

April 2018 • vol 19 • issue 230

# HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

**CALL  
TO LIFE  
AN EARTH  
DAY  
INGATHERING  
• APRIL 20**

**TOWARD  
A NEW  
VISION  
PART II**

HARD TIMES ARE COMING, WHEN WE'LL BE WANTING THE VOICES OF  
WHO CAN SEE ALTERNATIVES TO HOW WE LIVE NOW, CAN SEE  
THROUGH OUR FEAR-STRICKEN SOCIETY AND ITS  
OBSSIVE TECHNOLOGIES TO OTHER WAYS  
OF BEING, AND EVEN IMAGINE REAL GROUNDS FOR HOPE. WE'LL NEED WRITERS  
WHO CAN REMEMBER FREEDOM - POETS, VISIONARIES - REALISTS OF A LARGER REALITY.

- URSULA K. LEGUIN (2014)

**KMUN Celebrates  
35! 4/14**

**View IlluminART - on  
the Streets 4/13-14**


**Pete Seeger "99"  
Tribute! 4/28**

**12 Days of Earth  
this April**

**ART in the Park  
in May**




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## May 6 • Fort Clatsop State Park along the Netul River Trail

"Something's coming, I don't know  
what, but it's gonna be grand!"

THIS IS HOW organizer Marco Davis feels each time he begins to plan the collaboration of art, dance and music known as "Sunday in the Park with Art" (SPA), a hike/art experience at Fort Clatsop within the Lewis and Clark National Historical Park.

This season, SPA takes the form of a play with two "acts" along the Netul River Trail, a two mile round trip stroll. Act I will begin at 1p.m., at the Netul Landing north shelter. Music, dance and art installations will entice the walking audience northward along the trail to the Fort Clatsop Visitor Center picnic area. Participants will then enjoy an interactive intermission and ready themselves for Act II and the walk southward back to the Netul River parking lot, starting at 2:30. A different experience of music and dance will greet the audience during this time period, as new performers will take the place of the artists from Act I.

Those who have attended previous events will notice the ease of traveling along the art/hike this year, the third installation of this event. The smooth and flat river trail is a departure from the longer curvy, rocky and sometimes steep Kwis Kwis trail on the west side of Fort Clatsop Road.

The organizers are excited that this year, the artists and hikers will experience the ecology of the river and the riparian zone, which provides a home to thousands of plants and animals and plays a critical role between upland areas of Fort Clatsop and open water. Marco says, "Ready yourselves to be taken over by the incredible talent in our area; these artists bring their expression and share it with us as we connect to the earth and the elements and their art and each other."

SUNDAY IN THE PARK WITH ART happens rain or shine and is an all ages, family friendly event. Come dressed for the elements and feel free to add flair. Please arrive early to first purchase a pass at the Visitor Center, \$5.00 for age 16 and older, free for under 16. For more information, please call the Fort Clatsop Visitor Center: 503-861-2471 or keep up to date on the Sunday in the Park with Art FaceBook page.



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# KMUN COAST COMMUNITY RADIO JOIN THE CELEBRATION

In the Ruins of the Astor Hotel • April 20

# 35!

**I**N A TINY STUDIO atop the Gunderson Building in downtown Astoria, on the south side of Commercial St., KMUN 91.9 FM entered the world with seven simple words, voiced by Liam Dunne: "Welcome to the birth of station." The date was April 17, 1983.

Some 35 years later, the eclectic and quirky station is going stronger than ever, with a dedicated six-member staff, some 100 volunteers, and more than 1000 members.

To celebrate its founding, the station is hosting a 35th birthday bash for the community from 6-10 PM on Saturday, April 14, in The Ruins of the Astor Hotel, 1423 Commercial St. Astoria DJ and KMUN programmer Joey Altruda will spin tunes, so bring dancing shoes. The party will have a no-host bar, as well as snacks and birthday cake for everyone. Admission is free, although donations will be accepted for the nonprofit organization. All ages are welcome.



KMUN's longtime Station Manager  
Doug Sweet

The event coincides with Second Saturday Art Walk in downtown Astoria, so organizers encourage art walkers to pop into the party afterward.

Since its founding, KMUN's name has changed to Coast Community Radio (CCR), reflecting the addition of KCPB 90.9 Warrenton as well as the reach of CCR's airwaves, from as far south as Tillamook County (on KTCB Tillamook 89.5), to Washington's Pacific and Wahkiakum counties across the Columbia River.

The station now broadcasts from the Tillicum House ("Tillicum" means "people", or "friend" in Chinook), a circa-1890 Queen Anne Victorian that benefactor Helen Patti donated to the station 30 years ago.

But what hasn't changed is the station's mission: providing independent, non-commercial, community radio programs and services for the greater Lower Columbia Pacific region. The station's varied program line-up includes the venerable Bedtime Stories; jazz, classical and folk, to name just a few of the many musical genres offered; as well as locally produced public affairs; a youth radio show produced by Astoria High students; and the popular Ship Report, produced by station news director and former station manager Joanne Rideout, that offers a daily of rundown of vessels plying the Columbia River.

In its three and a half decades, Coast Community Radio has literally weathered many a storm, including the historic Great Coastal Gale of 2007, when a tree crashed down on the studio. Programmer David Paul didn't miss a beat and kept right on going with his broadcast.

The station has also endured a storm of a different kind, the perennial threat to defund the federal Corporation for Public Broadcasting (CPB), which provides one-fourth of the station's budget. Like others before him, President Trump has removed all funding for the CPB from his budget, which Congress has not yet voted on.



L to R: Early KMUN'ers Mike Sroufe, Harriet Baskas & Liam Dunne

"With the ever-increasing risk of losing CPB funding, it is heartening to know that we have the ongoing support of listeners, underwriters and business members in the community," explained Station Manager Graham Nystrom. "I dare say we can survive without federal funding, but we absolutely cannot survive without the support of our community of listeners."

The Tillicum Foundation Board of Directors, which oversees the station and sets policy for it, is working to make the organization less reliant on the federal grant, in part by seeking other grants and holding various fundraisers.

"We want to ensure that Coast Community Radio remains a vital member of the Lower Columbia Pacific region for the next 35 years and beyond," said board chairperson Joan Herman.



Cuttig the Inaugural Cake: Doug Sweet, the late Ann Goldeen, and unknown early KMUN'er, 1983

PHOTOS: George Vetter/cannonbeach.net

## McVarish Gallery

April 14 - May 11  
Gustavo Ponce paintings  
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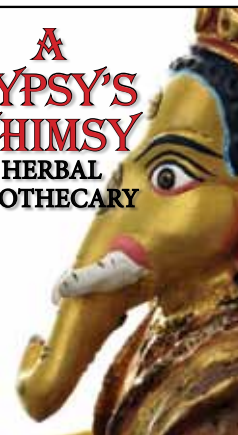
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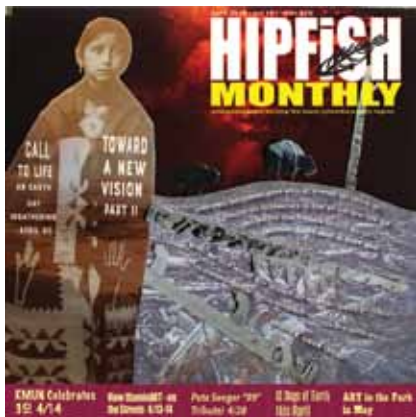
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## On The Cover

"Remembering the Titans" by Joi Smith,  
Astoria, OR. Paper on Paper  
[www.patreon.com/Joismith](http://www.patreon.com/Joismith)



### BENEFIT NIGHT AAMC

It's the second annual AAMC Benefit Nite at the Fort George Brewery! Head to the upstairs pub from 4:30 to 9pm Tuesday, April 24th for an evening of performances, dancing, music and class demos of Contra Dance, Zumba, Belly Dance, Tango, Poi, Burlesque, Tap, Yoga and Swing. A raffle is also on the agenda - win classes, gift certificates, private lessons, art, massages and more. Proceeds from food and drink sales will directly support the AAMC, so raise a pint and raise some funds for the beloved Arts and Movement studio!!  
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## Waking Finn Mac Cool: Tales of Ireland's Legendary Poet Warrior Nationally Recognized Storyteller Will Hornyak • April 12 at KALA

NATIONALLY recognized storyteller William Kennedy Hornyak performs "Waking Finn Mac Cool: Tales of Ireland's Legendary Poet Warrior" on Thursday, April 12 in Astoria at KALA 1017 Marine Drive at 7:30 p.m. \$15 Tickets at [www.libertyastoria.com](http://www.libertyastoria.com)

Will Hornyak teaches storytelling at Marylhurst University and performs throughout the United States. He has been a featured teller at the National Storytelling Festival in Jonesborough, Tennessee and at regional festivals throughout the country.

Using the framework of an Irish wake Hornyak weaves myth, song, history and poetry together in "Waking Finn Mac Cool," a solo performance.

"An Irish wake was traditionally a storytelling occasion when anecdotal tales and legends mixed and mingled as people gathered to honor the spirit of the deceased, Hornyak said.

"The tales told, the tears cried and the memories shared assisted the dead in making the transition from one world to another. It was often an all day and all night affair," he said. "I thought a wake for Finn would be a good way of remembering a mythic hero whose deeds and ideals from long ago and far away are relevant right here and now."

Hornyak explained that Finn and his band of warrior-poets protected the high king from harm, but withheld their deepest devotion for the spirits of the wild fens, the singing streams, rugged coasts, deep glens and mountain tops of Ireland. This was the very body,

blood and breath of the goddess Erin, whose name is synonymous with Ireland.

Finn and his band lived by the old code: 'Never give a sword to a man that can't dance.' They knew that



battle and bloodshed could intoxicate a warrior and destroy him and others. They understood that his fiery spirit needed to be cooled and tempered by the poet's heart that resided within him. They had a saying: "A warrior must know how to stop a battle, not just how to start one."

**KALA is located at 1017 Marine Drive in Astoria. KALA is an intimate theatrical stage, presented by HIPFISH-monthly. Ages 16+ are welcome to this performance. Full Bar available. 503.338.4878. Pick-up will call tickets at the door at KALA. Doors open 7pm.**

## MUS@KALA

### GUITAR MASTER Terry Robb • Friday April 27

KALA welcomes back guitar master Terry Robb—one of the top acoustic blues guitarists of our time. His signature fingerpicking style has earned him international acclaim from worldwide audiences, music critics and his distinguished peers. Incorporating elements from the Mississippi Delta music tradition, ragtime, country, swing and free jazz, Robb has built a unique blues sound that has made him a legend in his prolific music career spanning more than four decades.

The multitude of awards Terry Robb has received speak to his seminal talent as a blues guitarist. Robb has been inducted into both the Oregon Music Hall of Fame and the Cascade Blues Association Hall of Fame. He single-handedly defined the Muddy Award for Best Acoustic Guitar, winning the honor 19 consecutive years from 1992 until 2011. Upon his retirement from the competition in 2011, the award was renamed the "Terry Robb" Acoustic Guitar Muddy Award to honor his landmark contributions to blues music. In 2017, he received the Muddy Award for Lifetime Achievement.

Robb was born in British Columbia, raised in the United States and currently resides in Portland, Oregon. He achieved greatness at an early age, performing with Ramblin' Rex of Frank Zappa / Captain Beefheart fame, Canned Heat's Henry Vestine, and steel-string guitar icon John Fahey. At age twenty-four, Robb's collaboration with Fahey led to producing several of his critically-acclaimed recordings, including "Let Go" which earned Fahey a four-star review by Rolling Stone.

As an acclaimed producer and session guitarist, Robb has contributed to many award-winning projects, including Alice Stuart's Grammy- and W.C. Handy-nominated album, "Can't Find No Heaven." With more than 15 albums under his name, he has collaborated with Eddy Clearwater, Maria Muldaur, Ike Willis, Curtis Salgado, and Glen Moore, toured with Buddy Guy and Steve Miller, and shared the stage with B.B. King, Albert Lee, Joe Cocker, Bo Diddley, George Thorogood, Leo Kottke, Johnny Winter and many more all-stars.



Rene Rowe, Searching Celestial Solace, mixed media on canvas, 12" x 9"

KALA presents abstract paintings by Astoria artist Rene Rowe. Rowe grew up on the east coast, studying art at Rutgers with Roy Lichtenstein and also attended the NY Art Students League. Rowe has traveled most of our continent and much of Europe, her various careers include jazz musician, social worker, software engineer, art gallery owner and art coop creator. When she fell in love with the West Coast she moved to Astoria Oregon, determined to follow her heart by making art for the rest of her life. Many of Rowe's landscapes, her other passion, can be seen at Fairweather Gallery in Seaside.

KALA also brings new collage to the walls by Astoria artists Sid Deluca and Joi Smith, and also will feature work by Astoria photographer Tom Hilton.

**Stop by KALA 5 – 8pm for Astoria Art Walk and enjoy a complimentary cocktail!**



**Friday, April 27, 8pm. \$16 – advance tickets at [libertyastoria.org](http://libertyastoria.org). (Pick up will-call tickets at door/time of show). Doors open 7:30pm. Full Bar. Intimate stage. 16+ welcome. KALA is located at 1017 Marine Drive in Astoria.**

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## Clatsop County Democratic Central Committee Hosts Candidate Forum • April 9

The Clatsop County Democratic Central Committee is hosting a candidate forum for the 11 registered Democrats seeking election to the following partisan and non-partisan offices:

- Oregon Senate District 16 (Betsy Johnson)
- Oregon House District 32 (Tim Josi, Tiffany Mitchell and John Orr)
- Clatsop County District Attorney (Ron Brown)
- Clatsop County Board of Commissioners, Districts 1, 3 and 5 (1: Andy Davis; 3: Peter Roscoe, Doug Thompson and Pamela Wev; 5: Susana Gladwin and Leanne Thompson)

Questions drawn from the audience will be asked of the candidates.

WHERE: Clatsop Community College -- Astoria Campus, Columbia Hall, Room 219. 6pm

WHY: To provide voters with the positions and views of the local Democrats on the May 15 ballot.

Refreshments will be provided. The forum will be broadcast on the Clatsop Democrats Facebook page, @clatsopdemocrats. FMI: go to [www.clatsopdemocrats.org](http://www.clatsopdemocrats.org)

## Meet Candidate John Orr April 11

AREA RESIDENTS eager for more effective state government are invited to the campaign kick-off for John Orr. He is running to be the Democratic nominee for the Oregon House of Representatives, District 32 in the May 15 primary election. Meet and talk with Orr at this public event on Wednesday, April 11 from 5:30 - 7:30 pm, in the Lovell Showroom at Ft. George Brewery. This event is free and open to the public.

"As your State Representative in Salem, I would bring new perspective, professional and volunteer experience, and the knowledge about Oregon and Oregonians gained from decades living and working on the state's North Coast," said Orr. "Even more important, I want to hear what local people have to say about the issues facing them and their communities."

Orr is an attorney, no longer in active practice, who has dealt extensively with criminal and family law, juvenile dependency, mental health, and land use. He served as a Municipal Court Judge.

Listening, getting other points of view, and researching information are essential for a good elected official, Orr believes. He's held leadership positions with the Clatsop County Bar, the North Coast Land Conservancy, the Public Safety Coordinating Committee, the North Correctional Facility Siting Council, and the Cannon Beach/Elk Creek Affordable Housing Development.

"Citizens want state government to be more responsive to and collaborative with local communities. I'm eager to make that happen." Orr plans to push the legislature to stabilize the state's finances, protect air, water, and the environment; and improve public education and its funding. John Orr is at [www.orr4Oregon.com](http://www.orr4Oregon.com).

## Tiffany Mitchell Kicks Off Campaign for State Rep. District 32

ON APRIL 2ND, more than 70 local supporters joined Tiffany Mitchell at Buoy Beer Company to officially kick off her campaign for State Representative, District 32. "I am incredibly grateful and humbled by the overwhelming community support and enthusiasm for my candidacy," said Mitchell. She continued, "The North Coast is an incredibly special place to call home, and I am running because it's time that the hard-working families of our community had a stronger voice in Salem."

As a working-class Oregonian, Mitchell is running for State Representative to ensure the North Coast continues to be a great place to raise a family by fighting for: Affordable Healthcare for Everyone, Stable Funding for Education, Protecting our Coast from Offshore Drilling, Standing up for our Community's Most Vulnerable

Mitchell has also earned key endorsements from individuals and organizations, ranging from those representing the environment, education, working families, and more. Organizations backing Mitchell for State Rep include: Oregon AFSCME Council 75, Oregon Chapter of the Sierra Club, Oregon Education Association, Oregon League of Conservation Voters, SEIU Local 503, and WINPac, which supports pro-choice women running for office.

Learn more about Tiffany Mitchell, visit [www.tiffanyfororegon.com](http://www.tiffanyfororegon.com)

## STREET SPOTLIGHT

**STREET SPOTLIGHT is a NEW on-going series with the aim to share voices and stories of the citizens of the North Coast who are homeless or unstably housed and living on the streets of the coastal communities.**

By Kaisa Schlarb  
for HIPFISH  
inconjunctin with  
Filling Empty Bellies



Lorraine & Spud

ON A BITTERLY COLD and rainy March day, a cruel joke winter pitched forward into the early days of spring, I meet Lorraine Veach during a Filling Empty Bellies sponsored lunch in People's Park. Others join her while we talk. One guy says he's housed now, but "I just make sure mamma over here is alive and kicking every day."

Alive yes, but "kicking" requires defining.

"Skaving," is what Lorraine calls it: just getting enough of something you need, and just barely getting away from something you don't. "Skave" enough to eat, but also, "skave" from the rain or the cops.

A northwest resident for 10 years, she has lived in RV parks in Westport, Clatskanie, and along the coast. Until last summer, she was living in a trailer with a partner who kicked her out by dropping her off at another RV park and leaving her, her daughter and son-in-law.

Now, Lorraine camps. She explains how hard it is to travel from camp and all around downtown.

"You have to drag your stuff around all day long. With my back issues, it doesn't work always so well to get from point A to point B. We spend so much time walking back and forth just trying to stay warm."

Lorraine receives a meager monthly disability check for her back issues.

"It don't go to drugs. I don't drink. It mostly goes to food." It is expensive to buy food when you can't cook it yourself. "We can only get easy eats because we can't really cook anything unless we have those propane tanks, and those are \$5 a pop. And matches don't work, it is too wet."

It is also hard to take make use of the food bank with nowhere safe to store food from weather or animals.

"We can't haul cans and boxes of food. And what we manage to hide from the rodents...We hang [food] up in trees away from them, but they still get in."

When her check runs out, Lorraine panhandles. She and her 10-year-old

dog Spud are often visible in front of the post office. "I gotta eat," she says, and so does Spud.

One misconception people have is that she and others without a home don't feed their dogs. Lorraine calls this: "crap. They get better taken care than we do. They have dog food every morning, most of the time I buy it with my check."

She has been verbally attacked in front of the post office for having her dog panhandle with her and for having a dog while homeless.

"Well, I wasn't homeless when I first had my dog," she says simply.

Others have been positive and friendly toward Spud, wanting to give him treats, which Lorraine loves. "That's ok, they charge around with us all day long too!"

Lorraine is also an artist, she makes wind chimes out of wood and shells she collects along rivers and beaches. With her left hand currently in a cast, an injury from leaving camp, she can't practice her craft. Two pieces of her work are still for sale at Terra Stone.

I ask what she believes people on the street most need, she has ideas.

"A 24-hour, all-year campground. Somewhere for us to be that is more legal." A break from ticketing and camps destroyed by cops.

As lunch winds down, Lorraine begins to look for storage to save her leftovers. An open bag of gold fish crackers has just enough room for the remainder of her sandwich.

"Can't eat too much at once when you are on the move," she explains, hoisting her gear over her dripping rain slicker. "You get side aches."

I ask if this will be her only meal today. "Probably."

Where will she go now, I ask, surveying the pounding rain and feeling my own painfully frozen hands.

"Out in the weather," she replies. As if there were anywhere else.





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STEPHEN BERK

## AMERICA'S *Gun* MASSACRES

**T**HE MASS KILLING of seventeen people in Florida in February was only the latest in a long string of such shootings. The weapon of these senseless massacres is invariably an automatic or semiautomatic rifle, like the AR-15, since such weapons are most efficient in producing such indiscriminate slaughter. Every time these mass shootings occur there is much talk among politicians and others in positions of leadership, as well as on media, about the crying need for gun control. But as time goes on, the ever present-centered focus of what passes for "news" inevitably pushes the latest gun massacre to the margins and eventually out of public consciousness that is until the next one occurs. Politicians in Congress and at the state level also engage in this collective forgetting, as they are under tremendous pressure from the powerful gun lobby, headed by the NRA, whose stance is now total lack of control on assault weapons.

This repetitious scenario is buttressed by the fact that American popular culture places great value on gun ownership and shooting. Go out to a rural, wooded area and you will commonly hear frequent gun shots. It is generally target shooting, or during the season, hunting also occurs regularly in such places. The rural country around Astoria, with relatively few people and much less traffic, is ordinarily quieter than the city, but the quiet is often punctuated by gun shots, some seeming as loud as a cannon, some coming in bursts of fire from automatic or semiautomatic weapons.

People have high powered guns for various reasons, including self-protection against the ever feared but rarely present armed robber or other such armed outlaw. But most commonly it is for target practice and hunting. Documentary film maker Michael Moore did a film several years ago called "Bowling for Columbine." Columbine High School is in a suburb of Denver, Colorado where one of the earliest of the present string of mass shootings took place. Moore, who proclaims his personal gun ownership and lifetime NRA membership,

states that it isn't widespread ownership of guns that causes the mass shootings. In Europe also, a great many people own guns, and with rare exceptions you don't see mass shootings. Our northern neighbor, Canada, so much like us in so many ways, wholly lacks our gun violence. Moore went up to Canada in making his film and found the Canadians own as many guns per capita as in the US. But they don't lock the doors to their houses, as Americans do, and they don't have gun massacres. Moore, like many sociologists who have studied the

automatic weapons. This makes it easy for an emotionally unstable individual to obtain not just a handgun or rifle, but an automatic weapon. The latter have been the weapon of choice for obvious reasons in the spate of recent gun massacres.

The collection of special interests, including those who think carrying concealed weapons or, like President Trump, arming school teachers, is the best way to defend against school shooters, are a big part of the resistance to gun control. However, it is senseless to think a teacher armed with a handgun or rifle could stop someone using an assault weapon. Also, how desirable is it to turn school classrooms into modern day versions of the mentality of the Wild West

Those opposing any gun regulation also think wholly ahistorically and misinterpret the Second Amendment. Inevitably they ignore its actual content. It reads: "A well-regulated militia being necessary to the security of a free State, the right of the people to keep and bear arms shall not be infringed." The first clause serves to limit the right. It says the basis of a free country is the keeping of militias, or citizens' armies throughout the union. Today, "militia" means the National Guard. The keeping of peace and freedom by a National Guard, and not the right of each person to own an arsenal was the clear intention of the Second Amendment. Even if we stretch the focus of the right to bear arms to individuals, as has been done, it certainly would exclude keeping the murderous assault rifles of today's school massacres.

One thing that gives me hope that rationality might ultimately prevail in the gun control debate is the unprecedented student uprising that has emerged in the wake of the Parkland, Florida shooting. Students all over the country, joined by parents, sympathetic politicians and other public figures are now transforming themselves into a new pressure group to compete with the gun lobby. They have reached the saturation point with these massacres and will no longer put up with ever present dangers to their schools and houses of worship posed by would-be murderous maniacs armed with assault rifles.



Getty Images

issue, cited media driven fear that uniquely grips the U.S. as a factor in making Americans more fearful and hence more prone to shootings. Everyone knows on TV news "if it bleeds, it leads." But media conditioned fear doesn't really explain school and even church massacres with assault weapons.

If you look at shootings in American history, they go back virtually to the beginning. One of the best known early shootings was the duel between Aaron Burr and Alexander Hamilton, resulting in Hamilton's death. The event, which took place in 1804, was the subject of widespread newspaper comment universally lamenting Hamilton's death and condemning the practice of dueling in general. A spate of laws against it followed, though duels continued among less well known figures, especially in the South. Like duels, the earlier American shootings were generally of one or two individuals by another who was harboring grievances against them. The gun massacre is of much more recent origins and is partly the product of the existence and ready availability of



## 12 Days of Earth Day & Annual Marine Debris Art Project!



Numerous 12 Days of Earth Day events will take place April 11–22, 2018 in Cannon Beach, OR.

The 9th annual 12 Days of Earth Day celebration will offer numerous environmentally-focused opportunities for community members and visitors. Participants can celebrate the return of the tufted puffins to Haystack Rock; visitors and residents alike can learn about these special birds from Haystack Rock Awareness Program (HRAP) staff & volunteers, who will provide environmental interpretation and set-up puffin viewing stations on the beach as conditions allow throughout the festival days.

Events include a Friends of Haystack Rock talk on April 11, at 7pm, tree plantings, a beach clean-up coordinated by the Cannon Beach Chamber of Commerce, free Cannon Beach Arts Association & HRAP marine debris jewelry making class, guided tours and hikes around Cannon Beach, a shred event, community potluck on April 20, a “Pets and People” Walking Parade, and a Street Fair where numerous different environmental groups will share ideas. For the full schedule of events visit the 12 Days of Earth Day webpage at: [www.TwelveDaysofEarthDay.com](http://www.TwelveDaysofEarthDay.com).

The Twelve Days of Earth Day Committee are a dedicated group of volunteers whose mission is to provide a platform for education and celebration of our Earth, our waters and our air, with a special emphasis on the yearly celebration of Earth Day. The group is a subcommittee of the City of Cannon Beach Parks and Community Services Committee. Their goal is to be an inclusive community group, working to ensure

and provide access to current environmental information and educational opportunities to our residents and visitors alike.

### DEBRIS ART CONTEST!

The Twelve Days of Earth Day committee also happily announces the third annual Twelve Days of Earth Day Marine Debris Art Contest, which takes on a new look this year as a collaborative project. The art project will take place during the Twelve Days celebration with the assistance

of Cannon Beach Arts Association and HRAP. Participants who love beachcombing, creativity and stewardship are encouraged to participate in this special project beginning on April 11! The theme this year is “A Collaboration for our Earth” – participants will be building pieces of art (in a 12” x 12” square) in teams, which will then be put together on April 20, at the potluck, to create a larger piece of 6’x6’ art. The larger art piece, conceptualized by local artist Joe Adams, will be a surprise! This piece of art will then be donated to the community for all to enjoy. All participants will be recognized in this year’s Steve McLeod award. For more information on materials, times, teams and participating in this year’s Marine Debris Art Project, head over to the Twelve Days of Earth Day website.

FMI: Barb Knop at [bknop@pacifier.com](mailto:bknop@pacifier.com) or Melissa Keyser, Haystack Rock Awareness Program Coordinator at 503-436-8060, email [hrap@ci.cannon-beach.or.us](mailto:hrap@ci.cannon-beach.or.us).



## Help tidy the trails at Circle Creek Conservation Center

**IT’S HIKING SEASON!** North Coast Land Conservancy now has a network of trails at its Circle Creek Conservation Center that are open to the public. The Conservancy is seeking volunteers for a trails stewardship day on Saturday, April 14, from 10am to 1pm to get the trails ready for the season. Volunteers will help with activities that may include brushing out and mulching the 2.4-mile Wetlands Walk and 0.8-mile Legacy Loop and repairing anything disturbed by winter storms and flooding.

Contact Stewardship Director Melissa Reich at [melissar@nclctrust.org](mailto:melissar@nclctrust.org) in advance for directions to the property and to let her know you’re coming. Bring a lunch and work gloves if you have them, and prepare to get muddy. Dogs are not allowed on NCLC habitat reserves.

To learn more about Circle Creek Conservation Center and to download a trail map, visit [NCLCtrust.org/circle-creek-conservation-center](http://NCLCtrust.org/circle-creek-conservation-center).

Lewis and Clark’s  
Discovery of the Willamette River:

## Recent Findings of Their Secondary Mission

### In Their Footsteps Series

LEWIS AND CLARK National Historical Park, Fort Clatsop is pleased to announce the next In Their Footsteps free speaker series event. Lewis and Clark’s Discovery of the Willamette River: Recent Findings of Their Secondary Mission by Dr. Steven McClure will be on Sunday, April 15, at 1:00 p.m.

It usually is taught that the Lewis and Clark Expedition missed the mouth of the Willamette River twice when they paddled by on the Columbia River to and from the Pacific Ocean. Historical researcher Steven McClure, will present his finding that the Expedition actually mistook the Willamette for the Multnomah Channel. They also traveled right past the Willamette on their trip upstream on the Columbia because they mistakenly presumed that the Sandy River, which they had previously found when originally coming downriver, was the large southern river they had heard about from Chinookan Indian informants at Fort Clatsop.

Combining a close analysis of period maps and the Lewis and Clark Expedition’s journals, Dr. McClure will take us up the Willamette River to learn where Captain William Clark’s canoe party camped on April 2, 1806. As a board member of Friends of Baltimore Woods, a St. Johns neighborhood group restoring a wildlife corridor along the Willamette, Steven has led tours to where he has determined Clark turned back to the Corps of Discovery’s base camp on the Columbia. McClure also will share why Clark turned back, indications that he was attempting to reach the Willamette Falls, and the Corps’ belief that the Willamette reached to the Spanish silver mines on the Rio Grande.

McClure is an active member of the Oregon Chapter of the Lewis & Clark Trail Heritage Foundation.

These programs are held in the Netul River Room of Fort Clatsop’s visitor center and are free of charge. FMI: (503) 861-2471, or check out [www.nps.gov/lewi](http://www.nps.gov/lewi), or Lewis and Clark National Historical Park on Facebook.



## Lower Nehalem Watershed Council Speaker Series Presents

### Kilchis Estuary Restoration Project: from Planning through Construction and Planting • April 12

HOW DO YOU RESTORE tidal channels and wetland habitat in floodplain areas that have historically been diked and disconnected? Join Lower Nehalem Watershed Council (LNWC) as we welcome Dick Vander Schaaf, Associate Director of the Coast and Marine Conservation Program for The Nature Conservancy, for a presentation on the Kilchis Estuary Restoration Project. LNWC continues our Speakers Series on April 12th by exploring the process of restoring critical habitat for native salmon in Tillamook Bay.

The Nature Conservancy purchased a former dairy farm in 2010 on the lower Kilchis River with the intention to restore the tidal wetland habitats that once dominated the site. The Conservancy utilized hydrologic modeling to develop restoration scenarios for the project and to foresee impacts due to climate change. This presentation will step through the planning and restoration process and discuss future work at the site. The project also has

broader implications for wetland restoration on agricultural lands in Tillamook County.

At the Pine Grove Community House, 225 Laneda Ave, in Manzanita. The presentation starts at 7:20pm following an update from Lower Nehalem Watershed Council at 7pm. Join LNWC for the regular Council meeting from 5:00 pm. – 6:30 pm at the Pine Grove to learn more about the Council’s ongoing work.

New to Speaker Series in 2018, the raffling off a gift certificate or special item from a local business supporter during each event. This month - \$25 gift certificate from Manzanita News and Espresso. Raffle tickets will be available for a \$5 donation at the door and the winner will be drawn at the end of the presentation. FREE and open to the public. FMI: (<https://www.facebook.com/lnewc1>).

April 12 at Pine Grove Community House (225 Laneda Ave, Manzanita).

## SALTY TALKS presents Michael Lemeshko

### “Judge John Briscoe on the Weather Beach 1853 - 1901”

#### April 19 at Ilwaco’s Salt Hotel & Pub

HAVE YOU EVER WONDERED who’s buried in the lonely little cemetery west of Highway 103, just north of Long Beach? Wander up the grassy knoll to the white picket fence and you’ll find two gravestones, a husband and wife. The inscriptions are worn but clear, “John Briscoe, born in Newtowne, Conn. Aug. 15, 1812. Died May 9, 1901” and “Lucy A Briscoe, wife of John Briscoe, Who Passed from Earth to Heaven Oct. 24, 1881” Who were these early settlers of the Long Beach Peninsula? What story do their lives play in our local history?

Local historian, Michael Lemeshko asked himself these questions and his interest led him to the Columbia Pacific Heritage Museum and the Community Historian Project. The research skills he gained through the Project led him deeper into the Briscoe family and the emerging story of the cantankerous farmer, John Briscoe.

Salty Talk presentations are located upstairs in the Salt Hotel and Pub, located 147 Howerton Ave on the Ilwaco waterfront. This event is free to the public and starts at 6:30 pm on Thursday, April 19th. Come early or stay late for those wanting to grab dinner or beverage. Seating is limited. No reservations.

Salty Talks are in partnership with the SALT Pub & Hotel, Columbia Pacific Heritage Museum, and Washington State Parks and Recreation Commission, with support from Friends of Columbia River Gateway.

The Columbia Pacific Heritage Museum is located at 115 SE Lake Street in Ilwaco. Museum hours are Tuesday through Saturday 10-4. Admission is free on Thursdays thanks to the Port of Ilwaco.



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### **Lower Columbia Q Center Astoria Armory - 1636 Exchange Street Astoria**

Mission: The Lower Columbia Q Center is a safe and welcoming resource and peer support service for the LGBTIQ+ community, friends, family, and allies of the Lower Columbia Region.

The Lower Columbia Q Center provides many great services and has fostered some amazing relationships over the past few years. We would love to welcome you with open arms to join us during one of our events, or support groups.

### **Support Groups/Ongoing**

- **Queer Edge Sobriety Support Group: First Wednesday of the month. 6-7:30 pm**
- **Open Support Group: Second Wednesday of the month. 6-8 pm**
- **LCQC Board Meeting: Third Wednesday of the month. 6-8 pm**

### **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 6:30pm - 8pm 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.**

**-LGBTIQ+ Teen Social and Skate Night: Every Friday at the Astoria Armory. 5-9 pm**

### **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**

## **Columbia River Estuary Conference Open to the Public**

THE COLUMBIA River Estuary Conference (CREC) will take place Tuesday through Thursday, April 10-12, 2018, at the Liberty Theatre in Astoria, Oregon. The theme of this year's conference is Promoting Resiliency Under Shifting Environmental Conditions. The conference will explore ways local resource managers and land use planners can adapt to changes in weather patterns to protect native species and watershed health.

Every two years, CREC brings together regional scientists, researchers, natural resource managers, and others to present and learn the latest findings on the lower river, its plume, and nearshore ocean. The conference consists of two-and-a-half days of oral presentations, along with a poster session during a Tuesday evening social.

Speakers will cover topics including: changing ocean conditions and its effect on salmon and ecosystems; sea level rise and flood risk; integrating shifting weather patterns into habitat restoration; measuring results of habitat restoration; toxic contaminants; and more. Keynote speaker Mary Hunsicker, NOAA National Marine Fisheries Service, will present Tuesday morning on detecting whether ocean conditions have reached an important tipping point. Thursday's keynote address will be given by John Shurts, Northwest Power and Conservation Council, on the latest in fish, wildlife, and energy policy and law.

This is the 10th biennial CREC, first held in 1999. The conference is sponsored by Bonneville Power Administration, Columbia River Estuary Study Taskforce, Lower Columbia Estuary Partnership, Lewis & Clark National Park Association, Northwest Power & Conservation Council, Wapato Valley Mitigation & Conservation Bank, Wolf Water Resources, Pacific Northwest Chapter of Society of Wetland Scientists, Waterways Consulting, and Oregon Department of Land Conservation and Development.

The sponsors of the conference are dedicated to providing our communities with the most up to date science and information on the lower Columbia River ecosystem. We encourage locals to join us in learning about our river and its resources with a special discount. The cost is \$175 for the full conference, or \$100 for a single day. Locals discounted admission price is \$20.00/day with Clatsop or Pacific County identification. To receive this discounted rate, contact Erinne Goodell at EGoodell@estuarypartnership.org. Attendance at the catered evening poster session requires regular admission costs.

To register, view the conference agenda, and find travel information, visit [www.estuarypartnership.org/CREC2018](http://www.estuarypartnership.org/CREC2018).

**CLATSOP COUNTY DEMOCRATS MEET** Clatsop County Democrats meet the fourth Monday of each month at 6:00 p.m. in room 221 of Columbia Hall at Clatsop Community College in Astoria. Parking next to Columbia Hall is accessed off of and above Lexington Avenue, between 15th and 16th Streets. For more information about the Clatsop County Democratic Party, please go to [www.clatsopdemocrats.org](http://www.clatsopdemocrats.org) or [www.facebook.com/clatsopdemocrats](https://www.facebook.com/clatsopdemocrats).

**PACIFIC COUNTY DEMOCRATS** Monthly Meeting - 2nd Mondays, 6pm, Long Beach County Building, Sandridge Rd. Pacific [pacificcountydems@gmail.com](mailto:pacificcountydems@gmail.com)

### **CREATE • April 19** Columbia River Estuary Action Team

CREATE is a group of citizens working to protect the unique 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.

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

**EDITORIAL CORRECTION:** Following are clarifications pertaining to previous mention of GreenWood Resources in the March 18, 2018, HIPFISH article by Pamela Mattson McDonald entitled, *Wall Street Loggers vs The Jetty Creek Watershed*. Jetty Creek is the primary source of drinking water for Rockaway Beach. GreenWood owns only the lower 600 acres of the watershed, which they obtained in the spring of 2017. Extensive logging in this section of the watershed took place between 2003 and 2016 when it was owned by another company, not GreenWood.

The management of GreenWood has stated that they will suspend logging and pesticide spraying in the watershed through 2018. Since they acquired this land, GreenWood has been meeting with Rockaway Beach Citizens for Watershed Protection.



## FILLING EMPTY BELLIES Project Hand-Up, *not a hand-out.* campaign in progress to take services inside

By Kaisa Schlarb

THE FILLING EMPTY BELLIES: Project Hand-Up fundraiser held march 11 in Astoria, was a success, according to the organizations directors Corri Buck and Erin Hofseth. The non-profit, who serves lunch 6 days a week in People's Park in Astoria, is campaigning to make their services more secure and permanent by opening a daytime drop-in center. The goal is to provide a kitchen and indoor space for people to get fed and access basic services, get connected to other resources, and be off the street.

Although they still have a lot of work to do to reach their campaign goal of 20K, the event generated buzz and raised awareness about who they are and where they are trying to go.

It also brought forward voices, stories, and artwork from Astoria's street community. Local street art was sold as part of the fundraiser, and people spoke of their experiences and implored the community for compassion and humanity. When Corri Buck read the narrative of a young homeless woman who had grown up in foster care, audience eyes shone with tears.

Food for the event was donated by Table 360 Bakery, Sleepy Monk, Good 2 Go Deli and the Cannon Beach Conference Center. Raffle donations came in from an impressive variety of Astoria businesses, showing a depth of community support for the fundamental value of feeding people who are hungry.



In a community with many opinions about why people are homeless and fears regarding what a growing homeless population means, there are some naysayers to Filling Empty Bellies. The organization has gotten some push back for what some in the com-

munity are calling "enabling services."

Others have heard about the incoming Helping Hands, an established shelter and reentry program that is also expanding its services into Astoria, and don't understand the need for additional services.

Alan Evans, director of Helping Hands, explains why comprehensive services are necessary, specifically that his organization "serves a population of people who are capable of helping themselves. We do not serve everybody that needs it. The need for FEB and our Warming Center is still there so people don't starve and people don't freeze to death. It gets down to that point."

He acknowledges, "Our issues are bigger than the services we provide. When a population of people get pushed out of the system because they can't keep up, it is not their fault. We are part of the problem- not part of the solution- when we believe this is self-inflicted."

Helping Hands, which is data-driven, identifies hunger as a real and significant barrier to successful reentry into society.

With FEB's current situation of serving lunches in the park, volunteers are relied upon heavily to pick up donated food and prepare or assemble it in their own kitchens, as well as showing up and serving the lunch. Lately, the organization has seen a drop of volunteers, possibly because of the commitment involved.

Currently, the April & May calendar which is posted directly onto the organization's Facebook page, still has holes.

As FEB comes down from the hype of a well executed fundraiser and considers the work ahead, they are looking to partner with an organization. They are currently in talks with a possible partner, and if all goes well, this could open the possibility of getting into a space while they still continue to get their financial footing.

For the non-profit- a hand up, not a hand out.

For those interested in volunteering to serve lunch, even just once, contact Corri Buck via Filling Empty Bellies' Facebook page.

## The Harbor and Clatsop CASA Team up for Sexual Assault Awareness Month and Child Abuse Prevention Month.

Beginning April 2 the Astoria Column, will be lit teal blue for the entire month of April in honor of Sexual Assault Awareness Month and Child Abuse Prevention Month. In addition the following events welcome and encourage community participation.

### #Consentrocks Throughout April

The Harbor is hosting a painted rocks awareness campaign where rocks will be painted teal blue with "Messages of Love" on the front and placed throughout the community. The community is asked to paint rocks and/or post pictures on social media with the #consentrocks.

The idea is to inspire, support and empower survivors and community members and children alike, while raising awareness of why the column is lit, and connect people to invaluable resources and information on social media. More info is available on our Facebook page @harbornw

### Pinwheel Gardens: In honor of Clatsop County's Children, Throughout April

The annual blue pinwheel garden will travel through Clatsop County to honor children who have endured abuse or neglect – and to serve as a reminder that we want a happy, carefree childhood for all children. Our children deserve nothing less.

### Light Up The Night Walk and Vigil April 17th, 6:30-7:30pm

Sponsored by CASA and The Harbor and supported by The Domestic Violence Council  
Walkers will gather at the pinwheel garden in front of Custard King in Downtown Astoria and walk to the Courthouse for a candlelight vigil in honor of survivors of domestic violence and sexual assault



## Dance Now - Baila Ahora ongoing dances for people with disabilities



Intellectual and/or physical disabilities keep people tucked away

The World Health Organization defines health as the state of 'Social and Physical Well Being'. Our mecca for all things healthy places Social Well Being first.

Parents and people whose lives include individuals with disabilities recognize that both qualities of Social and Physical Well Being take a hit in the lives of disabled people. Intel-

### Walkers will be invited to "Take the pledge to CARE"

CREATE an environment in which sexual assault is unacceptable and survivors are supported  
ACT in situations where consent has not or cannot be given  
RECOGNIZE that non-consensual sex is sexual assault  
END the cycles of violence through education and awareness

### Let's Talk About Sex! – April 26th 5:30- 8:30pm

Join us at Buoy Beer Taproom for this quirky and light-hearted event as our panelists answer anonymous questions about relationships, sex and sexuality. Tickets will be \$10 and include 3 raffle tickets that go toward great prizes donated by local businesses. Details on Facebook page @harbornw

### Be The Difference: Volunteer Opportunities Fair - April 24th 4-7pm

Guy Boyington Building at 857 Commercial in Astoria between 4 and 7pm for entertainment, food and great door prizes. Eight local non-profits such as The Harbor, Clatsop CASA, Lunch Buddies, and others will provide many options on how anyone can make our community better by serving children and families.

Plus Maddox Dance Studio performers will showcase several dances. The Harbor will have an interactive table where people can paint #consentrocks that they can take with them to place in the community.

in Life Skills classes until they age out around 21 years of age. For many, after leaving high school, social opportunities to engage with peers flatten out almost completely.

In Clatsop County, a solution to a flat life is a life that involves DANCE. Ongoing dances for our families, friends, and individuals with intellectual and physical disabilities are organized by a collection of people dedicated to improving social lives and making important peer connections. Community involvement is an integral part of our success. Local schools have lent spaces, T & C Furnishing lent a sound system, and agencies have helped announce dance events.

Dance Now events are fun - and inclusive - and free. All ages are welcome. Dances are inclusive of people outside of Clatsop County as well.

The next dance is Friday, April 13, at Warrenton Middle School from 6-8 pm. A theme encourages attendees to wear hats of any variety.







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

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

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



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# INCO NEWS INDIVISIBLE North Coast Oregon

## INCO EVENTS April

### IncoWa Postcard Party

Most Fridays, 1-3 pm  
Ocean Park, WA (private home; email gwen-brake@gmail.com for details)

### INCO Happy Hour

Every Wednesday, 4 - 6 pm  
Astoria (email incoregon@gmail.com for details)

### Warrenton INCO Community Group Meeting

Saturday, April 7, 11 am  
Dooger's Seafood and Grill, Warrenton

### INCO Astoria Community Group/Oppose Bigotry Meeting

Tuesday, April 10, 6 pm  
Winekraft, Astoria

### Seaside/Gearhart INCO Community Group

Tuesday, April 10, 6:30 pm  
Seaside (private home; email incoregon@gmail.com for details)

### Rally for Science

Saturday, April 14, 11:30 am  
8th and Commercial, Astoria

### INCO Vote the Future Team

Wednesday, April 18, 6:30 pm  
Seaside Library Board Room

### Cannon Beach/Manzanita Group at CB Earth

Day Street Fair  
Saturday, April 21, 11 am  
US Bank parking lot, Cannon Beach

### INCO Seaside-Gearhart Save Our Beaches

Sunday, April 22, 2 pm  
Meet at the Seaside Turnaround

### INCO Reading

**Group: The Common Good**  
Wednesday, April 11, 6:30 pm  
Astoria (private home; email incoregon@gmail.com for details)

**Remember: Voter Registration deadline for the May 15 election is April 24.**

THE  
COMMON  
GOOD  
ROBERT B.  
REICH

# YOUR VOTE COUNTS!!!!

by Tiffany Mitchell

THE FIRST VOTE I ever cast in a presidential election was for Ross Perot in the 1992 contest between him, incumbent George H. W. Bush, and the ultimate winner--Bill Clinton. The vote was based on the hardline recommendation of my Utah grandparents and mother when I came home from my elementary school one day to let them know about how excited I was to vote for the next president of the United States.

Of course, my vote didn't count (I was under ten years old), but Hannah Holbrook Elementary's mock election was my first exposure to the civic duty of voting...and I was hooked. Now, I'm a voting nerd.

Sadly, voting for president, let alone any office, doesn't seem to enthuse most voting-age people in the way that it does me. Theories abound regarding the increasing decline of voter turnout in our country (and, actually, in the world), with suggestions that it could be anything from economic factors, institutional racism to discourage voting by people of color, technology, and possibly even demographics such as age and level of civic engagement aimed at (or intentionally deflecting) certain groups.

Disillusionment with the political process as parties leverage increasingly partisan politics could (and likely is) a huge driving factor, turning off younger voters who are more interested in solutions than they are in the drama of campaign smears, meritocratic enshrined rite, and Twitter fights. Many seem to believe that their vote "doesn't count," because the politics in America appears to remain largely the same--regardless of who is office.

Until now.

It sounds like a vague talking point to say that people are turning out in droves and really affecting electoral outcomes within the past year--but it's true. Many once firmly red seats have turned blue within just this last election cycle, or they've come dangerously close for comfort for those who are aiming for the status quo.

Regardless of party affiliation, it is hard to argue with those facts. Take the December 2017 House fight in Virginia as a prime example. Democrat Shelly Simonds took the victory in that election by one vote in an upset that pitted her 11,608 votes to her opponent's (Yancey) 11,607. And, even more

recently, Democrat Conor Lamb won a Pennsylvania district in a House race so close that the vote literally came down to Lamb's 49.8% and his opponent's (Saccone) 49.6%. What is even more remarkable about the victory is that the district was carried in the presidential election by Republican Donald Trump by 20 points in 2016.

Voting may never be as popular in America as going to a football game, or Netflixing and chilling, but I would argue that as people begin to understand their power and encourage others to do the same, the popularity of our voting right may slowly come back in style. People (especially women) have regained their voices and become more empowered by knowing that their power in this country starts at the ballot box (or mailbox, here in Oregon).

The aforementioned House race upsets clearly demonstrates that voters have the power and should exercise it by voting their conscience when selecting candidates who they feel speak for them and their values. The lessons of Virginia and Pennsylvania teach us that the simple action of checking a box--when done on a large scale--can have far-reaching impacts and can affect the lives of everyone, regardless of how big or small the race.

This spring, you'll have a chance to flex your voting power in local elections. The deadline to register (or update your voter registration, if you've changed address) is April 24. Ballots go out the last week in April, and completed ballots are due by 8 pm on May 15. If you're mailing your ballot, be sure to allow time for delivery by May 15.

Your vote counts!

*Tiffany Mitchell moved to Oregon in 2015 with her husband to fulfill their shared lifelong dream of living specifically in Astoria. An office assistant during the day, Tiffany finds meaning and value by participating in local political groups like the Clatsop Democrats and Indivisible North Coast Oregon (INCO). She is particularly passionate about INCO's "Vote the Future" team, which seeks to convert non-voters into voters in order to help democracy thrive and flourish.*

Tiffany Mitchell kicked off her campaign for State Rep. District 32, on April 2, 2018.

## Top FIVE EITC tax tips for working families

Nearly 1 in 5 eligible Oregonians leave thousands of dollars on the table with the EITC

PORTLAND—Nearly one in five eligible Oregonians do not claim the Earned Income Tax Credit (EITC), many because they don't know it exists. But the EITC can mean thousands of dollars back to help with rent, groceries and other households expenses.

As Oregonians prepare their taxes, the Bureau of Labor and Industries is urging low- and middle-income filers to check to see if they qualify.

Top five EITC tips at tax time for low-income working families:

1) If you worked at all last year, you may qualify for a tax refund even if you do not owe any taxes. To get this cash benefit, you must file a tax return and claim the Earned Income Tax Credit, also known as the EITC.

2) Even if you are self-employed or an independent contractor, you may still be eligible for the EITC.

3) On average, Oregonians who filed for the EITC got \$2,100 back. See your eligibility and how much you may receive at [www.eitcoutreach.org/help](http://www.eitcoutreach.org/help).

4) You didn't claim the EITC the past few years, but you probably qualified? No worries. You can file or refile a tax return and claim a refund for the past three years.

5) You may be able to avoid fees and costs by contacting Cash Oregon for free tax assistance, and you may be able to use the IRS's Free File service at no cost.

As part of the effort to increase awareness of the EITC, the Oregon Department of Human Service has also developed an EITC video. Google: Earned Income Tax Credit/Oregon Public Health Division

For more information about BOLI's efforts to support Oregon's workforce and provide technical assistance to Oregon employers, please visit <http://www.oregon.gov/BOLI>.



# TOWARD A NEW VISION FOR OREGON FORESTS

By Roger Dorband

## Part II :: The Life In Trees

Hard times are coming, when we'll be wanting the voices of writers who can see alternatives to how we live now, can see through our fear-stricken society and its obsessive technologies to other ways of being, and even imagine real grounds for hope. We'll need writers who can remember freedom – poets, visionaries – realists of a larger reality.

Ursula K. Le Guin  
Speech at the National Book Awards 2014



**Like an infant** at its mother's breast, trees have an intimate and immediate, life sustaining connection to the earth. Their very lives depend on this direct physical relationship. This fact while obvious is also profound. It is a clear expression of the life force being offered up by the planet through nutrients and water contained within its surface. Those who still have the capacity to praise call this miraculous.

As it reaches downward for sustenance so too does a tree reach upward for light and air completing the miracle of its existence. What other word can be used for the astounding fact that a star 93 million miles away is emitting light rays that a tree "consumes" to manufacture chemicals that are an essential energy source for its life and growth? Add to that the tree's cleaning of the air we breathe by removing pollutants and our spent oxygen in the form of CO<sub>2</sub>. Under current conditions of global warming trees' sequestration of carbon may be their most important function along with producing oxygen, a duty they share with other flora on land and at sea.

In general, our secular, materialist understanding of the world has demystified the wonders of nature and grounded us in an accumulation of scientific facts purporting to explain it all. There are, however, scientists whose passion is fueled by a profound sense of mystery and wonder. The field of advanced quantum physics, whose findings are often paradoxical and contrary to reason, and therefore incomprehensible to laymen, has gone the furthest in restoring that sense of wonder. But for those with a general understanding of science the phenomena of nature are rendered by a series of dry facts, a process that

relieves our anxiety about the unknown, but may be robbing us of a much richer and more exhilarating walk in life.

People's lives in ancient cultures were much different. Their world was more numinous, more magical. Though we may reduce their experience of the world to superstition, in fact their mythologies showed remarkable intuition and recognition of that which is not only essential to life but sacred as well. They clearly saw and correctly intuited the centrality of trees in the scheme of things. Though they didn't know the ecological science behind their perception they were right in seeing the tree as synonymous with the earth and life itself.

For the ancient Egyptians the "world tree" was the source of all creation. The ancient Greeks honored both the oak and the olive tree, which in their culture represented peace, wisdom and prosperity. In the Hindu mythology of India, Lord Krishna, who is worshipped as the supreme God, was depicted reclining on the leaf of a tree before any land mass existed on earth. The tree held the same importance in numerous other ancient cultures and religions. It remains deep in our historic consciousness as exemplified by Oglala Lakota shaman Black Elk's religious vision revealing a flowering tree at the center of creation. Its presence there can be seen as a contemporary example of the tree's staying power as the symbol of life in the collective unconscious shared by all of humanity.

The centrality of the tree in the Judeo Christian mythology of which our western culture is an expression is tied to morality and innocence. Eating the fruit of the Tree of the Knowledge of Good and Evil created a rift between Adam and Eve and nature. They became aware of their nakedness and their separateness when before they were as innocent as a baby who comes into the world naked but hasn't learned to judge that condition. This Christian mythological rift between humans and nature presaged all of the current environmental problems that alienation from nature has wrought. In the United States that

includes the depletion of our national forests and the blight of clearcutting and aerial spraying here in Oregon.

Following a worldwide trend, the billion acres of towering native forests in America before the arrival of Europeans 500 years ago has been reduced by 95%. According to the Oregon Department of Forestry only .01 percent of old growth forests remain in Oregon. The rest were cut down leaving clearcuts and mono culture replants. Where they still can be found, old growth trees that less than 150 years ago were abundant are now considered tourist attractions. For the most part, the timber companies who are responsible for this change in Oregon ecology relate to the predominant Douglas fir as simply a cash crop.

### JUST DOING BUSINESS

Just doing business." A well connected lawyer recently bemoaned the use of those three words by business associates to absolve themselves of any moral or civic responsibility they may have abdicated in order to accomplish their business ends. The underlying principle seems to be that businesses are neutral entities whose only responsibility is to make a profit.

In recognition of how human greed must be held in check in order to protect the common good, at least in countries purporting to be democratic, laws and regulations are in place to mitigate that principle by preventing businesses and corporations from running amuck in slavishly pursuing of their bottom line. And so along with the goal of making a profit it is fair to add another guiding business principle; operation "within the letter of the law."

These legal lines in the sand, while for the most part obeyed, are often pushed to the limit and sometimes crossed when the profits to be gained by doing so far outstrip the fines for ignoring them. Such is life in capitalist economies. But even doing business "within the letter of the law" can result in collateral

cont. pg 12



damage in the form of cruel outcomes for individuals who happen to be in the wrong place at the wrong time.

For example, in 2015 when over a hundred acres of 40 to 80 year old second growth forest outside of Knappa was clearcut almost to the back door of the neighboring Chapman family home (see details in HipFish ) the local timber company was operating within the letter of the law on property they owned. The company could have left enough trees bordering the Chapman's land to preserve their view, their property value, their wind and weather barrier and the playground for their two young boys, but that would have meant a little less company profit. And after all, the company was "just doing business".

The company's excuse was that the slender buffer they felt they could afford to leave would be subject to windfall and therefore dangerous to the Chapman's property. Will it also be "just doing business" in coming years when the timber company aerial sprays the area after replanting in the full awareness that some of the herbicides that will be used are probably carcinogenic to humans, poisonous to wildlife and fish down stream and may find their way through drift into the human drinking water supply?

Timber companies both large and small respond to criticism of their clearcutting and aerial spraying by pointing out that they are following all of the regulations as laid out in the Oregon Forest Practices Act. Regarding the aerial spraying of herbicides they frequently add that they are using them "according to the label". Only with naivety about how the timber companies are lobbying to shape the regulations they must follow could you conclude that all is well in the manner in which they are harvesting trees. And blind faith alone could lead to the conclusion that the chemical companies are always operating with your best interest in mind when they label their products.

The Oregon DEQ recently reported that 40 different pesticides have been found in wells located in Clatsop and Tillamook Counties. Additionally, a 2017 article in the Huffington Post on geomedicine, the science of locating the geographic prevalence of diseases, showed Oregon's north coast to be among regions with the highest level of breast and prostate cancer in the nation. These types of cancer can be caused by exposure to the phenoxy herbicides being sprayed by timber companies. Causation or coincidence?

In reality clearcutting in a time with the rapid onset of global warming, and aerial spraying of toxic chemicals that are showing up more and more in water and food sources, are crimes for which no laws have yet been written, at least not in Oregon. We all can hope that the vagaries of corporations "just doing business" won't negatively impact our lives too much, and that our cries will be heard by someone in a position to rectify the shortcomings of the system when they do. But realistically life in a capitalist society is a hard road.

## THE MYTH OF THE TITANS

"Grow your business," "bigger is better", "win or go home", "lead from the front", "do it your own way"; the business world is obsessed with mantras for growth and success. At the corporate level the obsession with growth and dominance

is most often expressed by mergers into ever larger entities that have become the mode of the day. Timber companies are no exception to the notion that growth rules as exemplified by Weyerhaeuser Company's 2016 acquisition of Plum Creek Timber Company for \$8.4 billion forming the nation's largest timberland and forest products company.

The business world doesn't question the motive for such mergers. In fact the myth of growth is so deep in industry and the culture that it rarely is challenged. Few in the hall of industry have ever stopped to consider that perpetual growth is completely contrary to the laws of nature. They pay no heed to



thinkers and writers outside of industry, like author and environmental champion Edward Abbey, who wrote, "'Growth for the sake of growth is the ideology of the cancer cell.'"

Though timber companies never mention that they operate under the growth myth and the old myth that nature has to be controlled and exploited, both are foundational to their industry. Buying up more forest land and clearcutting it for maximum profit is "just doing business."

This is particularly chilling when one considers that many of these corporations are run by absentee owners who may never have set foot on the timberland they own. Their decision making on how the timber is to be managed is done from computer generated flow sheets tracking the "ratio of return" for their stock holders with no concern for the local environment or citizenry from which they are far removed. Locally owned timber companies on the other hand may display some sensitivity to communities they operate in and more inclination to give back by supporting local hospitals, schools and civic organizations. Not so for the faceless Wall Street conglomerates for which timber harvest may be only a fraction of their investor portfolios.

The media's reference to mega corporations and their CEOs as the Titans of industry reveals an even more sinister myth in our modern culture than the worn out notion that nature is strictly there to be at our command. While CEOs may toast each other as Titans of industry and have a good laugh, the Greek myth of the Titans actually reveals their weakness and moral bankruptcy.

Of extreme size, the Titans were demigods who ruled from on high over humans on the material plain during Greece's Golden Age. Rarely in agreement among themselves, they fought and argued constantly. Their rancor at times resulted in dismemberment of foes and cannibalism. Cronus who was the leader of the Titans usurped power from his father, the deity Uranus, by castrating him with a stone sickle. Later he learned from Uranus by way of prophecy that he would be overthrown by his own sons. The prophecy prompted Cronus to systematically devour his own children.

The parallels between the Greek mythological Titans and our current Titans of industry who preside over giant corporations are apparent. The gun manufacturers refusal to stop producing the very weapons that are being used to kill school children is tantamount to Cronus devouring his children. When timber companies cut down large trees that sequester carbon they are helping to advance climate change and by extension are in part responsible for the many deaths of children resulting from extreme weather around the globe.

When 2,4,5-T, the most deadly herbicide in the defoliant Agent Orange used in the Viet Nam war, was being sprayed in the forests of Oregon from 1969 to 1979, women living near clearcuts in communities like Alsea experienced a disproportionate number of miscarriages. It was not until the EPA investigated the situation in Alsea that 2,4,5-T was taken off of the market nationally potentially saving the lives of countless unborn children. The other main ingredient in Agent Orange, 2,4-D, is still aerially sprayed in Oregon forests. Typically it is combined with Roundup and up to

a half dozen other chemicals even though no studies have been done to determine their synergistic effect.

## THE TAKE AWAY

Wresting power from the corporate giants who have a hammerlock on the political process is a daunting and seemingly impossible task. But as Ursula K. Le Guin said in her acceptance speech at the National Book Awards, "We live in capitalism. Its power seems inescapable- but then, so did the divine right of kings."

The environmental community's animus against the timber corporations is not directed at the individuals who people the industry be they CEOs, log truck drivers or operators on feller bunchers. Their employment activities may be compelled by the same pressures as many workers in the general population who are just trying to make a living. And after all, in our society a life without some compromise is nearly impossible. But all individuals are morally responsible and should be aware of the impact of their actions. The CEO and the feller buncher operator should not lose their identity by blindly fulfilling the corporate will as directed by board room members solely fixated on the highest rate of return for their investors.

PART III will examine how the rate of return has come to dominate the conversation in Oregon's timber politics and suggest changes that could foster a new beginning for the ecology of the state.



# CALL TO LIFE

## VARIATIONS ON A THEME OF EXTINCTION

AN EARTH DAY INGATHERING APRIL 20 LIBERTY THEATRE



CELEBRATE EARTH DAY WEEKEND at a FREE Liberty Theater event. Friday April 20th at 6:30pm, Clatsop Community College with Oregon Humanities will host an unusual musical/literary collaboration. Writer/activist/philosopher Kathleen Dean Moore and concert pianist Rachel McCabe believe words alone cannot express the urgency of saving the planet's great diversity of plants and animals from extinction. So the pair has turned to music, joining forces to create a dynamic performance which both educates and inspires.

Moore weaves a literary call to safeguard Earth's abundance of species into McCabe's performance of Sergei Rachmaninoff's "Variations on a Theme of Corelli." The synergy of words and music creates what an audience member called "as powerful a message as one could imagine." Come learn about climate change, species diversity, and related environmental problems—as well as solutions. This Earth Day, come open your heart to the needs of our planet.

Audience should arrive by 6:30 to enjoy light refreshments, mood music by Skati, eARTh art activities, and information from community nonprofits and others committed to sustainable lifestyles and environmental stewardship here in the Columbia Pacific. Moore and McCabe's 45 minute performance will begin at 7pm with a guest introduction and poem from Robert Michael Pyle. The event will close with brief Q&A, other forms of audience engagement, and a heart-raising sing-along.

The unusual creative collaboration began when Moore spoke in despair from the podium at Oregon State University several years ago. "If these rates of extinction continue," she said, "I will die in a world that is half as abundantly beautiful as the one I was born into. My children will tear out half the pages in their field guides and throw them away. They won't need them ever again."

Listening from the audience, concert pianist Rachelle McCabe nodded in agreement. "Words can't do it," she thought. "But music has that power. And words and music together?" As Moore left the stage, McCabe stopped her in the aisle and suggested a collaboration. That was the beginning of "A Call to Life: Variations on a Theme of Extinction." Unity College president emeritus Mitch Thomashow, who caught the performance in Seattle, called it "... truly exceptional. The power, eloquence, wisdom, urgency, and insight of the presentation, the synergy of the music and the reading was brilliant. ... an emotional connection to the planetary emergency." Following several performances in North America, Moore and McCabe presented the world premiere of "A Call to Life" at

the World Congress of the Union for the Conservation of Nature in Honolulu.

All ages are welcome to this free event—no tickets required. Columbia River Maritime Museum field educators will host a Life Cycle of the Pacific Salmon interactive program for kids aged 6-12 in the lower lobby of the theater during the performance. Other well-behaved youth are welcome in the main theater. This is a live performance of classical music, and hence inappropriate for most young children. Audience members are invited to enjoy a no-host Happy Hour with small plates and drink specials at nearby Caruthers Restaurant after the performance.

Kathleen Dean Moore, PhD is a career philosopher, retired professor, nature writer, and veteran climate advocate best known for her ability to weave ideas and emotions in her lectures and books. She is the author or co-editor of a dozen books, including Riverwalking, Pine Island Paradox, Moral Ground, Great Tide Rising, and the newest, a novel, Piano Tide.

Rachelle McCabe, concert pianist and Professor of Music at Oregon State University, enjoys an international career as an artist-teacher and as a solo recitalist and highly respected chamber musician. She has performed extensively in the United States, Canada, Southeast Asia and England, and has been heard on NPR's Performance Today. Both performers live in Corvallis.



*This event is free to the public, thanks to an Oregon Humanities Responsive Program Grant and generous co-sponsors: Columbia River Maritime Museum, Cannery Pier Hotel, Fort George Brewery & Public House, Pacific Unitarian Universalist Fellowship, Blue Scorchers Bakery, Astoria Cooperative, and Three Cups Coffee House.*

CCC also thanks the following community partners who will provide Earth Day inspired outreach and education in the Liberty Lobby prior to the performance: North Coast Watershed Council, Astoria Public Library, Indivisible North Coast, Haystack Rock Awareness Program, Columbia River Estuary Study Taskforce (CREST), Citizens' Climate Lobby, Pacific Windows Restoration, North Coast Wildlife Center, SOLVE, and maybe a few more. Thanks to KMUN Community Radio and Hipfish Monthly for help with publicity.

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## Meet John Orr

**Wed., April 11 • 5:30-7:30 p.m.**  
**Lovell Showroom, Fort George Brewery**  
**14th & Duane, Astoria**

John Orr is the only candidate with a smart, sustainable vision for Oregon, and the experience and maturity to serve North Coast residents in the legislature. Meet and talk with John about the issues facing our region and Oregon.



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# ILLuminart Festival

April 13-14 • Streets of Astoria

An innovative new festival, iLLUMiNART Astoria, will bring eight blank walls to life this April 13th & 14th, showcasing unique projects by artists, photographers, graphic designers, cinematographers, and fire breathing dragon operators. iLLUMiNART's motto, "Light Up The Night", perfectly encompasses what this festival is all about: bringing light in all its forms to the streets of historic downtown Astoria, along with fun, music, and interactive exhibits. This is a must-see 2-day only event that will encourage new ways of linking art and architecture, and light and technology. Walking maps will be available at local businesses and online at [www.illuminart.info](http://www.illuminart.info).

Among the artists presenting are Jeff Mihalyo and Ray Freeman, who have created an interactive augmented reality app that pedestrians can use on their phones. Clicking on the various venues on the map provides information about the work being presented at each location.

Local photographer Michael Mathers will be showing still pictures of activities on the Columbia River from the shore and on the water. In another location, photographer Joni Kabana will present video and images from the Afar region of Ethiopia.

Dance it out to "Mish Mash" a Jeff Daly film with giggles, graphics, and dance music. In another parking lot, beneath a projection of traditional Argentine style tango, a local tango group will be dancing live and encouraging audience participation.

Enjoy fresh globe lights in the 13th Street Alley, "Lucky 13", where the Astoria Downtown Historic District Association will be fundraising to install permanent beautiful lights in this iconic alley.

Experience The Optimist Club, an experimental instrumental and visual experience created by artists Larry Yes, Toussaint Perrault, and William Rihel. The finale of the iLLUMiNART walk is Trogdor, a fire spewing dragon standing at 14' tall, the amazing creation of Oregon artist Ivan McLean.



iLLUMiNART Astoria is made possible by generous support from AVA, ADHD, City of Astoria, Carruthers, Astoria Coffeehouse Bistro, Cannery Pier Hotel, Atomic Motel, Astoria Music Festival, Riverwalk Inn, and it's founder and producer, Jeff Daly.

**iLLUMiNART Astoria is happening Friday and Saturday nights, April 13th and 14th, from 8-10pm. For the event map and more information, go to [www.illuminart.info](http://www.illuminart.info)**

## AMF presents Graceful Baroque: Viva Vivaldi! Sunday, April 15 at 3pm Grace Episcopal Church, Astoria



Celebrate Spring with international Classical Guitarist AARON LARGET-CAPLAN and members of the Astoria Festival Orchestra in popular concertos of Vivaldi, including the Guitar Concerto in D Major. Historic Grace Episcopal Church, the Pacific Northwest's second-oldest sanctuary, provides the perfect setting for this intimate music.

Larget-Caplan has performed solo and chamber music in Russia, Europe and United States, including El Palacio de Linares (Madrid, Spain), Yelagin and Sheremetev Palaces and the St. Petersburg Conservatory (Russia), Mantova Chamber Music Festival, Corte Eremo and Castillo de Galeazza (Italy), and Jordan Hall, (Boston, MA).

At the age of 16 he made his debut at the Tabor Opera House (Leadville, Colorado) and has since premiered over 65 solo and chamber compositions.

"Aaron Larget-Caplan is a riveting artist. His classical guitar performance was a treasure." – THE WASHINGTON POST

In addition the concert features two Oregon Premiere John Cage pieces, a set of Bach Preludes & Fugues arranged by Larget-Caplan, a contemporary piece by composer Kevin Siegfried, and SPRING from Vivaldi's Four Seasons. The string quartet will also accompany Larget-Caplan for two compositions: Vivaldi's Concerto in D major, RV 93 for guitar and strings, and Luigi Boccherini's Quintet N. 4, G. 448, "Fandango" for guitar and strings.

Grammy-nominated violinist ADAM LAMOTTE leads the string quartet, has been part of Astoria Music Festival from the very first performance

in 2003, when he was concertmaster. He has since appeared in Astoria Music Festival as soloist, conductor, chamber musician and orchestra member and will be a soloist this summer.

In a playful concert bonus, Pianist Janet Coleman, who is married to LaMotte, will be making her "World Debut appearance as Castanet Soloist" in the Boccherini "Fandango Quintet" for guitar and strings. Castanet solo is a humorous assignment for such a well-known pianist.

Adam LaMotte is becoming well known to audiences throughout the country as a leader of both period and modern ensembles. He has appeared as soloist, concertmaster, and conductor of numerous orchestras, including the Northwest Sinfonietta in Seattle, String Orchestra of the Rockies, Astoria Festival Orchestra, Portland Baroque Orchestra, and the Maggini String Orchestra in Houston.

As violinist and violist, Adam has been hailed by critics as an "especially compelling" and "superb violinist" with "exceptional talent," whose performances are "energetic and exquisite."

String Quartet: Adam LaMotte, Violin I, Nic Price, Violin II Holland Phillips, Viola, Heather Blackburn, Cello

Tickets: \$20 General Admission. Tickets available at the Liberty Theater. In person: Box office, 1203 Commercial St., Astoria. Online: [libertyastoria.org](http://libertyastoria.org). By phone: 503-325-5922 extension 55. "Will Call" tickets will be available for pick up at Grace Episcopal Church the day of the event. Grace Episcopal Church, 1545 Franklin Ave, Astoria, Oregon



## ART ON

### Luminari Arts Celebrates 4 Years

Luminari Arts celebrates 4 years of great business this April!!!! Help celebrate with Live music from favorites Sheckpea, Tarot card readings with Judith, and new art from Alaska: woodcut prints by Amanda Brannon, jewelry by Zen Lemon and totemic kitchen linens by Panabo. Also featuring incredible laser cut wood topographical maps of local areas, by Wood Chart, Ltd.

Located at 1133 Commercial in Astoria



Brannon, woodcut

### Astoria Visual Arts Invites Artists To Participate In July Studios Tour

Astoria Visual Arts invites local artists to participate in the 2018 Astoria Open Studios Tour, Saturday and Sunday, July 28 and 29. Studios must be open to the public both days from 10 am to 4 pm and be located in Astoria. Registration forms are available online at [www.astoriavisualarts.org](http://www.astoriavisualarts.org) or may be requested via email to [AstoriaStudiosTour@gmail.com](mailto:AstoriaStudiosTour@gmail.com). The cost to participate is \$30 per artist or \$15 for AVA members. This event draws thousands of visitors to Astoria and benefits artists and our region in a multitude of ways. The deadline to register is May 15. AVA will publish a full-color Tour Guide featuring all participating artists and will be widely publicizing the event. Contact Annie at 503-791-0575 for more information.

### ART SALON for AVA Members Studio 11 453-A 11th St. April 21st 1-4pm

Astoria Visual Arts invites all its members to AVA's first North Coast Art Salon. Bring in samples of your artwork to share and discuss with other AVA artists. Interested artists please contact AVA Board member Jamie Boyd at [azure100@icloud.com](mailto:azure100@icloud.com)

If you're not sure whether you're an AVA member, contact [astoriavisualarts@gmail.com](mailto:astoriavisualarts@gmail.com) and they'll let you know. If you're not yet an AVA member, you can join here: <http://www.astoriavisualarts.org/joinandate.html>

### Hoffman Center for the Arts April 2018 in the Gallery

Throughout April, the Hoffman Center Art Gallery is featuring a collection of curated original art from the 2018 Squid literary magazine, Alcohol Ink art by Margaret-Rose de Haas van Dorsser, and Applied Fabric Art by Lynne Rouske.

April 6 through April 28, every Friday and Saturday from 2-5 pm. Opening Reception on April 7 from 2-5 pm and the public is invited! The gallery is free.



van Dorsser,  
Rosa Mutabilis

### Cannon Beach Gallery Group Presents New Work by 40 artists During 18th Annual Spring Unveiling

New work by 40 artists will be showcased by all members of the Cannon Beach Gallery Group May 4-6. Unveilings, demos and receptions with live music will take place all weekend long in "One of the 100 Best Art Towns in America."

Artwork being revealed for the first time will include virtually every medium from watercolors to pastels and oils, bronze to metal sculpture, blown or fused glass, ceramics, and jewelry.

Cannon Beach visitors can visit with the artists, while watching many of them at work on a new piece.

Also included for the seventh year is "Art from the Chef's Table" with 20 local chefs selecting artwork from the galleries as their theme for creating "edible art" offered only during the weekend.

The galleries and their featured event artists include: Archimedes Gallery, Bronze Coast Gallery, Cannon Beach Art Gallery, DragonFire Gallery, Icefire Glassworks, Mark Gordon's Imprint Gallery, Jeffrey Hull Gallery, Jewelry by Sharon Amber, Modern Villa Gallery, Northwest By Northwest Gallery, White Bird Gallery

For more information about the galleries and individual artists, see [cbgallerygroup.com](http://cbgallerygroup.com)



# April Cultural Calendar



## "what the world needs now is LOVE"

Contemporary Art Window Project and the Portland Building, and he has collaborated with the Portland Museum of Modern Art. In his nearly 30-year musical career, he has toured Europe, performed with Michael Hurley; Sonny and the Sunsets; and Elliot Smith; and has played the Quiet Music Festival and SXSW. He describes his current musical style as "positive cosmic folk." A native Oregonian, he lives in Portland.

**Also Check out Larry Yes at Astoria Illuminart Fest April 13-14.**

## Exhibition by Larry Yes Opening April 14 – June 24,

Installed in the Art Trailer Gallery, a vintage travel trailer, at The Sou'wester Lodge in Seaview, WA, an opening reception takes place 5-7pm. Free and open to the public.

Larry Yes is an artist, songwriter and musician whose focus is on positivity, humor and heartfelt emotion. He loves using art to turn strangers into friends. His social engagement projects include, "Free Art in the Park", a public party/art therapy session; and Positive Words, a community-sourced installation of uplifting language. His visual art has been shown at PDX

## Monday 9

### MUSIC

Jenna Ellefson. No cover, 7pm at the Adrift Hotel in Long Beach.

## Tuesday 10

### MUSIC

Jenna Ellefson. No cover, 7pm at the Adrift Hotel in Long Beach.

### HAPPENING.

Columbia River Estuary Conference. At the Liberty Theater in Astoria. [estuarypartnership.org/CREC2018](http://estuarypartnership.org/CREC2018)

Drunk Spelling Bee. \$2 entry fee, 8pm at the Labor Temple in Astoria.

## Wednesday 11

### MUSIC

Janet & Bill Clark. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Jenna Ellefson. No cover, 7pm at the Adrift Hotel in Long Beach.

Monica & Friends. No cover, at the Voodoo Room in Astoria.

### HAPPENING.

Columbia River Estuary Conference. At the Liberty Theater in Astoria. [estuarypartnership.org/CREC2018](http://estuarypartnership.org/CREC2018)

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

12 Days of Earth Day. Hiking, birding, lectures, parade, and more in Cannon Beach. [twelvedaysofearthday.com/schedule-of-events.html](http://twelvedaysofearthday.com/schedule-of-events.html)

### LECTURE

HRAP Lecture Series. Life in the Coastal Edge. 7pm at the Cannon Beach Library.

Care To Chat? Healthcare discussion on Lyme Disease. With Joy Cole. 3pm at the Library in Manzanita.

## Thursday 12

### MUSIC

Live Music. No cover, 7pm at the Adrift Hotel in Long Beach.

### FOOD & DRINK

Bistro Redefined. Garibaldi Portside Bistro Rockaway Beach Foodie Experience. 6 – 8pm at the Garibaldi Portside Bistro

### HAPPENING

Columbia River Estuary Conference. At the Liberty Theater in Astoria. [estuarypartnership.org/CREC2018](http://estuarypartnership.org/CREC2018)

12 Days of Earth Day. Hiking, birding, lectures, parade, and more in Cannon Beach. [twelvedaysofearthday.com/schedule-of-events.html](http://twelvedaysofearthday.com/schedule-of-events.html)

### LECTURE

Nature Matters. 7pm in the Fort George Lovell Showroom in Astoria.

### THEATER

Waking Finn Mac Cool. Tales of Ireland's Legendary Poet Warrior. A storytelling performance event with William Kennedy Hornyak. \$15, 7:30pm at KALA in Astoria. Get tickets at [libertyastoria.com/or](http://libertyastoria.com/or) door time fo show.

### DANCE

Hip Hop Funk Workshop. with Nate Boozer of Eugene's Work Dance Company. 6:30 – 8pm, \$15. All ages and levels welcome, no registration necessary. AAMC in Astoria

## Friday 13

### MUSIC

Martin Gerschwitz. No cover, 7m at the Sand Trap Pub in Gearhart.

Black Top Strutters. 8 – 10pm at Public Coast Brewing Co. in Cannon Beach.

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

### ART

iLLUMiNART Astoria. iLLUMiNART will showcase unique projects by artists, creators, graphic designers and cinematographers. Blank walls at locations in Astoria's historic downtown will spring to life with this work. 10pm – midnight.

### FOOD & DRINK

KofC Fish Fry and Crab Auction. \$15, 5:30 – 7:30pm at Our Lady of Victory Parish Hall in Seaside.

### HAPPENING

Tall Ships Visit Astoria. Tours, \$5 suggested donation, Sailing trips \$42 - \$59. 4 – 8pm at the Astoria City Dock near the Maritime Museum.

## The Press Gang At The Liberty CD Release Tour

Based in Portland, Maine, The Press Gang fuses the talents of squeezebox player Christian "Junior" Stevens, fiddler Alden Robinson, flute-player and vocalist Hanz Araki, and guitarist Owen Marshall into a high-octane musical partnership. The quartet blends their skill and fluency in traditional Irish music with their curiosity and aptitude for other styles. The joy that these musicians pour into playing music together is unmistakable and infectious. The result is a unique sound; at once energetic and sensitive, innovative and reverent.

"An Irish music phenomenon in America"  
— Irish Music Magazine



## CD Release: *Fortune it May Smile*

**April 14, 7pm. Tickets \$25 general admission. The Liberty Theater, 1203 Commercial Street.**

**Box Office Hrs: Wed – Sat 2pm to 5pm.**

[www.libertyastoria.org](http://www.libertyastoria.org)

12 Days of Earth Day. Hiking, birding, lectures, parade, and more in Cannon Beach. [twelvedaysofearthday.com/schedule-of-events.html](http://twelvedaysofearthday.com/schedule-of-events.html)

Community Dinner & Open Mic. Soup & Salad dinner by donation, open mic, art show. 6 – 8pm at Fairview Grange in Tillamook.

### THEATER

See How They Run. Comedy. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

Noises Off. Farce. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 14

### MUSIC

George Coleman. 5:30pm at the Shelburne Hotel in Seaview.

Bar-K Buckaroos. 6 – 9pm at Public Coast Brewing Co. in Cannon Beach.

David Nevue. 7pm at the Lincoln City Cultural Center.

The Press Gang. \$25, 7pm at the Liberty Theater in Astoria.

Two Crows Joy. 7pm at WineKraft in Astoria.

Planes on Paper. No cover, 8pm at the Sou'wester Lodge in Seaview.

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

Jawbone Flats. \$3 cover, 9:30pm at the Labor Temple in Astoria.

### ART

Tokeland North Cove Studio Tour. Dozens of artists open their studios and gather in Tokeland.

Astoria Artwalk. Free, 5 – 8pm at galleries and other businesses n downtown Astoria.

iLLUMiNART Astoria. iLLUMiNART will showcase unique projects by artists, creators, graphic designers and cinematographers. Blank walls at locations in Astoria's historic downtown will spring to life with this work. 10pm – midnight.

### FOOD & DRINK

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

### HAPPENING

Tall Ships Visit Astoria. Tours, \$5 suggested donation, Sailing trips \$42 - \$59. 10am – 4pm at the Astoria City Dock near the Maritime Museum.

Second Saturday Makers Bazaar & Flea Market. 10am – 3pm at the First Presbyterian Church in Astoria.

KMUN 35th Birthday Party. 6 – 10pm in the Ruins at the Astor Hotel, Astoria.

12 Days of Earth Day. Hiking, birding, lectures, parade, and more in Cannon Beach. [twelvedaysofearthday.com/schedule-of-events.html](http://twelvedaysofearthday.com/schedule-of-events.html)

Nehalem Talent on Stage. North County Talent Show. \$10, 7 – 9pm at the NCRD in Nehalem.

### LECTURE

Great Speaker Series. Just a Number; Aging and Intergenerational Friendships. With Simeon Dreyfuss and Jenny Sasser. 1pm at the Tillamook County Pioneer Museum in Tillamook.

### OUTSIDE

Circle Creek Trails Clean-Up. Volunteers will be brushing out and mulching the Wetlands Walk and the Legacy Loop and repairing anything disturbed by winter flooding. 10am – 1pm at the Circle Creek Habitat Reserve, Seaside.

### THEATER

See How They Run. Comedy. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

Noises Off. Farce. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

## Sunday 15

### MUSIC

Jazz @ PAC. \$15, 2pm at the PAC in Astoria.

Graceful Baroque: Viva Vivaldi. \$20, 3pm at Grace Episcopal Church in Astoria.

Little Sue. No cover, 7pm at the Adrift Hotel in Long Beach.

Lauran Kinhan. \$20 - \$25, 7:30 at the Coaster Theater in Cannon Beach.

Fronjentress. 8pm at Fort George Brewery & Public House in Astoria.



## Cold Comfort at The Big "O"

Cold Comfort plays original roots rock at the Olney Saloon 5:00 p.m. April 28 - Cold Comfort features the eccentric lyrics and blues harmonica of Grant Leslie and the textured roots guitar and banjo styling of Adam Dean.

→ cont. p19



## NOISES OFF

A farce within a farce within a farce . . .  
at THE COASTER • NOW thru April 21



THE COASTER Theatre Playhouse brings the manic menagerie of backstage madness in Michael Frayn's *Noises Off* to the stage this spring. This ingenious farce follows a troupe of second rate actors through final dress, backstage drama all the way through closing night of the play within a play – *Nothing On*.

This farce about putting on a farce, provides comedic insight in the onstage and backstage challenges of opening a show involving highly improbable events, misunderstandings and mistaken identities. When we meet the cast and crew of *Nothing On* it's the night before opening and the actors struggle with entrances, exits and getting props in their right place at the right time. As tensions mount the actors leave the audience wondering...will they get it right before opening night? As the play progresses dysfunctional relationships are starting to take their toll on the production all the way to closing night when they are barely holding it together.

## TAPA open call to directors for play submissions

TILLAMOOK Association for the Performing Arts (TAPA) is seeking show submissions from directors for the 2017-2018 season, which runs October 2017-September 2018. Deadline for submissions is April 14, 2017. As always, TAPA is looking for a balanced season with some classics, some comedies, and some dramas.

The submission form can be filled out and submitted a variety of ways.

- An online submission form can be found at [www.tillamooktheater.com](http://www.tillamooktheater.com) under Future Productions in the menu.

- A pdf copy of the form can also be found on the website in the same space, and either emailed to [info@tillamooktheater.com](mailto:info@tillamooktheater.com) or

The onstage madness is directed by Mick Alderman and features an ensemble cast of Coaster Theatre veterans and fresh faces including Cathey Ryan (Dotty Otley), David Ridley (Lloyd Dallas), Daric Moore (Garry Lejeune), Katherine Lacaze (Brooke Ashton), Katrina Godderz (Poppy Norton-Taylor), William Ham (Frederick Fellows), Ann Bronson (Belinda Blair), Richard Bowman (Tim Allgood), Thomas Ryan (Selsdon Mowbray).

If *Noises Off* were a movie it would be rated PG-13. *Noises Off* includes adult themes and language. Pre-teens and teens who watch prime-time TV won't see much to shock them, but depending on the personality and exposure of your younger children, they may be confused. Your own judgment is the best guide for your family.

Tickets can be purchased at [coastertheatre.com](http://coastertheatre.com), at the theatre box office or by calling 503-436-1242.

mailed to TAPA, PO Box 571, Tillamook OR 97141

- Contact TAPA via phone or email to receive an emailed copy or hard copy of the form. 503-842-6305, or [info@tillamooktheater.com](mailto:info@tillamooktheater.com)

Include director's full contact information & availability for October 2017-September 2018. A copy of the script should be provided as part of the submission to the production committee. If you are interested in directing but don't have a specific show in mind, please let us know, we can help you find the right script!

TAPA is a non-profit community theater dedicated to providing high quality performing arts experiences through entertainment, education, and community participation. TAPA's Barn Community Playhouse is located at 12th & Ivy in Tillamook.

## ASOC • See How They Run Thru April 28

THE ASTOR Street Opry Company presents "See How They Run" by Philip King, directed by Edward James, March 30-April 28th at the Astor Street Opry Company Theater at 129 West Bond in Astoria, OR.

"Set in post-World War II England, this farce has been a long-time favorite of audiences and actors alike. In the play, galloping in and out of the four doors of an English vicarage are an American actor and actress, a cockney maid, a drunken spinster, four men in identical clergymen suits (one a disguised spy) and a shocked Bishop in his pajamas. A hilarious, fast-tempo romp sure to leave you breathless with laughter!"

CAST: Jaysea Williams, Ashley Mundel, Dawson Yukon Shadd, Patricia VonVintage, David Baumgardner, Barry Sears, Bob Goldberg, Richard Bracke, Justin Germond.

"See How They Run" opens March 30th and runs Friday and Saturday nights with two Sunday matinees through April 28. Friday and Saturday shows 7 pm. Sunday matinees 2pm. The ASOC ticket window opens an hour before performances and the house opens 30 minutes before performances. Tickets are \$20 for front row seats, \$15 for all others, children 12 and under \$10. Cash, checks and major credit and debit cards at the box office. For tickets call 503-325-6104.



Bob Goldberg, Patricia VonVintage, and Barry Sears "farce it up" in *See How They Run*.

## KERFUFFLE: A Vintage Burlesque Comedy Revue

A sexy evening of torchsongs and tease, glamour and humor, class and sassafras. Audience is encouraged to retro dress-to-the-nines!

Debuting this past St. Patty's Day Kerfuffle Burlesque is a hit!!!. Look forward to 2 more performance dates: April 28th & May 26th. Kerfuffle features the devilishly-delightful vocal, dance, burlesque, and comedy talents of: Trixie Kerfuffle, Susie Q Slaughter, Kiss Me Karma, Mrs. Vesper Belle, Lady Grace, and Ginger Vitus.

Kerfuffle audience members are strongly encouraged to dress to the Retro 9's!!! At Intermission, Trixie will conduct the Best Dressed-Least Dressed Contest by audience applause. The Winner will receive a special gift from Layers Boutique and a free Burlesque lesson from Trixie, along with a sexy cameo in the next Kerfuffle Show!

If you're looking for garb, Layers Boutique is a sure bet for vintage hats, dresses, gloves and other sexy accessories located at 205 12th Street in Downtown Astoria. Always wanted to be a burlesque dancer? Here's your chance! Come dressed to impress!"

**HERE'S THE DEAL KERFUFFALONIANS:** \$8 April 28th/\$10 May 26th ticket price at the door, until capacity is reached! Advanced Reserved Tickets, as well as Advanced Booth Table Reservations available through [brownpapertickets.com](http://brownpapertickets.com), and now you know -- don't delay!





## Samyak Yamauchi::Christine Haberkorn At RiverSea Gallery

RIVERSEA GALLERY presents narrative paintings by Portland artist Samyak Yamauchi, and a show of jewelry created from vintage adornments by Christine Haberkorn of Ocean Park, Washington in two separate shows opening April 14, and continuing through May 8. Meet both artists at the opening reception held April 14 from 5 to 8 during Astoria's Second Saturday Artwalk. Featured musician is Astoria guitarist and vocalist, Dylan Clodgo.

Samyak Yamauchi offers a series of lively and engaging narrative paintings that speak of the relationships we have with ourselves and with others in a solo show titled *Constraint and Freedom*.

Yamauchi looks to process as a starting point, and trusts intuition to lead her on with no preconceived ideas of an outcome. She began her work for this show with a question: "What if every painting in this series begins with bold black strokes and the same three colors, plus white?" The constraint of a limited palette provides both structure and continuity in this body of work, while the artist's intuitive process lends an open-ended freedom to explore the connections between heart, mind, and soul that create the narrative and guide her to a completed painting. "Making each of my paintings is a reminder of how the creative process itself



*Me and My Shadow* acrylic, pencil on canvas, 18" x 22"

is in private collections across the country. She was featured on Oregon Art Beat in 2015 and currently serves on the board of Portland Open Studios.

Christine Haberkorn brings a long career in the arts to her jewelry designs that combine elements taken from vintage pieces, first worn during the Victorian era through the 1950s, that she has collected from around the globe, from France to Afghanistan, China to Pakistan, England to the United States, USSR to Thailand. Each design honors the stories inherent in the older work while creatively recombining the elements into unique and au courant statement jewelry.

It was the uncertain political landscape after the 2016 election that turned this longtime artist, educator, and corporate executive to explore vintage jewelry as a means of creativity and release. As Haberkorn puts it, "I searched for beauty in a world gone mad and found it in a bead." Making jewelry from a diverse assortment of beads and parts became her way of seeking affirmation of shared humanity and connections across the globe. To the artist, all these disparate elements come together in reinventions that speak of "tension, difference, change, acceptance, and beauty." And finally, she states, "What has been done, can be redone."

Haberkorn recently relocated from Texas to Ocean Park, Washington, has a background in the arts, university teaching, and corporate management, and has exhibited her artwork in galleries throughout the United States.

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

ASTORIA VISUAL ARTS for Astoria's Second Saturday ArtWalk, April 14, presents new work by Portland multimedia artist IRayRay (former Astorian Ramey Holsman)

THE PEOPLE'S TOY STORE: one-of-a-kind mixed media pieces including art dolls, paintings, trading cards, iron-on patches, stickers, sketchbooks, zines and much more. This is a one time only Cash & Carry Event!

The AVA Pop-Up space is located at 80 11th Street (on the river above Coldwater Skate and Surf Shop) and will be open from 5-8 PM. Join the fun, meet the artist and welcome her back to Astoria!



## AVA Pop-Up Space • IRayRay

## 3 Oregon Artists Royal Nebecker Gallery • CCC

EMPATHIES AND ENERGIES an exhibit of ceramics, prints and photographs by three Oregon artists, will be shown at the Royal Nebecker Gallery on the campus of Clatsop Community College in Astoria from April 2 to May 10, 2018.

The exhibit features ceramics and prints by internationally acclaimed artist Frank Boyden of Otis; infrared photographs by Rich Bergeman of Corvallis; and ceramics and sculpture by Renee McKitterick, chair of the Art Department at Linn-Benton Community College in Albany.

"Empathies and Energies" takes its name from the comingling of Boyden's dry-point etchings of anguished faces with the fire and light that McKitterick and Bergeman use to create their ceramics and infrared photographs.

Anchoring the show is Boyden's "Empathies," a suite of 96 intimate dry-point psychological portraits that he presents in four large grids of 24 prints each. The series was undertaken in response to the artist's disillusionment with the depravity of humanity and evolved into one of empathy and personal introspection. His book by the same name has won praise as a "profound and haunting personal journey."



Panel: Boyden dry-point etchings

Boyden is also showing a selection of other recent prints and ceramic work in the Clatsop exhibit. An active artist for several decades, Boyden has exhibited in museums and galleries throughout the U.S., Canada and Europe, and has executed public commissions of cast bronze sculptures that can be seen at the Oregon Coast Aquarium in Newport, Oregon Health Sciences University in Portland, and elsewhere.

**The Royal Nebecker Gallery is located at 1799 Lexington Ave. and is open Mondays through Fridays from 9am to 6pm.**

Bracelet:  
1950s  
braided  
brass chain,  
vintage  
lamp-  
worked  
Peking glass  
fruit, with  
assorted  
brass and  
acrylic  
vintage  
beads,  
handmade  
copper  
clasp.



moves from chaos to form," she notes.

Born in Tokyo, Japan, Yamauchi immigrated to the United States as an infant, and was raised in Portland, Oregon. She turned to painting five years ago after thirty years of teaching and thirteen years making and exhibiting glass mosaics. Her art has been exhibited in many Portland art venues and

## PDX 30 + The LightBox Files Exhibit



Juror's Award - Blue Mitchell: Of Salt and Earth no.14

LIGHTBOX Photographic Gallery recognizes the Portland photographic community for their incredible talent in the 7th annual "PDX 30 Exhibit". This group exhibit opens with an artists' reception on Saturday, April 14th, from 6-9 pm, on exhibit thru May 8.

ONE image each from 30 photographers was chosen to be featured in the exhibit, work that stood out above the crowd and exhibits the unique vision and creativity of the photographer.

This year Portland Photographer Zeb Andrews served as juror. The majority of his week is spent immersed in photography while working at Blue Moon Camera and Machine in North Portland. Much of his inspiration comes from the photographers and photography he sees on a daily basis. Zeb was an instructor at Newspace Center for Photography for seven years and frequently gives

presentations on all things photographic. When he isn't at work or enthralled in a class lecture he can often be found on some windswept beach or quietly verdant forest, camera in hand.

Also opening on this night is the LightBox Files Exhibit. Entering the third year, the exhibit and collection honor the complete photographer by recognizing those that pursue the art of fine printing. On this night all seven photographers will be featured with a series of prints on the walls and a collection in the drawers. The work will be featured in the viewing drawers for the 2018 calendar year: Jim Fitzgerald • Laura Kurtenbach • Donald MacDonald

Roger Dorband • Mike Demkowitz • Ken Hochfeld • Robert Potts

**LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday – Saturday, 11 – 5:30.**

## Civil Mirror

A collection of work by Portland urban abstract expressionist painter, Gustavo Ponce is featured at the NEW McTavish Gallery.

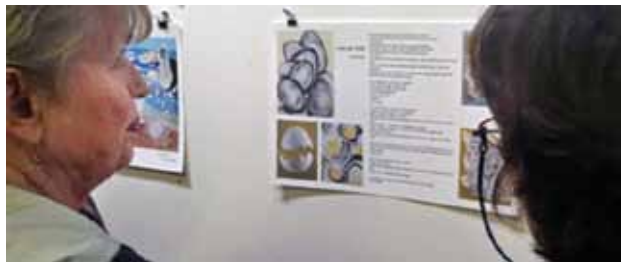
**2nd Sat. Art Walk April 14 Reception is 5-9pm at 160 Tenth St. Astoria (503)298-1690**





# WORD.

## Hoffman Center for the Arts Fourth Annual Word & Image project



and each artist will create new work in response to one of the three pieces submitted by their partner. A writer might create a new poem in response to a watercolor, for example. A photographer might make a new image in response to a prose piece. The resulting new works will be due August 8.

ENTRIES will be accepted April 1 through April 30, 2018 for the fourth annual Word & Image project, a program of the Hoffman Center for the Arts pairing artists and writers to create original work, each in response to the other's.

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

The twelve selected artists and writers will be randomly paired at a Hoffman Center gathering on June 29. Each will be given printed copies of the other's submitted work. Then each writer

The artwork will be exhibited at a Hoffman Center event on October 6, where the writers will also read their new work. The paired work will be printed on broadsides, which will hang in the HCA gallery as well as published in a book. Both will be available for sale.

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

Word & Image is a program of the Hoffman Center for the Arts and will be held at the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) Further information is available at [hoffmanblog.org](http://hoffmanblog.org) or contact Emily Ransdell, [emily\\_ransdell@yahoo.com](mailto:emily_ransdell@yahoo.com)

### TNT Talk

#### Historical Company Towns of Clatsop County Author Jim Aalberg

WHEN one hears the phrase "company town," many images come to mind: remote coal mining communities in West Virginia, lumber camps in the Pacific Northwest, Midwest towns dominated by a local factory. We picture struggling workers held in economic slavery by some faceless corporation or overbearing manager.

While these ideas, no doubt, have some elements of truth and accuracy to them, when it comes to the "company towns" of Clatsop County — Bradwood, Wauna, and Westport — they couldn't be more wrong.

In his latest book *Historical Company Towns of Clatsop County* Jim Aalberg tells how the people connected to these towns remember an almost idyllic existence, one filled with hard work to be sure, but a sense of community. Attend the April TNT when Jim will be on hand to discuss the *Historical Company Towns of Clatsop County*.

The Thursday Night Talks (TNT) lecture series is a free event at the Fort George Showroom in the Lovell Building on the third Thursday of each month. Doors open at 6:00 pm, with lectures beginning at 7:00 pm. Seasonal beers on tap, food and other beverages are available for purchase. Minors are welcome with an accompanying adult.

For more information about this event or other Clatsop County Historical Society activities, please call 503-325-2203 or e-mail: [cchs@cumtux.org](mailto:cchs@cumtux.org).

#### Philosopharian's April Talk at Fort George

Are secrets a necessary part of being who we are?

It's been said that "Man is not what he thinks he is, he is what he hides." Is this really true? What exactly is it that secrets do for us, and is there a way to use them wisely? Can we be entirely rid of secrets, and for that matter, would we really want to be? Join Seth Tichenor, Philosopharian, and discuss this intriguing matter.

**The Fort George Brewery's Lovell Building, April 26th at 7:00 P.M. (doors open at 6:00). FREE Talk.**



WANNA MILL

#### WRITE ASTORIA

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

#### RIC'S POETRY MIC

- 1st Tues @ Winecraft
- IN HONOR of founder Ric Vrana,
- Ric's Poetry Mic is held at WineKraft, 80 10th Street (on the west end of the Pier 11 Building) in Astoria.
- The event takes place the first Tuesday of every month. Readings are from 7pm to 8:30pm, with sign up to read at 6:45 p.m. All poetry friends are welcome to come to read and listen. Contact: Mary Lou



## California. . .try 140,000 years ago Dr. Smith • CB History Center April 19

ARCHAEOLOGICAL WORK in the Americas has been causing a lot of controversy. It seems that the Americas may have been settled a lot earlier than hypothesized — a lot earlier! Most recently a site in California appears to push human activity back to between 120,000 and 140,000 years ago. This is more than a hundred thousand years before humans were thought by archaeologists to be here. This site is among a few other recent discoveries, which include Paisley Caves that are rewriting the human history of the Americas.

On Thursday, April 19 at 4pm the Cannon Beach History Center & Museum welcomes Dr. Cameron M. Smith to discuss this very topic. Dr. Smith is an Anthropology Professor at Portland State University and is a highly recognized scholar on human history, archaeology and evolution.

Dr. Smith will be discussing the old and new theories about the earliest dispersals of humans into the Americas. Whether by land or sea, these new archaeological sites bring about new questions. His talk, "By Land, Sea and Shore: New Evidence and Theories on the Earliest Human Dispersals into the Americas," will be free and open to the public.

Dr. Smith has a PhD in Archaeology from Canada's Simon Fraser University and is a respected scholar, who has published scientific works in the *American Journal of Physical Anthropology*, as well as *Scientific American*, *Scientific American MIND*, *Discover Magazine*, *Archaeology Magazine*, *South American*

*Explorer*, *Spaceflight*, *Skeptical Inquirer*, *The Next Step*, and *The Bulletin of Primitive Technology*. Dr. Smith has also appeared on PBS, *The History Channel*, and on the National Geographic channel. Smith was even a guest on Theoretical Physicist Michio Kaku's radio show *Science Fantastic*.

For those who have not attended a lecture by Dr. Smith, you are in for a treat! He's an engaging lecturer who keeps attendees on the edge of their seats. You won't want the lecture to end!

**The Cannon Beach History Center & Museum is a private non-profit museum featuring seasonal historic, textile, and artistic exhibits. The museum is open from 11am to 4pm, Wed - Mon and is donation based. Located at 1387 South Spruce Street in Cannon Beach, Oregon.**



## Speakers on Intergenerational Friendships at Pioneer Museum • April 14

AS WE KNOW, aging is a life-long experience that is different for everyone. Join the Tillamook County Pioneer Museum on Saturday, April 14 at 1:00 PM to get in on the discussion "Just a Number: Aging and Intergenerational Friendship" with Jennifer Sasser and Simeon Dreyfuss. Sponsored by Oregon Humanities and the Pioneer Museum's Daisy Fund, this program is free and opened to all ages.

While most of us agree that people of different generations have wisdom to offer those who are ahead of or behind them in life's journey, barriers to connection often persist between generations. Many of these barriers are rooted in our ideas about age and aging. Where do these ideas come from, and how do they impede or encourage relationships across generational differences? How do we acknowledge both the universality of aging and the differences we experience? How do we create meaningful connections with others of different ages and life stages? These questions will be the focus of the program. TCPM encourages young people to come and give their opinions on the topic and to perhaps make new friendships.

Simeon Dreyfuss is a writer and independent interdisci-

plinary scholar. He was on the faculty of Marylhurst University for twenty-three years and now is an adjunct professor at Tillamook Bay Community College. His essays, stories, poems, scholarly articles, and journalistic publications have appeared widely. He is currently coeditor of *Issues in Interdisciplinary Studies*. Jenny Sasser is an educational gerontologist, transdisciplinary scholar, and community activist. She has worked in the field of gerontology for more than half her life, beginning as a nursing assistant and aging advocate before focusing on research, writing, and teaching. She is the author of *Aging: Concepts and Controversies* and of the forthcoming book *Gerontology: The Basics*.

Tillamook County Pioneer Museum at 503.842.4553.



## Wild Association: A Spring Poetry Workshop • Saturday, April 14, 1pm to 4pm FREE

JOIN THE SITKA CENTER for a FREE writing workshop exploring poetry and wild association. Allison Hutchcraft, one of Sitka's current writing residents, is offering this workshop as a way of inviting community to learn more about the residents and residency program.

In this workshop you will read and talk about poems, explore the possibilities of engaging with

the natural world through writing, and generate your own creative work on the page. By the end of the workshop, you will have new material for your poems and essays, inspiring examples of published work, and strategies for writing. The class is free and open to the public. No experience necessary! All are welcome. Please bring writing materials (paper, pen, laptop, etc.) and a raincoat, as we'll spend some time writing outside.

**Registration is required — go to the [sitkacenter.org](http://sitkacenter.org)**



#### FOOD & DRINK

Chili Cook-Off. Enter the competition by bringing 2 quarts of homemade chili in a warmer along with a 3"x5" card listing ingredients and spice level. Chili, corn bread, and chili dog feed. \$10, 5 – 7pm at the Brownsmead Grange, Brownsmead.

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.

AAUW Wine and Chocolate Affaire. Includes fabulous appetizers, chocolate sweets, live music, silent and oral auction. \$30, 2 – 5pm at The Officer's Mess Hall at the Port of Tillamook Bay in Tillamook.

#### HAPPENING

Tall Ships Visit Astoria. Tours, \$5 suggested donation, Sailing trips \$42 - \$59. 10am – 4pm at the Astoria City Dock near the Maritime Museum.

Death and Taxes Game Day. Come and play board games. Noon at Hondo's Brew and Cork in Astoria.

12 Days of Earth Day. Hiking, birding, lectures, parade, and more in Cannon Beach. [twelvedaysofearthday.com/schedule-of-events.html](http://twelvedaysofearthday.com/schedule-of-events.html)

#### LECTURE

In Their Footsteps Lecture Series. Lewis and Clark's Discovery of the Willamette River: Recent Findings of Their Secondary Mission. With Steven McClure. 1pm in the Netul Room at the Fort Clatsop Visitor Center.

#### THEATER

Noises Off. Farce. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

## Monday 16

#### MUSIC

Little Sue. No cover, 7pm at the Adrift Hotel in Long Beach.

#### HAPPENING

12 Days of Earth Day. Hiking, birding, lectures, parade, and more in Cannon Beach. [twelvedaysofearthday.com/schedule-of-events.html](http://twelvedaysofearthday.com/schedule-of-events.html)

## Tuesday 17

#### MUSIC

Live Music. No cover, 7pm at the Adrift Hotel in Long Beach.

#### HAPPENING

Tall Ships Visit Astoria. Tours, \$5 suggested donation, Sailing trips \$42 - \$59. 10am – 8pm at the Astoria City Dock near the Maritime Museum.

Light Up the Night Walk and Vigil. 6:30-7:30pm. Walkers will gather at the pinwheel garden in front of Custard King in Downtown Astoria and walk to the Courthouse for a candlelight vigil in honor of survivors of domestic violence and sexual assault.

12 Days of Earth Day. Hiking, birding, lectures, parade, and more in Cannon Beach. [twelvedaysofearthday.com/schedule-of-events.html](http://twelvedaysofearthday.com/schedule-of-events.html)

#### LECTURE

AAUW Women in Leadership. Our 3 panel speakers Julene West, Norma Hernandez and Nayeli Lopez will share their coming to Astoria, finding and working to solve needs and their busy lives today. 5:30pm in the Flag Room at the Astoria Public Library.

## Wednesday 18

#### MUSIC

Pipedance Celtic Music and Dance. Free, 6pm a the Driftwood Public Library in Lincoln City.

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

The Blacktops. No cover, at the Voodoo Room in Astoria.

#### HAPPENING

12 Days of Earth Day. Hiking, birding, lectures, parade, and more in Cannon Beach. [twelvedaysofearthday.com/schedule-of-events.html](http://twelvedaysofearthday.com/schedule-of-events.html)

#### LECTURE

Listening to the Land. Life in the Intertidal Zone. With Melissa Keyser. 6pm at the Seaside Library.

## Thursday 19

#### MUSIC

Becky Hart. 7pm at the Lincoln City Cultural Center.

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

#### HAPPENING

Lady Liberty Award Luncheon. \$50, Noon in the McTavish Room at the Liberty Theater in Astoria.

12 Days of Earth Day. Hiking, birding, lectures, parade, and more in Cannon Beach. [twelvedaysofearthday.com/schedule-of-events.html](http://twelvedaysofearthday.com/schedule-of-events.html)

#### LECTURE

Salty Talks. Judge John Briscoe on the Weather Beach 1853-1901. With Michael Lemeshko. 6:30pm at the Salt Hotel in Ilwaco.

Clatsop Historical Society's TNT. Historical Company Towns of Clatsop County. With Jim Aalberg, 7pm in the Fort George Lovell Showroom in Astoria.

Anthropology of Earliest Settlements of the Americas. With Cameron Smith. Admission by donation. 4pm at the Cannon Beach History Center and Museum.

## Friday 20

#### MUSIC

Seaside Music Fest. With Y La Bamba, 1939 Ensemble, The Shivas, Speaker Minds, Bitch'n, Candace, Dreckig, Boone Howard, Rilla, Jenny Don't & The Spurs, The Domestics, Abronia and Blackbelt Eagle Scout. \$15, 7 – 11pm at the Seaside Elks Lodge.

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

Charlie Daniels Band. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

UMPHY. 8 – 10pm at Public Coast Brewing Co. in Cannon Beach.

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

#### HAPPENING

Call to Life: Variations on a Theme of Extinction. With music and spoken word performed by Kathleen Dean Moore and Rachel McCabe. Free, 6:30pm at the Liberty Theater in Astoria.

North Coast Christian School Serve-A-Thon. Students from North Coast Christian School will spruce up the Warrenton Food Pantry. They will also be collecting food and serving the community a BBQ lunch. 11:30am – 4:30pm.

12 Days of Earth Day. Hiking, birding, lectures, parade, and more in Cannon Beach. [twelvedaysofearthday.com/schedule-of-events.html](http://twelvedaysofearthday.com/schedule-of-events.html)

Cannon Beach Fat Bike Festival. [bikecannonbeach.com/](http://bikecannonbeach.com/)

Pacific City Birding and Blues Festival. [birdingandblues.org/](http://birdingandblues.org/)

#### LITERARY

Poetry Reading. Poet Mary Lou McAuley will read from Nine Hundred Moon Journey. 7pm at WineKraft in Astoria.

#### THEATER

See How They Run. Comedy. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

Noises Off. Farce. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

## Saturday 21

#### MUSIC

Seaside Music Fest. With Y La Bamba, 1939 Ensemble, The Shivas, Speaker Minds, Bitch'n, Candace, Dreckig, Boone Howard, Rilla, Jenny Don't & The Spurs, The Domestics, Abronia and Blackbelt Eagle Scout. \$15, 7 – 11pm at the Seaside Elks Lodge.

Central Coast Chorale at the Movies. At the Lincoln City Cultural Center.

The Lassies & Kathryn Claire. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Charlie Daniels Band. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

Five Letter Word. No cover, 9pm at the Adrift Hotel in Long Beach.

Shoring. 10pm at the Labor Temple in Astoria.

#### ART

NESKO Women's Club Pottery Sale. 10am – 2pm at the Nestucca Rural Fire Station in Cloverdale.

#### FOOD & DRINK

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

#### HAPPENING

Long Beach Razor Clam Festival. In downtown Long Beach.

Community Beach Cleanup & Pop-Up Art Gallery Celebration. Pop up gallery is located at the Peninsula Arts Center in Long Beach.

Coastal Community Festival. It's a fun and exciting day for the whole family, with music, arts and crafts, a safety fair and food. A free all-day, family-friendly event in Cannon Beach

12 Days of Earth Day. Hiking, birding, lectures, parade, and more in Cannon Beach. [twelvedaysofearthday.com/schedule-of-events.html](http://twelvedaysofearthday.com/schedule-of-events.html)

Cannon Beach Fat Bike Festival. [bikecannonbeach.com/](http://bikecannonbeach.com/)

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.

Pacific City Birding and Blues Festival. [birdingandblues.org/](http://birdingandblues.org/)

#### OUTSIDE

National Beach Cleanup Tour. Help collect microplastic fragments on the beach at Manzanita. 3:30 – 6:30pm. Sign up to volunteer at [oceanblueproject.org](http://oceanblueproject.org)

#### THEATER

See How They Run. Comedy. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

# REPAIR CAFÉ AT Ft. George BLUE ROOM

ON WEDNESDAY APRIL 25, from 6 to 8 pm, Repair Café will meet in the Fort George Blue Room, (enter through the Taproom).

Repair Café is dedicated to bringing people with broken stuff together with people who know how to fix it. Help in creating a community around skill sharing, repair, and waste reduction.

Come to learn, to watch or just to get your items fixed.

RC “fixers” can repair, sharpen, sew, or give expert advice on most items: garden tools, clothing, computers, furniture, bicycles, power tools, household appliances, and plus offer knife and scissor sharpening.

#### NEW! WEIGH YOUR STUFF!

Help RC with their goal to keep 2,000 lbs. of broken items from entering our local landfill by repair and fixing your broken stuff! They have scales to weigh your ‘stuff’ and will keep a running tally for each month’s efforts to reach that goal.



- The Ft. George Blue Room is located at the corner of Duane and 14th St in downtown Astoria Oregon.
- The Taproom will be open for beer and food purchases during the Repair Café.
- Find ‘em on Facebook <http://facebook.com/repairastoria>

Noises Off. Farce. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

## Sunday 22

#### MUSIC

Five Letter Word. No cover, 7pm at the Adrift Hotel in Long Beach.

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

#### HAPPENING

Cannon Beach Fat Bike Festival. [bikecannonbeach.com/](http://bikecannonbeach.com/)

12 Days of Earth Day. Hiking, birding, lectures, parade, and more in Cannon Beach. [twelvedaysofearthday.com/schedule-of-events.html](http://twelvedaysofearthday.com/schedule-of-events.html)

Don't Get High Tea and Silent Auction. \$30, 2 – 4pm at the Tillamook County Fairgrounds in Tillamook.

Pacific City Birding and Blues Festival. [birdingandblues.org/](http://birdingandblues.org/)

#### LECTURE

Fish Tales. Traditions & Challenges of Seafood in Oregon. With Jenifer Burns. 3pm at the Driftwood Public Library in Lincoln City.

#### THEATER

See How They Run. Comedy. \$15 - \$20, 2pm at the ASOC Playhouse in Astoria.

#### OUTSIDE

National Beach Cleanup Tour. Help collect microplastic fragments on the beach at the Wayside beach access in Rockaway Beach. . 3:30 – 6:30pm. Sign up to volunteer at [oceanblueproject.org](http://oceanblueproject.org)

## Monday 23

#### MUSIC

Norman Baker. No cover, 7pm at the Adrift Hotel in Long Beach.

## Tuesday 24

#### MUSIC

Norman Baker. No cover, 7pm at the Adrift Hotel in Long Beach.

#### HAPPENING

Be the Difference. Volunteer Opportunities Fair. 4 -7pm . Guy Boyington Building in Astoria. Eight local non-profits such as The Harbor, Clatsop CASA, Lunch Buddies, and others will provide many options on how anyone can make our community better by serving children and families. Treats and prizes + Maddox Dancers.

AAMC Benefit Nite. Join us upstairs for an evening of performances, class demos, dancing, music and raffle prizes. 4:30 – 9pm at Fort George in Astoria.

Drunk Spelling Bee. \$2 entry fee, 8pm at the Labor Temple in Astoria.

## Wednesday 25

#### MUSIC

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

Jackson Andrews. No cover, at the Voodoo Room in Astoria.

#### HAPPENING

Candidate Forum in Manzanita. The six candidates vying for the one open seat on the Tillamook County Commission will participate in a candidate forum at the Pine Grove Community House in Manzanita. 5:30 – 7:30pm at the Pine Grove Community Center.

## Thursday 26

#### MUSIC

Jose Antonio Rodriguez. 7pm at the Lincoln City Cultural Center.



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

The Oregon Brass Quintet. \$20, 7pm at the Liberty Theater in Astoria.

#### HAPPENING

Building Blocks of Health Insurance. A state-sponsored informational meeting presenting information on terminology, summary of benefits, explanation of benefits, eligibility, the types of health insurance available: Medicare; Oregon Health Plan; and individual and family plans. 5 – 6:30pm at the Seaside Library. Preregister at the library.

#### LECTURE

Let'sTalk About Sex. 5:30- 8:30pm . Join The Harbor at Buoy Beer Taproom in Astoria for this quirky and lighthearted event as our panelists answer anonymous questions about relationships, sex and sexuality. \$10 admission includes 3 raffle tickets that go toward great prizes donated by local businesses. Details on our Facebook page @harbornw

History and Hops. 6pm at the Seaside Brewing Company.

Wit & Wisdom. Are Secrets a Necessary Part of Being Who We are? With Seth Tichenor. 7pm in the Fort George Lovell Showroom in Astoria.

## Friday 27

#### MUSIC

Terry Robb. Master Guitarist in Concert at KALA. \$15

Adams and Costello. 8 – 10pm at Public Coast Brewing Co. in Cannon Beach.

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

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

#### FOOD & DRINK

Astoria Warrenton Crab, Seafood, and Wine Festival. \$15 admission, 4 – 9pm at the Clatsop County Fair & Expo Center, Astoria.

#### HAPPENING

Empowered to Connect Conference. Practical parenting education in a safe and supportive community as we work to equip families, churches, and professionals to better serve children impacted by adoption and foster care. 9am – 5pm at Providence Seaside Hospital. Register at [etcccontinuingeducation2018.eventbrite.com](https://etcccontinuingeducation2018.eventbrite.com)

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

#### THEATER

See How They Run. Comedy. \$15 - \$20, at the ASOC Playhouse in Astoria.

## Saturday 28

#### MUSIC

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

Cold Comfort. 5pm at the Olney Saloon, Olney. Ellen, Gene, and Jean. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Jeanne Walker & Dick Lappe. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

#### ART

Tillamook Downtown District Artwalk. 1 – 3pm in downtown Tillamook.

Resident Show & Tell. Outgoing spring residents will share their work. Free, 1pm in the Boyden Studio at the Sitka Center, near Otis.

#### FOOD & DRINK

Astoria Warrenton Crab, Seafood, and Wine Festival. \$15 admission, 10am – 8pm at the Clatsop County Fair & Expo Center, Astoria.

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

#### HAPPENING

Clatskanie Farmers Market Spring Bazaar. 9am – 3pm at Clatskanie High School.

Black Lake Fishing Derby. An event for children ages 2-14 features a free pancake breakfast and a hot dog tent. The derby runs from 7-11am, and awards are given for the largest fish caught in each age division and overall aggregate weight. At Black Lake in Ilwaco. Register at [ilwaco-wa.gov/black-lake-fishing-derby-registration/](https://ilwaco-wa.gov/black-lake-fishing-derby-registration/)

International Tabletop Day. Come celebrate International Tabletop Day with a variety of board games. Noon at Hondo's Brew and Cork in Astoria.

Kerfuffle: A Vintage Burlesque Comedy Revue. An evening of torchsongs and tease, glamour and humor, class and sassafra. \$6, 10 – 11:30pm at the Labor Temple in Astoria.

Empowered to Connect Conference. Practical parenting education in a safe and supportive community as we work to equip families, churches, and professionals to better serve children impacted by adoption and foster care. 9am – 5pm at Providence Seaside Hospital. Register at [etcccontinuingeducation2018.eventbrite.com](https://etcccontinuingeducation2018.eventbrite.com)

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

#### THEATER

Pete Seeger "99" Birthday Tribute. 7pm at the PAC in Astoria. \$15.

See How They Run. Comedy. \$15 - \$20, at the ASOC Playhouse in Astoria.

## Sunday 29

#### MUSIC

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

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

#### FOOD & DRINK

Astoria Warrenton Crab, Seafood, and Wine Festival. \$10 admission, 11am - 4pm at the Clatsop County Fair & Expo Center, Astoria.

#### HAPPENING

Pro Wrestling. \$10 admission, 5pm at the Astoria Armory.

## Monday 30

#### MUSIC

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

Six Guitars. \$25 - \$30, 7pm at the Don Whitney Auditorium in Tillamook.

## Tuesday 1

#### MUSIC

Live Music. No cover, 7pm at the Adrift Hotel in Long Beach.

## Wednesday 2

#### MUSIC

Live Music. No cover, 7pm at the Adrift Hotel in Long Beach.

## Thursday 3

#### MUSIC

Live Music. No cover, 7pm at the Adrift Hotel in Long Beach.

#### HAPPENING

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

## Friday 4

#### MUSIC

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

## FLASH CUTS MOVIES & MUSINGS

## Previews

## FILM. BY LES KANEKUNI



**A QUIET PLACE (APRIL 6)** Actor John Krasinski directs this unique horror pic where blind monsters with super sensitive hearing threaten a family. Opening with “Day 89” in an upstate New York town which appears in a post-apocalyptic state we find the family scavenging for food in a grocery store – the father (Krasinski), his wife (Emily Blunt) and their three children. All are barefoot and communicate solely through sign language, as the slightest human sound will attract the monsters. On the way home, the family tragically loses a member when one of the children makes a mistake. A year later, Mother is pregnant. The Father keeps busy trying to communicate with the outside world with morse code while trying fruitlessly to fix their deaf daughter's hearing aid. Although things seem stable, soon it will be anything but as the family is separated and the very pregnant Mother finds herself alone in the house.

**RAMPAGE (APRIL 11)** Dwayne Johnson actioner based on the '80s video game. Synopsis: Primateologist Davis Okoye (Johnson), a man who is the head of an anti-poaching unit, finds out his beloved albino silverback gorilla friend George has been infected with a mysterious experiment that turns him into a giant, aggressive beast. To make matters worse, a grey wolf named Ralph and an American crocodile named

Lizzie have been infected too. With the help of a discredited genetic engineer named Dr. Kate Caldwell, he must save George, stop Ralph and Lizzie

from destroying most of America, and find out who mutated the animals.

**I FEEL PRETTY (APRIL 20)** Amy Schumer (*Trainwreck*) self-esteem comedy. Schumer plays Renee Barrett—an ordinary woman who struggles with feelings of insecurity and inadequacy on a daily basis—wakes from a fall believing she is suddenly the most beautiful and capable woman on the planet. With this newfound confidence, she is empowered to live her life fearlessly and flawlessly, but what will happen when she realizes her appearance never changed? With Michelle Williams, Naomi Campbell, Lauren Hutton.

**AVENGERS: INFINITY WAR (APRIL 27)** The Avengers are joined by Black Panther and the Guardians of the Galaxy to defeat the threat of Thanos. Part 1 of a two-part series; part 2 will debut next year. Synopsis: Iron Man, Thor, the Hulk and the rest of the Avengers unite to battle their most powerful enemy yet -- the evil Thanos. On a mission to collect all six Infinity Stones, Thanos plans to use the artifacts to inflict his twisted will on reality. The fate of the planet and existence itself has



never been more uncertain as everything the Avengers have fought for has led up to this moment.

**TULLY (MAY 4)** Director Jason Reitman re-teams with screenwriter Diablo Cody for their third collaboration following the successes of *Juno* and *Young Adult*. Charlize Theron plays Marlo, an exhausted suburban Mom with two kids with a third nearly due. After giving birth, Marlo, who already has her hands full with a special needs son, finds herself nearly undone by the routine of feeding and



diaper while feeling anger at her plight. Her husband Drew (Ron Livingston), while a good provider, is ineffectual and close to clueless with the children. Marlo's well-off brother (Mark Duplass) offers the couple a “night nanny” to ease their burden. After initially rejecting the offer, Marlo and Drew cave. Enter Tully (Mackenzie Davis), a vibrant and energetic 20 something who is a dream come true. She not only takes care of the kids, she finds time to clean and even bake. Marlo bonds with Tully and is herself transformed – instead of exhaustion and anger there are now smiles and home-cooked meals. Tully seems too good to be true. And of course there's a catch.





# FREE WILL ASTROLOGY

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## APRIL

**ARIES** (March 21-April 19): Eighty-three-year-old author Harlan Ellison has had a long and successful career. In the course of publishing hundreds of literary works in seven different genres, he has won numerous awards. But when he was in his thirties, there was an interruption in the upward arc of his career. Walt Disney Studios hired him as a writer. During his first day on the job, Roy Disney overheard Ellison joking with a co-worker about using Disney characters in an animated pornographic film. Ellison was fired on the spot. I am by no means predicting a comparable event in your life, Aries. On the contrary. By giving you this heads-up, I'm hoping you'll be scrupulous and adroit in how you act in the early stages of a new project — so scrupulous and adroit that you will sail on to the next stages.

**TAURUS** (April 20-May 20): Are you an evolving Taurus or an unevolving Taurus? Are you an aspiring master of gradual, incremental progress or a complacent excuse-maker who secretly welcomes inertia? Will the theme of your next social media post be “The Smart Art of Compromise” or “The Stingy Glory of Stubbornness”? I'm hoping you will opt for the former rather than the latter in each of the three choices I just offered. Your behavior in the coming weeks will be pivotal in your long-term ability to be your highest self rather than your mediocre self.

**GEMINI** (May 21-June 20): If you fly in a passenger jet from New York to London, the trip usually takes more than six hours. But on January 8, 2015, a powerful jet stream surging across the North Atlantic reduced that time significantly. With the wind's extra push, several flights completed the trip in five hours and 20 minutes. I suspect you'll have comparable assistance in the course of your upcoming journeys and projects, Gemini. You'll feel like the wind is at your back.

**CANCER** (June 21-July 22): Actor Keanu Reeves' career ascended to a higher level when he appeared as a lead character in the film *Speed*. It was the first time he had been a headliner in a big-budget production. But he turned down an offer to reprise his starring role in the sequel, *Speed 2*. Instead he toured with his grunge band Dogstar and played the role of Hamlet in a production staged by a local theater company in Winnipeg, Manitoba. I admire him for being motivated more by love and passion than by fame and fortune. In my estimation, Cancerian, you face a choice that in some ways resemble Keanu's, but in other ways don't. You shouldn't automatically assume that what your ego craves is opposed to what your heart yearns for.

**LEO** (July 23-Aug. 22): A Leo sculptor I know is working on a forty-four-foot-long statue of a lion. Another Leo friend borrowed \$30,000 to build a recording studio in her garage so she can pursue her quixotic dream of a music career. Of my other Leo acquaintances, one is writing a memoir of her time as a black-market orchid smuggler, another just did four sky dives in three days, and another embarked on a long-postponed pilgrimage to Slovenia, the land of her ancestors. What about you? Are there any breathtaking challenges or smart gambles you're considering? I trust that you can surf the same astrological wave.

**VIRGO** (Aug. 23-Sept. 22): How sexy is it possible for you to be? I'm referring to authentic soul-stirring sexiness, not the contrived, glitzy, counterfeit version. I'm alluding to the irresistible magnetism that wells up in you when you tap in to your core self and summon a reverent devotion to your life's mission. However sexy it is possible for you to be, Virgo, I suggest you unleash that magic in the coming weeks. It's the only foolproof strategy for attracting the spiritual experiences and material resources and psychological support you need.

**LIBRA** (Sept. 23-Oct. 22): According to my analysis of the cosmic omens, your impact is rising. You're gaining influence. More people are tuning in to what you have to offer. And yet your stress levels also seem to be increasing. Why is that? Do you

assume that having more power requires you to endure higher tension? Do you unconsciously believe that being more worried is the price of being more responsible? If so, stop that nonsense right now. The truth is this: The best way to deal with your growing clout is to relax into it. The best way to express your growing clout is to relax into it.

**SCORPIO** (Oct. 23-Nov. 21): The immediate future will challenge you to revisit several fundamental Scorpio struggles. For best results, welcome these seeming intrusions as blessings and opportunities, and follow these guidelines: 1. Your control over external circumstances will increase in direct proportion to your control over your inner demons. 2. Your ability to do what you want will thrive to the degree that you stop focusing on what you don't want. 3. Your skill at managing and triumphing over chaos will be invincible if you're not engrossed in blaming others.

**SAGITTARIUS** (Nov. 22-Dec. 21): I'm about to say some things that sound extraordinary. And it's possible that they are in fact a bit overblown. But even if that's the case, I trust that there is a core of truth in them. So rejoice in their oracular radiance. First, Sagittarius, I want to tell you that if you have been dreaming about a miracle cure, the next four weeks will be a time when you're more likely than usual to find it or generate it. Second, if you have fantasized about getting the help you need to at least partially fix a seemingly irremediable problem, I urge you to ask for it more assertively than ever before. Third, if you have wondered whether you could ever retrieve a lost part of your soul, the odds are more in your favor than they've been in a long time.

**CAPRICORN** (Dec. 22-Jan. 19): The French government defines books as an “essential good,” along with water, bread, and electricity. Would you add anything to that list of life's basics? Companionship? Stories? Deep sleep? Pleasurable exercise and movement? Once you identify your “essential goods,” I invite you to raise the level of reverence and care you give them. Take an oath to treat them as holy treasures. Boost your determination and ability to get all you need of their blessings. The coming weeks will be a favorable time to enhance your appreciation of the fundamentals you sometimes take for granted.

**AQUARIUS** (Jan. 20-Feb. 18): Buckingham Palace is the home and office of the Queen of England. It has been the main royal residence since Queen Victoria took the throne in 1837. But in earlier times, the site served other purposes. The 17th-century English lawyer Clement Walker described the building occupying that land as a brothel, a hotbed of “debauchery.” Before that the space was a mulberry garden where silkworms tuned mulberry leaves into raw material for silk fabrics. I see the potential for an almost equally dramatic transformation of a certain place in your life, Aquarius. Start dreaming and scheming about the possibilities.

**PISCES** (Feb. 19-March 20): Poet Carolyn Forché is a role model for how to leave one's comfort zone. In her early career, she earned writing degrees at placid universities near her childhood home in the American Midwest. Her first book mined material about her family; its first poem is addressed to her grandmother. But then she relocated to El Salvador, where she served as a human rights advocate during that country's civil war. Later she lived and wrote in Lebanon at the height of its political strife. Her drive to expand her experience invigorated her poetry and widened her audience. Would you consider drawing inspiration from Forché in the coming weeks and months, Pisces? I don't necessarily recommend quite so dramatic a departure for you, but even a mild version will be well rewarded.

Homework: Buy or make yourself a present that encourages you to be more generous. Report results at [Freewillastrology.com](http://Freewillastrology.com).

**FREEWILLASTROLOGY.COM**

# Bike Madame

By Margaret Hammitt-McDonald

## Across the Iron Curtain Trail on a Shopping Bike

I ALMOST GOT FROSTBITTEN while riding through Beaverton once—yes, Beaverton; not exactly top of the stats for deaths by hypothermia. One morning, I rejoiced to behold a crisp blue sky outside the window and forgot the cardinal rule of clear winter days in the Pacific Northwest: if it's not raining, it's freezing cold. So I rode off, hands protected by my flimsy fingerless bike gloves. A mile later, my hands ached in a new, horrible, Jack London-esque way, compelling me to breathe on them at every stoplight to defrost them. I envisioned reporting to OHSU with the greater Portland area's first case of bicycle-induced frostbite.

That brush with finger amputation enticed me to read and review Rob Lilwall's book *Cycling Home From Siberia* and now, two winters later, Tim Moore's *The Cyclist Who Went Out In the Cold: Adventures Riding the Iron Curtain*. I read about both frigid ordeals in my toasty living room, next to the woodstove, my favorite retreat after coming in from my own cold (usually wet) ride.

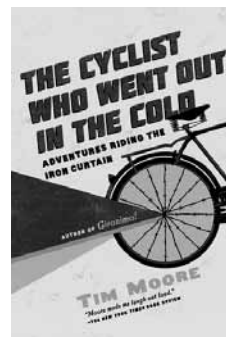
The writers couldn't be more different: Lilwall's an experienced rider and an evangelical Christian, and he comes across as stoic and sincere. Moore is an occasional rider with an appealingly jaundiced voice, bent on a quirky (or masochistic, or suicidal) quest to travel a 6,000-mile route across the former Iron Curtain countries, beginning in March, still very much winter in these northern regions. To lend authenticity, if not style, to his trek, he chooses a bike that seems woefully inadequate to the rough terrain and frigid weather: a folding-type (although his doesn't fold) commuter bike (he calls it a shopping bike) with 20-inch wheels, made in the former East Germany during its Berlin Wall days. I've ridden a folding bike for years, and needless to say, it wouldn't be my first choice for navigating potholes, snow, ice, or roads strewn



with tire-popping trash. Moore's descriptions of emergency repairs, performed with frozen hands far from the nearest town, confirm my suspicions—but then again, this book belongs to that genre I call “let's enjoy reading about intrepid travelers' sufferings while comfortable at home.”

And the sufferings, oh, they are many: snow and ice spewed all over him from a snowplow, crankshafts popping off on a lonely road far from help, feral dogs chasing him and stealing his gloves. What keeps us reading (and wincing) along is Moore's keen, snarky observations about the people and places he encounters. Here he speculates about how a Finnish farmer passes the time in winter, “those long months with nothing to do but sit by the stove in his socks adding vowels to stuff” (page 59), especially as “Overbearing desolation is what northern Finland does best...” (page 31) A bathroom in a Latvian hotel alarms him, especially the shower: “...a unisex, curtainless enclosure that might have last been used to shave a furious bison” (page 125). And when he must endure yet another below-zero ride against a headwind, he describes himself as spending “most of the day chuntering bitterly into my snood” (page 112)—isn't that the coolest word, chuntering? He also provides historical background about, for example, the devastating Winter War between Finland and Russia, and evocative photos.

Some readers might tire of Moore's snark, but while I'm not a snarkiness fan overall, I found the tone lent itself well to an inherently absurd enterprise. Did I enjoy the book? Yes. Will I ever venture forth on an ordeal like his? Heck no...and certainly not on a commuter bike.





## WORKSHOPS/CLASSES

**HIP HOP WORKSHOP.** April 12. With Nate Boozer. A dynamic and high energy beginners Hip Hop/ Funk Dance Class!!! The class is designed to accommodate ALL ages and levels of dance experience. \$15 at the door. 6:30 – 8pm at the AAMC in Astoria.

**LEARN BRIDGE FREE** Wonderful social game - make many friends and give your brain a workout. Four free and easy weekly lessons with Sue Kroning starting both Monday January 22 10 am-12 noon and Sunday January 28 2-4 pm (your choice) at the Mary Blake Playhouse, 1225 Avenue A, Seaside. The classes will be followed by ongoing mini-lessons and supervised play at \$5 each. Call Sue at 503-738-7817 or 503-739-0264, or email skroning@centurylink.net, or just come along.

**COMPASSIONATE CARING THROUGH NONVIOLENT COMMUNICATION.** April 9 – 12. Improve the quality of personal and professional relationships, one interaction at a time. Workshop leaders are Sue Smith-Hinz and Thomas Hinz. There is no cost, but a freewill donation will be taken to offset workshop materials and hosting. This workshop is pertinent for both individuals and groups interested in team building. 10am – noon at the First Presbyterian Church in Astoria.

**TRASH TALK WEARABLE ART.** April 16. With Pooka Rice. Create your own jewelry piece using vegetable base resin and found beach debris, plastic and other trash materials. Learn about the impact of beach plastics on the local environment and how you can make a personal difference while creating a handmade jewelry piece. \$30 suggested donation, 4 – 6:30pm at the Cannon Beach City Hall Chamber Classroom.

**SAFE MEDICATION MANAGEMENT IN OLDER ADULTS.** April 18. The class is designed to help anyone who cares for an aging Oregonian understand how medicines work in older adults, and learn skills to optimize care. Free, 1 – 5pm at the Tillamook County Fairgrounds in Tillamook.

**COASTAL GARDENING IN THE NORTHWEST.** April 21. Identify coastal climate challenges including different types of soil, climate constraints, rain and summer dryness, and cultural and environmental concerns to consider when choosing plants for our coastal regions. Plus Master Gardener Plant Clinic. 10am – 12:30pm at the Columbia Pacific Heritage Museum in Ilwaco.

**A FRESH LOOK AT HEARTY MEATLESS MEALS.** April 23. With Merianne Myers. What do you get when you blend whole grains, seasonal vegetables, local cheese and cooking with friends? Deadly delicious, that's what. Join Merianne Myers in the Food Web Kitchen for a fresh look at hearty, meatless meals. \$60, 5:30 – 8pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

**THE WORLD OF SPICE COOKING CLASS: India.** April 25. With Pat Milliman. Pat will introduce participants to the cuisine of India 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

**WILD FORAGE WORKSHOP.** Forage for Health/Spring Seasonal Transition. May 5. With Lara Pacheco & Paige Common. The workshop will include a plant walk, meditation, food demo and medicine that we make to take home. \$30, 10am – 1pm, at the Sou'wester Lodge in Seaview. RSVP 360-642-2542

**BEGINNING EMBROIDERY WORKSHOP.** April 28. With Liz Wright. Learn five basic stitches while working on an exclusive modern floral or night sky designed just for this class. We'll also discuss hoops, needles, floss, and fabric and some options for finishing and hanging your completed piece. \$30 + \$15

materials fee. 1 – 3pm at the Sou'wester Lodge in Seaview. RSVP 360-642-2542

**RENEW U WORKSHOP.** May 2. With Linda Lawson. This basic presentation will show what energy hygiene is, why it is important and how to do it. You will leave it with hand-outs and having experienced a practice session. \$20 - \$25, 3:30 – 5pm at the CMH Steelhead Room in Astoria. Register at eventbrite.com

## BODY WORK-YOGA-FITNESS

**QIGONG WALKING AND FORMS.** Mondays, starting January 23. With Donna Quinn. Qi-gong 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: barbarafucci@outlook.com online at tolovana-artscolony.org.

**YOGA IN NEHALEM.**North County Recreation District. Mon. 5:15-6:45pm/Beginning Classical Yoga. Tues. 4-5:30pm/Feel Good Flow Yoga. Wed. 8-9:30a/Mid-Life Yoga, Leading You into Your 50's, 60's, 70's and Beyond! Wed. 5:45-7:15pm/Restorative Yoga. Thurs. 8-9:30am/Chair Yoga.Thurs 5:45-7:15pm/Hatha for All Yoga. Fri 8-9:30am/Very Gentle Yoga. Fri 11:30-1pm/Living Yoga. Sat. 8-9:30am/Classical Yoga. 6 different RYT yoga instructors, in-district \$8; out-of-district \$13. 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

**SPIRITUAL BUT NOT RELIGIOUS?** Join in a "Celebration of Spirit" sponsored by Common Ground Interspiritual Fellowship. This Sunday morning gathering is not defined by any particular belief system, and is especially intended for the "spiritual but not religious," as well as those who draw from more than one faith tradition. Time: Sundays 9:30 – 10:30 am Location: Franklin Ave. & 11th St. Astoria, in the Wesley Room of the Methodist Church, (use building entrance on 11th). For more information see http://cgifellowship.org, contact info@cgifellowship.org, or call 916-307-9790.

**AUTHENTIC SPIRITUAL CONVERSATIONS.** Meets every Tuesday in Astoria, 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 new Columbia Memorial Hospital Cancer Center activity room located at Exchange & 20th St., first floor, (next to the hospital). For more information contact info@cgifellowship.org or call 916-307-9790.

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

**ART & MINDFULNESS.** With Amy Selena Reynolds. Once a month , 2nd Saturdays, 1-4 pm. Deepen your connection with your heart, mind, and spirit, play with creativity, find out where art and meditation begin. No previous art or meditation experience is necessary. Bring a journal and your favorite pen. All other supplies will be provided. Class fee:\$30 (Note: No one will be turned away for lack of funds. Please contact Amy if you have a financial hardship but want to take a class.) Call Amy at 503-421-7412 or email amyselena888@gmail.com

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

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

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

## VOLUNTEER

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemetery identification and cataloging project. Cemeteries are among the mostvaluable of historic resources. They are reminders of our settlementpatterns and can reveal information about our historic events, ethnicity,religion, lifestyles and geneal-



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@nehalemel.net

## MEETINGS/MEET-UPS

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

**KNITTING CLUB.** Weekly on Tuesdays 5:30-6:30. Location: Coffee Girl, Pier 39 Astoria. Community members of any skill level can meet to knit at Coffee Girl. We teach beginners and encourage everyone to bring their own supplies. If knitting isn't your thing, we welcome other crafts as well.

**INCLUSIVE MEN'S GROUP.** Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 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 for general use for licensed pilots who are members of TPA. tillamookpilots.org.

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

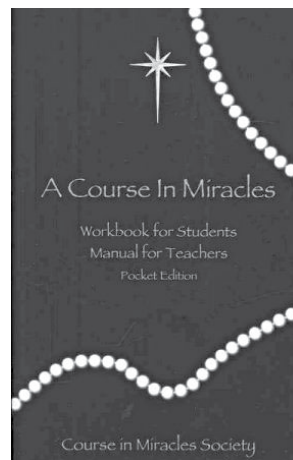
## A Course In Miracles Study Group

Are You Ready For A Change?

A Course in Miracles study group will meet on Sundays from 3-5pm at the Ocean Park Library conference room as of April 1st. All meetings are open to the public and free of charge.

The Course in Miracles is a spiritual practice, Christian in nature, dealing with universal themes and experience. The Course will address existential questions such as "Who am I?", "Where did I come from?", "What is my purpose here?", as well as the practice of undoing fear and guilt, attainment of inner peace, healing of sickness and of relationships, forgiveness and compassion, prayer/meditation and enlightenment.

The Course in Miracles books will be available for use and purchase at the meetings. For more info, please contact: Kenny Tam (206) 979-7714 (cell).



## Dance Your Joy at AAMC

342 10th St. in Astoria.  
astoriaartsandmovement.com

• **MONDAY**  
8:30 - 9:30am Zumba Dance Fitness with Kim Postlewaite  
5:30 - 6:15pm: Level 1, 2 & 3 SloFlo Yoga with Jude Matulich Hall  
6:30 - 7:15pm: Gentle Yoga with Jude MatulichHall  
7:30 – 8:30pm Tap with Marco Davis

• **TUESDAY**  
8:30-9:30am: Zumba with Joy Sigler  
6-7pm Beginning Ballroom: Salsa and East Coast Swing with Jen Miller (all Swing-resume Jan 9)  
7-8pm:Beginning West Coast Swing with Jen Miller  
8-9pm: Student Led West Coast Swing Practice Hour with Jen Miller

• **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 Estelle & Celeste Olivares  
• **THURSDAY**  
8:30-9:30am Zumba with Joy Sigler  
• **FRIDAY**  
9:30 - 10:40am: Gentle Yoga with Terrie Powers  
7-10pm:Contra Dance with Dave Ambrose (3rd Fridays)

•**SATURDAY**  
6-7pm: Argentine Tango Fundamentals with Estelle & Celeste Olivares  
7-8pm: Intermediate Argentine Tango Concepts  
**SUNDAY**  
9-10:30am: Tri-Dosha Yoga with Melissa Henige

Hip Hop Funk Workshop with Nate Boozer of Eugene's Work Dance Company!!! April 12th, 6:30 – 8pm, \$15. All ages and levels

**THE LOWER COLUMBIA CLASSICS CAR CLUB.** Invitation to all who are interested in Collector Cars to attend one of our monthly meetings. The meetings are held at Steve Jordan's Shop Building, located at 35232 Helligso Lane in rural Astoria - meet on the 3rd Thursday of each month. If you are interested and need the directions to get there, you may call Steve Jordan at 503-325-1807

**THE ASTORIA CHESS CLUB.** meets Saturday mornings at 11:30 AM at Three Cups Coffee House and Thursday evenings at 5:30 PM at the Hotel Elliott's wine bar. Players of all ages and skill levels are welcome to attend. For more information, contact us at astoriachess-club@gmail.com or visit our Facebook page."

**NORTH COAST LA LECHE LEAGUE.** Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. Astoria: 1st Tuesdays 5:30-7pm. Blue Scorcher 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

### THE SOUND OF SILENCE

WHEN we experience total silence, there can be several reactions. One is we become agitated and the other is we feel soothed. How often does modern man/woman sit in silence? We have the sound of cars, trains, music, computers, televisions and a host of manmade industrial rhythms that keep our society at a steady hum. Rarely do we experience total silence. Some people travel to the rain forest in Washington State to have such an experience. As I sit in the high desert of the southwest I can tell you the silence has a fullness to it that feels like a glass of water on a hot day. When I teach meditation retreats we join with silence, experiencing the vibration from the inner.

Sound is vibration which carries across the cosmos like a great

symphony. We generate all kinds of sound adding to the footprint of vibration. Silence has a vibration that connects us to the grid. The grid is woven like a fine tapestry connecting our galaxy with other galaxies and the whole universe. Imagine our solar system sitting in this grid connecting all the planets and our sun. Now imagine your voice going out like a vibration and rippling across this grid. These ripples are like a rock we can skip across the lake. Our contribution to the sound we make affects the system we measure everything with: duality. For example, if everyone is saying positive things and cheerful all the time the opposite of that is happening somewhere else on the planet and often amplified. We have people in the world who

are angry, frustrated and negative about life, this has an opposite effect of people reflecting positive, happy, cheerful energy. The point is our every move, sound and breath are a ripple in the cosmos. If we understand duality we will understand that our emotional experience (also vibration) is measured within this system. As a species we keep cycling our experience, life time after life time creating the same vibrations so we can heal.

What if we chose to listen to the silence, to be comfortable in silence and hear the telepathic communication that exists by listening? What if we changed our footprint and chose our words carefully staying in the middle, not taking sides but choosing a place of observation called peace? The best way to understand we do not have to measure our world through duality is to meditate. By observing our natural trigger to respond with 'that's good' or 'how horrible' we learn to sit with what is happening and not judge but feel where our energy is going. Are you grounded, is the energy that leaves your body going into the earth or blasting ahead

connecting with like energy and creating more karma for yourself? Take responsibility for the energy you create including your words. Once we find this place of observation, the sound of silence becomes a new form of freedom.

For over thirty years, award winning 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 'Dancing with Raven and Bear, A Book of Earth Medicine and Animal Magic' is published by Inner Traditions and now available for pre order at [www.sonjagrace.com](http://www.sonjagrace.com)

## wordwisdom

Boredom! (Oh... Yawn)

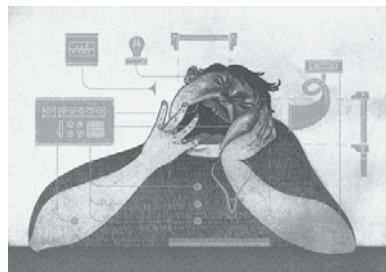
I THINK EVERYONE has experienced boredom at some time in they're lifetime. Job boredom, boredom in a relationship, boredom with one's surroundings.

I did a bit of Googling on this, since it's not something addressed in grad school as a counseling diagnosis or serious concern. Boredom can be a sign of depression or of learned helplessness. Entertain me - I'm bored! We all know what boredom is - a lack of stimulation in the immediate environment - and how it feels. Sleeping or daydreaming are passive ways of escaping boredom. Gambling and consumerism are temporary distractions from a boring world. An active solution might be trying a new sport or joining a book group.

Predictability can lead to that bored state of being. Maybe that's why some marriages fail - too predictable in many ways. It can be linked to teen use of drugs and problem gambling. On the plus side - a low-stimulus environment may lead to increased creativity. Artists

and writers turn inward for stimulus and produce.

Here's a quote from Wayne Dyer, so don't get mad at me if it annoys you. He said, "Boredom is a choice, something you visit upon yourself." If one visits one



too many wild and crazy parties, the perception of "Wow!" may turn to boring.

This is the part I love, as a counselor. Sometimes you cannot exit your surroundings, or change them. What to do? Change your perception of those surroundings. Make the most of that time

and place. Waiting for the doctor? Read the magazines. Talk to another patient. Talking to a friend and you realize you are (gasp) getting bored? It happens.

Try listening harder. Ask questions. Home alone? Throw in some gratitude for the roof over your head and rearrange furniture.

I believe there is no reason to be bored, ever. (Exception: clinical depression). There is too much to do, so much to discover. The mind has the power to override any boring vista and transform it into something to be savored. Using your mind to set you free is a learned-behavior. Use boring time and place to mentally write that novel, compose music. In this information-filled, fast paced world, using those boring moments for real thought might just be what you need.

Tobi Nason is a counselor located in Warrenton. Meet her at KALA on April 18, 6-8pm for wine and cheese. She has a sliding fee scale, flexible hours and more to offer. (503)440-0587)



Yeah!

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Animal Shelter location:  
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Phone: 503.861.0737  
Hrs: noon to 4 pm, Tue-Sat.



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

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## bodies in balance

By Tracy Erfling, N.D.

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



## MENOPAUSE Preparing for 'Reproductive Retirement'

MENOPAUSE and the health concerns surrounding it, brings more women to my office than any other health condition. It is a time of uncertainty for many, a time to reflect upon the past as well as a look to the future. Above all it is a normal physiological function of the female body that doesn't so much need to be treated as assisted. And this assistance is not only my responsibility (or that of the health care provider); it is also that of the woman involved, her family, friends, and community. So take a moment to think about the menopausal women in your life and feel free to pass along any of the following information.

The definition of menopause is more than one year without a period. Again this is a natural phase of a woman's life when she moves from childbearing to 'reproductive retirement'. Before diagnosable menopause may come a phase termed perimenopause where there may be some irregular periods, or other symptoms beginning to arise. Once the stage of menopause has been reached and that woman is symptom free she is considered post-menopausal.

The symptoms and experience of perimenopause and menopause are unique to the individual, but there are many that are commonly experienced. Irregular menses is usually the first clue. Change in frequency of the menstrual cycle, with either increased or decreased bleeding seems a common theme. Hot flashes are another common symptom; they can be mild or intense, wet or dry, night or day, but women certainly seem to notice them and most want them gone. Vaginal dryness, new vaginal discomfort, vaginal discharge or bladder issues as well as lack of sex drive, are also a common theme. Insomnia, musculoskeletal pain and stiffness, foggy thinking, fatigue: these are all complaints that may also occur. Finally many women have a mental-emotional component from irritability, anger, and anxiety to lethargy and depression. All of the above may be something to consider addressing with your health care practitioner if there is a significant impact on your daily life or sense of health and well-being.

Why are these changes happening and how long will they last? The answer to why is that the ovaries have stopped ovulating or are ovulating irregularly. Not unlike going through menarche, when women are

just beginning their menses, menopause has many emotional and physiological changes. Without the formation of an egg, the hormones associated with its development are not released, and therefore the preparation of body tissues for potential pregnancy do not occur. This is a normal shift in women's hormonal lifespan as we don't want to be having children into our 50's and 60's!?!

After ovarian retirement there is still some hormonal activity, but this job now falls to the adrenal glands (to a much lesser degree of course). These glands perform not only our ongoing stress response but now our inherent hormone replacement therapy as well. If the adrenals are in good health the transition seems to be easier than those that are overtaxed...which is an all too common problem in our modern world. How long menopause will last can for some be dependent on the health of the adrenals. If the adrenals can pick up the increased hormone production without much difficulty then it can be short and smooth. But for many who have or have had significant stress (or poor stress management), these glands have a little more trouble taking on this new responsibility, therefore making the transition a longer and more arduous task.

How can we assure good adrenal health? There are a variety of dysfunctions associated with the adrenal glands, many of which are not readily recognized or diagnosed by conventional means...a whole article in and of itself. Needless to say I will not cover this aspect of the menopausal conversation here BUT there are some steadfast suggestions I will include. Adrenals love routine, they are comforted and nourished by the regularity of our lives. How can we achieve good routine? Eat regularly, don't skip meals, and make good food choices. Sleep between the hours of 10pm and 4am when these glands are recovering and readying themselves for the coming day. Exercise!! This is something like all other things in your day you must plan, literally putting it on your daily calendar. And of course do something relaxing everyday: reading, hot baths, music, being creative, or talking with a friend or loved one...these are ways to nourish the mind and spirit and of course, the adrenals.

When discussing therapies to assist in the menopausal transition, there are a

whole variety of choices. For some we opt to start the process by doing salivary testing to guide our decision regarding hormone replacement. For others we decide to just start with tried and true therapies and re-evaluate the plan as needed. As always this is a decision we explore together with all the individual factors in mind. The idea when entering into a hormonal plan for menopause is that it is a transitional time so therapeutic options directly related to hormone deficiency and balancing are for a finite period. The options range from nutrition and herbs to hormone replacement (bio-identical of course). When considering hormone replacement therapy, I typically start with progesterone. It is the primary hormone produced after the egg is released from the ovary, and testing often reveals its deficiency. It is quite common that women are prescribed estrogen for menopausal symptoms which indeed can be helpful for some symptoms but I appreciate the effectiveness and safety of progesterone so often choose it over estrogen. As always in naturopathy the goal is to look at the whole person including suggestions to address the health of the adrenals, digestive system, immunity, nutritional health, etc. Evaluating the risk and prevention of other diseases that start to present themselves in this later phase of life like: osteoporosis, cardiovascular disease, reproductive cancers, breast cancer, and colon cancer.

Hormones aside, menopause is a time of reflection. A time to nourish self: mind, body and spirit. As with any time of transition there are things to embrace and things to clear away. For many women, menopause also coincides with empty nesting and retirement from our careers... yet another challenge to our definition of our roles and relationships in the home and community. I therefore encourage women to face this changing time with enthusiasm, to reflect and affirm themselves in order to be their best and enjoy their 'reproductive retirement' as a phase into the remainder of their lives. And of course a time in life to remember to...

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



# EGG!

**IT'S SPRING!** Alfred Lord Tennyson claimed "In the Spring a young man's fancy lightly turns to thoughts of love." Alfred was one of 12 children. Ample reason he might assume this to be true. While this may have been the case in the 19th Century, I'm reasonably sure that 21st Century young men no longer lay claim to a 'fancy'. However, procreation is undeniably on the dance card of every living thing come Spring.

If you are a follower of one of the 4,300 religions of the world, you probably observe some sort of ritual observance in the Spring of the year. If, like me, you love the myths but eschew the dogma, you still have plenty of reason to celebrate Spring. Here's one - EGGS! Eggs are high on my Who-Thought-To-Eat-This? list and at the very top of my Who-Do-I-Thank? list. If I had to make a Desert Island Food list, eggs would be on it. No contest.

Farm fresh eggs boast neon orange yolks and satiny whites enclosed in a rainbow of tinted shells. Eggs are so gorgeous, so delicious, so perfect, in or out of their shells they truly need no help from us to reign supreme on the whole foods Greatest Hits list. The fact that they contain Omega 3 fats, high quality protein, a heaping helping of all the B vitamins and a tendency to elevate HDL good cholesterol is just a bonus.

Eggs are at their nutrient-packed best and tastiest when they come from chickens and ducks that are allowed to wander freely and eat a wide variety of foraged foods that they happily scratch up for themselves. Chickens respond to being put in a cage under artificial light, having their beaks clipped, getting fed manufactured food loaded with additives to replace the things they can no longer find for themselves and being expected to pump out product at a dizzying pace by laying inferior eggs. Who wouldn't? That's enough to make any of us righteously cranky.

In short, chicken-direct eggs are the way to go. It's easy in these times of urban chickens, Farmers' Markets and Co-ops. Stop worrying about how much they cost, they're cheaper than meat. A fried egg sprinkled with chives snipped from your pot of herbs on the window sill, blessed with a little salt and pepper and nestled between slices of mayo-daubed toast is flat out McFabulous. Even with perfect yard eggs, it will set you back less than a buck. Ante up for your health, your planet and your palate.

**Shop Egg Day** every Thursday from 9:00 to 4:00 @ North Coast Food Web, 577 18th St., Astoria. Fresh eggs from local farms straight to your table. All proceeds directly benefit local farmers.

## CHEW ON THIS!

by Merianne Myers



- Deviled Eggs topped with bacon, anchovies, olive tapenade, caviar, chilies, asparagus tips and more will out-tempt everything else on your buffet table.
- Break an egg into a lightly oiled ramekin, sprinkle with a bit of salt & pepper and top with crisped pancetta or bacon, some minced chives and a grate of Swiss cheese and bake at 350 for 15 to 20 minutes. Add a Mimosa and a salad of Spring greens. Happiness ensues.
- Sauté some diced, cured chorizo with diced onion and minced garlic. Add fork-sized wedges of corn tortilla and stir until lightly browned. Whisk a couple eggs and add to the pan. Stir until they are set to your liking. Season with salt & pepper. Serve with hot sauce on the side. It's Migas and it's completely satisfying.
- Put a Mediterranean spin on egg salad by adding chopped Nicoise olives, minced red onion, chopped capers, chopped fresh basil, black pepper, good mayonnaise and a light squeeze of lemon juice. Tuck it into a warm pita and tuck in.
- Make a hash of leftover roasted vegetables and bite-sized chunks of meat. Sauté some diced onion, fennel and potato in an oven-proof skillet. Add the leftovers along with some chopped rosemary, pepper and a splash of cream. Make some indentations with the back of a big spoon and break an egg into each one. Sprinkle with salt & pepper and bake at 325 for about 15 minutes until eggs are set but still a bit jiggly. Toast a slice of good bread, smear it with the pepper jelly of your choice and feel the love.

*The eggy magnificence never ends. Happy Spring!*



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](http://coastradio.org).

### Introduction to Counseling with Tobi Nason

Do you know where you're going? Do you know what you want when you get there? Do you really believe in your own dreams?

Attend this 2 hour introduction to Counseling by Tobi Nason to be presented Wednesday, April 18 6-8pm at KALA.

Tobi offers a counseling concept that not only addresses specific personal issues but also encourages a proactive approach to life in general. Life is meant to be lived!" Self discovery is a journey everyone deserves!

Enjoy light snacks and complimentary beverages. Go home with inspiration and handouts. For questions or to RSVP, email [tobinason@gmail.com](mailto:tobinason@gmail.com).

Tobi writes Word and Wisdom for HIPFiSH. She has counseled privately since 2002. She offers a sliding fee scale and flexible scheduling. She will work with you and for you. KALA is located at 1017 Marine Dr. Astoria



### Cancer Survivors Focus Group Starting

The OHSU Knight Cancer Institute is hosting a focus group for adult cancer survivors and/or advocates for cancer survivors ages 18+ to join a 60-minute guided conversation with five to ten other people. We want to hear your thoughts and opinions regarding resources and health care in Oregon for cancer survivors and their advocates.

You can attend a focus group from 1-2pm or 6-7pm on Monday, April 16 at the CMH-OHSU Knight Cancer Collaborative, 1905 Exchange Street, Astoria. To RSVP and save a seat Email: [stoller@ohsu.edu](mailto:stoller@ohsu.edu) Call: 503-418-9849

### Cancer: Thriving & Surviving Workshop

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

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

Mondays—April 16—May 21. 9:30am—12pm CMH—OHSU Knight Cancer Collaborative (Classroom 128) 1905 Exchange Street—Astoria.

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

### SEASIDE WALKERS

If you enjoy being outdoors, waking and meeting new people join SEASIDE WALKERS - Facebook group. We are an informal group of people that enjoy walking in our beautiful community. Free Membership, fresh air, meet new people, always have someone to walk with. Dogs/kids okay!

### RACE-WALKING on MANZANITA BEACH.

Meet each Sunday at 9am (rain or shine) At the bottom of Laneda Ave. on the beach. We - "race walk" 2 1/2 miles south & 2 1/2 back. Instruction happily given. Member of RWNorth West. Your feet will get wet. (Tevs are great!) Socialized dogs are welcome. Info: Corinna 503 368 61 44

### Relax into Meditation

Need to relax naturally? Curious about meditation?

This group will learn and practice simple relaxation exercises and guided meditation to prepare you for further meditation practice. This is a great way to support the healing and harmony of yourself and the planet. 2nd and 4th Sundays ongoing, 11- 11:45 am, Cannon Beach .Tolovana Hall, \$5, drop in/Linda Lawson : Facilitator [heartlink-Ed.com](http://heartlink-Ed.com)



## Don Frank: From Somewhere Else Excerpt/Solo Show IMOGEN GALLERY April 14 – May 8

IMOGEN presents a first solo show at the gallery for well-known North Coast photographer Don Frank. Frank who is known for his compelling and sometimes quirky compositions of the coastal region, brings a new series of work recently completed, inspired by regions of Wyoming and Colorado where his family immigrated to. What began as a photo documentary of American farming became something profoundly personal to Frank. He captures intimate moments of family, still working their land with poetic and profound imagery. This is the culmination of a two year project and is presented as both a documentary and homage to the people who continue to carry on this family tradition and those that came before them.

Allyn Cantor in the April-May 2018 edition for Preview Magazine states, "Frank's personal familial journey can be seen as a reflection on the ideals of the American Dream, captured in simple dialogue. This is a story validating that the majority of Americans are From Somewhere Else."



Peeking:  
Dad had soldiers from the war, but not our soldiers.  
They went into a prison in Ogallala Nebraska and  
came to Dad's on the back of a truck to help with  
the beets or corn.  
They were German POW's.  
They talked high German and the folks talked  
low German.  
But they could understand each other and  
got along fine.

The soldiers worked real hard and Dad liked them.



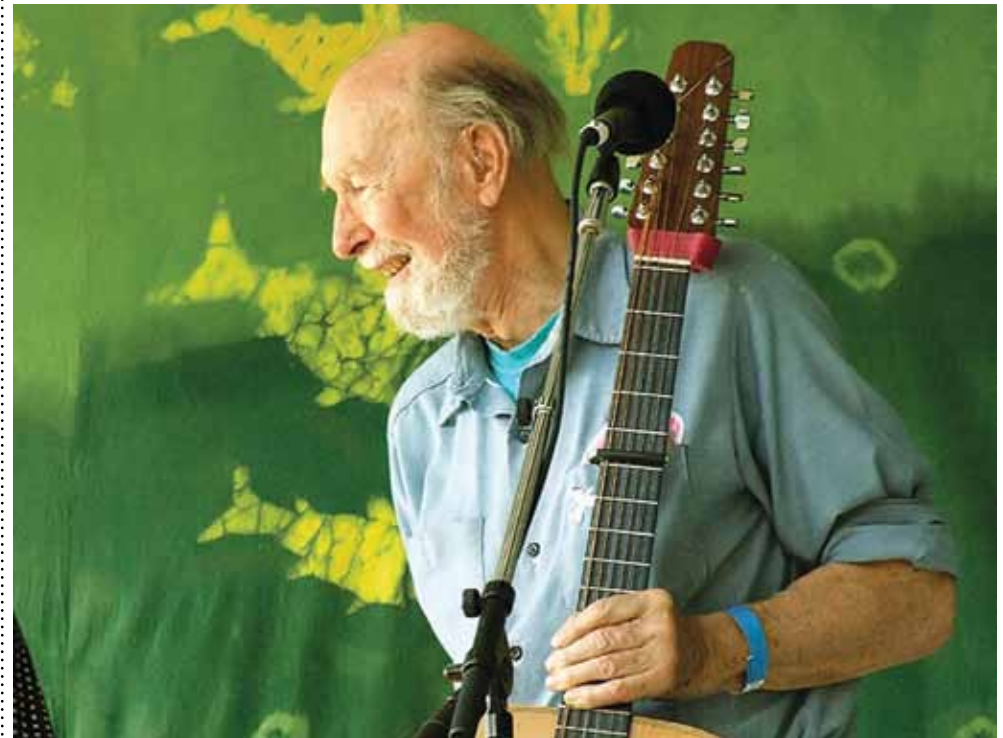
Little But Mighty:  
We went to Catholic Church every Sunday.  
When the Father started having Saturday night mass,  
we did that instead.  
It was always difficult to get chores done before going to mass.  
Didn't say too much about not going to church in front of Dad.  
He was a very strong Catholic and didn't like it when anybody in  
the family didn't go. Nothing he could do about it once they were  
married.  
He was little, but mighty.  
What he said you better do.



Morning Glow:  
Sally, Frankie, and Tiny were the only Frank kids to graduate from  
high school. Many didn't make it to eighth grade, dropping out to  
help farm.  
The family needed their support to keep things going.  
After a few years, most figured out that it wasn't for them and  
headed out. The younger siblings were there to step into their  
place.

Imogen Gallery is  
located at 240 11th  
Street, on the vibrant  
block shared with  
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are Mon through Sat,  
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and closed Wed.  
503.468.0620 www.  
imogengallery.com .

Medium: archival dye sublimation on aluminum



### "Pete Seeger 99th Birthday Tribute Concert and Singalong"

A CAST of nearly 40 musicians will present "Pete Seeger 99th Birthday Tribute Concert and Singalong" at the Performing Arts Center in Astoria, Saturday, April 28 at 7 PM. Performers include the Brownsmead Flats, Luke and Kati, Geezer Creek and a long list of others, with narration by local writer Jim Dott.

Pete Seeger, the legendary patriarch of 20th century American folk music, performed for over 70 years, right up until his death at the age of 94. Songs that he either wrote or popularized have become part of American musical history: Goodnight Irene, We Shall Overcome, Kumbaya, If I Had a Hammer, Turn Turn Turn and Guantanamera to name just a few. He inspired and helped to introduce a new generation of folk singers such as Bob Dylan and Joan Baez, and served as a major conduit to bring the traditional music of rural America to the cities, eventually giving rise to modern bluegrass, blues and rock 'n' roll.

In the 30s and 40s when labor unions were helping to create the American middle class, Pete and Woody Guthrie used their songs to help build the movement. In the 50s Seeger was blacklisted for his politics, and in the 60s when the folk music revival swept the country, Pete Seeger was still banned from performing on American network television. Over the years his activist focus evolved from labor unions to anti-war protests and eventually to ecology and conservation. Beginning at home, he spearheaded a movement to clean up New York's Hudson River on whose banks he lived in a cabin he built in 1949 until his death in 2014.

Pete Seeger believed that music, and especially singing together, had a great power to unite people in the spirit of peaceful cooperation, not just in one country but around the world. He wrote, "The aim of civilized men and women is to bring order and harmony, to simplify life. Any fool can get complicated. We are born in simplicity but die of complications."

**"PETE SEEGER 99TH BIRTHDAY TRIBUTE  
Concert and Singalong" at the PAC  
(Performing Arts Center) 16th & Franklin  
in Astoria, Saturday, April 28 at 7 PM.  
Tickets \$15 (12 and under free), available  
online at [www.brownpapertickets.com/  
event/3385318](http://www.brownpapertickets.com/event/3385318), at the door, or Sundays  
before or after the PUUF service (10:30-  
11 AM and 12-12:30 PM) at the PAC.**







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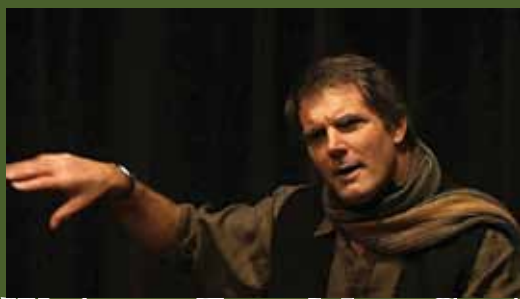
**Oregon Brass Quintet**

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- Dan Forte, Vintage Guitar Magazine, November 2017

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