

May 2018 • vol 19 • issue 231

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PRIMAL MATES chamber jazz Friday May 18 8pm at KALA

KALA welcomes the return of chamber jazz duo, Chris Lee and Colleen O'Brien, on Friday May 18 at 8pm. Real life partners, Primal Mates have been performing together as a duo for over 30 years. Originally teaming up in Portland, at the height of the city's jazz scene, the couple now resides on Lopez Island, but in touring their unique cello and vibes duo and PoetryMusic show they gather no moss.

A large portion of their performance is dedicated to poetry set to music. The airy modern jazz voice of Colleen O'Brien sings the poem texts. From jazz pianist/composer Fred Hersch's beautiful setting of Walt Whitman's Leave's of Grass - 'The Sleepers' to Zen/ Beat poet Gary Snyder's poem WAVE, providing the inspiration for a voice and percussion improvisation or a beautiful paean to America from Jack Kerouac's last paragraph of On The Road set to music by composer Peter Sommer—Primal Mates sound has been compared to the mellow counterpoint of the Modern Jazz Quartet, the eclectic sounds of the group Oregon, the west coast groove of Gerry Mulligan and Chet Baker. It's all there.

As part of the emersion into poetry, Primal Mates produce a slide show with the poem text during a segment of the performance. One might think, is this necessary, don't the words and music



speaking for themselves? However, it works! The poem text available to the listener artfully adds a dimension to the work as a whole, none the intrusive. Rumi, Rilke, Neruda, e.e. cummings, original compositions and various jazz composer pieces, Lee and O'Brien have honed the craft of poetry and jazz as a medium, and the combination of two unusually paired and beautifully sonorous instruments, plus O'Brien's equally tasteful vocals creates a deeply authentic, creative and heart-resonating music vibe.

Whether you're a jazz lover, jazz snob, your tastes go to classical, or even today's chamber pop sounds—Lee and O'Brien inhabit an utterly cool art form delivered with genius!! You can't not love it.

- Dinah Urell

Friday, May 18, 8pm. Advance tickets \$13.50. \$15 at the door. Tickets available at libertyastoria.org. Doors open 7:30pm. KALA is located at 1017 Marine Drive in Astoria. 503.33.4878. 21+ please.

Astoria Music Festival 16th Season June 15 – July 1, 2018 Kick – Off Party • May 25

Mark your calendar to join Artistic Director Keith Clark and the Astoria Music Festival Board on May 25th at KALA. Enjoy complimentary light fare buffet, no-host bar and an introduction to the 16th season of Astoria Music Festival, 6pm – 8pm. The evening will include festival ticket perks! Annual AMF Poster for sale, special drawing and more!

TICKETS NOW ON SALE for the 16th season of Astoria Music Festival. Call the office at 503.325.9896 to buy your tickets. Also on sale at www.libertyastoria.org

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TRIBUTE SEASON!!!! Relive The Gods and Goddesses

WILL there be a Smashing Pumpkins Tribute Band playing here soon? The Cure has been to Astoria, The Smiths, and of course The Prince Tribute Band... and these bands are barely off the charts—the Psychedelic Furs are still performing. Where does it end, where did it begin?

We've progressed to one big kaleidoscopic genre – and punk sensibility informs all sorts of music today.

Music has become multi-generational. My best friend's teenage son is downloading Nilsson, The Beatles, hell . . . he knows more about my generation of music than I do. We're supposed to be arguing that the old music was better – whatever that old music is.

Some may have reservations about tribute bands. Who wants to settle for the "not the real thing." I had my own doubts last summer upon attending the "ABBA" concert at the CC Fair Grounds sponsored by the Scandinavian Festival Assoc. ARRIVAL from Canada. But it wasn't long before I was clapping and singing along in wild Swedish-like abandon. Two great things about ARRIVAL; they had a sense of humor about it all, worked it into the act, and they played the heck outta of the tunes. Great show people, hard working, well worth the price of the ticket. This year ARRIVAL returns with their alter ego DREAMS/Fleetwood Mac (now that was my favorite band), for double tribute bliss.

Coming up soon! NW-based ZZ TOP TEXAS TRIBUTE at the Liberty. America's ultimate Road-house Rockers, TT will give you the ZZ full beard and fuzzy guitar deal. North Coast Rocker and soundman Bruce Smith is producing this show along with the 94.9 The Bridge. When you're done rocking out – you'll still have time to catch VALHALLA, THE ZEPPELIN TRIBUTE BAND at the Labor Temple at 10pm. From Americana to British royalty in rock, just a few blocks apart in little old Astoria.

RANDY LINDER is a different animal in the tribute business. He truly resembles John Fogerty, in addition to his voice, lead guitar style and rockin' blues harp. Linder is doing big shows in Vegas. He's been in the business since 1968, but in 2000 when he developed the Creedence Clearwater Revival Tribute – he's become a very busy showbiz guy. You cannot deny the infectious early CCR sound, and the young blues rock genius of John Fogerty. The opportunity to relive that sound is a gift.

Hats off to the Tribute Bands. Choose your lovely poison! Poison ... are they coming? Talk dirty to me baby! Rock Out!!!

- Dinah Urell



ZZ TOP TEXAS TRIBUTE • LIBERTY THEATRE MAY 19 7:30PM



VALHALLA LED ZEPPELIN TRIBUTE MAY 19 10PM
LABOR TEMPLE ASTORIA brownpapertickets.com



RANDY LINDER CREEDENCE CLEARWATER MAY 26 7:30PM



ARRIVAL/DREAM ABBA/FLEETWOODMAC JUNE 16
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HIPFISHmonthly is located at 1017 Marine Dr in Astoria. By Appt.

ADVERTISING INQUIRIES - 503.338.4878

Send general email correspondence:
hipfish@charter.net.

HIPFISH is produced on the web at:

www.hipfishmonthly.com

Hipfish is printed at the Daily Astorian

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AAUW: Meet Leaders in the Fine & Performing Arts May 15

THE AMERICAN Association of University Women (AAUW) Astoria Branch will present Leaders in the Fine and Performing Arts on Tuesday May 15th. The program begins at 5:30pm in the Flag Room of the Astor Library.

AAUW began the current year with women sharing their stories of instances when they stepped up to leadership roles or positions. This was followed by programs about women leaders in our community. Continuing with the leadership theme, the focus will be on the Arts in our community. For the May and June programs, women who have taken leadership roles in promoting, fostering, teaching, expanding, enhancing and strengthening the arts in our community will recount their experiences.

Participants will be sharing their stories on the long history of the arts in our community, the variety of venues and the new and growing community of artists in both the fine and performing arts.

The presenters will be Charlotte Brun artist, co-founder of Old Town Framing and co-owner of Luminari Arts; Jo Pomeroy Crockett, artist, art teacher, educator, and founder of the Astoria Art Loft; Jeannine Grafton, owner/curator of Riversea Gallery; Bereniece Jones-Centeno, programmer for KMUN, opera singer, voice teacher, Artistic Director of the Liberty Theatre and the Cascadia Concert Opera Company; and Charlene Larsen, member of the Friday Music Club.

The program is free and open to the public. Light refreshments will be served. For more information contact Roz Edelson at edelsonr4041@charter.net.

REPAIR CAFÉ at Ft. George Lovell Showroom Bring your broken stuff! Wednesday May 30, 6 to 8pm

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

Come to learn, to watch or just to let 'em fix your items.

RC "fixers" can repair, sharpen, sew, or give expert advice on most items: bicycles, garden tools, scissors, clothing, computers, furniture, power tools, household appliances— pretty much anything you can carry through the door.(NO gas engines)

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

- The Ft. George Lovell Showroom is located at the corner of Duane and 14th St in downtown Astoria Oregon.
- Find 'em on Facebook
<http://facebook.com/repairastoria>

Questions about an item for repair? Phone 503-307-0834

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



Photo: K. Schlarb

Eddie & Rusty

LIVING ON THE STREET is hard, but Eddie Gates has always known hard living. He grew up in foster homes and group homes, where he experienced chronic abuse. The details he shares of his upbringing reveal a childhood spent in survival mode, as traumas touched every part of his development.

"I grew up getting beat and molested my whole life in foster homes and group homes. All I've wanted was a happy family since I was 18. I haven't had that you know."

At 18, Eddie aged out of the system to a life lived in and out of homelessness, the coping skills of survival the primary tools he brought with him into adulthood.

Today, at 39, Eddie is a friendly, approachable character who is quick to help others, even if it means he sacrifices something for himself. He is a father, and now just recently, a grandfather. Standing at 6 foot 3, his long limbs move quickly in the physical expressions of a racing mind. Think Bradley Cooper's character, Pat, in "Silver Lining Playbook."

"I have ADHD," he explains. "I work with my hands, I can't sit behind a desk, I've got to be moving."

Eddie also suffers from anxiety and other mental health issues, including PTSD.

A major neck injury 8 years ago led to two surgeries and fused vertebrae; he's been battling as long to get onto social security due to the effects. "I haven't been the same since, I don't have the strength I used to have," he says as he points to the visible scars.

His experience with pain medications after the surgeries reinforced what he already knew from seeing the disastrous effects of opioid ad-

diction on friends and family. He was committed not to get caught in the cycle. "I Cold turkey'd myself off of narcotics after my neck surgery and it was horrible," he remembers.

An advocate for medical marijuana over opioids, he imagines how the legal marijuana market could support getting people off of the street. A non-profit grow-op and shelter. "You work and help with the plants and its also a place to stay. The money goes right back into the whole cycle."

Eddie currently sleeps in his car. His companion is his dog Rusty, and usually someone else who needs a place to sleep. "If I don't have friends in my car I get into my head and go nuts."

Managing panic attacks is part of Eddie's reality. He describes them, "like someone is bear hugging you like you are going to get your guts squeezed out, it feels so tight."

These panic attacks have exacerbated encounters and reactions from police. He says he was beat up by cops where he was previously living, which created new traumas and PTSD cycles. He is currently awaiting trial for charges earlier this year, which contributed to losing his housing.

For Eddie, a lot is riding on his ability to successfully manage his symptoms, navigate the terms of his charges and court orders, and find justice and peace around all that he has been through. Mostly, he just wants to be around his kids again.

"It hurts me right now to be away from my kids. I'm all about my kids. That is the only thing that keeps me ticking. I have my ups and down days, but I'm holding it together. I'm a virgo."



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STEPHEN BERK

THE *Tweet* Warrior AND DR. STRANGELOVE

THE WORLD STAGE is being primed for chaos since Donald Trump assumed the presidency. How he actually got there is anybody's guess. I have not trusted the presidential electoral process since the Supreme Court, "guardians" of the Constitution, in 2000, unconstitutionally stopped a legitimate Florida recount that would have given Gore the presidency, thus placing George W. Bush in office. We quickly elevated a far right nationalist neocon cabal to craft foreign policy. They in turn proceeded to release imperialism unbound, the most destructive, expensive, and incompetently run waging of illegal aggressive war, centered on a hapless Iraq, previously invaded by Bush's father, patriarch of that oil family.

But neocon war policy was far broader than Iraq. It sought American hegemony over the entire Caspian oil region, along Russia's southern border, as well as in the Middle East. Because the neocons were ham-fisted operatives of an incompetent president, they succeeded mainly in plunging the US into many trillion dollars of debt and creating chaos in the regions where they sought a grandiose "full spectrum dominance."

The Republican Party, in this century the chief instrument of war, chaos and massive indebtedness, in 2016 managed to land Donald Trump, veritable king of narcissistic grandiosity, in the presidency. The real estate billionaire and professional TV blowhard had never held elective office. After ignoring crucial infrastructure needs, while catering to every whim of the regressive extractive industries, he now appoints John Bolton, possibly the most war mongering of the neocons to strategize US entry into the Syrian civil war. That war pits the authoritarian but legitimate Syrian Assad government against Islamist insurgents likely aided by US money, the CIA and other usual American suspects. Official US policy does not tolerate strongmen as heads of Middle Eastern states and has most frequently used radical Islamists to take them out and make these countries more pliable to US interests.

But Trump is taking established Republican policy a dangerous step further. He has brought on as National Security Chief John Bolton, whom knowledgeable foreign policy

analysts have labeled the most aggressive member of the neocon war party. And Trump wants to use him to plunge the US into the middle of the Syrian civil war, and hence direct confrontation with Russia. This continues the potentially apocalyptic lunatic foreign policy that both parties have been pursuing against a rational, capitalist, non-aggressive Russia for much of this century. Vladimir Putin behaves like the responsible



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leader of any world power. He has allies whom he militarily supports, and he does his best to protect himself against the multiple aggressions near Russia of a hyperactive US, now harboring costly bases not only the world over, but also surrounding Russia. The Russians in turn have had to develop ultra-sophisticated nuclear weapons that can penetrate US nuclear defenses.

So here we have a president with little knowledge of geopolitics, who eschews advice of the most experienced, level headed state department and military professionals, while planning a major missile attack, which he tweets unabashedly about, right in the middle of the Syrian conflict. Syria has long been a Russian ally. They are no threat to Israel, our chief Middle Eastern ally, as Israeli spokespersons freely admit. Dumping US missiles into the Syrian civil war would be the most foolhardy move Trump and Bolton could concoct. But since the Soviet Union lost its empire toward the end of the last

century, the US, having dubbed itself the sole superpower, now eschews the role of honest broker in settling international disputes, behaving more as chief international bully. Trump and Bolton unlike Bill Clinton, who had to deal with the peace-oriented wing of his party and the elder and younger Bush, who confined their aggressions to oil rich Iraq, are wholly unencumbered by such limits. Moreover, they are men out to prove their macho skills at carrying out US imperialists' goal of achieving world dominance. Previous administrations, however, even that of the ill-advised George W. Bush, have avoided head on confrontation with the other chief nuclear power. The US/Soviet nuclear arms race had clung to sanity by drawing a red line against any direct confrontation between the two superpowers, which could end the world.

This cautious policy that characterized the Cold War was bipartisan, and thus the worldwide rivalry of the US and Soviet Union, occurred as both countries acquired blocs of nations as allies. However, when the Soviet Union lost its empire in the eighties, this development led the US, claiming title of sole superpower, unabashedly to seek world supremacy. Such triumphalism brought on the foolhardy policy, pursued by all recent American administrations, of allying with and placing nuclear missiles on the soil of all former Soviet client states at the Russian border. American Russia policy has in recent decades been predicated on the idea that a Russia shorn of empire is so eviscerated that the US can seek to surround and thus choke it off in furtherance of American domination.

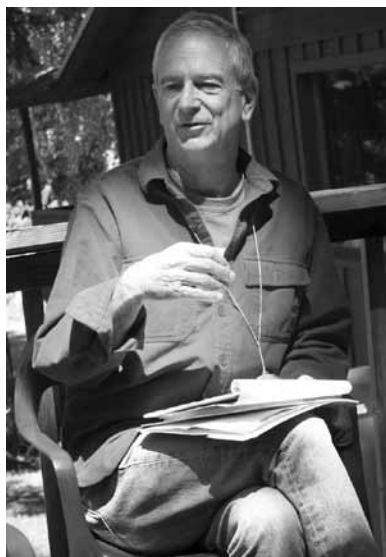
Trump and Bolton are taking us further down this dangerous path. But they refuse to recognize that non-imperial Russia is leaner, cleaner and just as dangerously nuclear armed as was the Soviet Union. The Russians lack the US Empire's massive debt and have been able to astutely devote a great deal of research and development single-mindedly to production of highly sophisticated missiles. The CIA and Pentagon are very much aware of this. But it is a very good question whether or not cooler heads in those venues can restrain the mindless aggressiveness of Trump and Bolton.

NATURE NEWS

To Astoria in 82 days by Canoe: Why We Love Rivers

Nature Matters: Where Nature and Culture Intersect

Author Robin Cody



NATURE MATTERS ends its season on Thursday, May 10 with Oregon author Robin Cody. Cody will be telling river stories based on his experiences canoeing the Columbia River from its source. His "Voyage of a Summer Sun: Canoeing the Columbia River" won the 1996 Oregon Book Award for literary non-fiction. Please join us for the evening in the Fort George Lovell showroom. The program is free and open to the public. Doors will be open at 6 p.m. and the free presentation starts at 7 p.m.

Cody calls his time on the Columbia " ... a voyage of discovery on a river I thought I knew." He also wrote "Ricochet River," a novel, and "Another Way the River Has," a collection of short true stories full of rivers, fish and Oregon lore.

Nature Matters is a lively conversation about the intersection of nature and culture, held the second Thursday of each month, October through May. Nature Matters is hosted by Lewis and Clark National Historical Park, in partnership with the North Coast Watershed Association, the Lewis & Clark National Park Association, and the Fort George Brewery + Public House.

FMI: (503) 861-2471 or check out www.nps.gov/lewi or Lewis and Clark National Historical Park on Facebook.

Lower Nehalem Watershed Council Speaker Series Presents Predicting the Impacts of Sea Level Rise on our Tidal Wetlands

MANZANITA, OREGON – The tidal marshes and swamps of our estuaries are vitally important areas for salmon and many other species. These habitats exist in a narrow elevation band between the low and highest tides. As sea level rises, will our current marshes become mudflats or be submerged? Will marshes be able to re-establish on higher ground?

Join Lower Nehalem Watershed Council on Thursday, May 10, in welcoming Fran Recht of the Pacific States Marine Fisheries Commission for the next installment of our Speaker Series exploring sea level rise and "landward migration zones". The presentation will show the results of a study that projected the heights of different sea level rise scenarios onto the Nehalem estuary and estuaries up and down the coast. Recht will also discuss prioritization work that was done to help watershed councils and other conservation organizations plan for conservation and restoration of the areas that may be our future tidal wetlands.

Fran Recht, habitat program manager for the Pacific States Marine Fisheries Commission was the project manager, on behalf of the MidCoast Watersheds Council for the sea level rise modeling project. She is a board member of the MidCoast

and Salmon Drift Creek Watershed Councils. Recht also serves on Oregon's Central Coast Estuary Collaborative and the regional Pacific Marine and Estuarine Fish Habitat Partnership. Her other work includes participation on Oregon's Ocean Acidification and Hypoxia Council, the Habitat Committee of the Pacific Fishery Management Council and the West Coast Marine Debris Alliance.

The event will be held at the Pine Grove Community House, 225 Laneda Ave, in Manzanita. The presentation will start at 7:20 pm following an update from Lower Nehalem Watershed Council at 7:00 pm.

This event is part of the Lower Nehalem Watershed Council's regular Speaker Series at the Pine Grove Community House each 2nd Thursday in January – May, October and November for natural resource focused presentations. WIN a \$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. Swing into News and Espresso at 500 Laneda Ave. to check out their goods and join Lower Nehalem Watershed Council on May 10th for a chance to win this great prize!



Normal tide/
Kling Tide at
Siletz Bay
National Wildlife
Refuge. Will
this be the new
normal?
Photo:
Cinamon Moffett.

Seeing the Coastal Edge through Children's Eyes Pop Up Gallery May 18 - 19

THE MOUNTAINOUS SHORELINE that North Coast Land Conservancy calls the Coastal Edge includes state parks, a marine reserve, a potential Rainforest Reserve ... and an elementary school. Children at Fire Mountain School, south of Arch Cape, spend one day each week outdoors as part of their Nature Awareness Track, and for the past two months they've been focusing on the natural world of the Coastal Edge around them. They've been using their weekly art class to record their impressions of the Coastal Edge in watercolors, pastels, ceramics and other media.

"NCLC asked the students at Fire Mountain School if they would be willing to share their artwork with the community to inspire them to conserve the Coastal Edge, and they said they would," said Volke. The school emphasizes what it calls place-based learning, drawing lessons from the community and the landscape where the children live. The students, ranging in age from preschool to grade 5, have also been creating temporary artwork in the forest and on the beach, inspired by the site-specific work of British sculptor Andy Goldsworthy. Learn more about the proposed Rainforest Reserve and Coastal Edge conservation at NCLC-trust.org.

See the results in a pop-up exhibition at Cannon Beach Arts Association gallery on Friday and Saturday, May 18 and 19. A reception will be held Saturday from 10 am to noon; speakers will include NCLC Executive Director Katie Voelke. The gallery, at 1064 S. Hemlock St., is open from 11 am to 4 pm.



Artists Sierra Shea, Emelio Tate and Brogan Shea

The Broom is in Bloom; must be Broom Buster Month

EACH MAY staff and volunteers with North Coast Land Conservancy focus on removing invasive Scotch broom on their properties: affectionately called Broom Buster Month. On Saturday, May 12, NCLC staff and volunteers will be busting broom at Surf Pines Prairie Habitat Reserve, which the Conservancy had been managing for conservation for several years and which it recently acquired. It is located off US 101 just north of Gearhart. Volunteers will also get a look at blooming early blue violets and other native prairie species as they work on eradicating the Scotch broom.

This stewardship day runs from 10am to 1pm. If you're interested in helping, please contact NCLC Stewardship Director Melissa Reich at (503) 738-9126 or melissar@nclctrust.org to let her know you're coming and to get directions. Wear sturdy boots and gloves. Bring loppers if you have them; otherwise all equipment will be provided. Bring drinking water and lunch; there will be no toilets or potable water on site. Dogs are not allowed on NCLC properties.

Coastal property owners are encouraged to remove Scotch broom and other invasive plants from their own properties during Broom Buster Month as well; visit NCLCtrust.org/bust-broom-in-your-backyard for more information and tips. Widely planted and admired in the early 20th century for its bright yellow blossoms, Scotch broom out-competes native plants and is turning our open coastal prairies into a monoculture of dense, weedy shrubs, destroying the habitat that many coastal animals need to survive.

Crossing the Columbia and Tillamook Bars Safely!

ILWACO WASH- The Coast Guard Auxiliary is offering a class covering skills and knowledge necessary when crossing the Bar to the public, Saturday, May 12, 2018 from 8:30-11:30 am and 12:30-3:30 pm, at Englund Marine and Industrial Supply, 95 Hamburg Ave. Astoria, OR in their conference room.

Are you ready and prepared to cross the Columbia Bar, known as the "Graveyard of the Pacific" during this fishing season? Join us for this class and learn ways to boat more safely when crossing the Columbia and Tillamook Bars.

Topics include seaworthy vessels, dangers and dangerous areas, reading NOAA tides and currents, tide table charts, and how to use nautical charts, understanding weather service forecasts and bar reports, safety equipment for offshore or potentially rough waters, boating in strong waves and distress calls, equipment and protocols.

Bring your questions and leave more informed! Be safe this summer! The cost is \$10 and includes useful websites and phone numbers.

Space is limited. To pre-register for the morning or afternoon class, contact Dave Phillips, U.S. Coast Guard Auxiliary, Ilwaco, WA at dwphillips67@gmail.com or 503-440-9130.

15th Annual Bounty on the Bay Fundraiser and Fishing Tournament

Garibaldi, OR. – There is something for everyone at TEP's annual Bounty of the Bay Fundraiser! Anglers can captain their own boat or net a seat with one of the pro-guides for the Saturday Fishing Tournament on June 9th. Those who appreciate a great meal can enjoy a fabulous Italian Dinner on Friday, June 8th, or a Seafood Feast w/ Silent Auction on Saturday, June 9th. Lots of fun for everyone!

REGISTRATION IS OPEN! Registration forms are available online by going to www.tbnep.org for dinner and/or fishing. Or, to obtain more information regarding the event, contact Valerie Stephan-LeBoeuf by phone at (503) 322-2222 or by email at bounty@tbnep.org.

All proceeds go to the conservation and restoration of Tillamook County's estuaries and watersheds. Tillamook Estuaries Partnership is a 501(c)3 non-profit organization dedicated to the conservation and restoration of Tillamook County's estuaries and watersheds in their entirety. For TEP programs and how they benefit our local communities, visit www.tbnep.org.

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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 Social 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: pflagoccc@gmail.com



Little Bird Parent-child Music Class

MUSICIAN and music teacher Gabrielle Macrae teaches a class geared toward toddlers and babies. This parent-child music class is based on the idea that children are naturally musical. If exposed to rhythm, song, and dance from an early age, they can more easily develop their natural musicality and future interest in learning to sing and play instruments.

Children, like adults can develop their capacity and appreciation for music in a warm, playful, sweet and calm setting. Parents are encouraged to join in to model participation for their children, and as the series builds on itself, watch as the children delight in the familiarity of the songs. Enjoy the experience of connecting with your child through music, and take that experience home with you when you go!

In this class—sing, play, and dance together. You'll learn songs and musical games that will nurture your child's creativity and musical growth.

Appropriate for children from infancy to age four with an adult, from babies-in-arms to jumping toddlers.

Gabrielle Macrae grew up in a musical family in Portland and has been playing music for most of her life. She began teaching Appalachian string band music over ten years ago as part of an after-school program for low-income elementary school students in rural North Carolina. She went on to teach early childhood music programs in Portland with Heart in Hand Preschool and Frog Song Preschool.

Gabrielle has worked in Portland Public Schools leading workshops on traditional Appalachian music and dance. She has taught and performed at numerous music camps and festivals across the country as well as in Great Britain and Ireland.

Location: Astoria Art Loft, 106 Third Street in Astoria. Thursday mornings 10am to 10:45, May 3rd through June 14th. 5/3, 5/10, 5/17, 5/24, 5/31, 6/7, 6/14.

Cost: Drop-in \$12 per class, or \$70 for the full seven-week session. This is for two people, one child and one parent.

If you have more than one child, there is a family rate of \$15 drop-in per class, for up to three children with one adult, or \$85 for the seven-week session.

To register for the series or a drop-in class email Gabrielle at gabriellemacrae@gmail.com

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 or www.facebook.com/clatsopdemocrats.

PACIFIC COUNTY DEMOCRATS Monthly Meeting - 2nd Mondays, 6pm, Long Beach County Building, Sandridge Rd. Pacific pacificcountydem@gmail.com

CREATE • May 17 Columbia River Estuary Action Team

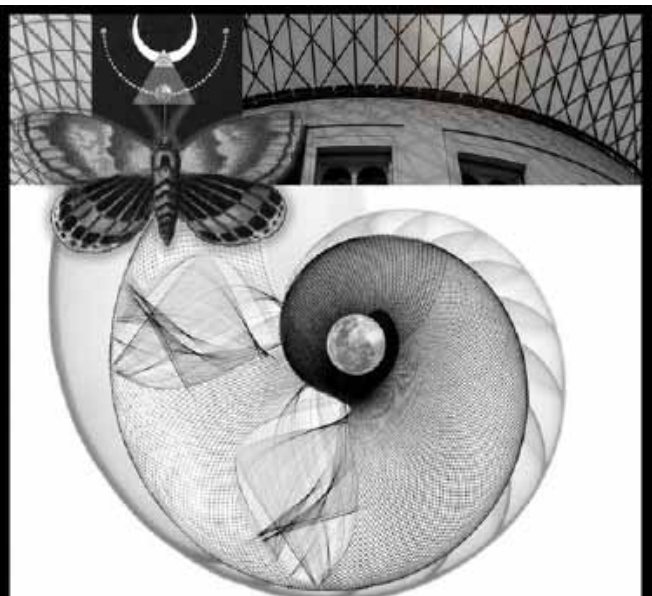
CREATE is a group of citizens working to protect the unique Columbia River Estuary and the rivers and streams that flow into it. All are welcome!

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 Scorchers.

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GET HIP ON CRYPTO!

By Kimberly O'Bryant

PROBABLY most of us know someone who has been talking about bitcoin replacing the dollar and have simply brushed this idle chatter to the side. I too, was one of these when my ex urged me to take a closer look. Not until December when a fellow dream teacher, a woman, explained the world of crypto in humanitarian terms, did my eyes widen to the possibilities of crypto currency, decentralization and blockchain technologies. As someone who already questions many of our current institutions I liked the idea of how investing in alternative platforms would be a good way to put my money where my mouth is.

Bitcoin and Ethereum alternative coins, blockchain tech, I'm not going to explain here how to buy or sell, what the difference is between a paper and a hardware wallet, who is Satoshi Nakamoto, what are mining pools and scalability. For additional reading check out coindesk.com, click on blockchain 101 and if you are further inspired go to coinmarketcap to watch live values, explore markets in which to buy coins and their white papers, and so on. Yes, it is complicated and not stream-lined, but even if you don't choose to invest, you ought to know just what is aggravating President Trump, and other power-stake holders when it comes to crypto, and how this new tech philosophy offers sovereignty in a world of increased regulation and corrupt ruling bodies.

Cambridge Analytica and the Facebook scandal show how tech and data can fuel a targeted machine of propaganda and illustrates just how easy it was for Russia and others to meddle in our electoral system—all of which required nothing more than hiring a million dollars or so worth of (ro)bots on Facebook. These are the same bots, spiders or crawlers used openly by everyday users on decentralized social media sites such as steemit. A crypto platform you might want to check out if you've decided to leave Facebook.

Steemit is a site where you not only earn currency for curation of original posts, but can learn to use and hire your own bots to up-vote, feature yourself in trending feeds, witness, greet and even identify plagiarism through use of the cheetah bot. The point here is not to sell you anything, but to urge you as a global citizen to investigate current technologies and where they are taking us as a nation and world. Like early Internet, when many of us couldn't yet fathom how we would become so dependent on the web in such a short amount of time, this technology too is eliminating and expanding borders quickly.

Besides understanding that blockchain systems will solve many societal problems there were three successive events that spurred my interest in crypto currencies including Facebook banning crypto ads, VISA/citigroup, one of the largest corporate banks in the United States attempting control of crypto purchases, and finally, President Trump's outlawing of any American getting involved in Venezuelan crypto or trade. All of which convince me crypto must be a much bigger threat to current, failing structures than those in power want us to know.

The ad-blocker you didn't install

By the end of January, Facebook banned cryptocurrency advertising along with Google, youtube, Instagram, Amazon and most recently, Twitter. Microsoft does allow crypto ads and not surprising as a four-block sponsor at this year's Consensus, the fourth annual blockchain tech summit to take place in New York this May. Microsoft seems to be looking to integrate blockchain technology into their current business ventures and it is no wonder considering the market cap of crypto currencies is currently fluctuating between 300-400 billion dollars.

Last year's attendance at the Consensus summit comprised of head's from: Start-ups, investment firms/corporate venture, National government agencies, supply chains, security, insurance, enterprise tech giants, financial institutions (including Wall Street), Healthcare, and business media.

Press in attendance also included many names you'll recognize: American Banker, Business Insider, Bloomberg, CNBC, Entrepreneur, Esquire, Forbes, Financial Times, Fortune, Handelsblatt, MarketWatch, New York Post, Quartz, The Economist, The New York Times, The Wall Street Journal, Thomson Reuters.

This year, ticket prices are a mere \$999 for students, many probably new-talent for hire, and \$2499 for general admission. The wealthy and



powerful, governments, corporations and institutions are paying big bucks to sponsor, attend, and perhaps keep you believing crypto is only your slacker, gaming, conspiracy-theory neighbor who bought bitcoin at \$200. Maybe, it's time to do your own research?

You pay interest and we tell YOU how, when and where to spend your Money!

In February, VISA changed, with no announcement, how it processes and deals with crypto acquisitions, resulting in multiple charges for customers making purchases on market exchanges. Ironically, I was attempting to make my first purchase at this time, could not and thought my local (and sometimes overzealous-with-fraud-protection community bank had blocked the purchase. They had not. They recommended I watch the news in regards to coinbase, discouraged me from purchasing (but would not prevent me) and said they had roughly a hundred customers they were trying to help remedy extra charges.

I read up on both sides, each claiming it was the others' fault, but it looked to me the credit card companies were to blame. I agree with Justin Maudlin, Salient Founder, CEO and crypto-investor when he writes, "Credit card companies believe it's in their best interest to turn away millions in additional revenue in exchange for slowing the rush of investment into bitcoin. In many ways, that's true. The rise of bitcoin and future cryptocurrency is tied to the eventual fall of financial middlemen like VISA and Mastercard. Maybe they just woke up to it." Again, an example of mogul industry lashing out at crypto, attempting to control how, when and where you spend your hard-earned buck and beyond that (for the time being) wants to keep you believing crypto is only a space of dark-webbed-evil, a place you ought to avoid because they know better.

What's going on in Venezuela?

Weirdly, I had just finished watching a Youtube presentation produced by crypto-enthusiast, David Hay discussing his humanitarian goal of onboarding 300,000 Venezuelans in ninety days for two million dollars when I learned of Trump's restrictions surrounding crypto. Though I don't believe the two are directly correlated, I do believe in synchronicities and my introduction to crypto was definitely growing in complexity.

David Hay's plan is to help struggling Venezuelan's by providing them a crypto wallet with roughly \$3, a short video training and encouragement to start trading. He likened his project to "teaching a man to fish," and figures many will make it work.

Meanwhile, Trump had demanded sanctions against Venezuela's newly launched crypto currency, the petro. The executive order states that, "All transactions related to, provision of financing for, and other dealings in, by a United States person or within the United States, any digital currency, digital coin, or digital token, that was issued by, for, or on behalf of the Government of Venezuela on or after January 9, 2018, are prohibited as of the effective date of this order."

Venezuela, a country with incredible money problems, you had earlier banned all bitcoin use by its citizens who were turning in droves to digital currency in the face of low fiat worth. Would it be wise to invest in petro, hard to say, but if entire countries are scrambling to jump-on-the-bandwagon this "crypto craze," is neither going away nor should it be ignored. Besides, it's not just impoverished countries turning to crypto--Switzerland is being hailed, Crypto Nation!

UNICEF, the United Nations International Children's Emergency Fund "...has launched 'the first ever blockchain fundraising' project, urging gamers to turn graphics cards into a humanitarian tool and mine Ethereum to help Syrian children," writes Zohra Besenura for Reuters. We give to our local radio station, school fund raisers and various platforms we believe in and so too I see myself "giving" to various alt-coins that are working on solving real social issues. I quote giving, because it's easier for me to think of in these terms, I'm not investing my nest-egg with get-rich-dreams, but if bitcoin shoots up to \$20,000 a coin like it was in December, I do stand to earn much more than I would in a savings account.

The truth is I was compelled to write this piece after being laughed at for talking crypto!

A Community Project: The Historic Nehalem American Legion Cemetery



NEHALEM, OR—Nehalem Valley Historical Society (NVHS), Cemetery Project Coordinator Valerie Vines Magee, announces the completion of a project that was three years in the making. As volunteers with NVHS worked to restore and protect family plots in the cemetery, some of which date back to 1899, a need was identified to protect the site with boundary fencing.

A design to complement the historic and active cemetery was created and a partnership was established with the City of Nehalem, the Tillamook County Cultural Coalition (TCCC), and the Oregon Commission on Historic Cemeteries. With partnership funding established from the City, TCCC, and Historic Commission, a local contractor was selected and recently completed its work. "It was a pleasure to work with LeRoy Heppner of Eagle Landscape Services on this project. LeRoy and his crew took the time and care necessary to install a beautiful end product that will serve as a protective backdrop to a very special and scenic setting. The City of Nehalem was instrumental in supporting the project and continues to support our efforts to clean, repair, and protect historic monuments and plots at the cemetery." Recently at its annual conference, the Oregon Heritage Commission awarded project leader Valerie Vines Magee the Sally Donovan Award for Historic Cemeteries for leading work efforts at the cemetery. A new season of weekly volunteer work sponsored by NVHS begins Saturday, May 12th, and will continue throughout the summer and fall on Wednesdays. For more information please contact Valerie by email at vinesmagee@gmail.com.

Volunteers! Oregon Historic Cemetery Cleanup Day!

Oregon's historic cemeteries are sites of great cultural value. Discover and preserve the state's history by joining SOLVE on May 12! This includes numerous historic coastal cemeteries.

Volunteers will be removing invasive weeds, planting native flowers, removing litter, cleaning headstones, and more depending on the event location. No experience is necessary; all training will be provided. There are over a dozen sites in as many counties to choose from. These cemeteries will host many visitors and we need your help to prepare them for Memorial Day weekend.

To choose from a list of events, go to solveoregon.org/Oregon-historic-cemetery-cleanups or call 503-844-9571 ext 332.

The Oregon Commission on Historic Cemeteries and SOLVE are partnering to organize this statewide day of service to improve our historic cemeteries.

About the Oregon Commission on Historic Cemeteries: Established in 1999, the Oregon Commission on Historic Cemeteries (OCHC) consists of seven citizens with broad knowledge of the issues relating to the preservation, restoration, upkeep and advocacy for historic burial sites and their importance in Oregon history. The OCHC coordinates the restoration, renovation and maintenance of historic cemeteries statewide.

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



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INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS April

IncoWA Postcard Party

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

Warrenton INCO Community Group Meeting

Saturday, 11 am;
email incoregon@gmail.com for dates
Dooger's Seafood and Grill, Warrenton

INCO Oppose Bigotry Team Meeting

Tuesday, May 1, 6 pm
Astoria (private home;
email incoregon@gmail.com for details)

Astoria INCO Community Group

Tuesday, May 8, 6 pm
Winekraft, Astoria
Get Out the Vote canvassing for May 15 elections; Storm the Midterms planning

Seaside/Gearhart INCO Community Group

Tuesday, May 8, 6 pm
Winekraft, Astoria
Assisting with Get Out the Vote canvassing for May 15 elections

INCO Reading Group:

In the Country We Love
Wednesday, May 9, 6:30 pm
Astoria (private home;
email incoregon@gmail.com for details)



Upper North Coast Oregon INCO

(Manzanita-Cannon Beach)
Friday, May 11, 7 pm
Tolovana Hall, Cannon Beach

INCO Vote the Future Team

Wednesday, May 16, 6:30 pm
Seaside Library Board Room

REMINDER: Oregon ballots must be received by 8 pm on May 15. Postmarks don't count!

Enough is Enough

BY ELI HAROLD

I WAS GIVEN THE OPPORTUNITY to travel to Washington D.C. for the March for Our Lives, organized by the survivors of the Marjory Stoneman Douglas attack. Bundled up, I stood next to my mother in a crowded street, chanting with everyone else who was simply fed up with the violence.

I listened as students the same age as me screamed into the mic that all they wanted was to feel safe. Martin Luther King's granddaughter, Yolanda Renee King, was there. She said, "My grandfather had a dream...I have a dream that enough is enough!" The crowd cheered, tears were shed, chanting resumed, "Enough is enough! Enough is enough! Enough is enough!" In the middle of the inspiring poem she read, another girl, Sam Fuentes, threw up on stage. But as soon as she stood back up, she yelled to the crowd, "I just threw up on national television and it feels great."

Two high schoolers came up on stage, Alex King and D'Angelo McDade. The first young man, Alex King, referred to us as his family. We stood with him because we were his family. He taught us a clapping thing his high school does. This massive crowd of hundreds of thousands of people all clapped along with him, the sound reaching up the massive buildings next to us and stretching past that. On that day, there were a few birthdays, children who hadn't even reached eighteen who'd been killed by gun violence. Together, we sang for them, the well-known happy birthday refrain reaching as far as the claps in hopes that they'd hear.

Sometimes, the crowd would part enough that I could see the face of the person talking. During Emma Gonzalez's speech, that's exactly what happened. I could see the pain in her face a football field away. Another girl, Mya Middleton, told us how she had needed to go to the store to get some cold

medicine for her mother. At that store, a gun was pointed between her eyes. She couldn't move and couldn't speak. The gunman told her that she better not tell anybody about what had happened. But here she was, her voice breaking as she shouted to the crowd that nobody should ever, ever have to be in that situation.

Back in Astoria, hundreds of students, family members, and community supporters joined in a Rally for Our Lives. Earlier in the month, local high school students staged walkouts to show our concerns about the problem of gun violence and the need for safe schools. To make sure our concerns are heard, some of us are forming a Students Demand Action group.

We, as students, already have so much we have to be careful of and navigate. The last thing we need is to be terrified for our lives while we're in geometry class because we don't know if the kid next to us might be planning a shooting.

Eli Harold is a student at Astoria High School helping to organize Astoria Students Demand Action, an independent group that plans to affiliate with Indivisible North Coast Oregon.

+ENOUGH IS ENOUGH+



poster: Henning Wagenbreth

Local Author Wins Regional Book Award

SEASIDE, OREGON - April 25, 2018 - North Coast author Melissa Eskue Ousley received an Independent Publisher Book Award for her suspense novel, Pitcher Plant. The book won a silver medal for Best Regional Fiction for the Pacific Northwest. The IPPY Awards recognize excellence in independent publishing and is one of the largest book award contests in the world. Over 5,500 books were entered this year.

Set in Seaside, Eskue Ousley's novel features murder and restless spirits. Pitcher Plant was inspired by a house the author visited while seeking to purchase a home on the coast.

"My husband and I considered buying a fixer-upper in Seaside. It had the potential to be the perfect beach house, but it needed a ton of work. When I discovered a dead rat in the kitchen sink and saw the creepy basement, I knew I had to write about the house," Eskue Ousley said. "We didn't buy it, but any future owners can rest easy—Pitcher Plant is pure fiction."

The novel follows Tawny Ellis and her husband who jump at the chance to own a fixer-upper on the Oregon coast. As expensive repairs turn their dream home into

a nightmare, their marriage unravels. And worse...the house is not quite vacant. Something in the house's dark past remains. Tawny's daughter has a new imaginary friend, and she bears a striking resemblance to a little girl who squatted in the cottage with her drug-addicted mother. After breaking in and camping out, they vanished, and have been missing for years. Now one of the house's previous owners is stalking Tawny and her family. Tawny suspects she knows what happened to the last people who slept in the house. Her family might be next.

This is the fourth book award Eskue Ousley has received for her work. Connect with her at MelissaEskueOusley.com.



TOWARD A NEW VISION FOR OREGON FORESTS

By Roger Dorband

Part III :: The Ratio of Return

In a statement made after their merger with Plum Creek Timber Company, Weyerhaeuser Company CEO Doyle Simons said, "We saw a unique opportunity to combine the two industry leaders in a way that will generate substantial value for shareholders." Those last three words reflect the corporate world's *raison d'être*. In language common to shareholders the "value" Simons refers to is most often expressed by the term "ratio of return," a relatively simple formula for evaluating company profitability that has become a corporate standard. Reductively defined it is derived from dividing the company's net profit by its net worth. Investors fastidiously track this ratio in order to decide which companies to invest in.

The corporate/investor obsession with the ratio of return has been like a dagger to the heart of humanity's conscience and compassion for the earth and each other - like a dagger, yet more like a disease. The elevation of money and profit above all else is a contagion that has spread throughout the entire culture. The most blatant example may be the rampant greed of those in the banking industry that led to the sub-prime mortgage crisis of the last decade, creating monetary loss and suffering for millions of people. Even more venomous greed prompts weapons manufacturers to insist on profits rather than halting the sale of assault rifles in a country that has experienced an epidemic of mass murders with those very weapons. When one considers the gun manufacturer's behavior it is hard not to conclude that we have hit moral rock bottom.

By contrast the sins of the timber corporations may seem petty but clearcutting, which degrades soil and water quality, and aerial spraying of herbicides, whose negative effects we are just beginning to understand, are done with considerable disregard for the impact on people and the environment. There is a parallel to the violence inherent in the weapons manufacturers' activity in clearcutting as well.

Anyone who had been in war, or has visited war zones, knows that walking into a clearcut is like visiting the scene of a recent deadly battle. Nothing moves, the silence is deafening and everywhere violence and chaos are etched into the landscape. When children are exposed to clearcuts the lesson they are taught is that nature and beauty are expendable. They lose their respect for the land making it possible to casually throw an incendiary firework into a forest in order to impress friends, resulting in a devastating wildfire that hurts everyone.

In an interview some years ago writer and visionary Ursula K. Le Guin said, "If you cannot or will not imagine the results of your actions there's no way you can act morally or responsibly." In spite of the Supreme Court's decision in 2010 granting corporations the same right as citizens under the 1st amendment, corporations are not people. They are more like robots that know how to make profits. Successful companies know how to



PHOTO: ROGER DORBAND

do that well. But unlike people they don't have imaginations. So can we expect them to "act morally or responsibly"?

While the notion that corporations involved in extraction of natural resources are incapable of acting responsibly is imperfect logic, a look around at the degradation of the environment they have caused gives credibility to the conclusion. Be it water pollution from fracking, die offs of flora and fauna from oil spills, coal plants belching CO₂ into the atmosphere or the impact on soil, water and climate change of cutting down the rain forests of North and South America, even when acting within the letter of the law the scale of their activities is taking the planet in an ominous direction.

As the Native American activist, Reuben Snake, said, "If you don't watch where you're going, you're going to wind up where you headed." We are well into the 21st century but corporations that extract natural resources are still living by the old mythos that nature is only there for us to exploit and profit by.

In 2013, Tim Josi, Tillamook County candidate for Representative of District 32, whose campaign is supported by the timber industry, suggested to the Board of Forestry that they expedite the cutting of 60-80 year old trees before endangered species inhabit them, eliminating the trees from harvest. Two years earlier he proposed that instead of holding 30% of the state forests for conservation zones that the Board of Forestry make 90% of those forests available for industrial timber harvest.

By pursuing the fruits of the old ways individuals like Josi, and the timber companies in general, are taking us in the direction of ecological disaster. The corporate values of ownership,

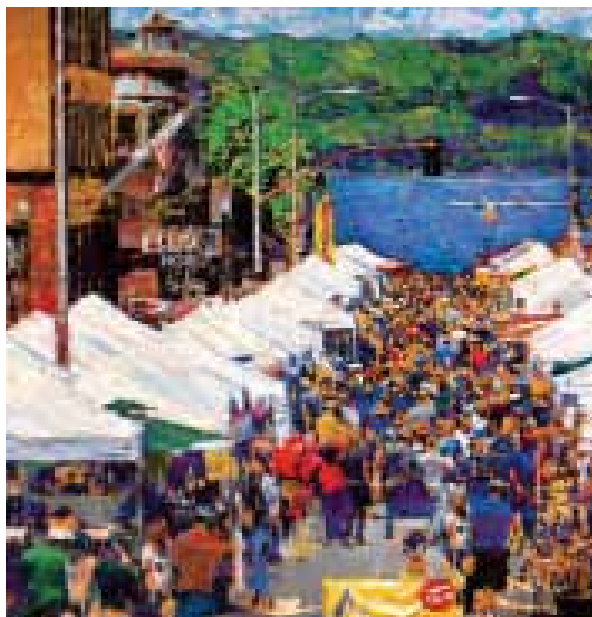
dominance, growth and control over nature, are in direct opposition to the ecological laws of interdependence and limitation. To continue believing these divergent values can coexist is to invite ruin. Either we establish an ecological world where we protect and harmonize with the earth, where forests, water, air and humanity are valued beyond profit, or we will all go down together in our stubborn resistance to the truth.

THE TIMBER INDUSTRY'S FALSE NARRATIVES

The greatest irony of the information and technology age is our susceptibility to false stories, or in the parlance of the day, fake news. There is simply too much information to sort through so many people succumb to believing sources that are consistent with their point of view. In Oregon, timber companies have been shaping the stories about forests they want us to believe through a proactive advertising campaign lead by the Oregon Forest Research Institute.

Though their name suggests credibility the information that the OFRI puts out is mostly propaganda promoting the timber industry. A classic example is a statement made in an opinion piece in the Eugene Register Guard in June of 2014 in which the OFRI is quoted as saying that when it comes to clearcutting, "clean air and water are a given". Just two years later federal regulators withheld a grant of 1.2 million dollars from Oregon for failure to clean up coastal stream pollution mostly from logging, runoff from old forest roads and landslide prone areas and aerial spraying of pesticides.

cont. pg 12



astoria sunday market 2018

May 13 - Oct 14!

On 12th St. in Downtown Astoria

SUNDAYS 10-3 | MAY 13-OCT 14 | ASTORIASUNDAYMARKET.COM



Just for the fun of it!

music from the 60's and 70's

NORTH COAST CHORALE

Friday May 18 • 7pm

Sunday May 20 • 2pm

At The PAC

Featuring KMUN DJ
"Reverend Tim"
of sunday afternoon's
Classic Rock & Roll show

Tickets \$10, PAC (Performng Arts Center)
16th and Franklin in Astoria

TOWARD A NEW VISION FOR OREGON FORESTS hf May 2018

It would be foolish to chide timber companies for growing young fir trees after they have clearcut. The problem is that the OFRI tries to convince the public that the tree farms they create are synonymous with mature forests, suggesting that they deliver the same benefits in spite of abundant data to the contrary. A good example of such data is the 2016 Perry and Jones study done by Oregon State University that demonstrates that when compared with mature forests clearcutting drastically reduces stream flow beyond 50 years in spite of replant. This is a serious problem on the Oregon coast where most municipal water supplies are from stream runoff rather than ground water.

In their on-line praise of the "benefits of clearcutting" the OFRI describes how clearcuts provide grazing land for deer and elk and improves habitat for birds, insects and pollinators. They fail to mention what happens to those same species when clearcuts are routinely, aerially sprayed with toxic chemicals. The result is that pollinators are disappearing and deer and elk are taking up residence in towns like Gearhart and Seaside because their habitat has been compromised or destroyed. Even notoriously people-averse cougars have been sighted in towns like Astoria.

Another story line proffered by the OFRI on billboards around the state and on TV claims that "Oregon will never grow out of trees." More accurately that would read "...never grow out of tree farms." Even that claim may be in question in light of research last year by Forest Economic Advisors showing that the sustainable yield after replanting in western states may exceed timber growth in the next two years.

In Oregon, the Center for Sustainable Economy has demonstrated statistically that forest loss to clearcutting has exceeded forest regrowth by 45% between 2000 and 2013. The Center has also revealed that western Oregon has nearly 522,000 acres less forest cover on its state and privately managed forestlands today than it had in 2000.

OFRI and big timber also claim that timber harvest is vital to Oregon's economy. That depends on what your definition of "vital" is. State economists show that timber harvest's contribution is now hovering around 1% of Oregon's gross domestic product. "Its about jobs!", the industry shouts. But Oregon Employment Department data shows that due to automation and the choice of many logging companies to ship logs overseas for processing very few jobs are created when harvest is expanded.

It is hard to trust statistics on employment and economics that are put out by timber industry supporters such as the OFRI, or by the timber companies themselves. But unfortunately the exaggerated economic numbers they put out have an effect on public perception. Perhaps the best source on the importance of timber to employment in Clatsop County comes from Sperling's Best Places, a premier data and research firm which doesn't have a dog in the fight, so to speak. They set the number of employees in agriculture, fishing and timber combined at 13% of the total employed in Clatsop County.

OTHER TRICKS OF THE TRADE

Further in the interview mentioned above, Ursula LeGuin says, "Babies are moral monsters, completely greedy. Their imagination has to be trained into foresight and empathy." Unfortunately such training is futile with morality neutral corporations or when dealing with the hardened greed of some corporate CEO's. Their stubborn pursuit of profit above all else is clearly displayed in places like Rockaway Beach where in a little over a decade timber companies have clearcut 92% of the Jetty Creek watershed and sprayed herbicides over tributary streams that feed Jetty Creek. The result has rendered Rockaway Beach's water unsafe to drink on numerous occasions, cost taxpayers there over a million dollars for a new filtration plant and created general concern over water shortage.

Only electing pro environment candidates who will try to change laws regulating corporations will prevent more Rockaway Beach catastrophes. Meanwhile politicians who have been bought by timber corporations will keep mulishly resisting changes to the Oregon Forest Practices Act, unless of course those changes increase profits for their benefactors. With the help of Timber industry lobbyists, many of the most significant changes to their benefit have already been achieved.

For the past 20 years these companies, including Weyerhaeuser, have been converting from ordinary corporations to new entities called Real Estate Investment Trusts (REIT) or Timber Investment Management Organizations (TIMO). This change is fundamental to their avoidance of corporate taxes since REIT timber companies receive federal income tax exemptions each year because they pass on 90% of the profit to their investors, and TIMO's timber profits are tax free because investors actually own title to the land and claim the income directly.

Chuck Willer, administrative director of the Corvallis based Coast Range Association, has done an exhaustive study of what he calls "Wall Street Forestry". More accurately, he is referring to investment owned timber corporations whose base and activities are now global in scale. He explains that, "because Oregon tax law uses federal net income as the basis for stating Oregon income, the TIMOs and REITs don't pay state income tax on timber profits."

In addition to avoiding state income tax, Willer's research reveals that in 1993 the corporate lobbyists convinced the legislature to eliminate most harvest tax on timber. The pie got even sweeter for the corporations in 1999 when House Bill 3575 was passed. It phased out all remaining harvest tax on large corporate forest lands. That bill accompanied Ballot Measure 50 which the timber industry also helped craft. Ballot Measure 50 froze local property tax rates at 1996 levels and implemented a new property valuation formula that allows timberlands to be valued at 20% of their fair market value after removing the value of the standing forest. In essence, large corporate timber lands are now assessed at less than 10% of the fair market value.

The Coast Range Association's research also shows that between 1990 and 1995 timber companies paid an average of \$119.2 million per year in taxes to local western Oregon counties. During the 5 year period from 2007 to 2012 they paid only \$18.4 million per year to those same counties. The story the timber corporations like to tell for the reduction of tax money creating the county revenue crisis is that tighter restrictions on timber harvest on federal land and the implementation of balanced forest management on state land along with tighter environmental laws have produced a decline in harvest. But in reality, timber harvest declined by only 15% between the two time periods. During the same time period there was a reduction of 84.6% in corporate forest property tax, monies that could have been going to county services.

THE TAKEAWAY

Like modern day Titans, large corporate timber companies devour trees and regurgitate money which they hoard instead of paying back their fair share to the public whose resources they are exploiting. Only better laws can curb their appetite and bring justice to the system of taxation in order to relieve economic pressure on timber counties. It is important to vote for candidates, whether local, regional or state, who will work to bring these changes. Winning those elections will only happen when more of the public is informed and become activated.

Considering the dismantling of the EPA and the deregulation of industries under the current administration it is easy to despair and begin seeing clearcuts as the new normal and climate change as an inevitability. But change is in the air. Heartening positive solutions already underway and the pathway from pessimism toward a hopeful view of the future will be explored in next month's final segment.

Triage at the Mouth

Columbia River Estuary Conference in Review

BY PAMELA MATTSON MCDONALD

THE COLUMBIA RIVER ESTUARY Conference (CREC) was a two and a half day emergency room with many consulting doctors and specialists on the health of and recommendations for the Columbia River Estuary. Held in the Liberty Theater from April 10th – 12th, scientists and tribal members from up and down the West Coast came to offer ideas, examples of successes, and failures, to help our local governing bodies and organizations with projects from the mouth as well as up river to Portland and beyond.

Global warming effects, signs, and symptoms laced many of the presentations. It was a resounding slap in the face to what's happening in our nation's capital to the many departments in our government, such as the Environmental Protection Agency, Forest Service, and US Fish and Wildlife. The conference proved there has been progress and many lessons to learn since CREC started in 1999.

The conference was divided into six sessions beginning with an update on ocean conditions and their ecological impacts. The warming and acidification of seawater temperatures and the gravitational effect of melting ice were covered. As well as run size predictions of Coho salmon in the Columbia. Next, the speakers addressed adapting to shifting ecosystem conditions - predicting sea level rise and flood risk. How it could affect Portland, Longview, and other inland cities on the River. And what water level management could do to alleviate the problems.

How to integrate shifting conditions into restoration and management by assessing to see if are we having an effect shared the latest developments we in the laws and energy policy concerning the Columbia River fish and wildlife. An uplifting story was told of the restoration of the Sandy River back to its healthier wild state. And closer to home, restoring resilience to Tillamook Bay at the Kilchis Estuary Preserve.

New tools for assessing and evaluating restoration impacts included the latest in drone technology for gathering data at remote wetland sites using hyper spectral imagery. OFAIM's Oregon flood plain impact mitigation instrument can ramp up salmon recovery. A study on juvenile salmon movement through a tidal free-flowing river junction gave useful ideas to increase their survival.

Presentations on the dangers of pharmaceuticals and personal care products entering our water as well as mapping contaminants in the Lower Columbia basin provided useful Internet sites for information and data to citizens interested in effecting change. The USGS site, <https://www.nwcouncil.org/ext/maps/Contaminants> gives a detailed story of the current problem, which includes micro beads in make up. State of the River Report on the EPA site, <https://www.epa.gov/columbiariver/2009-state-river-report-toxics> and <https://www.epa.gov/columbiariver>, yield up-to-date information on developments in conservation, fish science, and projects.

A new understanding of the Lower Columbia River ecology included a presentation by Catherine

Corbett of The Lower Columbia Estuary Partnership which stated that present native habitats number 123,266 acres, recovery challenged areas 68,231 acres, and recoverable areas 77,210. The shore lines depicted started at the mouth of the river and stretched upstream to Portland. Areas restored and protected between 2000 and 2017 equal 23,195 acres.

Goals should be maintaining viable, intact ecosystems, which are more efficient, economical, and effective than species-by-species, site-by-site or threat-by-threat conservation approaches. If the ecosystem is degraded significantly, restoration is required.

And towards an understanding of the impacts needed to stop the trajectory of degradation, Habitat protection and restoration are creating de-facto reserve networks. Native species are limited in their ability to relocate when site conditions change or become unfavorable. These native species do not have homogeneous habitat requirements, habitat diversity is critical for biodiversity.

Highlighted, as threats were the uncertainties in model predictions of climate change, Unknown CO2 emission reductions, how ecosystems will respond to aspects of climate change and how they will respond to actions we take to sustain those aspects of nature we want to maintain.

We need to protect current patterns of biodiversity to protect species now, under current conditions. Traditional methods of shielding ecosystems, establishing ecologically representative and connected reserve networks species are still critical. It's imperative we protect large, intact, natural landscapes and ecological processes or assemble a connected portfolio of smaller, undeveloped spaces. These are more "resilient" to disturbances, changes, and protect larger assemblages of species. Protect geophysical settings depending on soil chemistry, topographic positions, aspect, slope and elevation. As climate changes, these locations are enduring features because geology and soils will not change.

However, CERC audience participant Christopher Farrar responded, "With the increasing concentrations of CO2 in the atmosphere, the pH of precipitation will drop, more carbonic acid will form. Carbonic acid is simply water (H2O) combined with CO2 to form an acid H2CO3. This acid is very effective as a chemical weathering agent. As time goes by the precipitation will erode vastly more rocks by decomposition of the minerals making them up. So chemical concentrations will increase, not hazardous stuff, just more calcium, magnesium, silica, iron, sodium, and less amounts of other elements. But the pH of our soils too will change, becoming more acidic and reactive."

We need to establish and maintain ecological connections. Identify and protect acreage providing future space for species, expected to be displaced, as our environment changes.

"Conservation planning is always an exercise in decision making in the face of limited and uncertain data, and especially so in the planning for climate change." *

Thanks goes to Catherine Corbett and the other organizers of the Columbia River Estuary Conference 2018 for a comprehensive, informative gathering.



A Forest Endorsement

TIM JOSI, the Tillamook County Commissioner who is a Candidate for District 32 Oregon House of Representatives, is a well know figure to Clatsop County Commission – for all of the wrong reasons. In 2013, as Chairman of the Forest Trust Lands Advisory Committee, he recommended to the Board of Forestry that timber harvest on state land be increased in Clatsop County and that the proceeds be divided in a scheme that gave the additional money to Tillamook and other timber counties while Clatsop was to receive less for schools.

Josi's proposal was roundly rejected by the BOF thanks to a letter of outrage from Peter Hutala, the Chairman of the Clatsop County Commission at that time. But wait, there's more!

That same year Josi asked the Board of Forestry to aim for 90% of the industrial level harvest (read completely clearcut) on state forest lands which would result in the 30% conservation areas being logged. In his argument for this position Josi said conservation areas produce old growth trees that could become habitat for endangered species. He stated, "Old growth trees bring in murrelets. And when that happens it is just like a cancer in terms of drawing in the rest of the state forest."

The Clatsop County Commission, which has taken a position in favor of balanced forest management and protection of conservation areas, and old trees in particular, has been at odds with the FTLAC since Josi began dominating the committee years ago. In fact the Commission's decision to quit paying dues that secure our position on the FTLAC was made in a 4 to1 vote because the consensus is that the FTLAC does not represent the views of Clatsop County.

Josi's desire for increased logging on state land increases the chance of an ecological disaster being brought on by climate change and dooms endangered species already at extreme risk now that we have entered what scientists are calling the 6th mass extinction of species. New statistics are showing that since 1970, 50% of all species have already gone extinct.

Who would endorse a man so out of touch with the times?

Josi has received campaign contributions from timber companies like Hampton and Weyerhaeuser, and monetary support from the Association of Oregon Loggers as well as Davis, Wright, Tremaine, the law firm representing the plaintiffs in the Linn County Timber lawsuit filed against the state. They are joined in support of Josi by a variety of big businesses who are doing well and want a representative who will maintain the pecking order that has put big timber in the driver's seat in Oregon.

The clear choice for District 32 is John Orr, the only true populist in the race. Orr has studied environmental law and practiced as an attorney and judge in Clatsop County for over 30 years. He supports a strong, broad based economy but is not foolish about jeopardizing our way of life on the North Coast. He was the first business in Seaside to put a NO LNG sign in his office window and offered to provide legal assistance to LNG protesters.

The third candidate in the race is Tiffany Mitchell, who, while espousing solid progressive values on the environment, is so new to the district that one is left wondering how effectively she could represent the people here.

Orr has raised far less campaign money than Josi or Mitchell. The reason is that Orr has relied primarily on small individual contributions. Consequently, unlike the other candidates, he will not be beholden to big business or labor unions like Mitchell who is funded in part by SEIU Local 503.

Roger Dorband/ A Hipfish Candidate Endorsement

Jim Fitzgerald: Revealed in Carbon Extending Tradition : Large Format at LightBox

LIGHTBOX hosts the opening reception of Jim Fitzgerald's exhibit, "Revealed in Carbon" on Saturday, May 12th, from 5-8pm. An artist talk will be presented from 4-5pm immediately before the opening reception. Please contact the gallery at info@lightbox-photographic.com for seating reservations for the artist talk.

Jim Fitzgerald is a Large and Ultra Large Format camera builder, photographer and educator currently living in Vancouver, Washington. Jim prints his images using the 150 year old Carbon Transfer process in all of his work. On this night, Jim will present a special carbon transfer book project that has taken eleven years to complete. Additionally, the artist will discuss this project and share a series of carbon transfer prints in a limited edition collection. Jim is one of few artists who works exclusively in carbon transfer and he teaches Carbon transfer printing in his home studio in Vancouver, Washington. jimscarbonartphotography.com

EXTENDING TRADITION: LARGE FORMAT. On the same night LightBox hosts Large Format features work from thirty photographers from around the world who continue the tradition of using large format film or plates. 30 individual photographers exhibit work printed in many unique analog processes.

Jurors for the show include Fitzgerald, Terry Thompson—educated at the legendary School of Visual Arts, N.Y.C., and one of the first photographers to revive the Platinum print process in the 1960's, and John Wimberley, who stands alone among current large format masters for his substantive and refined imagery and his prowess and technical mastery of the Silver Gelatin Process.

LightBox Gallery is located at LightBox is located at 1045 Marine Drive in Astoria. www.lightbox-photographic.com



Jim Fitzgerald, Alders-Oregon Coast

Rock Out with Rev. Tim & The North Coast Chorale in a tribute to the 60's & 70's

NORTH COAST CHORALE (NCC) is in the mood for some FUN this Spring. Remember the Mamas & The Papas, Carole King, The Beach Boys and Chicago? NCC and Director, Denise Reed have selected a variety of music from the 60's and the 70's for its 2018 Spring Concert performance and have entitled it, "Just for the Fun of It!"

To keep things jumpin', "Rev. Tim", the Sunday afternoon D.J. for KMUN's Rock 'n Roll program will be announcing this concert. He'll be sharing fun facts and myths on the background of some selections and stirring up memories of what was happening in the world 50-years ago, how it changed our thinking, our dress and our music. No matter your age, these are melodies that are still enjoyed today, and they are tunes that will make you want to sing along.

Come and be a part of the fun as North Coast Chorale rocks out at the Performing Arts Center, corner of Franklin and 16th Streets on Friday, May 18th at 7:00 p.m. and again on Sunday, May 20th at 2:00 p.m. Tickets are \$10 with children under 12 free when accompanied by an adult.

The final event on the Chorale's schedule will be a choral festival slated for June 29th & 30th. Choral groups from outside the Astoria area have been invited to participate in various workshops. This project is designed to attract new visitors to our area and is being made possible through a grant from the City of Astoria. The culmination of the choral festival is a benefit concert for the Performing Arts Center given by the Portland Gay Men Chorus at 3:00 p.m. in the Astoria High School Auditorium.



Sarah Mitchell Photography

ART ON

Sunday in the Park with Art. May 6. A 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. At Lewis and Clark National Historic Park. \$5, purchase pass at the park Visitor Center. 503-861-2471

Art at The Hoffman Center • May

Place: Rockaway Beach – "Stories Told To Me by Don Best" curated by Mike Arsenault, Agricultural Architecture Paintings of Tillamook County by Cathi Howell and Historical-Style Art Glass by Charles Winkleman. Also in the back room, Quilling Art by Kim Nickens. May 4- May 21, every Friday and Saturday from 2-5 pm. Opening Reception is on Saturday May 5 from 2-5 pm and the public is invited! The gallery is free. The Hoffman Center and Clark Gallery is a program of the not-for-profit Hoffman Center for the Arts at 594 Laneda Avenue, Manzanita, Oregon. FMI: contact Mary Roberts at hoffmancenterartgallery@gmail.com

Luminari Arts celebrates Mothers Day, and all things spring for the May artwalk. Exciting new jewelry by Sweet Romance, incorporating Murano glass and bronze, Cast clay hangings by Jeanne Dana feature spring florals, sea life and portraits, all one of a kind. Textural, vibrant, and evocative, these pieces are back by popular demand. Live music with Scheckpea, debuting their recently released CD. Tarot card readings by Judith (great treat for moms!). Fabulous food, wine and plenty of good cheer. Happening at 1133 Commercial in Astoria.



Recology/AVA Artist in Residence

Astoria Visual Arts (AVA) and Recology Western Oregon (RWO) announce the third round of the Coastal Oregon Artist Residency, which aims to support the creation of art from recycled, repurposed and discarded materials recovered from the Recology Astoria Recycling Depot and Transfer Station. The Residency provides selected artists with access to discarded materials, a stipend of \$400 per month, and a large studio space at Recology Western Oregon's Warrenton-based shop.

By supporting artists who work with recycled materials, AVA and RWO hope to encourage people to conserve natural resources and promote new ways of thinking about art and the environment. Two three-month residencies will commence on Monday, July 2, 2018 and end on Monday, October 1, 2018.

During their residencies, artists will have Monday through Saturday (8am-4pm) scavenging privileges at the Astoria Transfer Station and Monday through Friday (8am-4pm) access to the Warrenton studio. It is expected that the artists will work on site on a regular basis (approximately 20 hours per week) in order to complete their proposed projects by the close of the residency. Mid-term reviews will take place to gauge progress toward completion of the artwork per the concepts set forth in each artist's proposal. At the conclusion of the residencies, AVA and RWO will host a reception and public exhibition for the artists featuring artwork made during their residencies. When the residencies end, each artist will be asked to contribute one piece of artwork to the program's permanent collection.

Submission deadline – Sunday, May 27, 2018. For application info and full details go to: astoriavisualarts.org or astoriavisualarts@gmail.com

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 or may be requested via email to 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.

Cathlamet Art Festival Tsuga Gallery of Cathlamet, WA announced its second annual Cathlamet Art Festival. A River of Art. Scheduled to take place on August 3rd and 4th of this year, it will be in conjunction with the Elochoman Marina Wooden and Classic Boat Show. Vendors wishing to participate can find applications at TSUGAGALLERY.ORG under the events tab. Vendor spaces are a very reasonable \$30 dollars until July 1, then the price is \$35. Deadline is July 28, 2018.

May Cultural Calendar

The Worlds Longest Garage Sale! WA Peninsula - Memorial Day Weekend

THE WORLD'S Longest Garage Sale One person's trash is another person's treasure! Make your way through the hundreds of garage sales all along the Peninsula, a local tradition for residents and many local non-profit organizations. This event gives a whole new meaning to the word Beachcombing. You never know what you might find. Keep an eye out for some unique trinkets and awesome treasures!

For more than twenty years, thousands of visitors have flocked to the Peninsula over Memorial Day Weekend for its 28-Mile yard sale. It's impossible to keep track of how many shoppers and vendors that participate, but it's grown to be an outrageously fun event with steals and deals around every corner.

You'll find locals and part-timers, non-profit organizations as well as a few professional dealers and vendors. There is no comprehensive list of sales – go forth and look for signs, balloons and people!!!! Begin the shopping sjourn in Ilwaco. Good Luck!



The Columbia River Symphony



The concerts are scheduled for 7 p.m. Saturday, 7pm on May 21st at North Coast Family Fellowship in Seaside, Oregon, and at 3pm Saturday, May 22nd at Patriot Hall (Clatsop Community College) in Astoria, Oregon. Both family-friendly concerts are free, but donations are welcome.

Friday 4

MUSIC

Sonny Hess. No cover, 7pm at the San Dune Pub in Gearhart.

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

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

ART

Spring Unveiling Art Festival. Meet artists and see their latest works unveiled. Many galleries host artists demonstrating different techniques. At galleries throughout Cannon Beach.

HAPPENING

May the Fourth Variety Show. Come on watch your favorite people do space agey Star Warsy themed performance. With Daylight Cums, Dida De Angelis, Ginger Vitus, and more. \$7, 9:30pm at the Labor Temple in Astoria.

Astoria Queens Junk Show. Vendors specializing in primitives, antiques, vintage, Country Collectibles, recycled, reused, and repurposed items. Paint & Sip classes. \$1 - \$4, 1 - 5pm at the Clatsop County Fairgrounds, Astoria.

A Little Princess. Presented by the Astoria School of Ballet. 7pm at the Liberty Theater in Astoria.

Community Yard Sale. 10am - 4pm at Pacific Grange, Warrenton.

THEATER

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

The Odd Couple. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 5

MUSIC

Back Into Black. AC/DC tribute band with It Takes Two. 7:30 - 11:30pm, Back Into Black plays from 9 - 10pm. At the American Legion in Seaside.

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

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

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

ART

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

Opening Reception. For an exhibit of Photography by Nancy Meyrick. 2 - 5pm at the Trail's End Gallery in Gearhart.

Opening Reception. For Thresholds and Reflections, new paintings by Deborah Dewitt. 5 - 7pm at White Bird Gallery in Cannon Beach.

Opening Reception. For an exhibit of works of three artists: Don Best, Cathi Howell, and Charles Winkleman. 2 - 5pm at the Hoffman Center in Manzanita.

FOOD & DRINK

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

NKN Speech & Debate Team Dessert Gala. Plus silent auction. 3 - 5pm at the Nehalem Bay Winery, near Nehalem.

HAPPENING

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

Loyalty Day Celebration. Children's Parade and Blessing of the Fleet. In Ilwaco.

Wildlife Center Spring Open House and Native Plant Sale. 10am - 5pm at the Wildlife Center of the North Coast in Olney.

Astoria Queens Junk Show. Vendors specializing in primitives, antiques, vintage, Country Collectibles, recycled, reused, and repurposed items. Paint & Sip classes. \$1 - \$4, 9am - 4pm at the Clatsop County Fairgrounds, Astoria.

Clatsop Community College Foundation Arts & Experiences Auction & Dinner. The Stars are Out Tonight. \$85, 5 - 10pm at Patriot Hall at CCC in Astoria.

Community Yard Sale. 10am - 4pm at Pacific Grange, Warrenton.

Cinco De Mayo Dance Party. 9 - 11:30pm at Manzanita Lighthouse Pub & Grub.

Tillamook County Master Gardeners Plant Sale. 9am - 2pm at the Tillamook County Fairgrounds in Tillamook.

CARE Annual Bowl-A-Thon. Teams of bowlers from the community gather pledges for the

month before the event and then come together to bowl and have fun.

11:30am - 5pm at Tillamook Lanes in Tillamook.

Culture, Of Course. Lincoln City Cultural Center presents the 4th annual benefit dinner and auction. Times TBD. Enjoy four delicious courses of gourmet cuisine, plus a silent auction, live auction and a 50/50 raffle. For tickets, call 541-994-9994.

LITERARY

Free Comic Book Day. At Oregon Coast Comics in Tillamook.

THEATER

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

The Odd Couple. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 6

MUSIC

The RJ Marx Quartet. 4pm at Pioneer Church in Warrenton.

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

Olivia Millerschlin. \$15, 7pm at the Cannon Beach History Center and Museum.

Caitlin Jemma. With Bart Budwig. No cover. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING

Loyalty Day Celebration. Cowboy Breakfast, Loyalty Day Parade, and more. Starting at 7am in Long Beach.

Hungover History of Astoria Trolley Tour. Board the trusty Old 300 for a one hour loop of the Riverwalk, with a tour narrated by ORHistory.com's Resident Historian, Doug Kenck-Crispin. \$12, 11am at the Astoria Riverwalk Inn trolley stop. Get tickets at BrownPaperTickets.com

Wildlife Center Spring Open House and Native Plant Sale. 10am - 5pm at the Wildlife Center of the North Coast in Olney.

Community Yard Sale. 10am - 4pm at Pacific Grange, Warrenton.

Angels Among Us. A community fundraiser for Helping Hands Re-Entry Outreach Centers, an organization that serves the homeless of Clatsop,

Tillamook, Yamhill & Lincoln counties. At the Seaside Convention Center.

THEATER

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

The Odd Couple. Comedy. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Monday 7

MUSIC

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

Tuesday 8

MUSIC

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

HAPPENING

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

Wednesday 9

MUSIC

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

HAPPENING

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

LECTURE

Art of Aging Series. Communities. 3pm at the Hoffman Center in Manzanita.

Coastal Encounters: Local Recycling. With Tina French. 6:30pm at the Driftwood Public Library in Lincoln City.

Thursday 10

MUSIC

Laney Lou & The Bird Dogs. Live Music. No cover, 8pm at the Adrift Hotel in Long Beach.

CINEMA

Classic Movie Night. Rear Window. 6pm at the library in Manzanita.

→ cont. p19



Bart Budwig & Caitlin Jemma May 6 • Fort G!

Caitlin Jemma brings a wholesome and enlivened energy to the deep-rooted traditions

of storytelling folk. Jemma's sweet and salty twang has earned comparisons to a young Iris Dement, with echoes of Gillian Welch & Valerie June. From Enterprise, WA, Bart Budwig is a familiar in these parts, from the Voodoo to the Liberty Theatre stage, his charm, his trumpet chops and acoustic grooves enliven spaces with spirit and soul! Should be a delightful combination! **Sunday, May 6, Ft. George, 8pm Astoria**

THE ODD COUPLE at THE COASTER • NOW thru May 27



Photos: George Vetter / CannonBeach.Net

DIRECTED BY Susi Brown, The Coaster Theatre presents this fond Neil Simon classic. A group of guys assemble for cards in the apartment of divorced Oscar Madison and if the mess is any indication, it's no wonder that his wife left him. Late to arrive is Felix Unger, who has just separated from his wife. Fastidious, depressed, and none too tense, Felix seems suicidal, but as the action unfolds, Oscar becomes the one with murder on his mind when the clean freak and the slob ultimately decide to room together with hilarious results as *The Odd Couple* is born.

CAST: Slab Slabinski, Ben Van Osdol, Frank Jagodnik, David Sweeney, Donald Conner, Ryan Hull, Sheila Shaffer, Sue Neuer

Directed By Susi Brown, Stage Manager Liz McCall, Costumer Judith Light, Lighting Designer Mick Alderman, Assistant Stage Manager / Props Heather Neuwirth, Light & Sound Operators Nancy McCarthy & Lucas Neuwirth

May 4-27. Performances begin at 7:30pm. Sunday May 6 show 3:00pm. Tickets: coastertheatre.com, at the theatre box office or by calling 503-436-1242. 108 N. Hemlock, Cannon Beach.



Donald Conner, Ryan Hull, Sheila Shaffer & Sue Neuer

The R.J. Max Quartet at The Pioneer Church



The R.J. Marx Quartet features a world-class frontline of saxophone and guitar exploring some of the most challenging and rarely-performed compositions of the major jazz composers from the '40s -'70s, as well as an array of traditional favorites.

May 6. 4pm FREE Concert. Donations accepted. Pioneer Presbyterian Church. 33324 Patriot Way in Warrenton, off Hwy 101.

KERFUFFLE Vintage Comedy Burlesque is into Episode #3. If you've missed the torch songs, glamour and tease, well May's Show is an exciting departure, from their usual retro choreography, look, and style, the Kerfuffle will put on an all-contemporary music show in the theme of "Dirty Divas"!!! Lots of fun surprises promised!

VIP Booths go up for sale on www.brownpapertickets.com, and tickets at the door are \$10. Get to the door by 9pm, this show gets sold out early. Labor Temple Diner and Bar, 934 Duane St. in Astoria.



KERFUFFLE Burlesque Comedy Revue! • May 26

TAPA presents MOONGLOW

TAPA presents "Moonglow," a love story, a comedy and a drama, May 4 - 20.

The plot follows Maxine (Sue Wilson), a feisty Alzheimer's victim, as her life transitions to an assisted living facility. She's not pleased with the transition, until she meets Joe (Bill Pinckney), a widower who shares her love of dance. Although the two clash when lucid, her outlook begins to change and when their hazy memories overlap they begin an affair that rejuvenates them. Played simultaneously by an older and younger couple, Joe and Maxine form a bond and relive memories of a time gone by. Joining them on stage is Benita (Rikki Reid) as a caregiver at the facility who cares for the couple. We also see Maxine's daughter, Diane (Lora Ressler), and Joe's son, Greg (Gary Barclay), as they struggle with the decline of their parent's health. Playing the younger Joe and Maxine are Kiel Kellow and Carly Persons.

This heartwarming production, directed by Ann Harper, opens May 4 with a Gala celebration and runs through May 20. Friday & Saturday shows begin at 7pm with Sunday matinees starting at 2pm, May 6/May 20.



Bill Pinckney and Sue Wilson living the memories

Tickets are \$15/person and available at Diamond Art Jewelers, 503-842-7940, or at the door. For more information, email info@tillamooktheater.com or find them on Facebook. Sponsored by Mark Stewart and Pam Zielinski of Berskshire Hathaway Real Estate

TAPA's Barn Community Playhouse is located at 1204 Ivy St, on the corner of 12th and Ivy, adjacent to Les Schwab Tires.



THE MAGIC OF ASTORIA IS REAL! And you can be a part of it (if you're 17 or older). Auditions for ASOC's 34th Season of SHANGHAIED IN ASTORIA are coming up MAY 12TH from noon-2pm and MAY 13TH from 6-8 pm at the ASOC Playhouse 129 West Bond Street Uniontown Astoria, right behind the Astoria-Warrenton Chamber of Commerce. The 2018 Season opens July 12th and runs through September 1st.

This year's production features home-grown talent, including Director Ashley Mundel, Assistant Director Dawson Shad and costumes by Patricia VonVintage, all veterans of multiple SHANGHAIED IN ASTORIA productions. These auditions are open, with a three week show commitment, but certainly more are welcome.

Being a part of "Shanghaied" is guaranteed to make your summer a rewarding lifetime memory as you connect, learn and grow through theatre techniques and this precise style of stage craft performance. Over two dozen delightful & colorful parts

are open for guys and gals 17 to any age! Parts for: Sturdy Women, Nefarious Saloon Owners, Fun Fishermen, Nasty Villains and a Sweetheart or two! Along with spots for dancers, musicians and technical help.

Shanghaied In Astoria began in the mid 80's with a bare bones budget and cast of fun and talented friends has now grown into a piece of Astoria's folklore, entertaining over 83,000 in its 34 season history. Our story centers on the "Shanghaied" of our hero and his daring rescue, all in melodramatic style with audience participation by cheering, booing, sighing and throwing popcorn!

But don't be shy! This process of theatrical training provides the way for an exciting and fulfilling jump into the art live performance whether you've a seasoned veteran or have always had a dream to be on stage.

And please note, if you're unable to attend this audition but are interesting in joining ASOC give a call at (503) 325-6104, or send an email to info@astorstreetycompany.com and arrange an appt. to meet with the director, Ashley Mundel!!

April Coppini at IMOGEN Trails of Teeth & Feathers *Drawing Through Grief*



Swift and Silent, 39x26 charcoal pencil and pastel on paper

The exhibition opens May 12th during Astoria's Second Saturday Artwalk, with a reception held from 5 – 8 pm and remains on display through June 5th. IMOGEN is located at 240 11th Street in Astoria. Imogengallery.com 503.468.0620

IMOGEN presents the work of April Coppini for her third solo exhibition at Imogen, bringing a powerful collection of gorgeously rendered charcoal drawings. For this series Coppini focuses on the practice of mark making as means to process and move beyond life altering events. She portrays drama in her subject matter, depicting the wild and unseen side of animals as metaphor to the human experience. A slight movement, the tension of muscle before a possible leap or the sharp, raw power of animal instinct in the constant state of survival all are contained on paper through profound use of gestural line.

Coppini has always portrayed a focused record in her subject matter depicting the wild and unseen side of animalia. Known for her drawings of all creatures, large and small Coppini has held a strong fascination for animal behavior and their relation to human kind whether it be a physical connection or metaphorically. For this series Coppini, who along with her children experienced a life altering loss, has looked inward and towards her relationship with all animals to help process the profound layers of grief. She found herself taking refuge from the enormity of loss by studying birds outside her window, watching growth and renewal from a new spring bursting to life before her, regardless of sorrow held within. These profound moments became a gift, developing into this new series that Coppini shares. She, with grace and elegance brings home the very instinct of survival and acceptance in all of us.

Eric Sandgren and Claire Banfield at RiverSea Gallery

RIVERSEA GALLERY presents paintings by renowned Northwest artist Erik Sandgren in a solo exhibition titled, Surge and Flow. His paintings capture the drama of sky and water energy and explore the deep layers of history and myth that underlie the north coast landscape. In the Alcove space, Claire Bandfield shows a series of hand cast stone vessels. The opening reception is set for May 12 from 5:00 to 8:00 during Astoria's Second Saturday Artwalk. Both shows will remain on view through June 5, 2018.

An Oregon native, Sandgren was born in Corvallis in 1952. His father, the prominent artist Nelson Sandgren, taught art for many years at Oregon State University, and their home provided a rich and inspirational cultural environment. Sandgren went on to graduate magna cum laude from Yale University and to earn an MFA in painting and printmaking from Cornell. After returning to the Northwest he became the one-person art department at Grays Harbor College in Aberdeen, Washington for thirty years, until his retirement in 2017. Sandgren has had a long and distinguished career as an artist.



Featured artist in the Alcove, Claire Bandfield is a maker of hand cast stone vessels and will exhibit her new collection in a solo show titled 231. Her spare and elegant containers are inspired by modern art and architecture, and traditional Japanese gardens. She seeks everyday objects in classic forms, often alluding to mid-century designs, to use as molds for her rustic yet contemporary vessels designed to accommodate small plants. She has named all the pieces in this show after regulars who frequented Andy Warhol's studio, The Factory, in New York City. The show's title comes from Warhol's original studio address at 231 East 47th Street.

Bandfield's chosen medium, hand cast stone, refers to a mixture of cement, sand and organic matter that can be cast into forms. The material is lighter than concrete and looks similar to the limestone rock tufa used by ancient Romans. Interiors of the pots are intentionally left rough so that delicate roots can easily adhere, and exterior surfaces are just porous enough to encourage moss and lichen to grow. After being cast, each pot is aged for many weeks in Bandfield's garden in Camas, Washington, the beginning of a slow metamorphosis that will develop over many seasons to come.

RiverSea Gallery is open daily at 1160 Commercial Street in the heart of historic Astoria. 503-325-1270, or visit the website at riverseagallery.com.



ASTORIA VISUAL ARTS (AVA) presents the new work of artist Eryn Tomlinson. A graduate of the Rhode Island School of Design with a degree in painting, Tomlinson began as a figurative painter, but after taking a class on meditation and Buddhism her junior year, she switched gears from the figurative realm to abstraction. It was within abstraction she was able to approach painting as a form of mediation. Gaining inspiration from the detail and intricacies of Tibetan and Buddhist art she started making Mandalas, in pencil first, and then filling in all the separate shapes with color.

Each piece is ultimately a complete surprise; some forms looking like female anatomy, others like crystal-line diamond prisms. She hopes the work brings to viewers the sense of calm and joy she experiences while making them.

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: Eryn Tomlinson



Into the Heart 42" x 42" oil paint

Deborah DeWit THRESHOLDS & REFLECTIONS New Paintings at Whitebird Gallery



Signs of Spring, oil on wood, 16.5 x 22"

FOR HER NEW EXHIBITION, Deborah DeWit continues to consider the human experience and moments in time through natural and figurative subjects rendered in luminous oil paintings. This new body of work juxtaposes interior and exterior environments, using real world imagery to create narratives that reflect the mind body relationship and how our experiences in the natural world shape the way we think. Architectural elements like windows & thresholds explore these connections between inner and outer realities both physically and philosophically. DeWit's metaphoric compositions include depictions of people in the local community and what they do in the day-to-day as well as scenes conglomerated from her home-studio-property. As the artist states:

Deborah DeWit is a well-known artist residing on Oregon's North Coast. Her mature painting style has developed over the course of her lengthy career, which began as a photographer in late 1970's. DeWit now has several books published on her work, highlighting overarching themes in photography, writing, oil painting and pastels. DeWit's artwork expresses autobiographical subjects to create symbolic imagery through the interplay of indoor and outdoor environments to elevate her sensitive and thought-provoking compositions into a realm where real and imagined space meet.

Opening Reception, Saturday May 5, 7-9pm. During Spring Unveiling Arts Festival. Through June 19. Whitebird Gallery is located at 251 N. Hemlock, Cannon Beach OR 503.436.2681

ASTIR Lisa Kaser at McVarish Gallery



Fanny Mendelssohn on the Radio

This month McVarish Gallery will present the delightfully magical world of Lisa Kaser. In her new show titled "Astir", Lisa has compiled a collection of unique and one of a kind watercolor print collages that are guaranteed to make anyone with a face, smile. Her zany characters take dramatic leaps and fall in love under trees. They loose and find friends on the Wildwood Trail. They boogie down to "Fanny Mendelssohn on the Radio" and even jump rope in the "Jumping Area Outside the City Limits".

An opening reception will be held from 5:00 - 8:00 pm, Saturday, May 12. The gallery is located at 160 Tenth Street, open Tuesday through Sunday.

Tolovana Arts Colony Presents The 7th Annual

GET LIT AT THE BEACH A Gathering For Readers May 18-20 In Cannon Beach



Keynote Speaker Craig Lesley

GET LIT AT THE BEACH: A Gathering for Readers" is back for its Seventh Annual Appearance and is pleased to announce that five acclaimed authors will participate this year from Friday evening, May 18 until Sunday noon, May 20.

Popular authors Terry Brooks, Craig Lesley, Gina Ochsner, R.A. Salvatore and Amy Stewart, will be present to mingle, sign books and tell stories to an enthusiastic crowd at the Surfsand Ballroom in Cannon Beach.

Craig Lesley, memoirist and novelist of the

modern American West, will be the Keynote Speaker on Saturday evening at the Surfsand Ballroom.

Why attend? A repeat participant explained in their follow-up response.

"Not only is this event held in one of the most scenic spots on the Oregon Coast, but it offers an intimate setting with several opportunities throughout the weekend to talk one-on-one with authors. I have been to many similar events where people wait in line for hours to get maybe five seconds with an author."

The festivities begin at an Author's Reception on Friday evening from 5 to 7 p.m. at the newly remodeled Haystack Gardens. There will be complimentary beverages, hors d'oeuvres and a chance to meet the authors. There will also be a drawing to win items from various local businesses.

On Saturday at the Surfsand Ballroom, authors will give featured presentations and will sign books. Saturday evening features a hosted prime rib dinner with Craig Lesley as Keynote Speaker.

On Sunday morning, at the Cannon Beach Coaster Theatre, Get Lit will conclude at 10am with a Q & A session with all authors on stage. There will be complimentary coffee and pastries.

"Get Lit at the Beach is the best party I ever went to," said distinguished author, Ursula K. Le Guin.

Registration. Ticket prices \$30 to \$85. For more information and ticket prices go to www.GetLitAtTheBeach.com

Support a new book about The Cannon Beach Dory Fleet

THE CANNON BEACH ARTS Association has initiated a fundraising campaign to publish Peter Lindsey's book, *Just Movin' the Water Around: Commercial Trolling with the Cannon Beach Dory Fleet*. The book centers on stories about the dorymen who participated in this unique and short-lived fishery. The Arts Association has established a web site for the fund raising campaign on CrowdRise, a fundraising platform that specializes in charitable giving. Donors can visit the web site and make a donation.

Donations can also be mailed to the Cannon Beach Arts Association, PO Box 684 Cannon Beach, Oregon 97110, or made at the Cannon Beach Galley 1064 S. Hemlock Street, Cannon Beach Oregon. A donation of \$500 or more will secure a dinner for six with Peter Lindsey at the renowned Wave Crest Inn. Donations of \$100 or more will receive acknowledgement in the book and a signed copy of the book. The Arts Association has received a challenge donation; \$3,000 will be matched with an additional \$3,000.

Peter Lindsey has lived in Cannon Beach since the 1950s. He completed graduate work at the University of Oregon in English, specializing in folklore and mythology. As a folklorist, his interest lies in the study of information, stories, folktales, oral histories, and other knowledge passed from generation to generation in oral tradition. Dory construction, trolling techniques, gear, and fishing wisdom have long been passed down by example and word of mouth. He hopes this book will preserve a measure of this fishing way of life once practiced in Cannon Beach. You can donate to the fundraiser here: <https://www.crowdrise.com/o/en/campaign/support-local-author-peter-lindseys-newest-book/cannon-beach-arts-association-incorporated>

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



Rene Denfeld and Willy Vlautin share the stage at Manzanita Writers' Series May 19

RENE DENFELD reads from her second novel, *The Childfinder*. A private investigator dubbed "the Child Finder" searches Oregon's Skookum National Forest for an eight-year-old girl who disappeared three years prior. The PI Naomi's methodical search takes her deep into the icy, mysterious forest in the Pacific Northwest, and into her own fragmented past.

The *Childfinder* received a starred Library Journal review and glowing reviews from major press, from Publisher's Weekly to the New York Times Book Review. An Indie Next pick, the book landed as the #1 fiction bestseller at Powell's within its first week, and became a top #10 bestseller in Canada and a bestseller in the United States. Her first novel, *The Enchanted*, won numerous honors, has been selected for community and campus reads, including All Rochester Reads, and has been adapted to both the London and Edinburgh stage.

Rene's lyrical, beautiful writing is inspired by her work with sex trafficking victims and innocents in prison. Rene was the Chief Investigator at a public defender's office and has worked hundreds of cases. In addition to her advocacy work, Rene has been a foster adoptive parent for twenty years.

"A darkly luminous story of resilience and the deeply human instinct for survival, for love... *The Child Finder* is a terrifying and ultimately uplifting novel that demands to be consumed and then once inside you—lingers...."

— A.M. Homes, author of *May We Be Forgiven*

Willy Vlautin reads from his latest novel, *Don't Skip Out on Me*. A moving story about a young man's search for belonging, Vlautin's fifth novel is an understated yet powerful exploration of identity and loneliness. Horace Hopper, half-Paiute and half-Irish, abandoned by his parents, dreams of proving his worth as a championship boxer.

"Don't Skip Out on Me is going to make your heart crumple into a little wad of paper and then open back up into a perfect paper airplane sailing the skies from the hand of a boy. How does a bi-cultural man find a self when he's been abandoned by his parents? He invents it, that's how, with his hands, his fists, and that fist-shaped muscle, a heart. No one anywhere writes as beautifully about people whose stories stay close to the dirt."

— Lidia Yuknavitch, author of *The Misfit's Manifesto*.

Born and raised in Reno, Nevada, Vlautin immersed himself in music from early on. A Paul Kelly song, based on Raymond Carver's *Too Much Water So Close to Home*, inspired him to write stories. Vlautin has published four other novels, *The Motel Life*, *Northline*, *Lean on Pete* and *The Free*. The movie "*Lean on Pete*," filmed in Oregon, was released in April.



Vlautin also founded the band Richmond Fontaine in 1994. The band produced eleven studio albums, plus a handful of live recordings, driven by Vlautin's dark, story-like songwriting.

There will be no Open Mic at the evening event to allow for the reading and Q&A with two authors.

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

WORKSHOP: Rene Denfeld will lead a writing workshop titled "Writing an Exciting Plot" from 1pm to 3:30pm on Saturday, May 19, 2018 at the Hoffman Center for the Arts in Manzanita. Workshop fee is \$50.

The Manzanita Writers' Series is a program of the Hoffman Center for the Arts. At the Hoffman Center, 594 Laneda Avenue.) FMI: hoffmanarts.org online or contact Kathie Hightower, kathiehightower@gmail.com

Astoria literary non-profit THE WRITER'S GUILD Upcoming Workshops



May 19: Finding Your Voice. Join author Marianne Monson for a workshop on finding and fostering your own unique voice as a writer. Voice can be difficult to define, much less foster in our own work. Come explore texts that are rich in this elusive element and learn how to enhance its presence in your own writing.

June 9th: Creative Writing workshop for ages 12 to 17. Do you know a teenager that loves to write? This workshop is just for them. Join authors Marianne Monson and Heather Douglas for a workshop of writing prompts, improv writing games, and read alouds. Learn real skills for improving your written work and maybe even getting published. Special youth rate: \$35

Workshops are held at the Fort George Lovell Showroom in Astoria. 9am to 1pm, \$65 with a discount for Guild Members

Register at www.thewritersguild.org or send an email to info@thewritersguild.org

THEATER
Borderline Crazies. Whodunit. \$15, 7:30pm at Theater West in Lincoln City.

Friday 11

MUSIC
Folkslinger. No cover, 7pm at the San Dune Pub in Gearhart.

Infinite Sustain and Greg Skloff. Donations accepted, 8pm at the Blue Scorcher in Astoria.

Tesla. 8pm at Chinook Winds in Lincoln City. 888-624-6228

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

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

Laney Lou & The Bird Dogs. Live Music. No cover, 8pm at the Adrift Hotel in Long Beach.

HAPPENING
Comedy on the Coast. With Andrew Sleighter and Eric Knowles, hosted by Ed Hill. \$15, 8pm at Chinook Winds.

LITERARY
Lunch in the Loft with Rene Denfeld. Noon at Beach Books in Seaside. \$30 includes lunch.

THEATER
Moonglow. \$15, 7pm at the Barn Community Playhouse in Tillamook.

The Odd Couple. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Borderline Crazies. Whodunit. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 12

MUSIC
Okropong. \$25, 6:30pm at the Lincoln City Cultural Center.

Dan Weber. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Two Crows Joy. 7pm at WineKraft in Astoria.

Marisa Anderson. No cover, 8pm at the Sou'wester Lodge in Seaview.

Tesla. 8pm at Chinook Winds in Lincoln City. 888-624-6228

Laney Lou & The Bird Dogs. Live Music. No cover, 8pm at the Adrift Hotel in Long Beach.

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

FOOD & DRINK
Wine Tasting. Wines from Germany/Austria. 1 – 4pm at the Cellar on 10th in Astoria.

Mother's Day Tea and Scones. \$12, 1- 4pm at the Flavel House Museum in Astoria.

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

Spring Garden Seminar and Plant Sale. 8:30am – 4pm at the Clatsop County Fairgrounds, Astoria. See page 26 for full info.

Plant Sale. Veggie and flower starts. 10am – 3pm in the 4-H Club House, across from the Clatsop County Fairgrounds, Astoria. Cash only, please.

Captain Gray's Birthday Party. 10am – 3pm at the Garibaldi Maritime Museum.

Coastal Community Festival. A fun way to build awareness for safety and emergency preparedness with an outdoor marketplace featuring arts and crafts, food vendors, a

farmer's market, live music and a unique Blue Barrel chef's cook-off. 9am – 4pm at Cannon Beach City Park.

Comedy on the Coast. With Andrew Sleighter and Eric Knowles, hosted by Ed Hill. \$15, 8pm at Chinook Winds.

LECTURE
The Law of Harmony and Christian Healing. With Josh Nules. 2 – 3pm at the Astoria Public Library.

LITERARY
NW Author Series. Author Deborah Reed will read from her latest novel "The Days When Birds Come Back." 2 – 3pm at the Cannon Beach Library.

OUTSIDE
Broom Buster Month. Staff and volunteers with North Coast Land Conservancy focus on removing invasive Scotch broom on our properties and on encouraging others to bust broom at their own property. Visit nclctrust.org/event/broom-bust for details.

THEATER
Moonglow. \$15, 7pm at the Barn Community Playhouse in Tillamook.

The Odd Couple. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

THEATER
Borderline Crazies. Whodunit. \$15, 7:30pm at Theater West in Lincoln City.

Auditions. For Shanghaied in Astoria. Noon – 2pm at the ASOC Playhouse in Astoria.

Sunday 13

MUSIC
Gail Pettis. \$15, 2pm at the Historic Raymond Theater in Raymond.

Elena Welch. 10am – 3pm at the Astoria Sunday Market.

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

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

THEATER
Auditions. For Shanghaied in Astoria. 6 - 8pm at the ASOC Playhouse in Astoria.

Monday 14

MUSIC
Edmund Wayne. No cover, 8pm at the Adrift Hotel in Long Beach.

Tuesday 15

MUSIC
Edmund Wayne. No cover, 8pm at the Adrift Hotel in Long Beach.

FOOD & DRINK
Annual Ham Dinner. \$12, 5 – 7pm at St Alban's Episcopal Church in Tillamook.

LECTURE
Leaders in the Fine and Performing Arts. Presented by AAUW. 5:30pm in the Flag Room at the Astor Public Library in Astoria.

LITERARY
Stories in Astoria. Come join our community of writers from all avenues of life as they read their fantasies, scripts, essays, creative non-fictions, sci-fi, songs, poetry, and stories galore. 6:30 – 9pm at Bridge and Tunnel Bottle Shop in Astoria.

Wednesday 16

MUSIC
George Coleman. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

LECTURE
Listening to the Land. Plastic Pollution: Acting Locally to Curb a New World Order in Ocean Pollution. With Surfrider Foundation staff. 6 – 8pm at the Seaside Public Library.

Thursday 17

MUSIC
Fusion of Music and Poetry. With Chris Lee and Coleen O'Brien. Admission by donation. 7pm at the Cannon Beach History Center and Museum.

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

ART
Annual Student Art Show Opening Reception. 6pm at the Royal Nebeker Art Gallery at CCC in Astoria.

THEATER
Borderline Crazies. Whodunit. \$15, 7:30pm at Theater West in Lincoln City.

Friday 18

MUSIC
Primal Mates. Jazz vibes and cello duet in performance. 8pm at KALA in Astoria.

Bill Wadhams & Friends. No cover, 7pm at the San Dune Pub in Gearhart.

North Coast Chorale. Just for the Fun of It! \$10, 7pm at the PAC in Astoria.

Blacktop Strutters. 8pm at Public Coast Brewing in Cannon Beach.

Rodney Carrington. \$35 - \$50, 8pm at Chinook Winds in Lincoln City.

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

ART
Rehomed Art Show and Sale. Opening night with food, drink, and first crack at buying the art. \$30, 5 - 8pm at Pine Grove Community Center in Manzanita. Get tickets at CARTM.

Art on the Edge: Central Oregon Coast Art Studio Tour. 10am – 5pm, Lincoln City. ArtStudioTour-LCCC.com

CINEMA
Manzanita Film Series. Henry's Hair. A Documentary. \$5, 7:30pm at the Hoffman Center in Manzanita.

LITERARY
Get Lit at the Beach. A literary festival that brings together authors and readers to celebrate a mutual love of books and reading. In Cannon Beach. getlitatthebeach.com/schedule-of-events.html

Science Fiction Author Appearance. Author Susan Kuchinskas will read from her novel, "Chimera Catalyst." 5 – 7:30pm at Art Accelerated in Tillamook.

THEATER
Moonglow. \$15, 7pm at the Barn Community Playhouse in Tillamook.

The Odd Couple. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Borderline Crazies. Whodunit. \$15, 7:30pm at Theater West in Lincoln City.



MARISA ANDERSON channels the history of the guitar and stretches the boundaries of tradition. Her deeply original work applies elements of minimalism, electronic music, drone and 20th century classical music to compositions based on blues, jazz and gospel and country music, re-imagining the landscape of American music. Onstage, she is a master storyteller, bringing warmth, wit and insight to her virtuosic compositions and arrangements.

In 2017 Mississippi Records is re-issuing Anderson's 2013 record, 'Traditional and Public Domain Songs'. Anderson spent a year researching hymns, blues, murder ballads and American patriotic songs. The resulting record is an exploration of the relationship between evangelical Christianity and state sanctioned violence. Her next record, 'Cloud Corner' will be released June 15 on Thrill Jockey Records.

Originally from Northern California, Anderson dropped out of college at

Marisa Anderson Sou'Wester 8-10pm in The Lodge May 12

age nineteen to walk across the US and eventually landed in Portland, Oregon, where she currently lives. Classically trained, she honed her skills playing in country, jazz and circus bands. In 2011 she released her first solo guitar record, 'The Golden Hour' followed by 'Mercury' (2013) and 'Into The Light' (2016). She is in demand as a collaborator and composer, contributing to recent recordings by Beth Ditto, Sharon Van Etten and Circuit Des Yeux among others, as well as creating music for short films and soundtracks.

Anderson tours extensively throughout Europe and North America. Her work has been featured in Billboard, Rolling Stone, NPR, SPIN, Pitchfork and The Wire. Billboard magazine named 'Into the Light' one of the best records of 2016 and Pitchfork named Anderson's 2015 split LP with Tashi Dorji one of the top experimental records of the year. Recent festival appearances include Le Guess Who, Moog Fest, Copenhagen Jazz Festival and the Winnipeg Folk Festival.

www.marisaandersonmusic.com

Saturday 19

MUSIC
Texas Tribute. A ZZ Top tribute band. \$25, 7:30pm at the Liberty Theater in Astoria.

Rodney Carrington. \$35 - \$50, 8pm at Chinook Winds in Lincoln City.

Tim Kelly Blues Band. 8pm at Public Coast Brewing in Cannon Beach.

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

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

ART
Rehomed art Show and Sale. \$30, 10am - 5pm at Pine Grove Community Center in Manzanita.

Art on the Edge: Central Oregon Coast Art Studio Tour. 10am – 5pm, Lincoln City. ArtStudioTourLCCC.com

FOOD & DRINK
Wine Tasting. Owen Roe. 1 – 4pm at the Cellar on 10th in Astoria.

Spring Downtown Wine Walk. Wine tasting, live music and more. A commemorative wine glass and ID bracelet are required to participate. 1 – 7pm in downtown Seaside. 503-717-1914

HAPPENING
TillaWheels Car Club Torch Run Show & Shine. 9am – 2pm in front of the Courthouse in Tillamook.

The Oregon Ballet Theater. 7pm at the Lincoln City Cultural Center.

LITERARY
Get Lit at the Beach. A literary festival that brings together authors and readers to celebrate a mutual

love of books and reading. In Cannon Beach. getlitatthebeach.com/schedule-of-events.html

Manzanita Writer's Series. Rene Denfield and Willy Vlautin will read from their newest books. No open mic. \$7, 7pm at the Hoffman Center in Manzanita.

OUTSIDE
Surf Perch Derby. The registration, mandatory sign-in, and weigh-in booth are on the north end of the Bolstad beach approach in downtown Long Beach. Entry fee includes all-you-can –eat pancake breakfast. surfperchderby.com/

Cape D Sprint Triathlon. Swim Black Lake, bike the Peninsula, and run for the finish line during this fast triathlon around Cape Disappointment State Park, Ilwaco. Register at active.com/ilwaco-wa/triathlon/races/cape-d-sprint-triathlon-2018

Nudibranch Safari. We will try to find as many types of Nudi species as possible and you will learn all about them. 9:30 – 10:30am on the beach at Haystack Rock in Cannon Beach.

THEATER
Moonglow. \$15, 7pm at the Barn Community Playhouse in Tillamook.

The Odd Couple. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Borderline Crazies. Whodunit. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 20

MUSIC
Brownsmead Flats. 10am – 3pm at the Astoria Sunday Market.

North Coast Chorale. Just for the Fun of It! Music from the 60's and 70's. \$10, 2pm at the PAC in Astoria.

Claude Bourbon. 7pm at the Lincoln City Cultural Center. 541-994-9994

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

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

ART
Rehomed art Show and Sale. \$30, 10am - 3pm at Pine Grove Community Center in Manzanita.

Art on the Edge: Central Oregon Coast Art Studio Tour. 10am – 5pm, Lincoln City. ArtStudioTourLCCC.com

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

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

LITERARY
Get Lit at the Beach. A literary festival that brings together authors and readers to celebrate a mutual love of books and reading. In Cannon Beach. [getlitatthebeach.com/schedule-of-events.html](#)

OUTSIDE
Run on the River. Half marathon, 10k, and 5k run/walk. Races start and end at the 6th St viewing platform in Astoria. 8:30 – 11am. [info@astoriaparks.com](#)

THEATER
Moonglow. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Borderline Crazies. Whodunit. \$15, 2pm at Theater West in Lincoln City.

Monday 21

MUSIC
The Columbia River Symphony. 10th Anniversary Concert. 7pm at North Coast Family Fellowship in Seaside.

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

Tuesday 22

MUSIC
The Columbia River Symphony. 10th Anniversary Concert. 3pm at Patriot Hall at CCC in Astoria.

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

LECTURE
The Middle Eastern Refugee Crisis in Greece. With Mindi Bender. 5pm at the Hoffman Center in Manzanita.

Coastal Encounters. Beachcombing 101 with Kay Myers. 6:30pm at the Driftwood Public Library in Lincoln City.

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

Wednesday 23

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

LITERARY
Lunch in the Loft with author Deborah Reed \$30 includes catered lunch and signed copy of the book. Noon at Beach Books in Seaside.

Thursday 24

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

THEATER
Borderline Crazies. Whodunit. \$15, 7:30pm at Theater West in Lincoln City.

Friday 25

MUSIC
Chris Baron. No cover, 7pm at the San Dune Pub in Gearhart.

The Solstice Wind Quartet. 7 – 9pm at the Liberty Theater in Astoria.

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

HAPPENING
World's Longest Garage Sale. Garage sales dot Long Beach. Peninsula streets from Ilwaco to Oysterville.

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

King of the Cage. Live Mixed Martial Arts. \$40 - \$100, 6pm at Chinook Winds in Lincoln City.

THEATER
The Odd Couple. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Borderline Crazies. Whodunit. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 26

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

James Low. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Randy Linder Credence Clearwater Revival Tribute. \$28 - \$32, 7:30pm at the Liberty Theater in Astoria.

Bar-K Buckaroos. 8pm at Public Coast Brewing in Cannon Beach.

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

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

ART
Tillamook Downtown District Art Walk. 1 – 3pm in Tillamook.

FOOD & DRINK
Wine Tasting. Wines for Memorial Day BBQ. 1 – 4pm at the Cellar on 10th in Astoria.

HAPPENING
World's Longest Garage Sale. Garage sales dot Long Beach. Peninsula streets from Ilwaco to Oysterville.

Kerfuffle: A Vintage Burlesque Comedy Revue. \$10, 10 – 11:30pm at the Labor Temple in Astoria.

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

United Paws Monthly Adoption Event. 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, Tillamook. .

LITERARY
Rare and Old Book Sale. 10am – 5pm at the Cannon Beach Library.

THEATER
Borderline Crazies. Whodunit. \$15, 7:30pm at Theater West in Lincoln City.

The Odd Couple. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 27

MUSIC
Harvest Gold. Neil Young Tribute Band. \$15, at the Lincoln City Cultural Center. 541-994-9994

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

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

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

Eliza Rickman. No cover, 8pm at the Sou'wester Lodge in Seaview.

HAPPENING
World's Longest Garage Sale. Garage sales dot Long Beach. Peninsula streets from Ilwaco to Oysterville.

FLASH CUTS

MOVIES & MUSINGS

Previews

FILM.

BY LES KANEKUNI



DEADPOOL 2 (MAY 18) The first Marvel blockbuster of the summer drops with Ryan Reynolds returning as the wisecracking sexually ambiguous mercenary. Studio synopsis is basically misleading nonsense, but the plot involves Deadpool trying to protect a mutant boy from Cable (Josh Brolin), a cybernetic soldier who is after him. To that end, Deadpool forms the admittedly unoriginal X-Force with mutants and non-mutants alike to thwart Cable. Synopsis: After surviving a near fatal bovine attack, a disfigured cafeteria chef (Wade Wilson) struggles to fulfill his dream of becoming Mayberry's hottest bartender while also learning to cope with his lost sense of taste. Searching to regain his spice for life, as well as a flux capacitor, Wade must battle ninjas, the yakuza, and a pack of sexually aggressive canines, as he journeys around the world to discover the importance of family, friendship, and flavor - finding a new taste for adventure and earning the coveted coffee mug title of World's Best Lover.

MARY SHELLEY (MAY 25) Elle Fanning stars as the teenage Mary Shelley in this decidedly feminist retelling of the author's personal journey, culminating in the creation of her masterpiece, Frankenstein at

age 18. Directed by Saudi director Haifaa Al Mansour, the story begins with 16-year-old Mary who has ambitions of becoming a writer, born as she is to the craft with her mother the writer/ feminist Mary Wollstonecraft. Her mother having died after childbirth, Mary lives with her bookseller father, but after quarreling with her step-mother, she is sent to live in Scotland where she meets handsome young poet Percy Shelley and is immediately smitten. Back in London, Mary discovers Shelley is married and has a child but has abandoned them. Despite this knowledge she elopes with him, taking her stepsister Claire



with them. They live a nearly penniless but free existence, but when Mary loses their baby she is plunged into depression. Claire becomes pregnant by bad boy poet Lord Byron (Tom Sturridge). They travel to Byron's Geneva estate where, during an all-night drinking session Byron makes his famous challenge to his guests to write a ghost story. Noticing Percy's wandering eye, Mary, feeling isolated, alone and disgusted with the men in her life gives birth to her story of Dr. Frankenstein and his

creature. However, writing the story is just the beginning. Mary must fight sexism to get her book published as publishers believe the work is Percy's and not hers.

SOLO: A STAR WARS STORY (MAY 25) With the Star Wars off-camera world in turmoil lately amidst re-shootings and director hiring and firing, it comes as a relief for an actual product of the infighting coming to screen. Original Solo directors Phil Lord and Christopher Miller were fired mid-shoot for encouraging actors to improvise and go off-script, much as they did in their previous films, Cloudy With A Chance of Meatballs and 21/22 Jump Street. Ron Howard was brought in as director and finished the shoot.

In addition, early in the shoot producers were concerned with lead actor Alden Ehrenreich's performance as Han Solo, so much so that an acting coach was hired for him. Story details are scarce as usual for Star Wars, but Solo has been described as a space western. Young, cocky Solo is hired as a pilot by criminal mastermind

Tobias Beckett (Woody Harrelson) who puts a crew together for a heist. Along the way Solo meets future partner Chewbacca and friend/rival Lando Calrissian (Donald Glover) and comes to possess the iconic Millennium Falcon. Emilia Clarke co-stars as Qi'ra.

ADRIFT (JUNE 1) Shailene Woodley stars in the true life story of a sailing couple forced to survive on their damaged boat in the middle of the Pacific Ocean after being hit by a hurricane. In Tahiti, free spirits Tami Oldham (Woodley) and Richard Sharp (Sam Claflin) meet and fall in love. Richard, an expert sailor is hired to sail a yacht from Tahiti to San Diego. Richard invites Tami and the two set off on what is at first an idyllic adventure. However, midway through their journey, they find themselves in the middle of a Category 5 hurricane. The yacht is hit by a giant wave. Richard is seriously injured. The yacht is damaged and all communications lost. Tami, a novice, must sail the yacht to safety alone or face death for herself and Richard.



FREE WILL ASTROLOGY

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MAY

ARIES (March 21-April 19): I hate rampant consumerism almost as much as I hate hatred, so I don't offer the following advice lightly: Buy an experience that could help liberate you from the suffering you've had trouble outgrowing. Or buy a toy that can thaw the frozen joy that's trapped within your out-of-date sadness. Or buy a connection that might inspire you to express a desire you need help in expressing. Or buy an influence that will motivate you to shed a belief or theory that has been cramping your lust for life. Or all of the above! (And if buying these things isn't possible, consider renting.)

TAURUS (April 20-May 20): These days you have an enhanced ability to arouse the appreciation and generosity of your allies, friends, and loved ones. The magnetic influence you're emanating could even start to evoke the interest and inquiries of mere acquaintances and random strangers. Be discerning about how you wield that potent stuff! On the other hand, don't be shy about using it to attract all the benefits it can bring you. It's OK to be a bit greedier for goodies than usual as long as you're also a bit more compassionate than usual.

GEMINI (May 21-June 20): I bet that a healing influence will arrive from an unexpected direction and begin to work its subtle but intense magic before anyone realizes what's happening. I predict that the bridge you're building will lead to a place that's less flashy but more useful than you imagined. And I'm guessing that although you may initially feel jumbled by unforeseen outcomes, those outcomes will ultimately be redemptive. Hooray for lucky flukes and weird switcheroos!

CANCER (June 21-July 22): Born under the astrological sign of Cancer, Franz Kafka is regarded as one of the twentieth century's major literary talents. Alas, he made little money from his writing. Among the day jobs he did to earn a living were stints as a bureaucrat at insurance companies. His superiors there praised his efforts. "Superb administrative talent," they said about him. Let's use this as a take-off point to meditate on your destiny, Cancerian. Are you good at skills you're not passionate about? Are you admired and acknowledged for having qualities that aren't of central importance to you? If so, the coming weeks and months will be a favorable time to explore this apparent discrepancy. I believe you will have the power to get closer to doing more of what you love to do.

LEO (July 23-Aug. 22): If you really wanted to, you could probably break the world's record for most words typed per minute with the nose (103 characters in 47 seconds). I bet you could also shatter a host of other marks, as well, like eating the most hot chiles in two minutes, or weaving the biggest garland using defunct iPhones, or dancing the longest on a tabletop while listening to a continuous loop of Nirvana's song "Smells Like Teen Spirit." But I hope you won't waste your soaring capacity for excellence on meaningless stunts like those. I'd rather see you break your own personal records for accomplishments like effective communications, high-quality community-building, and smart career moves.

VIRGO (Aug. 23-Sept. 22): Isaac Newton (1643-1727) was among history's three most influential scientists. Immanuel Kant (1724-1804) has been described as *the* central figure in modern philosophy. Henry James (1843-1916) is regarded as one of the greatest novelists in English literature. John Ruskin (1819-1900) was a prominent art critic and social thinker. What did these four men have in common? They never had sex with anyone. They were virgins when they died. I view this fact with alarm. What does it mean that Western culture is so influenced by the ideas of men who lacked this fundamental initiation? With that as our context, I make this assertion: If you hope to make good decisions in the coming weeks, you must draw on the wisdom you have gained from being sexually entwined with other humans.

LIBRA (Sept. 23-Oct. 22): "Every so often, a painter has to destroy painting," said twentieth-century abstract expressionist painter Willem de Kooning. "Cézanne did it. Picasso did it with Cubism.

Then Pollock did it. He busted our idea of a picture all to hell." In de Kooning's view, these "destructive" artists performed a noble service. They demolished entrenched ideas about the nature of painting, thus liberating their colleagues and descendants from stale constraints. Judging from the current astrological omens, Libra, I surmise the near future will be a good time for you to wreak creative destruction in your own field or sphere. What progress and breakthroughs might be possible when you dismantle comfortable limitations?

SCORPIO (Oct. 23-Nov. 21): Mayflies are aquatic insects with short life spans. Many species live less than 24 hours, even though the eggs they lay may take three years to hatch. I suspect this may be somewhat of an apt metaphor for your future, Scorpio. A transitory or short-duration experience could leave a legacy that will ripen for a long time before it hatches. But that's where the metaphor breaks down. When your legacy has fully ripened -- when it becomes available as a living presence -- I bet it will last a long time.

SAGITTARIUS (Nov. 22-Dec. 21): When a critic at *Rolling Stone* magazine reviewed the Beatles' *Abbey Road* in 1969, he said some of the songs were "so heavily overproduced that they are hard to listen to." He added, "Surely they must have enough talent and intelligence to do better than this." Years later, however, *Rolling Stone* altered its opinion, naming *Abbey Road* the fourteenth best album of all time. I suspect, Sagittarius, that you're in a phase with metaphorical resemblances to the earlier assessment. But I'm reasonably sure that this will ultimately evolve into being more like the later valuation -- and it won't take years.

CAPRICORN (Dec. 22-Jan. 19): According to my analysis of the astrological omens, love should be in full bloom. You should be awash in worthy influences that animate your beautiful passion. So how about it? Are you swooning and twirling and uncoiling? Are you overflowing with a lush longing to celebrate the miracle of being alive? If your answer is yes, congratulations. May your natural intoxication levels continue to rise. But if my description doesn't match your current experience, you may be out of sync with cosmic rhythms. And if that's the case, please take emergency measures. Escape to a sanctuary where you can shed your worries and inhibitions and maybe even your clothes. Get drunk on undulating music as you dance yourself into a dreamy love revelry.

AQUARIUS (Jan. 20-Feb. 18): "Life never gives you anything that's all bad or all good." So proclaimed the smartest Aquarian six-year-old girl I know as we kicked a big orange ball around a playground. I agreed with her! "Twenty years from now," I told her, "I'm going to remind you that you told me this heartfelt truth." I didn't tell her the corollary that I'd add to her axiom, but I'll share it with you: If anything or anyone or seems to be all bad or all good, you're probably not seeing the big picture. There are exceptions, however! For example, I bet you will soon experience or are already experiencing a graceful stroke of fate that's very close to being all good.

PISCES (Feb. 19-March 20): "Enodation" is an old, nearly obsolete English word that refers to the act of untying a knot or solving a knotty problem. "Enodous" means "free of knots." Let's make these your celebratory words of power for the month of May, Pisces. Speak them out loud every now and then. Invoke them as holy chants and potent prayers leading you to discover the precise magic that will untangle the kinks and snarls you most need to untangle.

Homework: What's the most important question you need an answer for in the next five years? Deliver your best guess to me. [Freewillastrology.com](http://freewillastrology.com).

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammit-McDonald

Put Your Hands Together for Handcycles

I SPOTTED the coolest recumbent trike while crossing the Broadway Bridge in Portland one day on my two-wheeled recumbent. A fellow in front of me was pedaling the sleek thing using his hands and arms. I realized I'd caught sight of the handcycle, an adaptive cycle I'd heard about but never seen. Hoping to overtake the rider and check out how his cool contraption worked close up, I picked up speed, but I'm, let us say, built for stamina rather than speed (in other words, a slowpoke), and I never managed to catch up to him. Ever since then, I've been curious about handcycles: their history, their use, and different styles.

Rise Adaptive Sports, a Texas nonprofit that provides sports events and equipment for people with disabilities, notes on its website that the first handcycles appeared in the 1980s as part of efforts to develop Human-Powered Vehicles for racing, transportation, and exercise. Although not initially designed as assistive devices, riders with disabilities soon adapted this style to the needs of those who move around under arm power rather than leg power, such as wheelchair users. The organization notes that advances in wheelchair technology (such as lighter yet more durable materials) have benefited handcycle manufacturers too, and today, people of all abilities can get out on the bike path with them ("About Handcycling," <http://www.riseadaptivesports.org/wp/programs/adaptive-handcycling/>).

A Wikipedia article on handcycles ("Handcycle," <https://en.wikipedia.org/wiki/Handcycle>) clarifies that technically, handcycles aren't wheelchairs because you don't push on the wheel with your hands to propel one; you pedal. The article states that most handcycles are delta trikes (two wheels in back, one in front); mountain handcycles are usually tadpole trikes (one wheel in back, two in front). The crank is set up either to pedal as you would a standard cycle (pedal cranks) or to rotate both arms in the same direction at the same time, as if you're rowing (in-phase

cranks). Fork-steered models make turns as a standard bike does; lean-steered models require the rider to lean into turns. The latter are usually high-performance trikes used for racing, as they are less stable at high speeds and take time to learn how to use safely. Touring models and mountain-biking models are available as well.

The Wheelchair Sports Federation's website includes an article on handcycling ("Handcycling," <http://www.wheelchairsportsfederation.org/adaptive-sports/handcycling>). The writers recommend handcycles for

athletes (and regular mortal riders) with disabling conditions such as multiple sclerosis, spina bifida, cerebral palsy, as well as amputees and people who've had strokes. Handcycling first became an official competi-

tive sport in the 2002 Paralympics in Athens, and there's a United States handcycling association, with its own governing body under the umbrella of Wheelchair Sports, USA. Categories include Men's Kneeseat, Men's Longseat, Women's Open, and Quads (all genders). (On a kneeseat model, the rider sits in a supported kneeling posture. On a longseat model, the rider's legs are stretched out in front.) The categories also have Masters' divisions for senior athletes.

If you use a wheelchair, scooter, or walker to get around, handcycling is an option for exercise and fun. Because they're low-slung like other recumbents, you'll need a flag to alert other road users to your presence. But as I discovered when the hand-cyclist I was trying to catch up to left me in the dust, keeping pace with other cyclists (and motor vehicles, in the case of elite human-powered vehicle designs) isn't a problem with these hand-cranked rocket ships. They're cutting-edge machines, not your mother's three-speed beach-cruiser trike (sorry, Mom).

Physician, writer and writing instructor, visit Margaret Hammit - McDonald's blog/ website *Valor and Compassion*, where she focuses on writing topics www.valorand-compassion.com.



WORKSHOPS/CLASSES

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.

ESSENTIAL OILS WORKSHOP: A Beginner's Guide. May 12. Immerse yourself in the world of aromatherapy and learn how its therapeutic benefits can help you achieve health and wellness. Students will learn basic information about the history of aromatherapy, the importance of quality and safety guidelines. 9am - noon at CCC in Astoria. Register by calling 503-338-2411.

CREATIVE FLASH WRITING WORKSHOP. May 12. Chelsea Werner-Jatzke. Class time will be spent reading and discussing examples from masterful flash fiction authors, generating work from prompts, and sharing writing, and offering feedback. \$25, 10am - 2pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

DRAWING FLOWERS WORKSHOP. May 12. With Dorota Haber-Lehigh. Dorota, will engage participants in fun and surprising sketching exercises to loosen the hand which will help in learning to draw with confidence. 1pm at the Seaside Library. Sign up by calling 503-738-6742.

PARTNER DANCE GROUP CLASS SERIES. May 15. Beginning Level Ballroom Dance, 6pm. Beginning Level West Coast Swing, 7pm. 8pm practice hour. \$40 per 3 week series of each class, \$15 per class drop in. At the AAMC in Astoria.

ENCAUSTIC PAINTING. May 19. With Kelly Williams. The class will cover the basics (safety, history, board prep, layering, fusing, incising) then branch out into multiple diverse techniques available to encaustic painting. Some of these may include masking/stencils, incorporated drawing, image transfers, collage and embedded objects as well as many more options. \$225, 10:30am - 4pm at the HiiH Art Barn. To register, mail a check made out to the teacher to: 89120 Lewis and Clark Road, Astoria, OR 97103.

BEE KEEPING. May 19. With Matt Reed. Keeping bees naturally with foundationless hives. \$40, 5 - 7pm at the HiiH Art Barn. To register, mail a check made out to the teacher to: 89120 Lewis and Clark Road, Astoria, OR 97103.

MAGIC + MEDICINE OF HONEY. May 20. With Shauna Spier. Students will learn to create their own herb infused honey salve, and will bring home their creation. We will discuss the healing benefits of honey, ways it can be applied as medicine in modern life, and the use of honey as medicine in ancient times. \$33, 10am - noon at the HiiH Art Barn. To register, mail a check made out to the teacher to: 89120 Lewis and Clark Road, Astoria, OR 97103.

PICNIC CLASSICS COOKING CLASS. May 23. Join Merianne Myers in making picnic classics with a twist from drinks to appetizers, main courses, sides and dessert designed to make your picnic portable, practical and absolutely delicious. \$60, 5:30 - 8pm at the North Coast Food Web in Astoria. Register at northcoast-foodweb.org

THE WORLD OF SPICE COOKING CLASS. MOROCCO. May 30. With Pat Milliman. Pat will introduce participants to the cuisine of Morocco and the spices used to create those flavors. The participants will learn how to use whole and ground spices to season dishes and learn and/or reinforce basic cooking

techniques. \$60, 5:30 - 8pm at the North Coast Food Web in Astoria.

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. Every-one welcome. Info call Sarah 971-601-0127.

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> or [Facebook.com/RiversZen](https://www.facebook.com/RiversZen).

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

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

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

CB'TAI CHI. The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

LEARN SELF DEFENSE. 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.

A COURSE IN MIRACLES STUDY GROUP 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).

COLUMBIA RIVER MEDITATION GROUP. Meets Wed 5:30-7:30pm, 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 settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog the information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcounty-gensoc@gmail.com or call 503-325-1963 or 503-298-8917.

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



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

MEETINGS/MEET-UPS

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

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

INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 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.

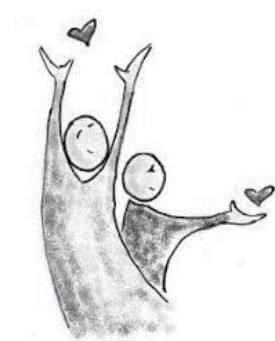
Authentic Spiritual Conversations

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 want to be able to explore your spiritual questions, doubts, and practices in a space where everyone's needs are respectfully held? Are you tired of keeping silent 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 located at 1905 Exchange. For more information contact info@cgifellowship.org or call 916-307-9790.



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 Matulich Hall
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 Bakery 1493 Duane St, Astoria. Seaside: 3rd Thursdays 10-12. Seaside Public Library, 1131 Broadway St, Seaside. Call or text LLL Leader Megan Oien for breastfeeding support at 503-440-4942 or LLL leader Kestrel Gates at 503-453-3777.



Messages
Sonja Grace
mystic healer

JEALOUSY

IN OUR WORLD today, we are motivated by intense competition. We live in a culture that stresses the "win" in order to feel self-worth. Jealousy is born from this kind of invasive competition. It is a negative feeling that can cause great damage. Our children try to hold up to the rigors of competition with a variety of activities that they are often plunged into by school, parents, and society. For instance, sports, academics and other societal demands create a litany of mental and emotional breakdowns for both student and parents. The cycle of jealousy becomes a lifelong experience that repeats at moments when we feel most vulnerable or exposed. This pattern of jealousy has two sides and expresses as the victim or the bully (and sometimes as both at the same time). In jealousy, both sides are acted out. As children, if we compete in a sport and do not take first place, we can feel bad, work harder,

become better at our skills and try again. If this continues and we do not ever hit the top mark, we can carry on in life never feeling we are good enough and manifest serious self-esteem issues. If a child takes first place and is always the one to win, they might go through life feeling superior and experience a different kind of failure if they are not on top. The typically win comes from hard work and ability. Placed in a highly competitive environment (with pressures from all sides) the child can develop a false ego and struggle in their adult life if they are not constantly winning. Both states (winning and/or losing) can develop patterns of bullying. The bully will push their way through life demanding attention and ultimate control. The child that doesn't win, or place high in scores, will tend to feel a victim because societal competition has taught them from

the get-go that they are not good enough. The same thing happens on the other side. A winner might feel a victim if they are not constantly winning at everything. These two roles (victim and bully) are also defined by emotional wounds from childhood and patterning we inherited from parents. If dad was always the winner and appeared to be successful at everything the child can pattern after that or shrink and wither in the shadow of such greatness. The same is true with a parent who feels they are never enough. The child patterns this emotion and feels the same victim mentality or decides they are not going to be like that and strive to have a different experience. Competition is endemic. For centuries we have created, won, and lost wars over a competitive drive. This is ultimately a form of jealousy. Gold, oil, land, and power have fueled many conflicts. When we allow our children to compete we initiate a pattern of labeling and stratification that stamps them for life. We would like to create healthy self-esteem so that every child can learn what their core value is. Instead, in every classroom every day there is one winner and a class-full of losers. The central core value should state: they have the right to be here as a soul in a body on Earth. It is from this base that

they can better deal with winning or losing. Jealousy is an emotion that can bring down a world community. It is essential to be attentive to this negative cycle and allow personal and community healing to take place. If we teach our children that they are enough, just being a soul in a body, we can then redefine this human experience. 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

A Special Request from the
Dogs & Cats at the
Clatsop County Shelter

We're a little
low on supplies.
Would you please help?



- Dog Food - Nature's Domain (Costco)
- Cat Food - Nature's Domain (Costco)
- High Quality Kitten Food
- 50 Gallon garbage bags
- 13 Gallon Tall Kitchen Bags
- Papertowels
- Cat Toys (No Catnip)
- Bleach
- Dog Kongs (Black only please)
- Feline Pine Cat Litter
- Tennis Balls
- Liquid Laundry Detergent
- Also we take Cash Donations

Clatsop County
Animal Shelter
1315 SE 19th Street
Warrenton, OR 97146
503-861-7387
Tuesday thru Saturday
Noon to 4pm



MOM'S LOVE!!!!

wordwisdom

By Tobi Nason

MOTHER'S DAY is this month, May 13th. Everybody has/had a Mother or is a Mother. Yes, being a Mother to a dog counts. Mother can be a verb, as in mothering. So, yes - dog moms count. If someone "mothers," they are Mothers. Men, if you tend to others as I'm sure you do, you may classify as Mothers also. Mother is a powerful word! Mother Earth! Mother Teresa! Mother of Invention! The Mother board. Yes, Mother can be genderless if you are one who mothers. But traditionally, Mothers are thought of as the one who gave birth to a child and tends to its growth and well-being. Freud puts a lot of power in Mother's hands, and some of it not good. Grown up children blame - or give credit to - Moms for a number of things, everything from general unhappiness to grand success. Moms don't last forever, so it's beneficial to get that relationship in good shape. The loss of a mom is final. No do-overs. If there's any love thoughts, kindnesses, wishes for your mom, do it

now. When a mom leaves your world, she takes a piece of your history. Your childhood (even one that extends into



adulthood!) ends. You become "The Adult." You will always be your mom's baby, but now you get to do your own laundry and bail yourself out of jail. Why are moms so darn important? From the first, a person depends upon a

mom for nurturance and protection from harm. To survive! I believe somewhere in our reptilian brain we have a hardwired prototype that propels us into seeking a mom and a dad. (If you ever wondered why your partner reminds you of mom or dad, that's why). My own mother was flawed. Aren't we all? It took me a few grown-up years to understand she did indeed try her best, and that she loved me. She just did not have much of a mothering gene. It happens. Give your mom the gift of unconditional love this year, flaws and all. If you care and tend to another's needs, you are Mothering. My guess is everybody is mothered by somebody, be it a biological or adoptive mom, or a good partner or friend. Need Mothering? Yes, you do. Need to Mother? Yes, you do. So celebrate its existence May 13. Tobi Nason is a counselor located in Warrenton (503) 440-0587. She is the mother of two wonderful kids and one very sweet little red dachshund.



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Office: 503.436.0335 Fax: 503.436-0604

bodies in balance

By Tracy Erfling, N.D.

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



SPRING CLEANSING!

SPRING IS HERE! I thought it time to revisit the idea of cleansing. This is a time of change and transition. The ground is warming, new green growth is emerging and the winds are gently turning over wintered waters...so it is in the body as well. The forces of nature are at work in us too, and the body needs our help to clean the waterways of the blood. So let's talk about cleansing, as it is a fundamental of health in naturopathy.

There are many words to describe what I am talking about...detoxification, purification, cleansing, and there is also fasting so let's clarify. Cleansing, detoxification and purification are all focusing on clearing certain organ systems of toxins in order to help them function better...kind of like changing the oil, cleaning out the junk drawer or sweeping the chimney. Ideally the major organs of detoxification are supported: liver, kidneys, lungs, colon, and skin. Cleansing commonly involves herbal or nutritional products to promote the pathways of detoxification along with dietary restrictions. A good time frame for cleansing would be 10-21 days. Fasting has some of the same ideas in mind but is most commonly focused on food restriction and is typically for a much shorter time frame, less than 1 week. Water or juice fasts can give the digestion a much needed rest, therefore lowering the demand for those functions for a finite period of time. Either system can tune up your body but some methods are likely a better fit than others depending on the individual. Seeking guidance from a knowledgeable health care practitioner before launching into your program is an advisement especially if you have any ongoing, chronic health conditions.

Who might need to cleanse? Well frankly we all do. If you live in a city, eat packaged food, drink alcohol, coffee or tap water, smoke, are around chemicals, car exhaust, the list is sadly endless; then you are a candidate. Some of the signs from the body that the detox pathways are over-worked and undernourished are fatigue, poor sleep, digestive problems, foggy thinking...sounding familiar? Even if you live as pure as you possibly can, I would guess that your body would still reap some benefits from a cleanse.

What are some elements to a cleanse? Let's start with the food component. While cleansing it is ideal to break from packaged/processed and more allergenic foods...this would include most grains,

dairy, soy, corn, sugar, alcohol, caffeine, and processed/preserved or red meats. What does that leave? The basics, vegetables and fruits, a single serving of a whole grain daily, legumes (that's beans), clean (local, organic, free-range, wild caught, or whatever this may mean to you) lean (fish, poultry and eggs) meats if you desire more protein, otherwise vegetables and fruits only are fine. Watch condiments, sauces



and dressings as they commonly contain some unwanted additions. I would also recommend a meal replacement powder to make smoothies. Ideally this would be as whole food based as possible without any of the aforementioned no-nos. Fiber is a must; bowels should be regular if not increased during a cleanse...this means going daily or more than once a day. Filtered or purified water, and lots of it, at least half your body weight in ounces a day is another requirement.

While cleansing remember to be gentle with yourself; this is a big treat for your body and should be recognized as such. Don't plan a cleanse during a high stress event, vacation, or important holiday. Make sure your exercise is gentle and supportive. Although weight loss is a common inspiration for cleansing, this is not the time to launch into a new high intensity exercise program. If you have the means to spark up the sauna for a low temperature sweat or fill the tub for some Epsom salt and baking soda baths, go for it! I also encourage cleansers to set up some regular massage or acupuncture or other body treatments that promote good lymphatic flow. And for

many a cleansing partner or two is a very useful motivator.

Other cleansing additions to consider would be dry brushing for the skin, castor oils packs for the liver, oil pulling for the mouth/tongue...an internet search will get you the details on these very safe, inexpensive home therapies. If you are in an area which offers some of the following treatments they are worth checking out too. Constitutional hydrotherapy, colonics and/or clinics who offer IV therapies have some detox cocktail options for blood cleansing which can be administered directly into the blood rather than via the digestive tract.

The lungs are yet another organ of elimination and deserve some attention here. Breathing is a mindless act we perform 24/7 but the irony is that despite the fact that we don't have to think about breathing...we still don't do it right. We tend to be shallow breathers only using the upper lobes of the lungs. Here's a deep breathing exercise that I encourage you to introduce into your daily routine, especially during this cleansing time. While lying, place your hands over your lower abdomen (around the belly button). Take a deep complete inhalation into your belly so that you feel your hands rise, exhale and feel your hands descend. Count as you inhale (1,2,3,4) and exhale (1,2,3,4) and work towards having the same number for each. After you can achieve that work towards increasing that number, and then begin to focus on the transition between the in and out breaths. I recommend trying this when lying in bed; do at least 5-10 repetitions and let your thoughts focus entirely on the breath. This exercise will not only cleanse the lungs but clear the mind. Setting aside time to be introspective is a lovely addition to involve mind and spirit!

These are the basics of the program I recommend (although there are many others out there), even though it may sound complex; it's all about simplifying. Each time I cleanse I learn about my world, my choices and myself; I enthusiastically encourage you all to do the same. I can think of no better way to celebrate spring, the natural world, and your health.

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

CHEW ON THIS!

by Merianne Myers



NUTS!

"HERE WE GO GATHERING NUTS IN MAY!"

Never mind that the aged, sing-songy nursery rhyme did not originally even mention nuts. Never mind that the month of May and the subject of nuts have nothing whatsoever to do with each other. Never mind that the phrase does not reference a Spring social attended by a bunch of your wacky friends. No matter. With the exceptions of math and science, there is seldom a defensible excuse for getting too worked up over the details.

It's May! Time for a cool beverage and a savory snack on the lawn or deck any day the sun deigns to make an appearance. This is the time of year Northwesterners go from giddy to glum with the weather calling the shots. Give us a sunny day and suddenly all seems right with the world, despite all evidence to the contrary. We're vaguely distracted and slightly intoxicated. If the thermometer crests 65, the tank tops, shorts, sundresses and flip flops get unearthed from the depths of the closet in a show of untenable bravado and hopefulness. When the rains return a day or two later, a pall of ho-humitude descends leaving us feeling a little out of sorts and tired. It's not the weather precisely. It's the contrast, the want-some-can't-have-any trick the weather plays just to amuse itself. It's nuts! Or more accurately, the appealingly goofy bastardization of the word...nertz!

The deal with nuts is they are versatile, sources of good oils and proteins, available any time of year and undeniably delicious. Bonus: Nuts make beverages completely irresistible. A salty-sweet, nutty snack and a tall, cold gin & tonic, lemonade, iced tea, beer, beer or Pinot Blanc is infinitely more sun-worship-worthy than last year's Speedo.



SWEET & SALTY ROASTED NUTS

BOTH OF THESE METHODS BENEFIT FROM A VARIETY OF KINDS OF NUTS. USE WHATEVER YOU LIKE BEST. BOTH PREPARATIONS REQUIRE USING ROASTED NUTS.

To roast the nuts: Preheat oven to 375. Spread nuts on a baking sheet and roast for approximately 7 to 10 minutes. Stir the nuts and return to the oven to roast until they smell toasty and have turned golden brown. Caution: Nuts will go from heavenly to hellish in a New York minute. Keep a close eye on them. When done, allow to cool before proceeding.

Method #1:

4 cups mixed roasted nuts
1 Tablespoon flavorless vegetable oil such as canola or grapeseed oil
2 Tablespoons chili honey

OR

2 Tablespoons honey mixed with a sprinkle of chili of your choice
2 Tablespoons flavored oil such as truffle oil, walnut oil, or great finishing olive oil
Salt
Blend the oils, honey and chili and toss the warm toasted nuts in the mixture. Spread on a parchment lined sheet pan, sprinkle lightly with kosher or flaked salt and allow to cool.

Method #2:

1 egg white
4 cups roasted, mixed nuts
1/2 cup light brown sugar
1 Tablespoon cumin
3/4 teaspoon cayenne pepper
1 teaspoon ground cinnamon
Salt

Preheat the oven to 250. Beat the egg white with a splash of water until foamy. Add the nuts, sugar, cumin, cayenne, cinnamon and 1/2 teaspoon salt and mix well. Spread the mixture on a parchment-lined baking sheet. Bake until the nuts are almost but not quite dry, maybe 30 minutes or so.

Give the nuts a stir, reduce the temperature to 200. Bake until crisp, about 30 minutes more. Cool completely on the sheet. To serve break nuts apart into small chunks of brittle-like goodness.

Woman's Worth Man's Worth-- Overfed Body, Underfed Soul

Workshop Beach Books • May 26

JOIN US in exploring health and dis-ease and the components that can create the possibly of a long pain-free thriving life. Consider a paradigm shift that puts you in charge of keeping your body pain-free and your mind, emotions and spirit, balanced, regardless your age.

Grab hold of your positive perspective, toss away your acceptance of chronic pain and disease and join us for a life-changing afternoon. "Become the master of your own ship."

May 26 at Beach Books in Seaside. 12pm – 2pm. Workshop is \$35. Please call Kathleen Dudley 503 717 5229 to confirm space and receive the early bird special - \$30.

Kathleen Dudley is a certified reflexologist practicing in Seaside since 2014. Her studies also include homeopathy and herbal medicine. Kathleen's certification is from the New Mexico Academy of the Healing Arts, Santa Fe New Mexico where she lived full time for 20 years. Currently she splits her time between both the SW and NW.

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, or by calling the CMH Community Outreach Department @ 503-338-7564, or by e-mail to cham@columbiamemorial.org.

Yoga With Kaisa

Kaisa Schlarb hosts foundational and intermediate Hatha yoga classes for beginners and those with a regular practice. Explore grounding through breath and safe, conscious movement. Classes held at Watershed Wellness at 1490 Commercial. Foundations/Beginner on Wednesdays @ 5:30 pm, Intermediate on Thursdays @ 9 am. For a full list of class schedules visit: <http://www.watershedwellnessastoria.com/>

SEASIDE WALKERS

If you enjoy being outdoors, waking and meeting new people join SEASIDE WALKRS - 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. (Tevaa are great!) Socialized dogs are welcome. Info: Corinna 503 368 61 44

Relax into Meditation

Join Coast Meditation Group members for qigong relaxation exercises and guided meditation supporting the healing and harmony of oneself and the planet. Sundays @ 11am. Tolovana Hall, 3779 S Hemlock St., Cannon Beach. \$10 drop in . Linda Lawson - facilitator. heartlink-ed.com.

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.



ASTORIA SUNDAY MARKET OPENS MOTHER'S DAY (MAY 13) with a burst of color from its flower bouquets and baskets and a cornucopia of produce, food, art, jewelry, soap and many other delicious and useful items.

Opening day music is by **Jazz and Blues vocalist Elena Welch**, a favorite artist from Portland. Astoria Sunday Market is a growers and makers market which takes pride in featuring farmers, bakers, artists and a variety of crafts people offering their wares. Here you can meet the producers and learn more about their craft or what goes into making or growing their products. The Market is also where neighbor meets neighbor and visitors discover amazing downtown and become a local for the day. Join us on Mother's Day and every Sunday from 10 am to 3 pm through October 14. Visit www.AstoriaSundayMarket.com for more information or join our FaceBook page for weekly updates: www.facebook.com/astoriasunday-market

The 2018 poster art is by Lisa Sophia, who will be vending part time this season. Working as a professional photographer and oil painter for decades, Lisa found these two art forms rich in experience. However, as her artistic talents evolved, she became frustrated by a sense of limitation. By marrying the two in a digital multi-media creation, she combines texture, color and emotion to share the rich world of her mind to an appreciative audience. Lisa resides in Seaside and is Co-Owner of the Gilbert District Gallery. She will be at the Market opening day.



Portland Jazz artist Elena Welch opens the 2018 Market stage.

ASM's most recent grant was \$5,000 in 2017 for Astoria Parks and Recreation to help maintain the many parks and public spaces that make Astoria a walker's paradise. The Market also donated \$1,000 to Astoria Regatta last year. Visit AstoriaSundayMarket.com where you can also subscribe to their electronic newsletter. To stay updated about Market activities be sure to "like" their FaceBook page at www.facebook.com/AstoriaSundayMarket.

REPAIR CAFÉ May 30 6-8pm at Fort George Lovell Showroom

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

Come to learn, to watch or just to let 'em fix your items.

Their "fixers" can repair, sharpen, sew, or give expert advice on most items: bicycles, garden tools, scissors, clothing, computers, furniture, power tools, household appliances—pretty much anything you can carry through the door.(NO gas engines)

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

facebook.com/repairastoria Questions about an item for repair? Phone 503-307-0834

Craft & Found ASTORIA FLEA MARKET

Good News! Astoria has an indoor flea market!! It's held on the **2ND SATURDAY OF THE MONTH** at the First Presbyterian Church, located at 1103 Grand Avenue, Astoria. The hours are from 10am to 3pm. Come one-stop shop for treasures; bric-a-brac to objets d'arte. Plus enjoy delicious coffee and homemade pie. FindThe FLEA on Facebook and Instagram. Next market - Saturday, May 12. Both vendors and shoppers wanted!!

Clatsop County Master Gardener Association SPRING GARDEN SEMINAR & PLANT SALE

Saturday, May 12th • 8:30am – 4 pm
Clatsop County Fairgrounds
FREE Admission

HOME GARDENERS – PREPARE! And don't forget to bring Mom for Mother's Day. The Master Gardeners Spring Garden Seminar and Plant Sale, known as a "Gardener's Paradise" to locals, is bigger than ever with ground ready plants that thrive in our varied coastal growing conditions. Master Gardeners are on hand to give personal assistance to gardener's special needs.

COASTAL GARDEN DESIGN is on the agenda. Harry Olson teaches edible gardening in small spaces with ultimate results! Jennifer Bell gives directions on using Native Plants in your landscape. For Mother's Day, Master Gardeners have created vintage teacups and driftwood planted with succulents for that special green gift. Vendors will be selling even more garden tools, furniture, art, books, and food items. If Mom likes a game of chance – buy her raffle tickets.

Huge Plant Sale All Day

The biggest sale ever. Many plants propagated by Master Gardeners and also from the Demo Garden at the Fairgrounds. **TOMATO LOVERS REJOICE!** New This Year 18 varieties of tomatoes selected for our growing area; Cherry, Sauce, Paste, Saladette and Slicers. Also a wider selection of culinary Herbs; Rosemary, Thyme, Lemon Grass, Sage, Lavenders, Marjoram and Krigami Oregano along with wonderful delectable Basils. Sale includes: Perennials, Natives, Ground covers, Grasses, Succulents pollinators, Ornamental Grasses, and a great selection of Houseplants and Tropicals. Master Gardeners have advice on growing all of these. Vendors will also be selling even more choice plants and starts including The Dahlia Queen with hundreds of her premium Dahlia bulbs.

The Seminar "Coastal Garden Design"

This years theme "Coastal Garden Design" provides options for gardeners with limited space and also to those wanting to expand their garden with easy care native plants.

Edible Verticle Gardening in Small Spaces 11am – 12:15pm

Harry Olson, Oregon State Master Gardener from Marion County, is an award winning expert on garden design for high yield in small garden spaces. Olson is recognized nationally for his success with Vertical Edible Gardens and Grafted Vegetable Gardening. And he's an advocate of organic gardening. Gardeners will learn how to grow fruits and vegetables they didn't think they had the room for, or the climate for. He thoughtfully shares his growing practices with a visual presentation of lush photos demonstrating the techniques used from his own garden and the Vertical Demo Garden at the Oregon Garden.



Native plant specialist Jenn Bell diggin' in the dirt!



Tomato Guru Harry Olson!!

Designing with Native Plants 12:30pm – 1:30pm

Jennifer Bell – Biological Science Technician at Lewis and Clark National Historic Park, is an enthusiastic native plant specialist. Native Plants are adapted to our local soil and climate conditions making them easier to maintain while at the same time preserving Oregon's natural heritage. Gardeners will learn the practical benefits of native plant gardening, what plants are native to our coastal eco region, where to get them and how to select and place native plants for different growing conditions.

Grafting Vegetables 1:45pm – 3pm

Harry Olson – Again, Harry is an award winning nationally recognized expert on the technique and art of grafting vegetables. Home gardeners will learn why Grafted vegetables are superhero vegetables – stronger, bigger and more disease resistant. Grafting tomatoes will be demonstrated along with specific instructions. Peppers, melons cucumbers and eggplants will be discussed. This is a fascinating practice that all gardeners should be aware of.

Dozens of vendors will be on hand selling all things related to gardening. Many gift options for Mothers Day. Garden Art, Garden Tools. Kitchen and Food items and Nurseries with even more plant options.

RAFFLES round out the fun with high stakes and good chances to win—painting lessons, luscious baked goods, restaurant certificates, a charming umbrella, adult beverages, art, plus other great items.

KIDS FUN GARDEN ACTIVITIES

Crafts and Learning fun just for kids – bring your parents too.

Proceeds from this event fund the Clatsop County Master Gardeners Assoc. Scholarship Fund, The Learning Garden, The CC-MGA Demonstration Garden, Pet Friendly Demonstration Garden, Plant Diagnosis Clinics, Seed to Supper gardening course, Fresh Starts Program, Monthly Speaker Series, Sunday Market Info Booth.



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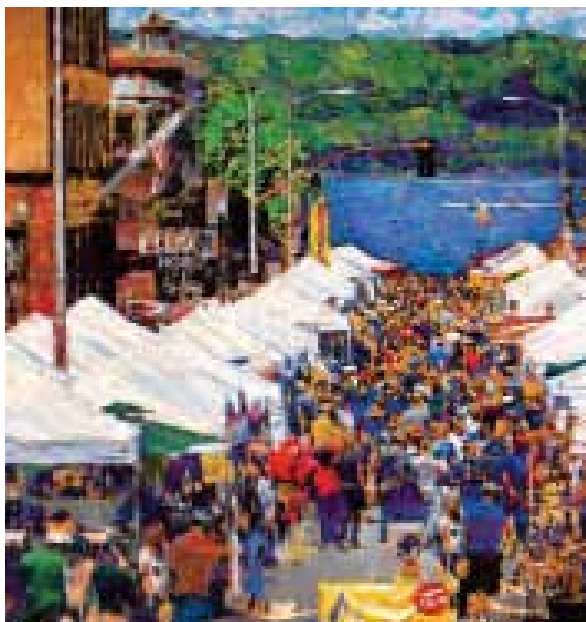


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astoria sunday market 2018

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2nd Saturday ART WALK

5:00 pm
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May 12

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- Mark Allen/Producer, Redding CA.*



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Box Office: 503.325.5922 x 55



Celebrate OREGON WINE Month

Each week we will offer \$8 per glass
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May 1-6: 2016 Pinot Noir, Willamette Valley, OR

May 7-13: 2016 Chardonnay, Willamette Valley, OR

May 14-20: 2015 Pinot Noir, Fennwood Vineyard, Yamhill-Carlton AVA, OR

May 21-31: 2017 Umbrella Jimmy Rosé

LIVE MUSIC

Friday, May 4 • Sonny Hess

Friday, May 11 • Folkslinger

Friday, May 18

Bill Wadhams & Friends

Friday, May 25 • Chris Baron

7 p.m. 'til 10 p.m. • Free • All ages welcome



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