

In Their Footsteps Lecture Series. Mysterious Mushrooms of Clatsop County. With Dane Osis. 1pm in the Netul Room at Lewis and Clark National Historic Park.

THEATER

Roses in December. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Monday 18

MUSIC

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

FOOD & DRINK

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

Tuesday 19

MUSIC

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

Wednesday 20

MUSIC

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

OUTSIDE

North Coast Land Conservancy Volunteer Opportunity. Collect seed for the coastal prairie. Help collect seeds from native plants to spread on the NCLC's coastal prairie properties in the Clatsop Plains. 10am – 1pm. Visit NCLCtrust.org for location and other details.

Thursday 21

MUSIC

The Cherry Blossom Orchestra. Presenting 100 Years of Recorded Jazz. \$22, 7pm at the Lincoln City Cultural Center.

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

FOOD & DRINK

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

HAPPENING

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

La Leche League Monthly Meet-up. Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. 10am – noon at the Seaside Library.

LECTURE

Travelogue with Linda Cook. Cuba Through the Eyes of a Photographer. \$5, 7 – 9pm at the Hoffman Center in Manzanita.

Mingle and Muse Event. Kami Ellingson, hydrologist with the USFS shares about the Salmon River Estuary. 4:30 – 7:30pm at the Sitka Center, Otis.

Friday 22

MUSIC

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

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

THEATER

Roses in December. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Blithe Spirit. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

FOOD AND DRINK

Pacific Northwest Brew Cup. At 7th & The RiverWalk in Astoria. All Day/Night. see pg4.

Saturday 23

MUSIC

Sofia Talvik. Singer Songwriter From Sweden, 8pm, \$12 at KALA.

Benyaro. Fab Roots/pop duo at the VooDoo Lounge in Astoria. 9pm.

The Portland Chamber Orchestra with Ruusamari Teppo. \$30, 4pm at the Liberty Theater in Astoria.

StackStock. A mini music festival. \$40 in advance, \$50 day of show, 1 – 9pm at Haystack Gardens in Cannon Beach. Stackstock.com

Sing for LOVE. A Community Concert to benefit those impacted by Hurricane Harvey. \$20 suggested donation. 7pm at the NCRD Performing Arts Center in Nehalem.

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

FOOD & DRINK

Pacific Northwest Brew Cup. At 7th & The RiverWalk in Astoria. All Day/Night. see pg4.

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

OUTSIDE

Vista Park Kite Fly. At Vista Park in Skamokawa.

Pelican Brewing Salmon Run 5K & 10K.

The race begins at and ends at the Pelican Brewery & Tap Room in Tillamook. Race start at 10am.

THEATER

Roses in December. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Blithe Spirit. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 24

MUSIC

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

Sofia Talvik. \$22, 7pm at the Lincoln City Cultural Center.

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

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

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

THEATER

Roses in December. \$15, 2pm at the Barn Community Playhouse in Tillamook.

FOOD AND DRINK

Pacific Northwest Brew Cup. At 7th & The RiverWalk in Astoria. Till 4pm. see pg4.

Monday 25

MUSIC

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

Tuesday 26

MUSIC

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

Wednesday 27

MUSIC

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

HAPPENING

Volunteer Fair. Local organizations will be staffing tables, offering opportunities for you to give back. 10am – 4pm at the Lincoln City Cultural Center.

Thursday 28

MUSIC

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

Friday 29

MUSIC

Adams & Costello. Coastal Rock duo, 8pm, \$8 at the door at KALA in Astoria.

Brian Copeland Band. No cover, 7pm at the Sand Trap Pub in Gearhart.

Lose Yr Mind Weekender. A weekend of rad music, relaxation + community. \$10, 7 – 10pm at the Sou'wester Lodge in Seaview. souwesterlodge.com

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

LECTURE

Say Yes to Better Forestry. With Peter Hayes and Ernie Niemi. 6pm at St Mary by the Sea in Rockaway Beach.

Hot Music And Cool Cats – Tickets On Sale Now! 1st Annual Peninsula Rhythm & Blues Festival... Ocean Park, Wa



Blue skies turning pink, gold and orange, stars shining, evergreens surrounding the outdoor stage and blues to make your heart weep with joy. All this is coming to Ocean Park’s Wilson Field on Sept 15 & 16 via a new music event, The Peninsula Rhythm & Blues Festival.

Truly a grass roots effort...Ocean Park musician and resident, Clint Carter of the North Coast Blues Band, is spearheading the project. Community groups, businesses and local music lovers are working together to bring this first ever blues event to Ocean Park.

Visit www.peninsulabluesfest.com for more information on this great new addition to the music scene at the heart of the peninsula. Look for the Brown Paper Tickets button to purchase your tickets and guarantee your spot at this inaugural music extravaganza! Tickets for Friday evening are \$15.00. Saturday afternoon to evening tickets are \$18.00. There is a small service fee for all transactions.

- Sept 15 - 6 pm to 10 pm and Sept 16 - 12 to 10 pm – end times are approximate
- Wilson Field, Ocean Park, WA (directions on website) - parking on site
- The Ilwaco High School Jazz band will open the festival
- South Pacific County Humane Society offers adult beverages in support of the shelter
- Food vendors on site
- A funding effort for upfront expenses is underway at www.youcaring.com
- Sponsorships and volunteer opportunities are also available. Contact Clint Carter at clintcarterblues@yahoo.com or call 360-244-5823

**Blind Wolf • Franco Paletta and the Stingers • The Tim Kelly Band • The Hudson Rocket Band • North Coast Blues with the Cadillac Horns • Tracey Fordice Band
The Robin Gibson Band • Bottleneck Blues Band**

THEATER

Roses in December. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Blithe Spirit. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 30

MUSIC

Lose Yr Mind Weekender. A weekend of rad music, relaxation + community. \$15, 4 - 10pm at the Sou'wester Lodge in Seaview. souwesterlodge.com

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

RJ Marx Quartet. \$10, 7pm at the Hoffman Center in Manzanita.

There is No Mountain. No cover, 9pm at the Adrift Hotel in Long Beach.

FOOD & DRINK

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

HAPPENING

Blessing of the Animals. Bring your pets to the parking lot area in front of the shelter to participate in the Blessing. 1 – 3pm at the South Pacific County Humane Society in Long Beach.

Winterizing Your Garden Event and Plant Sale. Lectures, garden fun for kids, plant and garden treasure sale. Free admission, 10am – 3pm at the Clatsop County Fairgrounds, Astoria.

LECTURE

The Razor's Edge. The Washington Razor Clam Phenomenon. Free, 2pm at the Columbia Pacific Heritage Museum in Ilwaco.

OUTSIDE

Scrambling for Health South Slough Scramble 5K/10K run/walk and safety and health fair. Registration at 8am, scramble starts at 9am at Netul Landing, Louis and Clark National Historic Park.

Fall Kite Festival. 10am – 4pm on the beach at the D River State Recreation Site, Lincoln City.

THEATER

Roses in December. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Blithe Spirit. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 1

MUSIC

Castle Town. 10am – 1pm at the Astoria Sunday Market.

There is No Mountain. No cover, 8pm at the Adrift Hotel in Long Beach.

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

OUTSIDE

Fall Kite Festival. 10am – 4pm on the beach at the D River State Recreation Site, Lincoln City.

THEATER

Roses in December. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Blithe Spirit. Comedy. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Monday 2

MUSIC

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

Tuesday 3

MUSIC

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

cont. p20



R.J. Marx Quartet • Hoffman Center for the Arts September 30

“THE R.J. MARX QUARTET features a world-class frontline of saxophone and guitar exploring some of the most challenging and rarely-performed compositions of the major jazz composers from the 1940s to 1970s, as well as an array of traditional favorites.”

The band is led by saxophonist R.J. Marx who began his love affair with jazz while still in high school in 1971, followed by studies at Berklee College of Music in Boston, and later studies with celebrated jazz pianist Pete Malinverni and saxophonists Ralph Lalama and Charlie Lagond. As a professional journalist Marx maintained his lifelong interest in jazz, writing for the website Jazz Central Station and creating artist profiles for regional and national publications. Marx has been a member of the Jazz Journalists Association for more than a decade.

Guitarist John Orr has played all over the western states. Fluid in many styles of music, his main influences vocally include the Beatles, Frank Sinatra, Mose Allison, Louis Prima, and guitarist influences Django Reinhardt and Barney Kessel.

Bassist Joe Church started playing guitar the age of 16 and by the age of 18 had switched over to bass. He plays many other instruments including lap steel, flute/sax, uku-lele, fretless electric bass, mandolin and banjo, though the bass has been his primary focus. Because of his advanced improvisational skills, he soon found himself in the role of a highly sought-after session player who bands would call when they needed someone to fill in with limited rehearsals.

Drummer Dave Gager started playing drums at the ripe old age of 11, influenced by ‘The Beatles’ cartoons. His 5th grade band teacher politely informed him that ‘guitar’ wasn’t an option for the class, so he settled on the drums and has never looked back. Dave has recorded and performed with a host of regional, national and world-class musicians, dividing his time between studio sessions and touring.

Saturday, September 30, 7pm. \$10. At The Hoffman Center for the Arts, 594 Laneda, Manzanita , OR.

HAPPENING

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

LITERARY

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

Wednesday 4

MUSIC

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

Friday 6

MUSIC

First Friday Jazz. With the RJ Marx Quartet. 7 – 9pm at WineKraft in Astoria.

THEATER

The Birds. 7pm at the ASOC Playhouse in Astoria.

Blithe Spirit. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 7

MUSIC

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

ART

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

FOOD & DRINK

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

PC Oktoberfest. Pacific Northwest Crafted Beer & Wine Authentic German Food Live German Music & Hot Dog Eating Contest Kids Arts & Crafts. 11am – 1pm at the Kiawanda Community Center in Pacific City.

HAPPENING

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

Harvest Festival. Noon – 4pm at Alder Creek Farm in Nehalem.

OUTSIDE

One Sky, One World Kite Fly for Peace. Come and fly your kite on the Bolstad Approach all weekend. Sign the global register, fly for at least an hour, and receive a special participants pin. In Long Beach.

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

THEATER

The Birds. 7pm at the ASOC Playhouse in Astoria.

Blithe Spirit. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

FLASH CUTS MOVIES & MUSINGS

Coming Previews

FILM.

BY LES KANEKUNI

IT (SEPT. 8) Stephen King’s 1986 novel about a cursed town and a group of preteens who confront a legendary evil entity. After Bill Denbrough’s younger brother Georgie is killed by the entity that takes the shape of Pennywise, a killer clown, he forms the Losers Club, a group of outcast kids that figure out that the town of Derry is cursed by an entity that awakens every 30 years to kill children. The Losers Club is itself terrorized by the Bowers Gang, a violent group of high school thugs led by the sociopathic Henry Bowers. Eventually the Loser venture into the sewers of Derry, Pennywise’s lair, for a showdown with the entity, all the while pursued by a vengeful Henry Bowers. Synopsis: When children begin to disappear in the town of Derry, Maine, neighborhood kids band together to square off against Pennywise, an evil clown whose history of murder and violence dates back for centuries.

mother! (Sept. 15) Anticipation abounds for what has been described as director Darren Aronofsky’s return to the psychological horror genre like his career milestone Black Swan that won an Oscar for star Natalie Portman. Story details and even the characters played by stars Jennifer Lawrence, Javier Bardem, Ed Harris and Michelle Pfeiffer have been kept secret, but this film has been described as a Rosemary’s Baby-style horror thriller based on the fears and pressures of motherhood. Synopsis: A couple’s relationship is tested when uninvited guests

arrive at their home, disrupting their tranquil existence. From filmmaker Darren Aronofsky (Black Swan, Requiem for a Dream), mother! stars Jennifer Lawrence, Javier Bardem, Ed Harris and Michelle Pfeiffer in this riveting psychological thriller about love, devotion and sacrifice.

KINGSMAN: THE GOLDEN CIRCLE (SEPT. 22) Sequel to director Mathew Vaughn’s 2014 action comedy about an international spy organization based in the UK. Synopsis: With their headquarters destroyed and the world held hostage, members of Kingsman find new allies when they discover a spy organization in the United States known as Statesman. In an adventure that tests their strength and wits, the elite secret agents from both sides of the pond band together to battle a ruthless enemy and save the day, something that’s becoming a bit of a habit for Eggsy.

AMERICAN MADE (SEPT. 29) Tom Cruise reunites with director Doug Liman with this dark comedy based on the true story of pilot Barry Seal, who in the 1980s flew contraband weapons and drugs into and out of South America for the CIA, DEA, the Colombian cartel and the White House. A thrill junkie, Seal is working a boring job as a commercial pilot for TWA in the mid’70s when he is approached by smarmy CIA handler Monty Schafer (Domhnall Gleeson) to fly intelligence missions to Panama where he deals with future strongman Col.



Noriega. Seal’s exploits do not go unnoticed by the Medellin cartel. Drug kingpin Jorge Ochoa and his hot-headed partner Pablo Escobar make a deal with Seal to smuggle cocaine back into the United States. At the dawn of the ‘80s, Seal is flush with money but times are changing. Reagan is taking office and his administration is taking a hard line against Communists. The DEA identifies Seal as a smuggler and

is ready to arrest him, when Schafer saves Barry, setting him up with a huge new operation based in Mena, Arkansas. Schafer’s largesse comes with a catch: Barry must fly arms into Nicaragua to support the US-backed Contra rebels who are fighting the democratically-elected Sandinista government. Awash in cash but morally bankrupt, Barry gets out of scrape after scrape on personal charm and this toothpaste grin while never realizing that his double and triple-dealing is leading him into a downward spiral that can only end one way – badly.

FLATLINERS (SEPT. 29) A group of medical students perform life-after-death research by “flatlining” – stopping their hearts – and then reviving. Technically a sequel to the original 1990 film as Kiefer Sutherland returns as his original character, playing a member of the hospital faculty. With Ellen Page, Kiersey Clemons and Diego Luna. Synopsis: Five medical students embark on a daring and dangerous experiment to gain insight into the mystery of what lies beyond the confines of life. The bold adventure begins when they trigger near-death experiences by stopping their hearts for short periods of time. As their trials become more perilous, each must confront the sins from their past while facing the paranormal consequences of journeying to the other side.

BLADE RUNNER 2049 (OCT. 6) The much-anticipated sequel to Ridley Scott’s landmark 1982 sci-fi noir finally reaches the screen, directed by Denis Villeneuve (Arrival). Plot details have been few, but Ryan Gosling plays LAPD Officer K, a Blade Runner, who according to the synopsis “unearths a long-buried secret that has the potential to plunge what’s left of society into chaos. His discovery leads him on a quest to find Rick Deckard (Harrison Ford), a former blade runner who’s been missing for



30 years.” Jared Leto plays Wallace, a replicant manufacturer who seems intent on breaking society’s rules regarding the creation of replicants. Robin Wright plays Lieutenant Joshi, K’s boss who lays down the rules regarding Blade Runners: “There is an order to things. That’s what we do here: We keep order. The world is built on a wall that separates kind. Tell either side there’s no wall, you bought a war.” Edward James Olmos has a cameo in one scene as Gaff, Deckard’s rival from the first film.

THE MOUNTAIN BETWEEN US (OCT. 6) Idris Elba and Kate Winslet topline this romance/disaster tale of two strangers forced to survive in the wilderness when their plane crashes. After their flight is cancelled, surgeon Ben Bass (Elba) and journalist Alex Martin (Winslet) find themselves desperate to get to their destinations. Bass has an emergency surgery to perform. Martin is getting married. They charter a plane, but disaster strikes when the pilot (Beau Bridges) has a heart attack. The plane crashes, leaving both injured – Bass with broken ribs, Martin with a severely broken leg – and stranded in snow-covered mountains far from civilization. Worse yet, the two discover that their departure was so hasty that the pilot failed to file a flight plan, meaning no one knows their predicament. With death likely if they stay on the mountain, the two undertake a perilous journey to save themselves and grow close in the process.



FREE WILL ASTROLOGY

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SEPTEMBER

ARIES (March 21-April 19): “We are continually faced by great opportunities brilliantly disguised as insoluble problems,” said businessman Lee Iacocca. You are currently wrestling with an example of this phenomenon, Aries. The camouflage is well-rendered. To expose the opportunity hidden beneath the apparent dilemma, you may have to be more strategic and less straightforward than you usually are -- cagier and not as blunt. Can you manage that? I think so. Once you crack the riddle, taking advantage of the opportunity should be interesting.

TAURUS (April 20-May 20): Close your eyes and imagine this: You and a beloved ally get lost in an enchanted forest, discover a mysterious treasure, and find your way back to civilization just before dark. Now visualize this: You give a dear companion a photo of your face taken on every one of your birthdays, and the two of you spend hours talking about your evolution. Picture this: You and an exciting accomplice luxuriate in a sun-lit sanctuary surrounded by gourmet snacks as you listen to ecstatic music and bestow compliments on each other. These are examples of the kinds of experiments I invite you to try in the coming weeks. Dream up some more! Here’s a keynote to inspire you: sacred fun.

GEMINI (May 21-June 20): On its album Jefferson’s *Tree of Liberty*, Jefferson Starship plays a song I co-wrote, “In a Crisis.” On its album *Deeper Space/Virgin Sky*, the band covers another tune I co-wrote, “Dark Ages.” Have I received a share of the record sales? Not a penny. Am I upset? Not at all. I’m glad the songs are being heard and enjoyed. I’m gratified that a world-famous, multi-platinum band chose to record them. I’m pleased my musical creations are appreciated. Now here’s my question for you, Gemini: Has some good thing of yours been “borrowed”? Have you wielded a benevolent influence that hasn’t been fully acknowledged? I suggest you consider adopting an approach like mine. It’s prime time to adjust your thinking about how your gifts and talents have been used, applied, or translated.

CANCER (June 21-July 22): Author Roger von Oech tells us that creativity often involves “the ability to take something out of one context and put it into another so that it takes on new meanings.” According to my analysis of the astrological omens, this strategy could and should be your specialty in the coming weeks. “The first person to look at an oyster and think food had this ability,” says von Oech. “So did the first person to look at sheep intestines and think guitar strings. And so did the first person to look at a perfume vaporizer and think gasoline carburetor.” Be on the lookout, Cancerian, for inventive substitutions and ingenious replacements.

LEO (July 23-Aug. 22): When famous socialite Nan Kempner was young, her mother took her shopping at Yves Saint Laurent’s salon. Nan got fixated on a certain white satin suit, but her mean old mother refused to buy it for her. “You’ve already spent too much of your monthly allowance,” mom said. But the resourceful girl came up with a successful gambit. She broke into sobs, and continued to cry nonstop until the store’s clerks lowered the price to an amount she could afford. You know me, Leo: I don’t usually recommend resorting to such extreme measures to get what you want. But now is one time when I am giving you a go-ahead to do just that.

VIRGO (Aug. 23-Sept. 22): The computer scientist Tim Berners-Lee invented the miraculous communication system that we know as the World Wide Web. When asked if he had any regrets about his pioneering work, he named just one. There was no need for him to have inserted the double slash -- “//” -- after the “http:” in web addresses. He’s sorry that Internet users have had to type those irrelevant extra characters so many billions of times. Let this serve as a teaching story for you, Virgo. As you create innovations in the coming weeks, be mindful of how you shape the basic features. The details you include in the beginning may endure.

LIBRA (Sept. 23-Oct. 22): The sadness you feel might be the most fertile sadness you have felt in a long time. At least potentially, it has tremendous motivating power. You could respond to it by mobilizing changes that would dramatically diminish the sadness you feel in the coming years, and also make it less likely that sadness-provoking events will come your way. So I invite you to express gratitude for your current sadness. That’s the crucial first step if you want to harness it to work wonders.

SCORPIO (Oct. 23-Nov. 21): “Don’t hoot with the howls at night if you want to crow with the rooster in the morning,” advised Miss Georgia during the Miss Teen USA Pageant. Although that’s usually good counsel, it may not apply to you in the coming weeks. Why? Because your capacity for revelry will be at an all-time high, as will your ability to be energized rather than drained by your revelry. It seems you have a special temporary superpower that enables you both to have maximum fun and get a lot of work done.

SAGITTARIUS (Nov. 22-Dec. 21): During this phase of your astrological cycle, it makes sense to express more leadership. If you’re already a pretty good guide or role model, you will have the power to boost your benevolent influence to an even higher level. For inspiration, listen to educator Peter Drucker: “Leadership is not magnetic personality. That can just as well be a glib tongue. It is not ‘making friends and influencing people.’ That is flattery. Leadership is lifting a person’s vision to higher sights, raising a person’s performance to a higher standard, building a personality beyond its normal limitations.”

CAPRICORN (Dec. 22-Jan. 19): “One should always be a little improbable,” said Oscar Wilde. That’s advice I wouldn’t normally give a Capricorn. You thrive on being grounded and straightforward. But I’m making an exception now. The astrological omens compel me. So what does it mean, exactly? How might you be “improbable”? Here are suggestions to get you started. 1. Be on the lookout for inspiring ways to surprise yourself. 2. Elude any warped expectations that people have of you. 3. Be willing to change your mind. Open yourself up to evidence that contradicts your theories and beliefs. 4. Use telepathy to contact Oscar Wilde in your dreams, and ask him to help you stir up some benevolent mischief or compassionate trouble.

AQUARIUS (Jan. 20-Feb. 18): A modern Israeli woman named Shoshana Hadad got into trouble because of an event that occurred long before she was born. In 580 B.C., one of her male ancestors married a divorced woman, which at that time was regarded as a sin. Religious authorities decreed that as punishment, none of his descendants could ever wed a member of the Cohen tribe. But Hadad did just that, which prompted rabbis to declare her union with Masoud Cohen illegal. I bring this tale to your attention as a way to illustrate the possibility that you, too, may soon have to deal with the consequences of past events. But now that I have forewarned you, I expect you will act wisely, not rashly. You will pass a tricky test and resolve the old matter for good.

PISCES (Feb. 19-March 20): Want to live to be 100? Then be as boring as possible. That’s the conclusion of longevity researchers, as reported by the *Weekly World News*. To ensure a maximum life span, you should do nothing that excites you. You should cultivate a neutral, blah personality, and never travel far from home. JUST KIDDING! I lied. The *Weekly World News* is in fact a famous purveyor of fake news. The truth, according to my analysis of the astrological omens, is that you should be less boring in the next seven weeks than you have ever been in your life. To do so will be superb for your health, your wealth, and your future.

Homework: Send news of your favorite mystery -- an enigma that is both maddening and delightful. FreeWillAstrology.com

Bike Madame

By Margaret Hammitt-McDonald

Predictions for Pedaling Paradise



ECLIPSE DAY was approaching, and not having made reservations two years in advance to stay somewhere clear-skied on the center line, we decided that with a predicted 97% totality right here in Seaside, we’d avoid traffic and watch from a hilltop behind our house. I was surprised to learn that even in our area, local hotels were charging premium rates and neighbors were renting space in their driveways for tourists who’d started to flock to our portion of the coast for the celestial event. I also learned that the event was collecting prophecies from Christian sects zealous for the end times and New Agers waiting on a blissful future cast in those blue, silver, and purple tones so prevalent in their art.

Eclipse prophecies, in the twenty-first century? I’d just gotten done explaining to my four and a half-year-old daughter how in ancient times, solar eclipses frightened people because they didn’t understand how such things worked and assumed the sun’s (temporary) extinction heralded the End. But now, I reassured her, we know how and why they happen and can enjoy them (with ISO-approved viewing glasses) as intriguing, perhaps once in a lifetime experiences.

Then I decided to indulge my imagination, fantasizing about eclipse-driven predictions, from a cyclist’s perspective, with stylistic hints from Nostradamus:

“For lo, thou shalt know that the final turn in the Great Wheel hath come when in the midst of thy ride, the pavement beneath thee shall loath all its unevenness, leftover cinders from wintertime road maintenance, broken glass, assorted bolts and car parts, single shoes, and potholes that are wont to cause woe to axles everywhere. All shall be replaced by a wondrous material, smooth, light, and bouncy, that shall maketh thy tires, and thy posterior upon thy seat, to rejoice. And behold, the bike lane or shoulder shall expandeth to three feet/one meter, miraculously without detracting from the width of

the cars’ lane. Then, when thou comest to a bridge or other pinch point where heretofore thou were induced to join in with the motorized traffic or wait for it to pass in safety, thou shalt rise up on a kindly wind and fly overhead, then to be settled in bliss and wonder back down on the other side.

“Traffic lights shall goeth thy way, so thou shalt not loath momentum or come to a stop and put your foot down for that ungraceful push-off three seconds later. Thou shalt not have to avoid other riders who travel in the wrong direction, pedestrians shalt not step obliviously into thy path, drivers shalt not right-hook thee when turning, and truck exhaust will transform to a heavenly scent of thy choice (ylang-ylang for me, sandalwood for thee, and so forth). Congested areas shalt uncongest. Where thou had traveled in travail past uninspiring city buildings, trees and flowers shalt appear on all sides and the bike lane shalt become an exquisite path through sublime Nature. The child in the trailer behind thee shalt not complain of her helmet, and the tourists speeding by shalt no longer scream at random to cause thee dismay. Yea, the derailleur shalt lie down with the axle and no grime shalt gunk up thy drive chain, now and forevermore, in a cyclist’s earthly paradise.”

By now, reading this, you’ll have put your eclipse-viewing glasses away and the world will be continuing on, as prophesied or not. However we each conceive the future, though, let’s remember that it begins in our thoughts, hopes, and stories—and with compassionate vision and heartfelt work, perhaps this cycling paradise too may come to pass.

WORKSHOPS/CLASSES

THE BASIC ENERGY HYGIENE. online class includes heart focused coursework , mentoring, and coaching via video conferencing. Ongoing classes are on Mondays and Wednesdays by appointment. 60 minute sessions weekly. \$99 month for local residents. facilitator:Linda Lawson.heartlink-ed.com.720-301-3993

CANCER: THRIVING & SURVIVING. September 13, 21. 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. Free, 2 – 4:30pm at the CMH Columbia Center, Steel-head Room, Astoria. Register at 503-338-7564

UNDERSTANDING & RESPONDING TO THE SEXUAL BEHAVIOR OF CHILDREN. September 14. Learn to identify sexual behaviors ranging from normal exploration to “No doubt about it, I better get some help or make a referral!” Gain confidence in identifying different levels of sexual behavior and how to respond to children with specific interventions when sexual behaviors are occurring with children in your care. Free, 6 – 9pm at the Tillamook DHS.

SHOP AT THE DOCK AND BEYOND. September 15. Learn about local commercial fisheries, how to buy seafood directly from fishermen, and take a behind the scenes tour of the Skipanon Brand Seafood cannery. 9 – 11am. Meet at the Warrenton Marina near the Harbormaster’s Office. Register by calling 503-325-8575

MOVING METAL: THE ART OF RAISING METAL. September 15 -17. With Greg Wilbur. At Huckleberry Farm Studios, Wheeler. FMI and to register, email deborahdewit@gmail.com

SKETCH CRAWL. September 23. With Dennis Worrel. Participants will take a short class at the Gallery, then walk and sketch, then share experiences and sketches. Participants will receive an accordion folded book. Please bring your own sketch book and pencils. \$5 suggested donation, 10:30am – 1:30pm at Art Accelerated Gallery in Tillamook.

RAKU FIRING. September 24. Pieces to be fired should be constructed from Raku clay and bisque fired at cone 08. Limited to 12 participants. \$10, 10 – 4pm at the Hoffman Center in Manzanita. Register at hoffmanblog.org

THE WORLD OF SPICE COOKING CLASS. September 27. With Pat Milliman. Participants will be introduced to the cuisine of Morocco and the spices used to create those flavors. The participants will learn how to use whole and ground spices to season dishes and learn and/or reinforce basic cooking techniques. \$60, 5:30 – 8pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

MARKET FINDS INTO MAGIC. September 30. With Marco Davis. Put together a delicious locally sourced meal using the contents of a CSA box along with a few other special items. \$60, 6 – 8:30pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

BODY WORK-YOGA-FITNESS

TRIGGER POINT RELEASE CLASS. . Oct 12. 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. Sunday from 8:30-9:50am. First class FREE! Tolovana Arts Colony, 3779 S. Hemlock, Cannon Beach, OR 97145. FMI: barbarafulci@outlook.com online at tolovana-artscolony.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 orFacebook.com/RiversZen.

YOGA –BAY CITY ARTS CENTER. Classed with Michelle Lawhorn - Mon & Thurs 6pm. \$5 per class.

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

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

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

LEARN SELF DEFENSE. Private lessons in Ocean Park, WA (home gym) with Black Belt instructor Jon Belcher in Kenpo Karate (Adults only, \$10.00 per 1 & 1/2 hr lesson). Currently teaching Mondays & Thursdays from 1:00pm on. To try a free introductory lesson contact instructor at: Phone: 360-665-0860 or E-mail: jonbelcher1741@yahoo.com Instructor teaches the Ed Parker system of American Kenpo Karate.

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

SOULCOLLAGE FOR WOMEN. Beyond Gratitude: The Gift of Blessing and Being Blessed. September 16. With Kathryn King. Make SoulCollage cards. Whether you are brand new to this process or experienced, you will enjoy the day of calmness and the opportunity to be with other wonderful women. \$60, 10am – 3pm at the Center for Contemplative Arts in Manzanita. Register by calling 360-513-0409

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 deveoping a regualr practice. All welcome.

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-gensoc@gmail.com or call 503-325-1963 or 503-298-8917.

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



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, Inct@nehaletel.net

MEETINGS/MEET-UPS

GRIEF SUPPORT GROUP. ASTORIA/SEA-SIDE. Lower Columbia Hosice is currently offering free bereavement and grief support group meetings twice per month: 1st Thurs. 2-4pm@ Bob Chisholm Comm.Center, Meeting Rm. 1, 1225 Ave. A, Seaside. 3rd Tues. 4-30-6pm, Columbia Memorial Hospital, Columbia Center, Chinok Rm, 2021 Exchange St., Astoria. Queustions 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 - 8pm. Next meeting Sept10. 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 9 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 forgeneral 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.

Le leche League Mama & Baby Night

**September 16
4:30-6:30pm
Blue Scorchr Bakery/Cafe
1493, Duane St. Astoria**

This is an open house for pregnant moms and families with babies - all family members are welcome! Come meet other families and learn about local birthing and parenting resources in our community. North Coast La Leche League offers mother-to-mother breastfeeding support and group meet-ups in Astoria and Seaside. Text / call / FB message for help or info: Leaders Megan Oien(503)440-4942, Kestrel Gates (503)453-3777, Katie Mendoza (503)717-3748.

Dance Your Joy at AAMC

The AAMC is a cooperative of passionate professionals who want to share the love of dance, fitness & performance art with you.
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astoriaartsandmovement.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
6-7:15pm: Belly Dance Basics with Jessamyn Grace
7:15-8:15pm: Belly Dance Choreography with

Jessamyn Grace
8:30 - 9:30pm: Argentine Tango Practica with JL Gillikin
• **THURSDAY**
8:30-9:30am Zumba with Joy Sigler
• **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

Save the Date! Ginger Vitus’s Tooth Decay Birthday Party Saturday, September 30th at 9pm!! Dance Party, performances, bar, 21+

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 Scorchr 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



Religion and the New Age

RELIGIONS have kept people together and torn them apart for centuries. Whether you are Christian, Jewish, Hindu, Muslim, Buddhist or any other religion there is a vast history that encompasses hardship, loss, displacement, fear, love and devotion. The belief systems of these religions are viewed by their followers as the very foundation of life. In my book 'Spirit Traveler' I discuss the formation of a new phase of humanity created by demi gods in several regions around the world. Since that time approximately 12,000 years ago, these religions have morphed into newer forms of worship over the centuries, discarding the old ways for the current trend. What makes a religion so powerful? When we believe the same thing, we empower that belief. We create our reality as we know it based on individual and collective karma.

What we have come to know and realize is the truth of these belief systems can vary and once measured up to science a whole new meaning takes place. When we look beyond the confines of old belief structures, we find a vast universe where many possibilities exist. Some people have left their religion and joined the New Age movement. Many seekers are looking for healing and a better understanding of the unseen world. This has been a revolution liberating the past and accelerating the present into higher consciousness. As people pursue this new way they experience a wonder of information on chakras, crystals, breath work, hypnotherapy, sound healing and more. The internet is a plethora of information of which some is not accurate but like religion shares a point of view. Having worked with over a million people I have observed a massive search for

the truth. I have also witnessed a lack of faith. It takes work to believe in yourself, your children, your community, and even more work to believe in a higher power. Understanding there is a higher power and being willing to turn your life over to Creator takes great courage.

I have observed one of the challenging aspects to this new-found freedom is what do people anchor into when there is a crisis. Religion has always provided the foundation of a God, while the New Age movement has provided a larger spectrum of gathered beliefs. We look to our spirit guides, angels, demi gods, we chant, om, and say Namaste', crawl into sweat lodges, fly to Peru for Ayahuasca ceremony, walk on hot coals, fast, cleanse and look to the stars for help from extraterrestrials. This large bowl of mixed religion is leaving even the most adept looking back to their roots for some sign of a higher power. Jesus is popular and many New Agers include him in their doctrine. They also live by a spiritual code that includes a tarot deck and crystals. But in a crisis who gets the 911 call? I have many clients who have reverted to the default system of religious upbringing when in crisis. At the time of death there can be tremendous fear of what is next. Whether you call upon Jesus, the angels, your guides, or the demi gods they are ALL here for you. Creator always hears you.

We are conduits for Creator and the Earth. We receive God's energy through the top of our heads and Earth energy rises through our feet meeting at the heart creating a riot of love and oneness. The marriage of these energies is far greater than anything we can ask for. Creator has no prejudice and the same applies to the Earth. We use her and abuse her and yet she keeps giving to us like a mother with unconditional love.

My hope is the New Age community can heal in their pursuit of higher consciousness. That religion can heal from centuries of conflict. That in our borrowing of all ideology, we are respectful and allow for growth without reengaging the ego. It is important for peace to prevail within each one of us. Certainly, religion has not fostered such peace. Maybe the New Age community can truly demonstrate the inner peace needed to galvanize this new consciousness without repeating history.

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

wordwisdom

September Reflection

I'M GOING TO START with a quote by Lilian Whiting: "Acquire the habit of expecting Success, or believing in Happiness; nothing succeeds like success; nothing makes happiness like happiness."

The key word is Habit. Most of our actions are habits. Brush your teeth daily? Habit. Coffee in the morning? Habit. Exercise (or not)? Habit. I'm of the firm belief that habits can be altered, abolished or created. Repeat an action for a few weeks, and you have a habit. With that in mind, why not habitually expect Success and Happiness?

September has always triggered a sense of new beginnings for me. The weather cools, and I look to my sweaters for comfort. It's a time to go back to school – if you're a kid – or even if you're not a kid. Look for classes at the Community College or at the yoga venues. Be open to opportunities. They exist. Try something new. Break out of a rut. Shed a bad habit or two.

We think of habits as physical actions – the teeth brushing, exercise routine and

coffee drinking. Our way of thinking also becomes habitual. One too many traumas and one's way of thinking about the world is skewed. Experience, if it is to be a piece of learning, needs to be processed through the most positive filter one has in hand. Otherwise, one can be beaten down. Diminished. Reserves get spent. Optimism can be in short supply when the world is imposing upon you its obstacles. We live in hard times. Personally. Politically. Financially.

A way to reconnect with the more positive version of yourself is to spend time with yourself. Take note of the more positive feedback from your world. It can be anything – a smile from a stranger, a kind word or shared laugh. Be okay with picking and choosing the better and more pleasing things. The other stuff? The rude clerk or the insensitive comment from a friend? Set it aside. That does not belong to you. It could be bad day for that person or a moment of insensitivity, not an indictment of you.

By Tobi Nason

I've had my fair share of unpleasant events this year. I've had bad days where I looked for the connected dots, some big plan behind it all. I didn't find it. I found my scared self all too willing to go down to dark places. Fear of an unknown future dictated my nervous days for a while. Having time on my hands, I took note: When I laughed or extended a small courteous kindness, I forgot my fear. Or rather, my fear was no longer front and center. Laughing and living and looking for signs of good things to come has become my new habit.

Counselor's advice: Don't let fear creep into your daily life. Much of what we worry about never materializes. Develop a habit (daily!) of expecting good things to happen. At the end of the day, take stock of the little things that made you smile just a little bit. It's a good thing.

Tobi Nason. MA in Counseling, lives in Warrenton. She offers a sliding fee scale and can be reached at (503) 440-0587.



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bodies in balance

Healthy Aging

AS WE EMBRACE FALL and the bounty of summer begins to wilt and wither it makes me think of the aging process normal and natural to all living things. It is not a fact of life many of us enjoy exploring but being prepared for the course of aging can benefit our quality and quantity of life. Understanding that there are too many specific health challenges to cover in this article, I hope I can touch on some basics, which I expect will apply to most

Digestion...I will repeat what I've said before...

this is the cornerstone of health. As we age so does this valuable system. The release of stomach acid decreases and with it cues to pancreatic and gall bladder function begin to weaken as well. Individuals may have a lessening appetite, eat fewer and smaller meals, clearly this varies but is not uncommon. As digestion starts to deteriorate a VERY common symptom that arises is heartburn, for which acid-reducing medication is regularly prescribed. Sadly this quick fix is not a healthy long-term solution as acid is required for essential vitamin and mineral absorption as well as overall digestive flow. Instead I would suggest a strong lemon or lime and water mix, or apple cider vinegar before or with your meals. This naturally acidic solution will instead strengthen the innate digestive function creating better digestive health. Zinc is a key nutrient in the creation of hydrochloric acid and may be worth supplementing if digestion is a concern.

Inflammation...Simply put, this is the root of disease. So logically if we can support the inflammatory pathways in a healthy and beneficial manner we can reduce the progression of diseases that deteriorate our health. The theory is simple, it's the practice that is a challenge, and again as individual lifestyles, genetics, etc, vary there is no one simple way to assist this. One no brainer, however, is to reduce your stress or at least learn techniques to manage it. Stress is pro-inflammatory, but when managed can lessen its impact on your overall health. I think as our world has become more high-paced and stressful we see activities like Yoga, Tai Chi and meditation gaining popularity because they offer natural stress reduction. Really any kind of exercise will count here, but if you are a go-go-go, anxious, high-strung type per-

sonality then a high impact workout would not necessarily be as nourishing as a slow-down, self-reflective one. Food choices are another must in this category. Quality fresh foods will be less inflammatory than highly processed foods...seems obvious. Foods that may be affecting our gut health and immune health are also worth avoiding or at least eating as conscientiously as possible. Otherwise known as food allergies or intolerances these foods



are an irritant to the system, and constant irritation can over time cause inflammation. Anti-inflammatory nutrients come from turmeric, bromelain, alpha-lipoic acid, green tea, essential fatty acids and many fresh fruits and vegetables.

Cognition...

For many, memory, thinking and speaking clearly are extremely important indicators of the aging process. Without touching on any one condition I think there are some terrific everyday tools, and nutrients that can support good cognition. Variety is not only important but also more fun. New foods, books, games, puzzles, routes to work, exercises, all increase the pathways in the brain. Learning in any way: a language, artistic skill, craft or hobby can improve both the quality of your life and your brain function. One nutrient essential to brain function is B-12, remember to compliment any one B vitamin with a B complex to assure you are not creating deficiency elsewhere.

I know you've likely all heard about Gingko for brain health. This wonderful herb helps to open and access those small blood vessels and capillaries throughout the body, especially prevalent in the brain. Ginger is another circulatory tonic that I would combine for brain function, along with Gotu Kola or Turmeric both herbs are

rich in antioxidants to assist in blood vessel damage and repair. One of the great aspects of age is the knowledge you have garnered...keeping a good social network to share knowledge and experience which keep us engaged in our communities and feeling part of something meaningful.

Appearance...the way we look can create much apprehension for many aging adults. This is not only our skin, and hair, but the way we move and carry our-

selves. For both men and women it is extremely valuable to build muscle mass before our 50's; this means performing weight bearing exercise in addition to cardiovascular activities or the more stress alleviating exercises discussed above. After menopause women have a more profound shift in their physiology which includes muscle and bone loss. This occurs in men too, just not as dramatically. Keeping our musculoskeletal systems well nourished and flexible helps with ease of movement and long-lasting strength. Our skin is not so unlike this system as it is made of many of the same basic building blocks, namely collagen and muscles. Since the skin is interfacing with our environment it shows the signs of aging more readily. The skin as a whole benefits greatly from the use of antioxidants...vitamins C,D,E, bioflavonoids like rutin, quercetin, resveratrol, and foods like blueberries, acai berries, pomegranate, dark leafy greens and green tea. These antioxidants are a valuable toolbox which enhance the health of our aging bodies by doing some damage control for us.

With yet another birthday approaching it continues to be as important as ever to think about ways to improve and optimize health! I'm sure as I continue to age my opinions may shift, but for now I am not in the anti-aging camp, as with all things naturopathic I believe in supporting the natural processes of the body...of which aging is part. I certainly do support any efforts to age in a healthy and vital way and hope these simple reminders can help you to achieve a bounty of health throughout your life.

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

By Tracy Erfling, N.D.

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



FOOD GROOVE

CHEW ON THIS!

by Merianne Myers



NEVER MIND THE PUDDING, GIVE ME FIGGY CROSTINI

- 1 baguette cut on the diagonal into 1/2" slices
- 1 hallock* of ripe figs
- 2 slices pepper bacon or pancetta, fine dice
- 1 small container Mascarpone
- 2 stems fresh rosemary
- Olive oil
- Balsamic syrup

Preheat oven to 325. Brush bread slices with olive oil and bake on a cookie sheet just until crunchy but not browned, about 15 minutes. Set aside to cool.

Sauté the bacon or pancetta until crispy. Set aside on a paper towel to drain. Stem and quarter if figs are large or halve them if small. Mince the rosemary.

Place a teaspoon or more (it depends on the size of the crostini) of mascarpone on each toast and give it a squish with the back of the spoon to spread slightly. Top with a fig piece, a sprinkling of the crispy meat and rosemary. Give a light drizzle of good finishing quality olive oil and another of balsamic syrup. A glass of good Pinot and a chair in the shade next to a platter of these will set your day right.

* When I was a kid in Gresham, summers were spent in the berry fields earning money for school clothes. The little baskets that we filled, and which in turn filled the flats, were called hallocks which was the brand name of the company that made them. For those of you who escaped berry picking a hallock is a pint box.



FIGS! If I were verbally economical, there would be nothing else to say. Sadly for those who love me and worse for those who don't, my affection for words has me wanting to use as many as possible as often as possible and in the most grammatically questionable ways. (See previous sentence.)

The thing about figs is that they have it all. Color, shape, both hand and mouth feel, juice, sweet sensuality and a bodacious history. Pliny the Elder believed figs made a young person stronger and an old person stay healthy longer with less wrinkles. Pliny the Elder, according to his nephew/adopted son, Pliny the Younger, perished in the eruption of Mt. Vesuvius. But, we can scarcely blame that on figs.

Figs are a keystone specie. In other words, jungles rely on the umpteen hundred tropical species of figs to feed bats, birds, primates, insects, reptiles, pretty much everybody who lives within. I don't know if big cats eat figs. But, my house cats have been known to have a little kitty lick of something sweet when the opportunity arises. I'm guessing any jungle creature with a modicum of good sense would enjoy a ripe fig if given the chance.

The thing is, a ripe fig experience starts with the visual. Especially in the case of Black Mission Figs. (Note: They are ripe right now. Put this paper down and go get some. Seriously.) Upon first sight, the purply black skins look like

expensive Italian suede. Then there's the feel. There are a bunch of round about ways to describe what a perfectly ripe fig feels like. A mysterious, clearly fragile treasure held gently in a velvety sac. A scrotum! Slice it open to expose rosy pink, heart shaped loveliness. No wonder figs have such a legendary status. They are pure male on the outside and female on the inside. Exotic AND erotic! The fact that figs are incomparably delicious is almost a bonus.

A ripe fig, sliced open and topped with a smear of Chèvre is a thing of beauty and a joyful bite. Add a drizzle of honey, a flake or two of Maldon salt, a crack of black pepper and a glass of chilly, bubbly Cava and you'll have packed up all your cares and woes at first bite. You can wrap them in Prosciutto or roll them up in a slice of bacon and grill them. Top a pizza with thinly sliced figs, Prosciutto, Gorgonzola and a drizzle of Balsamic syrup. Add fresh figs, a ribbon of honey and toasted Pine nuts to your morning yogurt. Tuck them into a crepe with a bit of Brie. They are as lovely, in a totally different way, when dried. Figs love all kinds of meats, nuts, cheeses, herbs and other fruits. They are the ultimate food diplomats, confidently sexy with a generous spirit.

If I were going to use fresh figs at a party, a pretty much theoretical proposition because it implies that I haven't eaten them all on the way home from the market, here's what I might do:

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.



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Clatsop County Master Gardeners Association Winterizing Your Garden & Plant Sale Saturday, Sept 30th, 10am – 3pm Clatsop Co. Fairgrounds FREE ADMISSION

OUR GARDENS have worked hard this Summer giving beauty, bounty, energy and comfort. It's time to give garden beds, pots, perennials and trees a rest by Winterizing Your Garden. The more winterizing tasks completed will help plants survive winter with less stress and also promote a healthier more productive growing season for all plants next year. It's time to clean and tuck in the garden for a winter's sleep. Clatsop County Master Gardeners will show you how through lectures, demonstrations and advice for individual garden problems. An all day Plant Sale will feature plants ready for fall transplanting. Bring your garden soil in plastic baggies for Soil pH testing. Be prepared to take home must haves from the Garden Treasure Sale.

10:30am Winterizing Your Garden: Teresa Retzlaff is an organic farmer whose farm 46 NORTH specializes in produce, edible plant starts and flowers. She'll teach the most effective methods for soil protection with mulching and cover crops, how and what plants to cut back, overwintering edibles, transplanting and what to plant in the fall.

12:30pm Dahlia Care & Winter Protection: Joanie Chapel also known as "The Dahlia Queen" grows over a hundred varieties of Dahlias. She will share her expertise on preparing Dahlias for winter survival, basic care methods and the best dahlia varieties for our growing region. Throughout the day Joanie will demonstrate dividing tuber plants for overwintering.

2:00 pm Cleaning, Sharpening & Storing Garden Tools: Chuck Meyers long time Master Gardener and garden tool expert will discuss the importance of caring for and readying garden tools for next year. Chuck will also demonstrate effective tool sharpening.

FOODGROOVE



Bring your personal garden tools – Chuck will be available between noon and two to sharpen to perfection for a small donation.

An all day PLANT SALE will feature a variety of Native plants, Perennials, Bulbs and Trees all locally grown. These plants are known to thrive in our coastal growing areas and are ready for fall transplanting. Sedges, Silver Weed, Coastal Strawberries, mature Zebra and Maiden Hair Grasses and Herbs are a few featured plants. Master Gardeners will help you select the best plants for your growing conditions.

Garden Treasure Sale: Everyone needs more "treasures" - Gently used garden tools, wood planters, books, art and even items for the home. How about a vintage outdoor water pump or decorative bicycle? It's all here waiting for a new garden home.

Garden Fun for Kids: Crafts and Learning Activities to inspire growing interests in gardening. Kids will have several choices to create and take home garden crafts and mini gardens.

In Their Footsteps Mysterious Mushrooms of Clatsop County



LEWIS AND CLARK National Historical Park, Fort Clatsop is pleased to announce the autumn 2017 In Their Footsteps free speakers series. The first program in this monthly series is scheduled for 1:00 p.m. Sunday, September 17 with Dane Osis presenting Mysterious Mushrooms of Clatsop County.

An amazing variety of fungi thrive in Clatsop County due to the area's high precipitation and humidity. This illustrated talk will cover the rules and regulations for mushroom foraging as well as the

equipment needed to collect fungi. The audience will also learn about some of the common species of both edible and poisonous mushrooms found in this area.

Dane Osis is a state park ranger at Fort Stevens State Park. After gaining a foundation in mushroom identification through several college courses, Dane commercially picked mushrooms in the Siskiyou and Deschutes National Forests. He has been teaching mushroom identification for the past 14 years at Fort Stevens State Park and has shared similar training at several Oregon State Parks and the Tillamook Forestry Center.

LOCAL FISHES GLOBAL DISHES Cooking Class With Jennifer Burns Bright

TAKE A MINI VACATION on foreign shores at the "Local Fishes, Global Dishes" Cooking Class on Saturday, September 30, at 1pm. The event is sponsored by The Friends of the Seaside Library and will be held in the Community Room. The class is limited to 20 people and will be taught by Jennifer Burns Bright. You can sign up for this special event at the Circulation Desk or by phone.

The class will feature cooking instruction and hands on demonstrations using local catch to prepare classic and exotic dishes from the Mediterranean and Asia. The class will also include recipes and tips for preparing favorites on the Oregon Coast. Jennifer will be instructing us in the preparation of Thai rockfish cakes with cucumber dipping sauce. Tunisian brik, a savory pastry filled with tuna, egg, and capers. Provincial Sunshine—boudrie fish soup with roasted red pepper aioli. And, Korean savory seafood scalion pancakes. Attendees will have a full experience of prepping, cooking, and serving these tantalizing items, as well as sharing an international repast. Is your mouth watering yet?

Jennifer Burns Bright is a food and travel writer based in Port Orford, Oregon. She recently retired from teaching at the University of Oregon, where she led a faculty research group in the emerging discipline of food studies. She holds a PhD from the University of California at Irvine and a Master Food Preserver certification. Her writing appears in Gastronomica, Oregon Quarterly, NPRs The Salt and Eugene Magazine, among others.

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



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