

June 2018 • vol 19 • issue 232

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

**Astoria Music Fest
Full Schedule Inside!**



***The MET's
Angela Brown
is TOSCA!***

***Talking with AMF's Cary Lewis
Director of Chamber Music***


Astoria Music Festival

**Astoria
ScanFest
June 15 - 17**

**Finding Home
ASTORIA PRIDE
June 8 - 10**


**Native Trumpeter
Mark Berney
Home Show!**

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51 YEARS OF THE ASTORIA SCANDINAVIAN MIDSUMMER FESTIVAL

THE ASTORIA SCANDINAVIAN Midsummer Festival attracts visitors from near and far who are interested in exploring ethnic cultures through festival activities centered on heritage, tradition, family, food and fun. The festival takes place the third weekend in June at the Clatsop County Fairgrounds and this year's dates fall on **JUNE 15, 16, AND 17**. The Oregon Heritage Commission has recognized the Astoria Scandinavian Midsummer Festival as an Oregon Heritage Tradition event that helps to define the state and that every Oregonian should experience at least once.

Vendors, food and live entertainment from Scandinavia are on tap all three days. Major events on Friday evening include Queen Coronation, a Bonfire with Hex burning, and a public dance. Saturday's events include a Midnight Sun Breakfast, the Troll Run/Walk, the Optog Parade, Flag Raising and the Midsummer Pole. The Astor Street Opry performs in the Beer Garden and the Viking Encampment is open to the public with hourly demonstrations. Children particularly enjoy the games and puppet shows in the Barnefest area.

Saturday evening concludes with a performance by ARRIVAL, an ABBA tribute band from Canada whose alter-ego DREAMS will perform Fleetwood Mac favorites. Sunday's activities include a Finnish pancake breakfast, a church service, and a Scandinavian fashion show. The festival concludes in the late afternoon with raffle drawings and closing ceremonies with flags.

All Scandinavian Midsummer Festival events are open to the public and it is not necessary to be Scandinavian to enjoy the festival. Admission is family friendly. For more information and an event schedule, visit www.astoriascanfest.com or follow Scandinavian Midsummer Festival, Astoria Oregon on Facebook.



Pajunen/Brynnel Duo



ARRIVAL, an ABBA tribute band from Canada whose alter-ego DREAMS will perform Fleetwood Mac favorites, June 16 at ScanFest.



I like to say, here in Astoria, "Throw a fish, hit a Finn." And just as easily for that matter a Norwegian, a Swede ... you get the picture. According to the ScanFest history post, In 1900, the largest number of foreign born Astorians were from Finland, then Sweden, Norway, Germany, England, and Denmark. By the 1910 census there were 9599 inhabitants in Astoria and 35% of the population identified as Scandinavians. By 1910 the Norwegians had surpassed the Swedes as the second largest Scandinavian immigrant group in Astoria.

If you're familiar with Finnish, in the phonebook, you'll see strange names ending in "i" and lots of names with double vowels and consonants. Then you have the Larsens and the Larsons, "Don't confuse," as my mother would chide. She spoke an old Finnish brought over with her parents, one that is said to be disappearing, as the turn-of-the-century immigrants take leave of the Lower Columbia Pacific Region.

And after 50 years of preserving Scandinavian culture in the region, the Astoria Scandinavian Heritage Foundation is now also the leading organization to build the Scandinavian Heritage Park, to be located in downtown Astoria. Architectural candidates have Scandi roots in Astoria. As it should be. To find out more about it and if you like to make a donation to the efforts, go to astoriascanfest.com

In addition to the culture keeping of foods and dances, arts and crafts, ASHF hosts visiting folk musicians from the Scandi countries. Carrying ages old traditions of musics, the beauty and richness of the repertoire many of the young artists are putting out is testament to the resurgent scandinavian folk scene. The complexity and emotional nuance of the button accordion, as performed by Kristoffer Kleiveland, who returns this year is nothing less than stunning -- ancient melodies brought to life, and originals creating something new yet deeply connected to ancient roots. If you love music, do take the opportunity to discover the virtuosity and true artistry of these visitors. Happy Midsummer!

- Dinah Urell



Kleiveland Toppe Duo

Clatsop County Fairgrounds,
92937 Walluski Loop, Astoria
2pm - 11pm, Friday, June 15
7am - 11pm, Saturday, June 16
7am - 4pm, Sunday, June 17
Full sched: www.astoriascanfest.com
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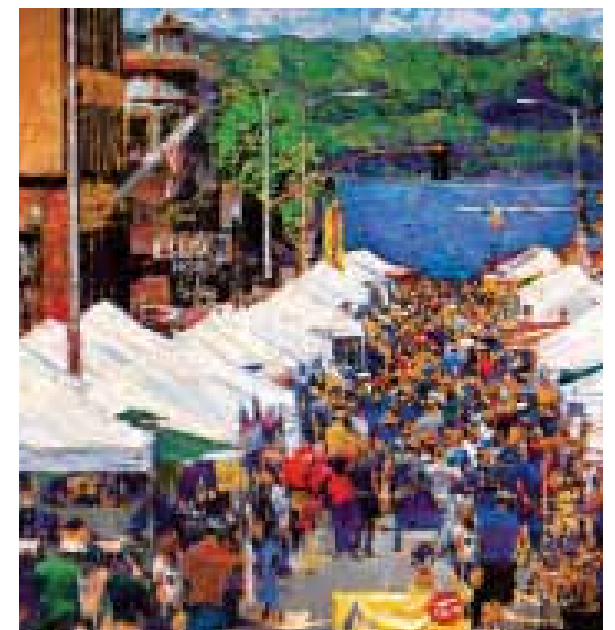
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The Spirit of St. Louis

Trumpeter Mark Berney

w/ Lee Stromquist - piano
Joey Altruda - Bass
Friday July 6 • 8pm



By Dinah Urell

NATIVE ASTORIAN MARK BERNEY was born on July 6, the day Satchmo took to the heavens. As fate would have it or maybe it was in the stars, Berney took up the trumpet at a young age, and now is a career musician and educator. So ... drum roll please ... KALA welcomes Mark and his trumpet in a concert on July 6. For those who know the native trumpeter, it's a special deal as a first featured concert in his hometown, and for those who do not, it's still special because he's a fantastic player.

The repertoire for the eve will of course be in tribute to Louis Armstrong era tunes. Another great deal, longtime coastal musician and retired band teacher (Mark's of course), Mr. Lee Stromquist will be on the keys, and newly residing string-bass pro Joey Altruda will make up the trio.

Berney himself resides on the east coast and is hailed as one of New England's finest and most musically diverse trumpeters performing in a range of musical styles; including jazz, rock, ska, klezmer, and classical. Berney attended University of Oregon, and as he performed under the batons of Marin Alsop and Helmut Rilling, he was also recording with the Cherry Poppin' Daddies and appears on the platinum album, Zoot Suit Riot: The Swingin' Hits of the Cherry Poppin' Daddies. He's traveled the globe with the Grammy-nominated Skatalites, appeared on their album, Bashaka, and appears on recordings with bands, Babaloo, Cha Cha Cha Allstars, Pressure Cooker, and Soul Shot.

He's performed with Aretha Franklin and toured with Grammy nominee Mighty Sam McClain, Chandler Travis Philharmonic and performed at Jamaica's first blues festival with Toni Lynn Washington in 2002. He's toured with violinist Itzhak Perlman, collaborated

with the Atlanta Symphony Orchestra, appeared on CBS, Fox, and PBS, and performed concerts in prestigious venues including the Lincoln Center, Hollywood Bowl, and Carnegie Hall.

And where does the Klezmer come in, as cornetist for the Klezmer Conservatory Band. He's recorded two albums with them on Rounder Records, including A Taste of Paradise (2003) and Dance Me to the End of Love (2000), which received five stars from Downbeat magazine.

And something retro cool—in his own stomping grounds of Providence, Rhode Island—Berney's quartet does a tribute to hometown hero, trumpeter Bobby Hackett. If you ever read the liner notes on a Glenn Miller or Benny Goodman album you'll see Hackett's name, well known in his day. Hackett was also the featured soloist on the Jackie Gleason mood music albums of the 50's.

In his day job, Berney teaches trumpet, piano and guitar in studio and via Skype and FaceTime. He also put out a recent CD of original compositions, Longer and Stronger. It's all about the music.

Join friends, family, jazz lovers and Mark's parents, longtime Astoria residents, Christina and Bruce Berney and welcome him to the KALA stage – he's gonna blow the roof off!

Friday, July 6. Doors open 7:30pm. Show at 8pm. \$15. Advance tickets available at libertyastoria.org, on sale beginning June 8. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878.

FAUN FABLES RETURN!

Do the Enchantment.
Thursday June 14 • 8pm
at KALA

DAWN MCCARTHY AND NILS FRYKDAHL make their third appearance at KALA. The inimitable duo known as Faun Fables, return to perform exquisite, visceral adventures in mystical folk rock, Thursday, June 16 at 8pm, \$10 at the door.

From the San Francisco Bay Area, FF is on tour from West Coast to East Coast, Canada and Scandinavia. With 7 records on the Drag City label, the latest "Born of The Sun" (2016), Fawn Fables has a broad spread of devoted audiences in North America, Europe, Australia, New Zealand, Iceland, Israel, Poland to name a few. You might call their music, earth rock, witch-brewed, nature-based, neo-psych-folk.

Surrounded by percussion, which includes a bass drum played upright, Dawn McCarthy conjures in the spirits of another era, or another place—as referred by Scottish author of Celtic traditions, R.J. Stewart, the album Mother Twilight (2004) is acknowledged as a work containing true underworld tradition content. McCarthy is studied in European theatre traditions, dance, action theater and ethnomusicology. As a performer she cut her teeth with various bands and cabaret performing, but most notably as yodeler with the Bindlestiff Family Cirkus. In addition to her work as Fawn Fables, McCarthy has recorded an album, as vocalist, with Bonny



Prince Billy, (aka Will Oldham) and also performs solo as Dawn The Fawn.

Guitarist Nils Frykdahl is known for his work in SF band Sleepy Time Gorilla, fusing classical, industrial, and art-rock themes in their music, in addition to experimental rock band Idiot Flesh, who often used household items as instruments. Frykdahl is fluent on flutes and occasionally brooms, as well as guitar.

From original material to compositions by European 20th century composers, especially Poland, and a mix of traditional ballads, the distinctive voice of McCarthy, Frykdahl's gothic guitar playing, flutes, bells and whistles—the mystical folk of Faun Fables doth bewitch, enchant and entertain.

KALA is located at 1017 Marine Drive in Astoria. Doors open at 7:30pm. Show at 8pm. \$10. Full Bar. 16+ okay.



Inside the Month:

ASTORIA MUSIC FEST SCHEDULE . . . p12
AMF's Cary Lewis . . . R. Bacior p11
Sing Taze! . . . p9
Health/Kathleen Dudley . . . K. Schlarb p9
INCO NEWS . . . L. Caplan10
PRIDE FEATURE . . . K. Schlarb p13
NATURE NEWS . . . p7
Hike Books . . . p26
We're here, We're Queer!!
MONTHLY LGBTQ eVenTs, +
political groups/organizations... p8

COLUMNS

STEVE BERK . . . 6
THEATER . . . 16
ART HAPPENS . . . 17
WORD/Literary EVents . . . 18
FLASHCUTS KANEKUNI 20
BIKE MADAME . . . HAMMITT-MCDONALD . . 21
FREE WILL ASTROLOGY . . . BREZNY 21
NETWORK COMMUNITY LISTINGS . . . 22
SONJA GRACE MESSAGES . . . 23
BODIES IN BALANCE ERFLING ND 24
WORD & WISDOM . . . NASON 23
FOODGROOVE NEWS . . . 26
CHEW ON THIS . . . MYERS 25

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Regional Museums To Participate In Blue Star Museums

THE COLUMBIA Pacific Heritage Museum, in Ilwaco, and Tillamook County Pioneer Museum announce participation in the ninth annual Blue Star Museums, a collaboration among the National Endowment for the Arts, Blue Star Families, the Department of Defense, and more than 2,000 museums across America to offer free admission to the nation's active duty military personnel and their families from Memorial Day through Labor Day. A list of participating museums nationwide is available at arts.gov/bluestarmuseums.

"Visiting a museum is a great way to get to know a community—whether it's in your hometown or a stop on a road trip," said NEA Chairman Jane Chu. "We appreciate the enthusiasm of museums all across the country who open their doors for military and their families to spend time together and have new arts experiences."

This year's participating Blue Star Museums represent not just fine arts museums, but also science museums, history museums, zoos, nature centers, and children's museums. Museums are welcome to sign up for Blue Star Museums throughout the summer by emailing bluestarmuseums@arts.gov.

The free admission program is available for those currently serving in the United States Military - Army, Navy, Air Force, Marine Corps, Coast Guard as well as Active Duty and Reservists, National Guardsman (regardless of status), U.S. Public Health Commissioned Corps, NOAA Commissioned Corps, and up to five family members. Qualified members must show a Geneva Convention common access card (CAC), DD Form 1173 ID card (dependent ID), or a DD Form 1173-1 ID card for entrance into a participating Blue Star Museum.



The 26-ft Monomoy located in the Resource Gallery at the Columbia Pacific Heritage Museum is one type of surfboat used by the U.S. Life Saving Service at both Cape Disappointment and Ilwaco Beach stations. These sturdy boats were rowed through the surf to rescue seamen and others in distress along our beach. In respect to our military, This summer from Memorial Day to Labor Day, the museum is taking part in Blue Star Museums, a program which grants military and their families' free museum admission.

REPAIR CAFÉ at Ft. George Lovell Showroom Bring your broken stuff! Wednesday June 27, 6 to 8pm

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Dulcye For Mayor

ON MAY 30, the official day for candidates to begin filing for city council positions, Astorian Dulcye Taylor not only filed, but held a campaign event at Car-ruther's Restaurant. Thus far, Taylor is the only candidate to file for a position, announced officially in the Daily Astorian May 15. Mayor Arline Lamear ends her 4-year term this year and will not seek reelection.

Owner of Old Town Framing Co., an artist, and dedicated and creative spirit serving the Astoria Downtown Historic District Assoc. as president, Taylor could be called unconventional, and a trend setter. After all, her brainchild, The Jane Barnes Revue, successfully raises big dollars for the ADHD coffer each year. Who'd a thunk it, that a drag show would be so wildly accepted on so many levels?

She proactively reached out to the Oregon Main Street organization, bringing in new ideas and ways to manifest them for Astoria, and has served on city and community boards, task forces and committees, aplenty, but has not run for elected office.

Maintaining a positive but realistic outlook, Taylor sported a mock-up of her campaign button—a sun, with big fat raindrops. She has stated she is ready to take the service she loves providing to a next level, and lots folks in attendance offered the candidate much good cheer and support.



Oregon Humanities Call For Submissions For "Settle"

The magazine will accept proposals and drafts for its fall/winter 2018 issue through July 23, 2018.

PORTLAND, Ore.—May 25, 2018—Oregonian Humanities invites Oregonians to submit their stories, ideas, thoughts, and arguments on the word "Settle" for Oregon Humanitiesmagazine's fall/winter 2018 issue. Share an experience that involves squaring up a debt or accepting terms that aren't ideal. Tell us about getting comfortable or becoming secure and the impact of these actions on you or others. Explore a historical agreement or negotiation with broad or deep consequences that still reverberate today.

Contributors are encouraged to visit oregonhumanities.org to review the guidelines and complete call for submissions and familiarize themselves with the publication. At this time, Oregon Humanities only accepts work from writers who reside in Oregon.

Writers should submit one proposal or one draft by July 23, 2018, by email to k.holt@oregonhumanities.org (preferred) or post to Kathleen Holt, Editor, Oregon Humanitiesmagazine, 921 SW Washington Street, Suite 150, Portland, Oregon, 97205. No phone calls, please.

Oregon Humanities magazine, a triannual publication, welcomes all forms of

essays and journalism. The magazine accepts proposals and drafts of researched pieces and journalistic features, but only accepts drafts only of personal essays, which must push beyond simple narrative and consider larger thematic questions. Features generally range between 1,500 and 4,000 words. All contributors are paid depending on the length and complexity of the piece. Currently the magazine is distributed to nearly 14,000 readers. Work from Oregon Humanities has been reprinted in textbooks, the Pushcart Prize anthology, Utne Reader, and Best American Essays, and featured on public radio programs Think Out Loud and This American Life.

Oregon Humanities connects Oregonians to ideas that change lives and transform communities. More information about our programs and publications—which include the Conversation Project, Think & Drink, Humanity in Perspective, Public Program Grants, Responsive Program Grants, and Oregon Humanities magazine—can be found at oregonhumanities.org. Oregon Humanities is an independent, nonprofit affiliate of the National Endowment for the Humanities and a partner of the Oregon Cultural Trust.



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STEPHEN BERK

TRUMP'S IRAN DISASTER

It didn't take our foreign policy challenged president long after appointing John Bolton chief foreign affairs adviser to engage in a major go-it-alone, anti-diplomatic act, so characteristic of the myopic vision the neocons represent. This party of the deluded simply cannot abide an independent, thriving Iran run by ayatollahs.

They view America through a lens characteristic of the postwar period, when the US was world kingpin and the Dulles brothers were dictating policy to the Third World countries, while Middle East oil states were eager to please the world's greatest power and biggest market for their oil. Iran was ruled then by the shah, an absolute monarch with close ties to the American elite.

We have declined measurably from that time, but neocons, caught in their ideology, eschew the political realism of a Henry Kissinger, who opened the door to China, or Averell Harriman, who negotiated with the Russians during the cold war.

The multi-nation Joint Comprehensive Plan for Action (JCPOA), which Trump just abandoned, was signed and approved by all our traditional European allies as a means of securing lucrative trade with Iran, stopping its nuclear program, and drawing the Islamic Republic into the mainstream world political economy. The agreement took over twelve years to craft and has worked well. Iran, under the leadership of its moderate faction, now led by Ayatollah Rouhani, stopped nuclear activity and began engaging diplomatically and economically with the West. The EU, according to its spokespersons in Brussels, remains staunchly committed to the JCPOA. Germany, the chief economic power on the continent, together with Britain and France, announced they would continue to abide by the agreement in all its liberal trade provisions. The uniform EU reaction is clear evidence that Europe will

not go against its own and indeed world interests to satisfy the whim of an American president behaving irrationally.

For its part, the US will now return to the full-scale sanctions regime against an Iran that has fully complied with all the JCPOA's treaty provisions. To neocons, like Bolton, it makes no difference if Iran or any other country whose government they oppose, complies with such far-reaching multi-lateral

reduces everything to politics, throwing all bipartisan statesmanship for the greater good out the window. This is the behavior of the proverbial banana republic and not a mature democratic state that portends to lead the world. Sadly, this is what we might expect from a president who made his reputation in the business world as a wholly self-interested wheeler dealer. The teaming up of one so lacking in diplomatic sensitivity

with a neocon ideologue has already led to disaster. If our traditional allies can no longer rely on any level of American consistency in policy or international cooperation, what else can they do but move away from us?

The United States is presently going through a time of troubles that its wealth engorged ruling elite have insulated themselves from. We have the most massive inequalities in our history, along with spiraling poverty



in a low wage economy. We are well over twenty trillion dollars in debt and climbing rapidly, as our infrastructure crumbles. At the same time other countries such as China, thriving with a growing middle class, leap ahead economically. The Chinese have vastly renewed their cities with the latest technology and infrastructure. Their influence is rapidly growing all over the world, as they plan state-of-the-art high speed rail, the "new silk road," which will wend its way through some sixty-two countries. The United States is the only industrialized country that does not have high speed rail. Given our immense size and the economic importance of tying the different sections of sections of our country together, it is more than remarkable that our leaders have so let our transportation technology lapse. Perhaps if we would close our outmoded thousand military bases around the world and bring the money they cost home, we might rejoin the advancing world. But don't expect such rationality from Trump and Bolton. Trump, after all, is one of the insulated hyper-rich, whose actions are not for the good of Americans as a whole.

treaties as the JCPOA. These fanatical ideologues will only be satisfied with what they call "regime change." Since sanctions alone will not end the Islamic Republic, they will also resort to all the usual cloak and dagger methods, including using the CIA and its many surrogates, as well as neocon oriented non-governmental organizations specialized in de-stabilizing foreign governments they dislike. These kinds of actions in regard to Iran will only play into the hands of the hard liners, who argued the non-Islamic West could not be trusted and thus have opposed the JCPOA.

The Trump administration's unilateral withdrawal from the "Iran deal" will have a wholly negative effect on the United States by conveying to the rest of the world that we cannot be trusted to honor our commitments, arrived at through diplomatic channels. This will tend to isolate the U.S. from its traditional European partners, a wholly self-defeating and unprecedented act. It also sets a terrible precedent when one American president, with the stroke of a pen, invalidates the carefully crafted policies of his predecessors. Such behavior

Free Discussion About Stewarding Our Public Forests

WE LIVE IN A STATE with abundant forests, and yet we don't all see the same thing when we look into the woods. Oregon is known for both its timber industry and its deep environmental values. What are the beliefs we have about our forests and what will we, as a state, do to steward, manage, and protect this special resource?

This is the focus of "Seeing the Forest for the Trees: Stewarding Our Public Lands," a free conversation with Mariah Acton on **Thursday, June 14, 2018, at 4:00 p.m.** at Cannon Beach History Center & Museum, 1387 South Spruce Street. This program is hosted by Cannon Beach History Center & Museum and sponsored by Oregon Humanities.

Mariah Acton is a soon-to-be graduate from the University of Oregon, where her master's work focuses at the intersection of conflict resolution, nonprofit management, and public administration. As a recent social science researcher for the US Forest Service and a volunteer facilitator with forest collaboratives in the southern Willamette Valley, she recognizes that this is an exciting time for public-driven, sustainable forest management, and she appreciates that there are more conversations to be had.

Through the Conversation Project, Oregon Humanities offers free programs that engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future.

This program will also be presented on June 16, 3pm at the Tillamook County Pioneer Museum.



Twelve Oregon land trusts welcome the public to events for Get Outdoors Day!

A GUIDED WALK SATURDAY, JUNE 9, at North Coast Land Conservancy's Circle Creek and Boneyard Ridge habitat reserves is one of 20 free outings offered by 12 Oregon land trusts throughout the state as part of Get Outdoors Oregon Day.

Part of the National Get Outdoors effort, Get Outdoors Oregon Day is a chance to get outside—whether by attending a land trust event, exploring Oregon's hiking trails or enjoying a local park with family. At Circle Creek, geologist Tom Horning and naturalist Mike Patterson will lead an exploration of the Necanicum River floodplain forest and lower reaches of Tillamook Head in their many stages: newly planted, dead and decaying, and everything in between. The outing will begin at Circle Creek, one of NCLC's largest habitat reserves and also one of its most dynamic. From there participants will venture into 340-acre Boneyard Ridge, another large NCLC habitat reserve serving as a habitat bridge between Circle Creek and Ecola State Park. *Details about this and other summer outings on NCLC lands is available at NCLCtrust.org/on-the-land-summer-outings.*

Land trusts, also known as land conservancies, such as NCLC are nonprofit organizations that actively work to conserve land in local communities. In Oregon, there are more than 20 of them. Oregon land trusts have protected more than 400,000 acres of land—nearly four times of that owned by Oregon

State Parks. Some of these special places that are owned or managed by land trusts are closed to the public because they have sensitive species or resources, are difficult to access, or lack facilities to support regular public visitation. Circle Creek is open to the public for trail-walking and wildlife-watching.

"Oregonians have invested in land conservation to protect special places and our quality of life. Land trusts help maintain open space, clean water, clean air, working forests, working farms, and places for wildlife to thrive," said Kelley Beamer, executive director of the Coalition of Oregon Land Trusts. "With Get Outdoors Day, we want Oregonians to connect with the land and feel inspired."



Walking at Circle Creek

Community welcomed to annual picnic at Circle Creek Conservation Center



NCLC Stewardship Dir. Melissa Reich leads a hike on the Wetlands Walk during the 2017 Summer Picnic at the Barn.

PACK A PICNIC and join supporters of North Coast Land Conservancy at Circle Creek Conservation Center in Seaside on Saturday, June 16, for the third annual Summer Picnic at the Barn. It's an opportunity to spend time with friends, take a guided tour of the trails, and enjoy this large conserved property at the foot of Tillamook Head a few days before the summer solstice. No admission fee; all are welcome.

Guided walks on the trails at Circle Creek will begin at 3 p.m. Bring chairs or a blanket to relax on the lawn outside the big barn and listen to live music beginning at 5 p.m., while a silent auction with lodging, wine, fine art and other offerings is held inside the barn. (In case of rain, picnicking will happen inside the barn.) Bring a pie or other des-

sert for the dessert table. The picnic will wrap up around 7 p.m. Circle Creek Conservation Center is at the end of Rippet Road in Seaside; look for it on the west side of U.S. 101, 0.7 mile north of the junction of US 101 and US 26. More details are posted at NCLCtrust.org.

North Coast Land Conservancy has been working since 1986 to conserve and connect the landscape of the Oregon Coast from the Columbia River to northern Lincoln County by acquiring or otherwise managing lands for their habitat value. NCLC has completed more fee acquisitions in Oregon than any other local land trust, ranking it alongside The Nature Conservancy and The Trust for Public Lands for statewide conservation impact.

RBCWP To Host A Free Forestry & Pesticide Monitoring Workshop

ROCKAWAY BEACH CITIZENS for Watershed Protection invites the public to a free pesticide monitoring workshop given by Oregon Wild at the North County Recreation District (NCRD) on Wednesday, June 13th, at 5:30 pm. NCRD is located at 36155 9th St. in Nehalem, OR. This is an opportunity for coastal citizens to learn how to be online watchdogs for their local watershed. Participants are encouraged to bring their laptops to follow along and learn the online process firsthand.

Often when a citizen wants to know about timber-related activity occurring near their home or watershed, they are directed to use FERNs. This free online system, offered by Oregon's Department of Forestry, gives information regarding future aerial spraying and other timber-related activities planned for private and public timberlands. "This is an opportunity to learn how to monitor what goes on in your own backyard that affects your water," says Arica Sears, Program Coordinator of RBCWP. This workshop is timely since summer is beginning, a season when aerial spraying often occurs during less windy weather.

Rockaway Beach Citizens for Watershed Protection (RBCWP) is a citizens group that was founded in 2012 in response to the clearcutting and aerial spraying of the Jetty Creek watershed that provides drinking water for the City of Rockaway Beach, Oregon. Since its founding, it has worked to educate and motivate friends and neighbors to help protect Jetty Creek. Its efforts have led to reduced aerial spraying and community engagement with timber companies. Its work has expanded to include working with neighboring communities to help protect watersheds all along the North Oregon Coast.

Those working with RBCWP want to know that the water we drink and the air we breathe are safe, but are concerned that existing forest management practices and State regulations place these precious resources at risk. With that in mind, we encourage all Oregonians to learn more about the status of the watershed that provides their drinking water. This is a matter of public health.

As a citizens group, all are invited to attend meetings, educational events, and hikes. Please join RBCWP to learn how to monitor pesticides that affect water and air quality in our communities.

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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

LC QCenter Seeks Board Members

The Lower Columbia Q Center (LCQC) is seeking two community members to serve on its Board of Directors for the 2018-2020 term, beginning July 1, 2018. The LCQC Board is both a strategic and tactical team; all members work on various projects, fundraising efforts, outreach initiatives, attend monthly Board meetings, and work with and support the Astoria Pride committee. Here is the link to the website: <https://www.lcqcastoria.org>.



Interested individuals should send a short statement of interest by email to: lcqcastoria@gmail.com by June 15, 2018.

AAUW Leaders in the Fine and Performing Arts June 19

THE AMERICAN Association of University Women (AAUW) Astoria Branch will present "Leaders in the Fine and Performing Arts" on Tuesday June 19th. The program begins at 5:30 p.m. in the Flag Room of the Astor Library.

AAUW Astoria continues its focus on women leaders in the fine and performing arts featuring Jeanne Maddox Peterson, Denise Reed, Carol Newman, and ChrisLynn Taylor. Peterson is the Artistic Director of the Little Ballet Theater and owner of Maddox Dance Theater. Denise Reed is the North Coast Chorale Music Director. Carol Newman is the voice of "Arts Live and Local" on KMUN. ChrisLynn has recently retired as a worker bee for the Astor Street Opry since 1991. Participants will be sharing their stories on the long history of the arts in our community, why they became involved in the arts, and their current activities in the arts.

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

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 • June 21 Columbia River Estuary Action Team

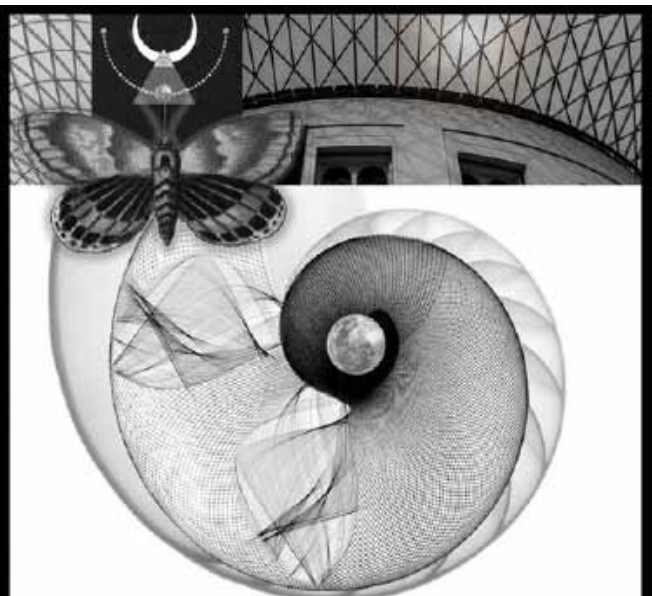
CREATE is a group of citizens working to protect the unique Columbia River Estuary and the rivers and streams that flow into it. All are welcome!

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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Taizé Ecumenical Service At Grace Episcopal Church Sing in Grace

GRACE EPISCOPAL CHURCH in Astoria presents a Taizé Ecumenical Service the second Wednesday of the month from 7-8pm, located at 1545 Franklin Ave.

The community is welcomed. The service is supported by musical accompanists: Jennifer Goodenberger – piano, Shelley Loring – flute, Erik Utterbach – cello, and a supporting Taizé choir group with Chris Lynn Taylor.

Find a joy and peace in the simple, yet beautiful, sung contemplative prayers (predominantly in English), with intermittent silence. A program, entitled "Quiet Moments in Grace," leads you through the service. Singing with the accompanying instrumentalists and support choir creates a richness in tone and harmony, offering a pleasant aesthetic to the contemplative experience, and a way of achieving peace while in community with others.

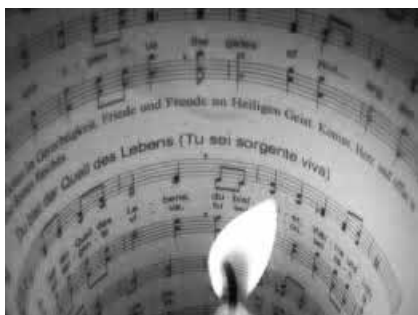
Taizé Ecumenical Service at Grace Episcopal is offered June 13, July 11, and August 8 this summer. For more information call 503.325.6580 or 503.325.4691.

About Taizé

Taizé is the name of a village in Burgundy, France, where Brother Roger settled in 1940 to create an ecumenical monastic community. From the beginning, the monks dedicated their lives to the concept of reconciliation. During the war years, that meant helping and hiding refugees. This practice continues even today. From the 1950's on, Taizé has become a magnet for seekers from around the world, especially young people, to explore issues of faith and reconciliation.

The Taizé community needed a worship style accessible to all ages, denominations and nationalities. What developed was the use of repeated chants, often in Latin as the universal language, periods of silence for reflection, scripture readings, as well communal and personal prayer. The lighting of candles adds to the contemplative tone of the service.

Today, Taizé worship is practiced in countless churches world wide.



KALA presents PATRIOTISMO and other dominations: a night of political poetry and visual intrigue with cam jacob



Cam jacob explores themes of domination, nationalism, violence, and patriarchy in critical lyrics from PATRIOTISMO and displays provocative visuals from the visual arts series PATRIOTISMO ENFUEGO. bring your mind and we'll loosen your shackles.

**June 21 (Thur) 7:30pm
@ Kala \$10
1017 Marine Drive in
Astoria**

"sponsored" by AVA, the Writer's Guild, The Lower Columbia Q Center and The Harbor

WOMAN'S WORTH MAN'S WORTH *Overfed Body Underfed Soul*

Health and Healing Practioner Kathleen Dudley shares insight through seminars

"CONSIDER THIS PARADIGM shift that puts you in charge of keeping your body pain-free and your mind, emotions and spirit balanced, regardless of your age," reads the advertisement for Kathleen Dudley's Workshop Series, titled "Women's Worth, Man's Worth: Overfed Bodies, Underfed Soul."

This title may conjure several guesses as to what this series might be about-- gender, self-worth, overconsumption, the spiritual void. While all of these topics have their due in her presentation, the crux of her message, listed at the bottom of her advertisement in small font, is the aforementioned: "Consider this paradigm shift."

The shift she is talking about is away from a fear-based dependency on external sources for health, namely the corporate health care system, and a move toward the healing power of deep spiritual love and freedom.

Dudley, a certified reflexologist at Seaside Reflexology is also an herbalist and spiritual writer who is thriving in her 70s after her own health issues and dis-ease.

While working on several different books about health and also dealing with the spiritual aspects of life, she experienced her own health crisis. As she delved into researching how she was going to heal, she says, "I began finding all of these underlying connections that are a baseline truth about how healing can happen."

As her work and personal health journey became intertwined, she realized she could not wait to finish a book before beginning to share what she was discovering because it had the potential to help so many people.

The first part of her series, a structured, 10-week course was titled "Woman's Worth." In the second series she says, "I realized this needed to not exclude men, but needed to embrace them because we are an integral part of this whole, of nature, the universe, this is all one."

This second series is not reoccurring weekly. Instead, Dudley is presenting her work as venues and opportunities arise, while simultaneously continuing her research and writing. Her next event is on Saturday June 16th from 12-2pm at Kala Event Space in Astoria.

She invites participants to "grab hold of your positive perspective, toss away your acceptance of chronic pain and disease, and join us for a life-changing afternoon."

Sharing her own healing experience as a testimonial, she also draws on and synthesizes the work of doctors, psychologists, philosophers and metaphysical thinkers. For example, she talks about work on the gut-brain connection by triple-board certified physician Dr. Zachary Bush M.D.; the idea that genes can be influenced by environmental factors, including your own thoughts and beliefs, from Bruce Lipton, author of The Biology of Belief; and the positive affirmation healing of the late Louise Hay, author of the bestseller, You Can Heal Your Life.

BY KAISA SCHLARB



Dudley teaches that our health is in our own

hands, that we can direct the healing of our very cells, if only we are able to live our lives from a place of deep spiritual love rather than fear. "You cannot straddle love and fear," she explains, "It is like putting ink into a test tube full of water, you put a little bit of fear into that test tube of love and it taints it."

She also challenges people to question the narratives that tell us being sick is the norm. She explains, "The power that comes from healing your own body, it's a high that can't be beat because we are taught to be un-empowered. The very last thing that we need in this society is to feel un-empowered. All of this (illness) keeps us from thriving and from accessing our spiritual realm."

"We've been conditioned in our subconscious, from the time we are born until we are 7 years old. Our brain is a sponge for all the stories we are fed. An unexamined consciousness is what most people live their life with."

Accessing a deep spiritual love is Dudley's key to shifting our perspectives out of the un-empowered narrative of illness to a place where we can name and heal from the environmental injustice that are also causing us to be chronically ill.

A particular environmental injustice that Dudley speaks on is glyphosate, a key ingredient in RoundUp, which, according to the work of Dr. Bush, compromises the tight-junctions, or mitochondria of our cell membranes, leading to chronic disease.

"We are being undone by our own environment," she says plainly. "By choosing exactly what we want in this life we can actually change the basic environment of our cellular communication, starting with the mitochondria. Mitochondria is the big word for this period of time now, in this whole new paradigm of medicine."

Woman's Worth Man's Worth

Workshop Series with Kathleen Dudley
Saturday, June 16 • 12noon to 2pm
At KALA • 1017 Marine Drive, Astoria
Cost: \$35

Call to confirm space: 503 717 5129
seasidereflexology@gmail.com

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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 June

Astoria INCO Community Group

Storm the Midterms
Saturday, June 2, 8am
Street 14 Café, Astoria

Warrenton INCO Community

Group Meeting
Saturday, June 2, 11am
Dooger's Seafood and Grill, Warrenton

INCO at LCQC Astoria Pride

River-Walk Parade
Saturday, June 9, 10am
INCO joins LCQC in marching for freedom from oppression, violence, bullying, discrimination, and hate

INCO at Pride Block Party

Saturday, June 9, 1 - 8pm
Outside the Barbey Maritime Center, Astoria

Seaside/Gearhart INCO

Community Group
Tuesday, June 12, 6:30 pm
Seaside (private home; email
incoregon@gmail.com for details)

INCO Reading Group: Moral Politics:

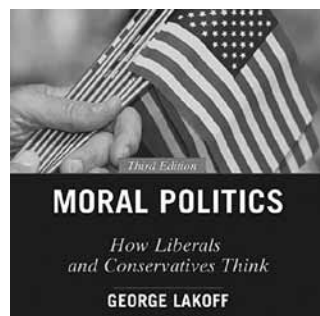
How Liberals and Conservatives Think
Wednesday, June 13, 6:30pm
Astoria (private home; email
incoregon@gmail.com for details)

INCO Vote the Future Team

Wednesday, June 20
6:30 pm
Seaside Library Board Room

NCO Reading Group:

Moral Politics:
How Liberals and Conservatives Think
Wednesday, June 13, 6:30pm
Astoria (private home; email
incoregon@gmail.com for details)



Democracy Rocks!

BY LAURIE CAPLAN

Imagine.

You go to 8th and Commercial in Astoria to take part in a rally against a new federal policy. But what you see are federal agents arresting everyone there for demonstrating without permission from the US government.

You go to your church to worship and pray for peace. But what you see are signs saying that the service must follow federal guidelines.

It's the end of a long day, and you turn on Stephen Colbert to catch up on humor and the news. But what you see on the screen is this: "Cancelled for mocking the president." In fact, the Daily Beast reported that President Donald Trump threatened in a May 8 tweet to take away credentials of press and media he doesn't like.

To top it off, because of low voter turnout in most states, the federal government says elections are unnecessary for so few voters. So elections are cancelled.

No freedom of speech, no freedom of the press, no right to peaceably assemble, no freedom to worship, no right to complain to the government. No voting.

That's what life would be like without the First Amendment to the US Constitution. That is reality for the millions living in the 49 countries deemed "not free" by the nonpartisan organization Freedom House - including Turkey, Russia, China, Thailand, Vietnam, Egypt, Belarus and Cuba. Only 39% of the world's people live in free countries.

Democracy faced its most serious crisis in decades in 2017 as its basic tenets - including guarantees of free and fair elections, the rights of minorities, freedom of the press, and the rule of law - came under attack around the world," according to the Freedom House report. "The United States retreated from its traditional role as both a champion and an exemplar of democracy amid an accelerating decline in American political rights and civil liberties."

Democracy is not automatic, like the sunrise or the weather. It takes work. When it's strong, democracy can

be a defense against authoritarianism, bigotry, and corruption. Without ongoing vigilance, the US could easily become another of the 71 countries in which authoritarian leaders are dismantling rights and liberties.

All things in our democracy depend on the First Amendment's guarantee of freedom of speech. Without it, we couldn't have a Women's March, a Rally for Our Lives, or letters to our Members of Congress. We couldn't investigate corruption by elected officials, advocate for LGBTQ rights, or assist immigrant families deliberately separated by the Trump administration.

Most Americans are angry about the current administration's apparent contempt for the rule of law, for the US Constitution, and for the civil rights and liberties of all Americans. We must continue to transform that anger into action. We must stay vigilant and active. Resisting is essential.

What inspires resisters to keep going? The promise and potential of American democracy inspire me. The extraordinary students who created the March For Our Lives and our local Rally For Our Lives. The specter of the Holocaust, enabled by thousands of compliant and complicit Europeans. Our neighbors who volunteer on city and county boards.

I applaud the wisdom of Jen Hoffman, a speaker at INCO's Turn the Tide Regional Summit in January. Jen advises us to ask ourselves why we care.

"What's underneath? For me, it's being a part of the solution. It's helping realize the promise of democracy and help others do the same. Some days are hard, but this purpose enlivens me and helps inspire me when I want out.

"I invite you to take another step this week toward a kinder future where every life and voice is valued. They'll hear us better if we speak up together."

Laurie Caplan is co-chair of Indivisible North Coast Oregon (INCO). A former teacher and psychotherapist, she also volunteers for Coast Community Radio, Clatsop Democrats, and other good causes.



South County Indivisibles—Cathey, Sharon, Laura, Bebe, and Kathleen, are part of the national Postcards to Voters project, writing to voters asking them to support the progressive candidate in California's June primary.

Musings of a Master

Cary Lewis

Astoria Music Festival

Director of Chamber Music

CLASSICAL MUSIC can be a little daunting. It's hard to really determine why, but luckily there are classical musicians such as Cary Lewis to calm our anxieties and remind us classical music isn't to be feared. Like any other genre, it's first and foremost meant to move us.

"A concert is not to be seen, it's to be experienced," Lewis said. "Have you ever watched Star Wars with the sound turned down? You just see a bunch of things flying around, it doesn't really do anything. But turn up the music and all of the sudden it gets your blood boiling."

The Portland-based pianist has made a name for himself within the Astoria community as the Director of Chamber Music for the Astoria Music Festival, an annual festival that brings top classical musicians from around the world (such as beloved cellist Sergey Antonov) to this small city to examine centuries of music, both old and new. Beyond his decade of involvement with the festival, Lewis has had a long and varied career within classical music, in particular chamber music. For those unfamiliar, chamber music is a form of classical played in smaller ensembles.

"I think chamber music is an unfortunate term,"

Lewis said. "The first association that comes to me is a chamber pot [laughs]. I can't quite think of a better word for it, personal music? There's some things that are meant to be screamed to the rafters, and there are some things better left private and a little bit more special. That's where this fits in."

Lewis' relationship with the piano has been a long one. Now 75 years old, Lewis began playing piano as a young child, but it was initially less of a passion and more of an obstacle.

"When I was a kid, at that time everybody wanted to be a cowboy, and of course in order to be a cowboy you had to know how to play the guitar," Lewis said. "My parents said to me, we'll let you learn how to play the guitar after you've learned how to play the piano."

He learned and excelled. Lewis went on to earn a degree from University of North Texas, and a doctorate from Eastman School of Music. From there, his career expanded in several veins, from his service as a faculty member of Georgia State University in Atlanta, to his renowned work with the Lanier Trio (with his wife, cellist Dorothy Lewis), and performances in prestigious spaces such as Carnegie Hall, the White House, and the Library Of Congress. He even found time to play on cruise ships that sailed to the tips of



the world. In all this experience, it became clear to Lewis that performing classical music was not about achieving perfection, but connection.

"Music is around to change people's emotions," Lewis said. "We're dealing with a legal mind-altering substance. How are you trying to alter the minds of those who're listening to you? Are you trying to raise them up? Put them to sleep? Are you trying to get them all excited? Any emotion that you've ever felt exists in music. It's a matter of what you've found in there to induce the people who listen to you to feel. That's what we're always trying to do. Sometimes we forget and try to do it right. That doesn't work so well."

"Music is around to change people's emotions, we're dealing with a legal mind-altering substance."

Even now, 15 years into his "retirement," Lewis is still actively performing at festivals around the world in places such as Turkey, Montana, and St. Croix. He even made six trips

to Hawaii last year alone. His global experiences fit right into the Astoria community, known for its vibrant population of artists. For Lewis, the Astoria Music Festival ranks among the top.

"I like to pretend that I live there while I'm visiting, that part of my roots are there," Lewis said. "It's not just something I go to absurdly thinking I'm going to raise the standards of what's going on there at all, I want to go there to be part of the community."

What he brings, whether it be through 17th century Jean Baptiste Loeillet or 20th century Poulenc, is always intended as something new.

"I always try and find something different than what I've ever done before," Lewis said. "I used to tell my students, if you've practiced in a day and haven't found something new in the music, it has not been a successful day of practicing."

If you've never been to the Astoria Music Festival, this is good a year as any to unlock the world of classical music.

"It needs to sound like it's present, something a little bit different from what people were expecting, and something just for you, for the listeners," Lewis said. "That's what we try to do, that's what the chamber music in Astoria is going to be like."

PORTLAND GAY MEN'S CHORUS

PGMC Perform in Astoria

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Astoria High School
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ASTORIA MUSIC FESTIVAL 16TH SEASON

JUNE 15 - 29
21 Events

FIRST WEEKEND

OPENING NIGHT • SOIRÉE MUSICALE FRIDAY JUNE 15 @ 7:30pm Liberty Theater

A glittering celebration of French masterworks featuring three international virtuoso performers. C'est magnifique!

Program
Jean-Baptiste Loeillet • Trio Sonata In B Minor
Debussy • Sonata For Violin And Piano
On The Centenary Of The Composer's Death
Poulenc • Sonata For Cello And Piano
Saint Saens • Piano Trio In F Major, Op 18

Artists Include:
Maureen Nelson, Violin (St. Paul Chamber Orchestra)
Sergey Antonov, Cello
(Tchaikovsky Competition Gold Medalist)
Cary Lewis, Piano and Director of Chamber Music
(Lanier Trio)



Concert saxophonist, Chika Inoue has been praised for her "beautiful tone, acute sensitivity and virtuosic technique." Ms. Inoue actively looks beyond the standard saxophone repertoire for works that allow the saxophone to shine, continuously transcribing and performing works of violin, clarinet, oboe, flute, voice and piano, expanding the limits of the saxophone technique and artistry. She is on-call saxophonist for the Los Angeles Philharmonic.

SCARAMOUCHE! • BERNSTEIN AND DEBUSSY CENTENARIES

SATURDAY JUNE 16 @ 4:00pm Liberty Theater

Soloists of the Los Angeles Opera Orchestra celebrate two Anniversaries and a World Premiere in this informal Happy Hour.

Program
Debussy • Rhapsodie For Saxophone And Piano
On The Centenary Of The Composer's Death
Bernstein • I Hate Music!
On The Centenary Of The Composer's Birth
Todd Mason • Daybreak
World Premiere: Astoria Music Festival Commission
Milhaud • Scaramouche

Artists Include:
Chika Inoue, Alto Saxophone, (International Soloist and Recording Artist)
Olivia Tsui, Violin, (LA Opera, Director, Los Angeles Virtuosi)
Rowena Hammill, Cello, (Associate Principal, LA Opera Orchestra)

ASTORIA FESTIVAL ORCHESTRA • GALA OPENING SYMPHONY CONCERT SATURDAY JUNE 16 7:30pm Liberty Theater

6:30 PM Concert Preview
7:30 PM Concert
A Beethoven symphony, two brilliant soloists, and Debussy's popular Moonlight open our sixteenth summer in the beautiful Liberty Theater

ASTORIA FESTIVAL ORCHESTRA
KEITH CLARK, CONDUCTOR



Violinist Maureen Nelson became a full-time member of The Saint Paul Chamber Orchestra in 2016. As former founding member and first violinist, she led the Grammy-nominated Enso String Quartet for nearly two decades, captivating audiences from major concert stages of the world, regularly concertizing throughout North America and abroad.

Program
Beethoven • Symphony No. 8 In F Major
Vaughan Williams • The Lark Ascending
Debussy • Clair De Lune
Saint Saens • Cello Concerto No. 1 In A Minor

Artists:
Maureen Nelson, Violin (St. Paul Chamber Orchestra)
Sergey Antonov, Cello (Tchaikovsky Competition Gold Medalist)

CANTATAS, COOKIES AND COFFEE • FREE! SUNDAY, JUNE 17 @ 12pm in Peace Lutheran Church, 565 12th Street, Astoria

Young Vocal and Instrumental Apprentice Artists from around the country in a short recital for the whole family. It won't be long before they're famous, so here's your chance to say "I heard them first in Astoria!"

Free Admission and Refreshments!

ASTORIA FESTIVAL ORCHESTRA • MAHLER'S SONG OF THE EARTH SUNDAY JUNE 17 4:00pm Liberty Theater

3:00 PM Concert Preview
4:00 PM Concert
Mahler's autumnal symphonic settings of Chinese poetry features two Metropolitan veterans. Oregon Symphony Principal Oboe plays Mozart.

Program
Mozart • Oboe Concerto In C Major
Mahler • Das Lied Von Der Erde (Song Of The Earth)
Chamber Orchestra Version By Arnold Schoenberg

Artists:
Martin Hébert, Oboe (Principal Oboe, Oregon Symphony)
MaryAnn McCormick, Mezzo Soprano (Metropolitan Opera)
Allan Glassman, Tenor (Metropolitan Opera)
Keith Clark, Conductor

MIDWEEK I

GRACEFUL BAROQUE BY CANDLELIGHT TUESDAY JUNE 19 @ 7:30 PM • Grace Episcopal Church

Music by Bach and his contemporaries, performed on authentic period instruments in Astoria's historic landmark.

Program
Buxtehude • Gen Himmel Zu Vater Mein, Buxwv 32
Bach • Höchster, Mache Deine Güte, Bwv 51
Telemann • Die Bösheit Dreht Das Schnellste Ras
Buxtehude • Sonata For Violin, Viola Da Gamba & Continuo
Biber • Rosary Sonata For Violin And Continuo

Artists:
Arwen Myers, Soprano
Noah Strick, Baroque Violin
(Philharmonic Baroque, San Francisco)
Adaiha MacAdam-Somer, Cello, Viola da gamba
(Portland Baroque Orchestra)
Julia Brown, Portative Organ (International Recording Artist)

MADE IN OREGON • NEW MUSIC BY 12 CASCADIA COMPOSERS WEDNESDAY JUNE 20 @ 7:30PM in the PAC

Hear the New! A wildly varied program of music and mixed media by a dozen celebrated Oregon composers. They'll all be there, so stick around for a post-concert beer and Q+A at Ft. George Brewery. 12 composers, video, electronics, world premieres - when it comes to new music, more is more!

Program
Paul Safar • Soaring: Fantasia For Tenor Saxophone and Piano
Daniel Brugh • Whispers For Piano and Fixed Media
Stephen Lewis • Five Piano Pieces. Mvnt 1
Timothy Arliss O'Brien • A Lament For Piano
Jennifer Wright • You Cannot Liberate Me; Only I Can Do That For Myself-For Amplified Harpsichord, Two E-Bows, and Live-Cam Cymatics Display
John Deruntz • Soaring For Piano Solo
David Bernstein • Flux Et Reflux For Piano Solo
Denis Floyd • Trio For Clarinet, Violoncello and Piano
Matthew Neil Andrews • The Biologist
Jeff Winslow • Cat Tale For Voice and Piano
Greg Steinke • Family Portrait For Piano
Andrew Robinson • String Quartet No. 4



ANGELA BROWN personifies the ideal soprano: sheer vocal power; luxurious finesse; and shimmering, high pianissimos. With a charming personality larger than life, she unites opera, pops, and gospel in one sensational voice. A featured artist on the two-time Grammy Award® winning recording "Ask Your Mama," Angela's international reputation continues to grow.

Her highly successful Metropolitan Opera debut in the title role of Aida captured instant attention from international print and broadcast media and catapulted Angela onto the world's prestigious opera and symphonic stages. Headlines from The New York Times read: "At last an Aida," and CBS Weekend News proclaimed: "the future of opera has arrived!" followed by features on the front page of The New York Times, on CNN, in Oprah Magazine, Essence Magazine, Ebony Magazine, Classical Singer, Reader's Digest, and Psychology Today.

While opera is the main catalyst for her career, Angela's performance experience includes everything from star hostess on stage to producer and creator of Opera...from a Sistah's Point of View©1997, an inspired show that has gained notoriety for bringing opera to the masses in the form of an edgy, yet educational, concert presentation. In a clip from one of her presentations she states quite frankly, "First and foremost, opera is entertainment!"

Her artistic collaborations and roles are multifaceted and diverse. Singing the National Anthem on the steps of the Lincoln Memorial, travelling the international globe as an opera performer and concert soloist or joining forces with symphonic pop legends such as Marvin Hamlisch, originally from Indianapolis, Indiana, this diva makes a debut touch down in Astoria to sing the role of Tosca, the volatile diva at the heart of Puccini's operatic thriller. Look Out!!!! And don't miss it.

**ILYA KAZANTSEV FESTIVAL SOLO PIANO RECITAL DEBUT
THURSDAY JUNE 21 @ 7:30 PM in the Liberty Theater**
An Astoria audience favorite in his Festival solo recital debut. Don't miss this opportunity to hear the acclaimed Gold Medalist at the Nikolai Rubinstein International Competition, International Chopin Competition, and the 2007 & 2008 World Piano Competitions.



Free Admission and Backstage Pass to all young piano students. Phone the Festival Office at (503) 325-9896 for details

Program
Chopin • 24 Preludes, Op. 28
Rachmaninoff • Etudes – Tableaux, Op. 39
Kreisler-Rachmaninoff • Liebesleid And Liebesfreud

SECOND WEEKEND

FESTIVAL ALL STARS • NAME THAT TUNE FRIDAY JUNE 22 @ 7:30 PM in the Liberty Theater

A Classical Jam featuring Festival Artists in their own favorite works. Sergey Antonov, Ilya Kazantsev, Roberto Cani, Cary Lewis, and members of the band let their hair down in a program that includes a Shostakovich Cello Sonata and music of Schubert.

Here's your chance to Name That Tune! Email your favorite piece of chamber music to office@astoriamusicfestival.org and we'll try to work it into the show!

SERGEY'S HAPPY HOUR • SIGHTS AND SOUNDS WITH DARREN ORANGE

SATURDAY JUNE 23 @ 4:00 PM Liberty Theater
A matinee of Bach featuring a unique trio of Cello, Piano and Astoria's celebrated visual artist Darren Orange, who will collaborate by creating unique artwork to accompany the music.
Always an audience favorite!

Artists:
Sergey Antonov, Cello
Ilya Kazantsev, Piano
Darren Orange, Painter



ALL-BACH WITH MONICA HUGGETT • A BRANDENBURG AND MORE!

SATURDAY, JUNE 23 @ 7:30 PM Liberty Theater
World-acclaimed Baroque superstar and Portland Baroque Orchestra Artistic Director Monica Huggett returns to the Festival for an all-Bach program featuring an ensemble of period instruments.

PROGRAM

- J.S. Bach
- Double Concerto, Bwv
- Trio Sonata In G Major, Bwv.
- Brandenburg Concerto No. 5, Bwv

Artists:
Monica Huggett, Violin and Conductor (Artistic Director, Portland Baroque Orchestra)
Adam LaMotte, Baroque Violin (Portland Baroque Orchestra)
Janet See, Baroque Flute (Portland Baroque Orchestra)
Janet Coleman, Harpsichord
Astoria Music Festival Baroque Ensemble



PUCCINI'S TOSCA! • STARRING ANGELA BROWN AS TOSCA

SUNDAY, JUNE 24

3:00 PM Opera Preview with Mark Ross Clark, General Director, Louisiana Lyric Opera
4:00 PM Opera in Concert LT

Long before #MeToo there was Scarpia, but in Tosca he picked the wrong girl to pick on. Don't miss this stellar case in Puccini's gloriously dramatic opera, starring one of America's most celebrated dramatic sopranos. Sung in Italian with English Supertitles

Artists:
Tosca • Angela Brown (Metropolitan Opera)
Cavaradossi • Allan Glassman (Metropolitan Opera)
Scarpia • Richard Zeller (Metropolitan Opera)
Sacristan • Deac Guidi (Portland Opera)
Angelotti • Bryan Dahl (AMF Apprentice Artist)
Spoletta • Lawrence Barasa (AMF Apprentice Artist)
Sciarrone • Hayden Smith (AMF Apprentice Artist)

Astoria Music Festival Orchestra and Chorus
Astoria Music Festival Apprentice Vocal Artists
Maestro Palló, Conductor

MIDWEEK MUSIC II

SERGEY ANTONOV AND CARY LEWIS PLAY BACH TUESDAY, JUNE 26 7:30 PM Liberty Theater

An intimate evening offers a rare chance to hear Bach's Three Sonatas for Viola da gamba, performed on modern cello by an acclaimed International Tchaikovsky Competition Gold Medalist.

Program
J.S. Bach
Sonata in G Major for Viola da gamba and keyboard, BWV 1027
Sonata in D minor for Viola da gamba and keyboard, BWV. 1028
Sonata in G minor for Viola da gamba and keyboard, BWV 1029

Artists:
Sergey Antonov, Cello (Tchaikovsky Competition Gold Medalist)
Cary Lewis, Director of Chamber Music and Piano (Lanier Trio)

Classical with a dash of cool. In addition to 2 operas, 2 symphonic concerts, and 10 chamber music concerts, Keith Clark has programmed these contemporary events: **Made in Oregon! New Music by 12 Cascadia Composers**, Wednesday, June 20 at The PAC; **Sights & Sounds** with Astoria's celebrated visual artist Darren Orange, Saturday, June 23; and **Oregon Bird Sketches** — Multi-Media Extravaganza (Music, Dance, Film) with the **Agnieszka Laska Dancers and Friends**, Saturday, June 30.



APPRENTICE ARTISTS CHAMBER ORCHESTRA WEDNESDAY, JUNE 27 @ 7:30 PM in the PAC

Instrumental Apprentice Artist Chamber Players
OLIVIA TSUI DIRECTOR (Music Director, Los Angeles Virtuosi)
Artists and Repertoire to be Announced

THIRD WEEKEND

MOZART'S THE MARRIAGE OF FIGARO FRIDAY, JUNE 29 7:00pm in the PAC

Exciting young singers and orchestral musicians from around the country join for two fully staged productions of Mozart's masterpiece, a comic operatic depiction of human foibles, love, deception, and forgiveness.

W.A. Mozart LE NOZZE DI FIGARO (The Marriage of Figaro)
A Comic Opera in Four Acts. Sung in Italian with English Supertitles

Artists:
Astoria Music Festival Vocal and Instrumental Apprentice Artists
Mark Ross Clark, Director (Artistic Director, Louisiana Lyric Opera)
Kosta Popovic, Music Preparation (Past Chorus Master, Metropolitan Opera)

COAST COMMUNITY RADIO TROLL REVIEW SATURDAY, JUNE 30 @ 11:00 AM in the PAC

Hosted by Debbie Twombly, the Troll Radio Review "Skinnamarink" is an hour of songs and stories for kids of all ages. Festival Apprentice Artists join the Troll, Stinky Toadwort, and the Review cast for the fun.

Bring the kids! FREE ADMISSION

MULTI-MEDIA EXTRAVAGANZA • MUSIC, DANCE AND FILM

**SATURDAY, JUNE 30 @ 4:00 PM
Liberty Theater**

OREGON BIRD SKETCHES
AGNIESZKA LASKA DANCERS AND FRIENDS
An experimental Multi-Media Extravaganza based on the musical songs of the Western Meadowlark (Oregon's State Bird), Mountain Quail and other fowl. Featuring Portland's acclaimed Agnieszka Laska Dancers, film, and music by Jack Gabel, Henry Mikolaj Gorecki, Witold Lutoslawski, Zygmunt Konieczny. Plus a choreographic setting of Bach's First Cello Suite.

Artists Include:
Agnieszka Laska, Director and Choreographer
Takafumi Uehara, Film Maker
Adaiha MacAdam-Somer, Baroque Cello
An Exciting Troupe of Dancers and Musicians

CHAMBER MUSIC FINALE • GREAT CONCERT MASTERS SATURDAY, JUNE 30 @ 7:30 PM in the Liberty Theater

Leading American Concertmasters and Principal Players join for a virtuosic program, including a monumental quintet by Robert Schumann.

Program
Schumann • PIANO QUINTET IN E FLAT MAJOR, OP. 44
Dvorak • ROMANCE IN F MINOR, OP. 11
Grieg • VIOLIN SONATA NO. 3 IN C minor, Op. 45

Artists:
Sarah Kwak, Violin (Concertmaster: Oregon Symphony)
Jeff Thayer, Violin (Concertmaster: San Diego Symphony)
Vali Phillips, Viola (Oregon Symphony)
Rowena Hammill (Cello, Associate Principal, L.A. Opera)
Cary Lewis, Piano and Director of Chamber Music

THE MARRIAGE OF FIGARO • Encore Performance SUNDAY, JULY 1 @ 3:00 PM in the PAC

A chance to hear a repeat of Friday night's opera, this time with different cast of exciting Young Artists. Free Admission if you attended Friday night!

W.A. Mozart LE NOZZE DI FIGARO (The Marriage of Figaro) A Comic Opera in Four Acts. Sung in Italian with English Supertitles

Artists:
Astoria Music Festival Vocal and Instrumental Apprentice Artists
Mark Ross Clark, Director (Artistic Director, Louisiana Lyric Opera)
Kosta Popovic, Music Preparation (Past Chorus Master, Metropolitan Opera)

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Tickets for the 2018 Astoria Music Festival season are on sale now in person, by phone and online. astoriamusicfestival.org

Please visit or call the AMF office at 503-325-9896 — Monday thru Friday, 9AM - 5PM.

FINDING HOME in Astoria's Pride Celebration

By KAISA SCHLARB

I CAME OUT in May of 2006 as a 20 year old college student in Seattle. Less than one month after beginning my first queer relationship, without even knowing what was coming, I was overtaken by the intense energy that is Seattle Pride. Picnics and dance nights where queerness and glitter were front and center. As a club rugby player, I met a lot of gay women on the path to coming out, but Pride hit me on a completely different level. It was as if the city itself opened its arms to me that weekend.

And the parade! Not just for gays anymore, the well attended, city-stopping Sunday event was celebrated by businesses and organizations that stuffed the streets.

It was there that I was first introduced to the schism between old Pride and new Pride. The "Pride is a celebration" folks who were happy to grow Pride into a city-wide, capitalist celebration, and those who wanted to keep the protest front and center with the Capital Hill march, not losing sight of the reality that equality had yet to be attained.

Rightly so, for in the summer of 2006 the courts were not kind to queer people in Washington State. That July, the state supreme court ruled that banning same-sex marriage was constitutional by a 5-4 vote, affirming the Defense of Marriage Act (DOMA). The majority opinion stated that:

"DOMA is constitutional because the legislature was entitled to believe that limiting marriage to opposite-sex couples furthers procreation, essential to the survival of the human race, and furthers the well-being of children by encouraging families where children are reared in homes headed by the children's biological parents."

In May 2017, my queer little family of 3 moved to Astoria. Marriage equality had by this point been legal on the federal level for 2 years, and my spouse and I had been married since the start of 2013, after Washington voters affirmed the marriage rights extended by the legislature via Referendum 74.

When visiting my mom's family in Astoria as a child, the town did not seem particularly queer, although neither was my young consciousness. Astoria was Tapiola pool, trips to Seaside and the small, Finnish flag sitting on top of my grandparents cable-less, pull knob TV. The only gay person I knew from Astoria was Cathy Reiter, my mom's best childhood friend, and like seemingly most reasonable gay people, she lived in Portland.

Therefore, last year's 2nd Annual Astoria Pride hit me with as much unexpected joy as the big city Seattle Pride had 11 years earlier. By comparison a much more humble event, the sentiments resonated just as brilliantly: You are safe here, you are welcome. This mattered because it is with higher stakes and a touch more trepidation that I move through the world today as a queer person-- my safety is my 2 years old's safety and also the safety of my transgender spouse.



United Finnish Lesbians of Astoria (l to r) Lampi, Schlarb, Reiter and Urell

After last year's block party, I took a walk while my toddler napped. Still exploring our side of Uniontown, I headed up the hill. I marched up Stinkin' Lincoln until it curved and gave way to Grand. Oh that first, breathtaking view of the Columbia River from W. Grand, where a drop-off into city land means no houses for a stretch. It is a view that has been captured by many a painter and photographer, and it's where I send all the tourists when they try to walk onto our yard down on W. Exchange, trying to get a social media-worthy photograph.

First focused on the the grandiosity of the bridge against the phenomenon of river, I then noticed some color from the corner of my eye. A rainbow. The first house beyond the bit of cliff had a large rainbow flag billowing out front. Not only can you be queer in Astoria, but you can be queer with a one of the most iconic bridge views in town.

A few weeks later, in July, Donald Trump by-passed consulting military leaders and tweeted a ban on transgender people serving in the military. The ban has been blocked by injunctions from the courts and will continue to be challenged, yet the efforts of the administration are a reminder, like the Washington State DOMA decision in 2006, that the celebration is hard-won and at its heart Pride is still a protest.

This year, we'll also be waiting to see where things stand for queer people, as the Supreme Court is about to issue its ruling on the Masterpiece Cakes vs Colorado Civil Rights Commission case. This will determine whether businesses have the right to discriminate against customers on the basis of one's religious beliefs. Whatever the ruling, my accumulating years as an out queer person and a human being are teaching me to hold these unsettled realities in balance: we have to protest, but we also have to celebrate. We need both to survive.

The morning after my walk last year, I marched in the Pride parade with with Dinah Urell, editor of this publication, and Judith Lampi, both long-time advocates for queer rights in this town. I also marched alongside Cathy Reiter, my mom's best friend, now a minister who has made her way out of Portland and back home to her Astoria roots. We marched as "The United Finnish Lesbians of Astoria," an organization whose legitimacy stretched as far as the reality of our Finnish-ness and general lesbianism. Yet we marched with just the right amount of stoic Finnish pride for people to question if we hadn't been here the whole time. It turns out, we had.

PRIDE KICK - OFF! Follow the Rainbow

COLLECTIVE JOY describes the evening, one year ago, when the Liberty Theatre became a stage for the 2nd Annual Pride Gayla Performance. Look how far we've come! An event of the year in Astoria for all coastal inhabitants. So this year, the anticipation is growing like a big glow ball. And all nature of events are added to the 3rd Annual Astoria Pride Celebration.

JUNE 8 Co-Emcee's Dida DiAngelis and Daylight Cums host the evenings program featuring a rainbow strong assortment of singers, drag performances, the LCQC Qhoir, the Dragalution family, The Astoria Arts and Movement Center's Belly Dance Troupe, Work Dance Company from Eugene, Oregon, and special guests drag stars Liza Minelli and Sofonda Peters.

The doors open at 7:30, show at 8pm. 18 and over. Tickets: libertyastoria.org

Cocktails with the Queens: Join the stars of the LCQC's Astoria Pride Gayla for a pre-show cocktail party with appetizers from local restaurants in the gorgeous McTavish Room in the Liberty Theater from 6-7:30. 21 and over.



Download the PRIDE GUIDE at lcqcastoria.org

Saturday 12noon: RIVERWALK FOOT AND BIKE PARADE beginning at the foot of 6th street and ending at the block party on the waterfront east of the Barbey Center.

BLOCK PARTY: bands, drag performances, singing, dancing, food and craft vendors and an array of non-profit booths.

DANCE PARTY: 9pm. Astoria Arts and Movement Center, DJ'd by Astoria's own DJ imcodefour! 342 10th St. in Astoria

SUNDAY PICNIC will be a picnic and games in the park. Unwind and further enjoy the beauty of our community and share in some great laughs and competition!! Tapiola Park.

June Cultural Calendar

BLIND PILOT

"3 Rounds And A Sound" 10th Anniversary
The Liberty Theatre Sound System Premier

JULY
28

BLIND PILOT is Israel Nebeker, Ryan Dobrowski, Kati Claborn, Dave Jorgensen, Ian Krist and Luke Ydstie, formed in Portland, Oregon in 2007 when songwriter Israel Nebeker and co-founding member Ryan Dobrowski went on a west coast tour via bicycle. Eleven years later, Blind Pilot has released three studio albums, 3 Rounds And A Sound (2008), We Are The Tide (2011) and And Then Like Lions (2016) and has sold out concerts throughout the U.S., Europe and the UK since its inception.

The first show with new newly installed Liberty Theatre sound system! This marks the first amplified system ever installed in the Liberty Theatre. The addition of a sound system means the theater no longer has to rent and load in/out equipment for every show. After months of digital acoustic mapping of the theater, testing speakers, and planning placements, the sound system will be installed in July! This wonderful addition was made possible by grants from The James F and Marion L Miller Foundation, The Oregon Community Foundation, and the Pacific Power Foundation. Enjoy!

Reserved Seating. Will call tickets available at 2pm day of show in the Liberty Box Office. Doors open at 7pm. Don't forget to bring your Liberty Cups to enjoy beer and wine from our historic Owl Drug counter! Close to sold out!



Powered by Climate Justice The Biketopia Music Collective

JUNE
19



They'll be some ruckus outside Blue Scorcher in Astoria on June 19 cause Biketopia will be in the house, so to speak. Comprised of musicians, activists, cyclists, puppeteers, visual artists and environmentalists, mobilizing for climate justice—Biketopia collective has made the choice to minimize their dependence on fossil fuels and use their bicycles not only as a means of transportation, but also as a tool to power their concerts.

The bands perform on their bike-powered sound system: a sound system which harnesses electrical energy created in real time, without any energy storage, by the audience riding bicycles. They carry 100% of their equipment on bicycles spreading the message of peace and health through performance.

Lend your legs, your ears, your hearts and come out for Biketopia, making a special stop at the Blue Scorcher, 14th & Duane, 5:30 – 7pm. Don't miss 'em!

Tuesday 5

MUSIC

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

HAPPENING

Cannon Beach Puttz Miniature Golf Tournament and Silent Auction. A fun and imaginative 12 hole putting course throughout Cannon Beach. \$15per golfer. Tee off at Sandpiper Square 1 – 5pm, followed by a party and silent auction at the American Legion.

THEATER

Auditions. For Deathtrap, a killer comedy, two women and three men are needed. Also for Wizard of Oz, six women, eleven men, plus ensemble are needed. At the Coaster Theater in Cannon Beach. coastertheatre.com/shows/audition-notice

Wednesday 6

MUSIC

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

THEATER

Auditions. For Deathtrap, a killer comedy, two women and three men are needed. Also for Wizard of Oz, six women, eleven men, plus ensemble are needed. At the Coaster Theater in Cannon Beach. coastertheatre.com/shows/audition-notice

Thursday 7

MUSIC

Hunter Paye. No cover, 7pm at the Adrift Hotel in Long Beach.

HAPPENING

Goonies Day. Astoria celebrates the anniversary of the release of the movie The Goonies. thegoondocks.org/2018.html

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

Friday 8

MUSIC

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

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

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

HAPPENING

Astoria Pride. Cocktails with the Queens. Join the stars of the LCQC's Astoria Pride Gayla for a pre-show cocktail party with appetizers. \$20, 6-7:30pm In McTavish Room in the Liberty Theater, Astoria.

Astoria Pride. Follow the Rainbow. Astoria Pride Gayla. Co-Emcee's Dida DiAngelis and Daylight Cums will lead you through the evenings program featuring a rainbow strong assortment of singers, drag performances, the LCQC Choir, the Dragalution family, and more. \$15-\$30. 8pm at the Liberty Theater in Astoria.

Hip Hop Dance Party & Spring Showcase. Presented by Encore Dance Studio. Hip Hop Dance Party at 5pm and stay to watch a performance of Hans Christian Andersen's "The Little Mermaid", solo dance routines by members of our Performance Team, and a tumbling skills demonstration. Silent auction follows. At the Seaside Convention Center.

Decadent 80s Dance Party. 10pm – 1am at the Labor Temple in Astoria.

Bounty on the Bay. Italian dinner & fishing seminar. 6pm at the Old Mill Marina in Garibaldi. FMI 503-322-2222

Comedy on the Coast. Hosted by Lang parker, featuring Grant Lyon and Mike Merryfield. \$15, 8pm at Chinook Winds in Lincoln City.

OUTSIDE

World Oceans Day Hike. A guided hike to the summit of Neah-kah-nie Mountain in Oswald West State Park. The hike starts at 4:30pm. Meet at the Neah-kah-nie Mountain South Trailhead parking area.

Saturday 9

MUSIC

Classical Guitar Concert. With Bruce Charles. Free, 2:30pm at Grace Episcopal Church in Astoria.

The Out-Patientz. 8pm at Manzanita Light-house Pub & Grub.

Cal Scott. \$15, 7 – 9pm at the Peninsula Arts Center in Long Beach.

Two Crows Joy. 7 – 9pm at WineKraft in Astoria.

Waikiki Beach Concert. Live music at the Waikiki Beach Amphitheater at Cape Disappointment. 7pm.

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

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

ART

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

Pets on Parade Art Reception. The exhibit features work from artists with representation of the furry family members and friends in our lives. 1 – 3pm at the Garibaldi Museum.

FOOD & DRINK

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

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

HAPPENING

Astoria Pride. River Walk Parade and Block Party. The parade, along the Astoria Riverwalk

starts at noon at the foot of 6th St and ends up near the Barbey Maritime Center at a Block Party. Free admission.

Quirdos Unite! A live storytelling show about the gay experience. With special music guests Renée Muzquiz and SHEnatra. \$5, 8:30 – 10:30pm at the Labor Temple in Astoria.

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

Encore Dance Studio Spring Showcase. A musical theatre production of "The Wiz", and dance routines from Encore dancers. 4pm at the Seaside Convention Center.

Annual Ducky Derby. BBQ and lots of prizes and fun activities for the kids. 11am – 1pm, ducks hit the water at 12:45pm. \$5 per duck. At Quatat Park in Seaside.

Annual Sandcastle Contest. On the beach in Cannon Beach. cannonbeach.org/events/Main-Events/Sandcastle-Contest-2018

Bounty on the Bay. Fishing tournament, seafood dinner & silent auction. In Tillamook Bay. FMI call 503-322-2222

Comedy on the Coast. Hosted by Lang parker, featuring Grant Lyon and Mike Merryfield. \$15, 8pm at Chinook Winds in Lincoln City.

LITERARY

NW Author Series. Holly Lorincz will talk about the interesting world of being a collaborative writer and read a short excerpt from one of her true crime memoirs. 2 – 3pm at the Cannon Beach Library.

OUTSIDE

Get Outdoors Oregon Day. Guided walk through North Coast Land Conservancy's Circle Creek Conservation Center south of Seaside. Noon to 2pm. Register: ncltrust.org

Sunday 10

MUSIC

Ron Burghard. 10am – 3pm at the Astoria Sunday Market.

Cabin Project. No cover, 7pm at the Adrift Hotel in Long Beach.

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

CINEMA

Documentary Films. "This Place in Time" and "Boxcar Days" with filmmaker Ron Walker. 1pm in the Community Room at the Seaside Library.

HAPPENING

Encore Dance Studio Spring Showcase. A musical theatre production of "The Wiz", and dance routines from Encore dancers. 4pm at the Seaside Convention Center.

LECTURE

What is Cultural Appropriation? With Surabhi Mahajan. Free, 4pm at the Lincoln City Cultural Center.

Monday 11

MUSIC

Cabin Project. No cover, 7pm at the Adrift Hotel in Long Beach.



Bikini Beach • June 23

Surf Rock Dance Party. Guitarist Lorenzo Carlson, does a very fine throw back, ala surf instrumentals - its gritty and pretty. He also throws in some true veteran rockers ala Chuck Berry. Joined by Keyboards of Peter Unander and Flint Rice on drums. Get ready to do The Limbo, in a Limbo Contest Redux. Last year's contest was utterly amazing. Prizes!!!! Doors open 8pm. \$6 cover. Music Follows. KALA 1017 Marine Drive in Astoria

→ cont. p19



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! • June 23

MYSTERY, MEYHAM AND MUSIC TAKE TO THE COASTER THEATRE STAGE THIS SUMMER

THE COASTER THEATRE Playhouse readies the stage for two hilarious farces – Ken Ludwig's *Baskerville: A Sherlock Holmes Mystery* and *The Musical of Musicals* (The Musical!).

Summer kicks off with Ken Ludwig's **BASKERVILLE: A SHERLOCK HOLMES MYSTERY**. Sherlock Holmes...the man, the myth, the legend. When Sir Arthur Conan Doyle put pen to paper and began to write about the adventures of Sherlock Holmes and Doctor John Watson, he created two of the most unforgettable characters in English literature. As the father of the mystery genre, Sir Arthur Conan Doyle's influence throughout the ages cannot be denied. In creating *Baskerville: A Sherlock Holmes Mystery*, comedic genius Ken Ludwig honors the origin story while creating an exciting and funny Sherlock Holmes adventure. He has created a classic melodrama with onstage antics that will leave the audience both on the edge of their seats and rolling in the aisles. The thrills come from the classic text and the comedy from the three actors playing 35+ characters creating a magnificent farce to feed your hunger for a good mystery.

This whimsical spin on a classic Holmes mystery is helmed by Jenni Tronier (Coaster Theatre's Marketing & Operations Director) and features veteran Coaster Theatre actors Frank Jagodnik (Sherlock Holmes), David Sweeney (Dr. John Watson), Slab Slabinski (Actor One), Ryan Hull (Actor Two), Richard Bowman (understudy for Actor Two) and Emily Dante (Actress One).

Next up is **THE MUSICAL OF MUSICALS** (*THE MUSICAL!*), a musical about musicals! In this hilarious satire of musical theatre written by Eric Rockwell and Joanne Bogart, one story becomes five delightful musicals, each written in the distinctive style of a different master of the form, from Rodgers and Hammerstein to Stephen Sondheim. The basic plot: June is an ingenue who can't pay the rent and is threatened by her evil landlord. Will the handsome leading man come to the rescue? The variations are: a Rodgers & Hammerstein version, set in Kansas in August; a Sondheim version, featuring the landlord as a tortured artistic genius who slashes the throats of his tenants in revenge for not appreciating his work; a Jerry Herman version, as a splashy star vehicle; an Andrew Lloyd Webber version, a rock musical with themes borrowed from Puccini; and a Kander & Ebb version, set in a speakeasy in Chicago. An entertaining comic valentine to musical theatre.

This entertaining parody of musicals is directed by Patrick Lathrop (Coaster Theatre's Executive Director) and features a veteran cast including Richard Bowman (Big Willy, Billy, William, Bill, Villy), Cameron Lira (June, Jeune, Junie Faye, Junita, Juny), Darren Hull (Jidder, Jitter, Mr. Jitters, Phantom Jitter, Jütter) and Ann Bronson (Mother Abby, Abby, Auntie Abby, Abigail Von Schtarr, Fraulein Abby).

The summer fun starts June 22 and runs through September 2, 2018. Tickets are \$25 or \$20 and can be purchased online at coastertheatre.com or by calling 503-436-1242.

Coming Up at The Coaster

SAX PLAYER PATRICK LAMB fronts his own band for a concert on Sunday, July 15 at 7:30pm. Tickets \$20-\$25. **PIANIST TOM GRANT AND VOCALIST SHELLEY RUDOLPH** with jazz and pop to delight, Sunday July 22, and Classical Guitarist **AARON LARGET-CAPLAN** performs *Landscapes, Meditations & Dances*, July 29 – guitar Music from Germany, Spain, Argentina, India, and Japan by Bach, Cage, Mussorgsky and more. All concerts begin at 7:30pm, Tickets \$20-\$25. Tickets on sale soon at coastertheatre.com



Astoria Visual Arts Summer 2018 a-i-r

Light artist Mulholland Selected for AVA Artist Residency AVA Pop Up Space

ASTORIA VISUAL ARTS welcomes artist Jill Mulholland to work in its studio at 80 11th Street in Astoria, rent-free, as part of the AVA artist-in-residence ("AVA a-i-r") program. The residency runs from May 1 through August 31, 2018.

"Jill was selected from a competitive field of outstanding applicants. The submissions for this round were among the most impressive and ambitious we've received since starting the a-i-r program back in 2015," says AVA Board President Lisa Smith. "It was a difficult choice for the selection committee, but Jill's concept for the residency was highly original and of a very special nature. We plan to mount a major – major for AVA, anyhow – installation of her work during the June 9th Second Saturday Art Walk in Astoria, utilizing both of AVA's studio/gallery spaces at 80 11th Street."

Originally trained in archaeology, Mulholland has practiced, taught, researched, written, designed and built with light and lighting as a theatrical lighting designer, an architectural lighting designer, professor, scholar, and, now, as a light artist. She has taught architectural design studios, visualization, and lighting classes at Texas A&M and the



University of Oklahoma and was awarded the Baker Chair in Light and Design at the University of Oregon. She is currently an instructor at the Rocky Mountain Lighting Academy, a course housed at the University of Colorado, Boulder. Mulholland also is employed by the International Association of Lighting Designers Education Trust, where she works with an all-volunteer board of professionals to help ensure the future of the profession. She will be the featured speaker at the Columbia Forum on May 17.

Mulholland's creative passion is rooted in the beauty of light and its ability to be felt on a physiological level. "An example of this," she says, "is that involuntary 'ohhh' that escapes from us during fireworks, when we palpably feel that ineffable beauty in our being."

"My doctoral dissertation, *Light Celebrating Place, West Texas Road Trip*, resulted in four works of light art that also brought me out as an artist," she explains. In this research, she says, she "discovered" that there are four aspects of light; shadow, reflection, color and glow, each capable of making us feel a wide range of embodied emotions. Her art deals with these four aspects of light, in some projects she incorporates more than one of them.

Light Cairn, adorned skulls and bone, light-play and the unusual elephant necklaces, View Mulholland's eclectic exhibit June 9 Art Walk in Astoria at the AVAPop Up Space, 5-8pm at 80 11th Street in Astoria.

Brian Sostrom at McVarish Gallery

THIS MONTH McVarish Gallery introduces the sublime paintings of Brian Sostrom. Brian will be travelling to open the show from his home in North Idaho back to Astoria where he spent time as a child growing up around the Pacific Northwest.

The son of a painter, his father's work inspired his early pursuit of art and his mastery of his technique shows that level of commitment. His serene open acrylic paintings on aluminum panel, deftly depict subjects of nature in a way that uses the flow of the slow drying paint to mimic aspects of things like cloud



formations and water, using the shape of the paint to give the feeling one could touch a wave in motion or a cloud formation building. It might have been painted in Idaho, but

this show couldn't be more appropriate next to the Columbia River. **Opening reception will be 5 - 8 pm Saturday, June 9th at McVarish Gallery 160 Tenth Street, Astoria**



Oregon in Black and White
Sara Absher

OLD TOWN FRAMING welcomes Pacific Northwest – based Sara Absher, a professional fine art and portrait photographer who draws inspiration from her environment. She has a simplistic style that creates a powerful impact on her viewer with strong emotional and conceptual ties.

Oregon in Black and White is a landscape photography project that embodies the essence of what attracted Sara to explore the world of photography. Finding a spiritual connection in the tranquility of nature, the rugged and beautiful wild of the Pacific Northwest became a catalyst for artistic expression, providing inspiration and a newfound passion that transformed into a prodigious journey of life, love, heartache, and healing.

Opening Reception, Sat., July 9 at Old Town Framing located at 1287 Commercial St. in Astoria.

3 at RiverSea Gallery

RIVERSEA GALLERY presents paintings by Portland artist Hickory Mertsching, historic gum prints by Astoria photographer, Donna Lee Rollins, and a collection of jewelry by Jane Pelliciotto of Portland. The three shows open June 9, with a reception from 5:00 to 8:00 during Astoria's Second Saturday Artwalk featuring live music and catered refreshments. The work will remain on view through July 10, 2018.



Mertsching *Bread and Butter* oil on canvas

while he portrays a donut in oil on canvas. This demonstration is open to the public, and complimentary coffee and donuts will be served.

Mertsching paints from assemblages he constructs of flora and fauna juxtaposed with mundane objects from his vast collection of tools,

tins, books, vessels and beer cans, mostly of 20th century vintage. Skulls, both animal and human, often take a central role, expressing the transience of life. As the artist puts it, "Mundane is the simple object on its face, but once arranged with peers, a narrative is created, illustrating space and time."

In the Alcove, Donna Lee Rollins presents *Vintage Chronicles*, featuring a series of images based on photos taken by her grandfather, portraying life on the family farm in the 1930s and 1940s. Rollins uses the historic and complex tri-color gum dichromate process to turn each print into a one-of-a-kind artwork that has the look of a vintage, hand-colored photograph.

Portland jewelry designer Jane Pelliciotto shows a new collection of sterling silver and enamel jewelry that is both rustic and contemporary, punctuated with texture and color.

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.



Donna Lee Rollins
A Peek-a-Boo Look

Mycology & Mythology IMOGEN Kim Hamblin and Christopher Wagner



IMOGEN GALLERY presents a two person exhibition for artists Kim Hamblin and Christopher Wagner. Linked by a common background in farming, the two bring a series of work inspired by elements important to the lifestyle. Based from personal experiences they explore connectivity of farming practices and lore. Mycology & Mythology is a close look through metaphor about the relationship between man and horticulture. The exhibition opens for Astoria's Second Saturday Artwalk, June 9th 5 – 8 pm. All are invited to join us for a reception and the

opportunity to meet Kim Hamblin and Christopher Wagner, who will be available to answer questions about their work. Light bites and beverages will be provided by the Astoria Coffee House and Bistro. Mycology & Mythology will remain on display through July 10th.

Working in two distinctly different mediums but sharing the common element of a cutting tool, the two bring a new series depicting elements important to the farming culture combined with a common interest in animals. Kim Hamblin brings a collection of her intricate hand cut paper assemblages exploring her ongoing interest in mycology and its importance to life. Within this series she considers mushrooms and their connection to our cultural traditions and to the natural world, including the complex relationship with mushrooms as a source of spiritual enlightenment, food and poison. Christopher Wagner provides newly carved and painted reclaimed wood sculpture depicting man's relationship with animals while also considering his interest in mythology of different cultures and the evolution of stories handed down from generation to generation, also rooted in tradition.

The exhibition opens June 9, Astoria's Second Saturday Artwalk, reception 5 – 8pm, on display through July 10. IMOGEN is located at 240 11th Street in Astoria. imogen-gallery.com 503.468.0620



Plastic Fantastic Show IX / 9th Birthday Celebration

LIGHTBOX PHOTOGRAPHIC Gallery celebrates its 9th birthday with the opening and artists' reception of the Plastic Fantastic Show IX on Saturday, June 9, from 6-9pm.

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

Internationally renowned fine art photographer Susan Burnstine of Los Angeles once again joined the exhibit. Susan is a highly acclaimed photographic artist shooting with film using rudimentary homemade cameras of her own design, consisting of plastic lenses and vintage camera and household parts.

LightBox opened in Astoria nine years ago on June 13, 2009. Chelsea and Michael Granger established the venue to educate in the photographic arts. In these eight years and with nearly 100 exhibits since opening day, LightBox has become a Northwest photographic resource, hosting national and regional artists' with exhibits of fine photography, conducting artists' presentations and workshops, all as part of the goal to provide a center for the promotion of creative and alternative photography on the North Coast of Oregon.

LightBox is located at 1045 Marine Drive in Astoria.



Lilian Aloma, *Herald Square*

Art at Hoffman Center Gallery



C. Gates, *Painted Hills*

THE HOFFMAN CENTER Gallery holds a reception Saturday, June 9 from 2-5pm. Featured works include: *The Beauty in Every Day*—Watercolors by Carolyn Gates, *Line and Form: A Journey in Clay*, Ceramic Sculptures by L. Levering Thomas, *Colors in Love*—Acrylics by Chuck Carlson and Ikebana Pottery, Group Show.

The public is invited and the gallery is free. Gallery Sales supports this not-for-profit Community Art Center. June 6 through June 30 - Fridays and Saturdays 2-5 pm.

The Hoffman Center Art Gallery is a program of the not-for-profit Hoffman Center for the Arts at 594 Laneda Avenue, Manzanita, Oregon. Hoffmanarts.org

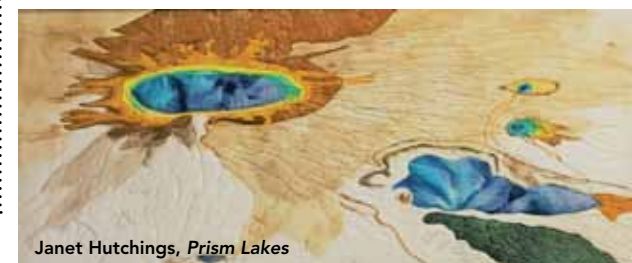
Fabric Art at Trail's End

JUNE'S featured artist at Trails End Gallery is Janet Hutchings displaying her show entitled "A Little Bit of Everything."

Janet Nelson Hutchings, Fabric Artist, is originally from San Diego, California where she was a member of Spanish Village Art Center. After being taught to sew at an early age by her grandmother and creating clothing for years, Hutchings now creates quilted landscapes and flowers, animal portraits, and mixed media pieces using fabric, thread, paint, ink wood, and just about anything else that enhances the image.

When commercially-printed fabrics no longer suited her needs, Hutchings learned to paint and dye fabrics, adapting mark-making techniques typically used on paper. She also prints her own landscape and animal photographs on several types of fabric then quilts these images and further embellishes them to bring out the details and give her work a more three-dimensional look. She is primarily self-taught, using books, seminars and trial and error as she has honed her skills. Her quilting has evolved from simple pieced "traditional" quilting designs to the art pieces that she creates today. Her work can be found at Tempo Gallery in Astoria and Trail's End Art Gallery in Gearhart on her website www.wcartisans.com.

Trails End Gallery is located at 656 A Street in Gearhart, one block south of Pacific Way in the "Little Red Schoolhouse."



Janet Hutchings, *Prism Lakes*

81STAINLESS:PHOTOART BRAD GIBSON AT THE ART LOFT

Brad Gibson, photographer, is the Art Loft's featured artist for the month of June. The natural beauty of the North Coast and travels throughout the world inspire this artist. Nature as well as man-made structures are subjects for his photographs and videos.

A native Oregonian, Gibson was the staff photographer for his high school and college newspapers. After college and as part of his work, he traveled extensively and took photographs

everywhere he went. He even developed and printed photos in his dark room before the advent of digital photography.

Retiring after many years as a self-employed web developer, Gibson and his wife retired to Astoria. Enjoy Gibson's work at the Astoria Art Loft, 106 Third Street in Astoria throughout June. Gallery hours are 10 a.m. – 4 p.m., Tuesday through Saturday and other times by appointment.

CALL for ARTIST Submissions

NASELLE FINN FEST

The Naselle Finnish American Folk Festival 2018 is calling for artwork for display reflecting the lives and experiences of families here and in this whole bountiful region. Work may be rendered in any medium and may include paintings, drawings, photos & prints, jewelry, weaving, sculpture, pottery, basketry, woodcarvings, & furniture.

The Art exhibit will be displayed on Friday July 27th and Saturday July 28th at the Naselle Finnish-American Folk Festival from 10am to 6pm.

Works ready to display will be accepted at the Naselle High School in room 308 on July 25-26 from 11am to 3pm. For info, alternative time arrangements or directions call Morgan Hamilton at (360) 484-7840 or email gallery@nasellefinnfest.com.

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 Cathlamet Elochoman Marina Wooden and Classic Boat Show. Vendors wishing to participate can find applications at www.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. Any further information, please contact Robert Stowe at 562-858-9142, or stowecan@gmail.com

CELEBRATE ROUTE 6!

To commemorate Routes 6 and 131 being named an Oregon Scenic Byway, Art Accelerated Gallery is partnering with the Tillamook Forest Center, the Tillamook County Pioneer Museum, Tillamook Chamber of Commerce and Monday Musical Club to "Celebrate Route 6!" We are encouraging artists to paint, draw, photograph, write about, or sculpt their impressions of the beautiful Route 6 corridor. You may display your Route 6 art – or other themes – at Art Accelerated's Art Festival during "Octoberfest" on September 8, noon to 6 PM on the Second Street Plaza in downtown Tillamook. Here is your chance to display and sell your artwork in a festive setting for only a \$20 fee for a 10' x 10' space. Details may be found in the attached Octoberfest Application or contact Christine Harrison at artaccelerated@gmail.com. But please act soon! The deadline to reserve a spot is June 1st.

16TH ANNUAL SUMMER ART CAMP

The Cannon Beach Arts Association's 16th Annual Summer Art Camp is held this year, July 9th -13th for ages 3 to adult in Cannon Beach, Oregon. Morning art classes are from 10am to 12pm, afternoon classes from 1pm to 4pm. New this year: 2-day Music Camp for ages 16-18 and Adult Art Camp for ages 18+. A Pop Up exhibition displaying camper's creations will take place at the Cannon Beach Gallery Saturday July 14th with an open reception 11am to 1pm. Tuition ranges from \$45- \$85 per class. Discount offered for CBAA members. Brochures in English + Spanish with class descriptions, registration forms, and camp locations available online <http://cannonbeacharts.org/summer-art-camp> and at the Cannon Beach Gallery 1064 S. Hemlock. Questions may be emailed to artcamp@cannonbeacharts.org.

Luminari Arts

2nd Saturday Art Walk

LUMINARI ARTS features two new jewelry lines. Blue Artichoke by Vicki Malone, comes from West Linn, Oregon, and features delicate cut glass beads, enhanced with brass and silver elements, contrasting architectural shapes with soft draping chain. Ornamental Things is a hand made jewelry line from Austin, Texas incorporates bold design with semi precious stones, creating a sleek urban look. Live music with Ted Brainiard and John Pre.

Luminari Arts, open daily is located at 1133 Commercial, Astoria.



FERAL Ben Soeby and Jesse Narens

This two person show, entitled FERAL, features Portland based artist Jesse Narens and Lincoln City artist Ben Soeby at the Chessman Gallery from June 8 – July 9.

"Feral: living in the wild but descended from domesticated individuals."

The multimedia work of both artists represent the idea that we as the human species have separated ourselves from nature over time, and must return to nature in order to survive. We need to become feral.

Opening Reception: Friday, June 8 from 5 -7pm with wine and refreshments available as well as a chance to meet the artists. 540 NE Hwy 101, Lincoln City Cultural Center.



Sedimentation Narens

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

June 9: 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

WRITE ASTORIA

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

RIC'S POETRY MIC 1st Tues @ Winecraft

IN HONOR of founder Ric Vrana, Ric's Poetry Mic is held at WineKraft, 80 10th Street (on the west end of the Pier 11 Building) in Astoria. The event takes place the first Tuesday of every month. Readings are from 7pm to 8:30pm, with sign up to read at 6:45 p.m. All poetry friends are welcome to come to read and listen. Contact: Mary Lou McAuley <mmcauley05@gmail.com>



WORD.

Free Discussion

About Cultural Appropriation with Surabhi Mahajan • June 10

ISSUES of cultural appropriation and identity are complicated. Power dynamics influence who benefits from certain cultural experience, and—given the global nature of our world—parts of our individual and cultural identities are shaped by cultures other than our own. How do we make sense of this and what effect does it have on us as individuals and as Oregonians?

This is the focus of "What Is Cultural Appropriation?" a free conversation with Surabhi Mahajan. Surabhi Mahajan is a longtime resident and active community member in Salem, Oregon, who works for food access in her community. Her experience as part of a family of immigrants and a woman of color with a college education has helped her understand how different aspects of her culture have informed her place in the world. She looks forward to talking with fellow Oregonians to discuss how cultural appropriation shapes individuals' experiences and identities.

Through the Conversation Project, Oregon Humanities offers free programs that engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future. For more information about this free community discussion, please contact Mindy Chaffin at 541-994-5485 or info@sitkacenter.org.

Sunday, June 10, 4pm at the Lincoln City Cultural Center, 540 NE Hwy 101, Lincoln City. This program is hosted by Sitka Center for Art and Ecology and sponsored by Oregon Humanities.



BITTERBRUSH

Author Phyllis Mannan

Book Launch at Cloud & Leaf in Manzanita



"I can scarcely remember the first / time we came to this doctor, / David three, diagnosed delayed / as though he were a flight / that might land anytime."—these lines form the beginning of Phyllis Mannan's poetry chapbook, *BITTERBRUSH*, about her adult son with autism. It was recently released by Finishing Line Press.

The poet will read from her chapbook on Thursday, June 21 at 6pm at Cloud & Leaf Bookstore in Manzanita.

"Phyllis Mannan's *Bitterbrush* is a deeply affecting, bittersweet account of what life feels like to parent an autistic child, not only during that child's young years but also when he becomes an adult. In language at once spare yet knife-edge sharp, these poems are remarkable for their will-not-look-away gaze," writes Andrea Hollander, author of *Landscape with Female Figure: New & Selected Poems, 1982-2012*.

The author began writing about her son David in an attempt to understand him. Later, she wanted to discover what happens to family relationships when the ability to communicate and understand feelings is severely limited. Through her poems and nonfiction stories, she also hopes to give her son—and perhaps others with unique ways of thinking—a voice in the world.

Based on poems in *Bitterbrush*, Phyllis Mannan received an Oregon Literary Arts Fellowship in Poetry. Her poems have appeared in *Cloudbank*, *Fireweed*, *The Oregonian*, *Rain Magazine*, *StringTown*, *Verseweavers*, *Willow Springs* and other publications. Her memoir, *Torn Fish: A Mother, Her Autistic Son, and Their Shared Humanity*, published in 2015, explores the questions, "What happens when a child with autism grows up?" and "What makes us human?"

An advocate for adults with developmental disabilities and their families, Phyllis served on the Board of Directors of Edwards Center and Bethesda Lutheran Communities Family Association. A former high school English teacher, she lives with her husband in Manzanita.

Finishing Line Press is a poetry publisher based in Georgetown, Kentucky. In addition to the Chapbook Series, it publishes the New Women's Voices Series.

You can order a copy of *Bitterbrush* at Cloud & Leaf Bookstore or online at <https://www.finishinglinepress.com/product/bitterbrush-by-phyllis-mannan/>

BITTERBRUSH Phyllis Mannan



Tuesday 12

MUSIC

Ben Rosenblum. \$10, 7pm at the Hoffman Center in Manzanita.

Cabin Project. No cover, 7pm at the Adrift Hotel in Long Beach.

Wednesday 13

MUSIC

Coyote Creek Ramblers. \$5, 7pm at the Peninsula Arts Center in Long Beach.

Pretty Gritty. No cover, 7pm 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.

OUTSIDE

Birdwatch at Circle Creek. Guided tour at the Circle Creek Conservation Center south of Seaside. 7 – 9am. Register at nclctrust.org

Thursday 14

MUSIC

Faun Fables. \$10, 8pm at KALA in Astoria.

Labor Temple Open Mic. Folk singer Lucy Barna performs at 6pm, Labor Temple in Astoria.

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

LECTURE

Oregon Humanities Conservation Project. Seeing the Forest for the Trees: Stewarding Our Public Forests. Admission by donation. 4pm at the Cannon Beach History Center and Museum.

OUTSIDE

Watch a Wetland Emerge. Guided tour at the Clear Lake Habitat Reserve, Warrenton. 2 – 4pm. Register at nclctrust.org

Friday 15

MUSIC

Livy Conner. No cover, 7pm at the Sand Dune Pub in Gearhart.

Astoria Music Festival. 7:30pm. Chamber Music Gala. See p12-13.

UMPHY. 8pm at Public Coast Brewing in Cannon Beach.

Pretty Gritty. No cover, 9pm at the Adrift Hotel in Long Beach. 8pm at the Labor Temple in Astoria.

HAPPENING

Scandinavian Midsummer Festival. \$8 for 3-day admission button. At the Clatsop County Fairgrounds. astoriascanfest.com

Cheap Whiskey and Dirty Jokes. Comedy with Tyler Boeh. \$5,

The Bug Chicks. The Bug Chicks teach about the world of insects, spiders and their relatives, but they also use these animals as a learning tool for use in the classroom. 3 – 5pm at the Hoffman Center in Manzanita.

Saturday 16

MUSIC

Astoria Music Festival. 4pm. Happy Hour. See p12-13.

Astoria Music Festival. 6:30pm. Concert Preview. See p12-13

Big Band Saturday Night. With the Lincoln Pops Orchestra. 7pm at the Lincoln City Cultural Center.

Astoria Music Festival. 7:30pm Festival Orchestra. See p12-13.

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

In a Landscape. With Hunter Noack. 7:30 – 9pm at Waikiki Beach, Cape Disappointment, Ilwaco. Park entry fees apply.

Arrival and Dreams. Arrival is an Abba tribute band and Dreams is a Fleetwood Mac tribute band. \$25 - \$35. Starting at 7:30pm at the Clatsop County Fairgrounds, Astoria. Parking and festival admission fees may apply.

Black Belt Eagle Scout + Floating Room. No cover, 8pm at the Sou’wester Lodge in Seaview.

Britnee Kellog. 8pm at Public Coast Brewing in Cannon Beach.

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

FOOD & DRINK

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

HAPPENING

NW Garlic Festival. At Wilson Field in Ocean Park.

Scandinavian Midsummer Festival. \$8 for 3-day admission button. At the Clatsop County Fairgrounds. astoriascanfest.com

Seaside Muscle and Chrome Car Show. In downtown Seaside.

OUTSIDE

Beach to Chowder 5K/10K walk or Run. Run on the beach. Race starts 9:30am at Veteran’s Field in Long Beach. \$25 - \$45. databarevents.com/beachtochowder Online Registration

Soccer in the Sand. Soccer on the beach in Seaside.

Circle Creek Conservation Picnic. Live music, trail tours and more. 3pm at the Circle Creek Conservation Center, Seaside.

Bird Walk. No prior birding experience required, binoculars and guidebooks available. 9 – 11am at Regatta Park in Lincoln City.

Sunday 17

MUSIC

SheckPea. 10am – 3pm at the Astoria Sunday Market.

Astoria Music Festival. Noon. Young Artists Recital (Free) See p12-13.

Astoria Music Festival. 4pm. Festival Orchestra. See p12-13.

Lewi Longmire. No cover, 7pm at the Adrift Hotel in Long Beach.

Live Music. No cover. 7pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

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

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

HAPPENING

NW Garlic Festival. At Wilson Field in Ocean Park.

Scandinavian Midsummer Festival. \$8 for 3-day admission button. At

the Clatsop County Fairgrounds. astoriascanfest.com

Monday 18

MUSIC

Fareed Haque & His Funk Bros. Suggested \$15 donation. 6 – 8pm at the San Dune Pub in Manzanita.

Lewi Longmire. No cover, 7pm at the Adrift Hotel in Long Beach.

Tuesday 19

MUSIC

Lewi Longmire. No cover, 7pm at the Adrift Hotel in Long Beach.

Astoria Music Festival. 7:30pm. Candlelight Baroque at Grace. See p12-13.

LECTURE

AAUW Presents. Leaders in the Fine and Performing Arts. With Jeanne Maddox, Denise Reed, ChrisLynn Taylor, and Carol Newman. Free, 5:30 – 7pm at the Astor Library in Astoria.

Wednesday 20

MUSIC

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

Astoria Music Festival. 7:30pm Cascadia Composers. See p12-13.

Siletz Bay Music Festival. Curtain Up! Violin recital. \$25, 7:30pm at the Lincoln City Cultural Center. siletzbaymusic.org/summer-festival

Thursday 21

MUSIC

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

Astoria Music Festival. 7:30pm. Ilya Kazantsev, Solo Piano. See p12-13.

Siletz Bay Music Festival. Musical Feast. \$25, 7:30pm at the Lincoln City Cultural Center. siletzbaymusic.org/summer-festival

Frankie Valli & The Four Seasons. \$65 - \$80. 8pm at Chinook Winds in Lincoln City.

LITERARY

Poetry Reading. Oregon poet Phyllis Mannan will read from her newest chapbook “Bitterbrush.” 6pm at Cloud & Leaf Bookstore in Manzanita.

HAPPENING

Jeff Evans Magic Show. 2 – 3pm at the Ilwaco Library.

THEATRE

“PATRIOTISMO. And other dominations: a night of political poetry and visual intrigue with cam Jacob. A multi-media performance w/Gregg Skloff on ambient bass. \$10. 7:30pm. KALA in Astoria.

Friday 22

MUSIC

The Resoelectrics. No cover, 7pm at the Sand Dune Pub in Gearhart.

Astoria Music Festival. 7:30pm. Festival All-Stars. See p12-13

Siletz Bay Music Festival. Ebony & Ivory. Piano recital. \$25, 7:30pm at the Lincoln City Cultural Center. siletzbaymusic.org/summer-festival

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

Frankie Valli & The Four Seasons. \$65 - \$80. 8pm at Chinook Winds in Lincoln City.

Ben Rosenblum Coastal Trio

NYC Jazz Pianist

Touring his upcoming album *River City* June 12 Hoffman Center

AWARD-WINNING New York City jazz pianist and composer Ben Rosenblum will play material from his upcoming second album *River City* at the Hoffman

Center in Manzanita, featuring rising jazz star and Bay Area native Kanoa Mendenhall on bass and highly regarded New York City drummer Ben Zweig.

Described as an “impressive talent” by *All About Jazz*, Rosenblum was a finalist at the 2015 American Jazz Pianist Competition in Melbourne, Florida, and at the 2016 Jacksonville Jazz Piano Competition in Jacksonville, Florida, and has performed in bands led by Bobby Watson, Winard Harper, TS Monk, Curtis Lundy, Chris Washburne and many others jazz luminaries.

Ben Rosenblum has been called “mature beyond his years,” (Jon Neu-



dorf, *Sea of Tranquility*), a young pianist who “caresses [the music] with the reverence it merits” (Bob Doerschuk, *Downbeat Magazine*).

His original music and arrangements combine his extensive foundation in straight-ahead jazz with his free-wheeling, modern melodic sensibility and powerful narrative approach to the piano.

Ben’s first priority in his composition and in his playing is always narrative – to tell a compelling story with his music, reaching the hearts of his audience and connecting with them on an emotional, an intellectual and a spiritual level.

Hoffman Center for the Arts
594 Laneda Ave, Manzanita
\$10 admission
(cash please, no cards or checks)

Luke Winslow-King. No cover, 9pm at the Adrift Hotel in Long Beach.

ART

Plein Air and More Festival. Celebrating plein air painting and other art forms, artistscreate works of art throughout Cannon Beach. cannonbeach.org/events/Entertainment/Plein-Air-and-More

LITERARY

Lunch in the Loft. With Jennifer Haupt and Anna Quinn. Enjoy a catered lunch as two authors read from their books. \$10 for lunch and 10% discounted fee for signed book(s). Noon at Beach Books in Seaside. 503-738-3500

OUTSIDE

Birdwatch in the Dunes. A guided tour at the Yeon Land Easement, Warrenton. 7 – 9am. Register at nclctrust.org

THEATER

Ken Ludwig’s Baskerville. A Sherlock Holmes Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 23

MUSIC

Bikini Beach. Surf music retro extravaganza. Limbo Contest + more. Doors open 8pm. \$6 cover. KALA in Astoria.

Naomi Hooley and Rob Stroup. \$15, 7 – 9pm at the Peninsula Arts Center in Long Beach.

Astoria Music Festival. 4pm. Sergey’s Happy Hour See. 7:30pm All-Bach with Monica Huggett. See p12-13

A Brandenburg and More! All-Bach with Monica Huggett. 7:30pm at the Liberty Theater in Astoria.

Siletz Bay Music Festival. Youth in Unison! Free, 3pm at Taft High School Commons in Lincoln City. siletzbaymusic.org/summer-festival

Siletz Bay Music Festival. Two Quintets and a Clarinet. \$25, 7:30pm at the Lincoln City Cultural Center. siletzbaymusic.org/summer-festival

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

Lindsay Clark. No cover, 8pm at the Sou’wester Lodge in Seaview.

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

The Resoelectrics. \$5, 9pm at the San Dune Pub in Manzanita.

ART

Plein Air and More Festival. Celebrating plein air painting and other art forms, artists create works of art throughout Cannon Beach. cannonbeach.org/events/Entertainment/Plein-Air-and-More

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

FOOD & DRINK

Wine Tasting. Oregon pinot Noir #2. 1 – 4pm at the Cellar on 10th in Astoria.

HAPPENING

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

OUTSIDE

Milk Run. Events include a 10k, 5k, 2 mile and Kids Dash. 8 – 11am at the Tillamook YMCA. Register at the YMCA.

THEATER

Ken Ludwig's Baskerville. A Sherlock Holmes Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 24

MUSIC

The Merlins + Ian & Maia Clemens. 10am – 3pm at the Astoria Sunday Market.

Astoria Music Festival. 3pm. Opera Preview. 4pm Festival

Opera – Tosca. See p12-13.

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

Occidental Gypsy. 7 – 9pm at the Lincoln City Cultural Center.

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

ART

Plein Air and More Festival. Celebrating plein air painting and other art forms, artists create works of art throughout Cannon Beach. cannonbeach.org/events/Entertainment/Plein-Air-and-More

HAPPENING

Pro Wrestling. \$10, 5 – 7pm at the Astoria Armory.

Monday 25

MUSIC

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

Siletz Bay Music Festival. Simple Gifts. Free, 7:30pm at First Congregational Church in Lincoln City. siletzbaymusic.org/summer-festival

Waikiki Beach Concert. Live music at the Waikiki Beach Amphitheater at Cape Disappointment. 7pm.

Tuesday 26

MUSIC

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

Astoria Music Festival. 7:30pm. Sergey Antonov and Cary Lewis. See p12-13.

Siletz Bay Music Festival. It Takes Two to Tango \$35, 7:30pm at Salishan Spa and Golf Resort. siletzbaymusic.org/summer-festival

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. 7 – 9pm at Bridge and Tunnel Bottle Shop in Astoria.

OUTSIDE

Sensing Kinship. Guided tour at Spirit Lake Habitat Reserve, Warrenton. 10am – noon. Register at nlcstrust.org

Wednesday 27

MUSIC

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

Astoria Music Festival. 7:30 PM: Young Artist Chamber Orchestra. See p12-13.

Siletz Bay Music Festival. A Trio & a Trout. \$35, 7:30pm at Salishan Spa and Golf Resort. siletzbaymusic.org/summer-festival

Thursday 28

MUSIC

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

Siletz Bay Music Festival. Bottle it Up & A Conversation with Dick & Ken. \$35, 7:30pm at Salishan Spa and Golf Resort. siletzbaymusic.org/summer-festival

Friday 29

MUSIC

Adams and Costello. 6 – 8pm at Seasons Café in Cannon Beach.

Ezra Bell. No cover, 7pm at the Sand Dune Pub in Gearhart.

Astoria Music Festival. 7:30 PM: The Marriage of Figaro. See p12-13.

Siletz Bay Music Festival. Swing Shift Jazz Orchestra. An Invitation to the Dance. \$35, 7:30pm at Salishan Spa and Golf Resort. siletzbaymusic.org/summer-festival

ADCP. No cover, 8pm at the Sou'wester Lodge.

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

THEATER

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

Saturday 30

MUSIC

Portland Gay Men's Chorus. Concert to benefit the Astoria PAC. 3pm. Tickets \$15. At the Astoria High School Auditorium.

Troll Radio Revue. 11am at the PAC in Astoria.

Astoria Music Festival. 4pm. Agnieszka Laska Dancers. 7:30pm. Great Concertmasters. See p12-13.

Astoria Music Festival. Great Concertmasters. 7:30pm at the Liberty Theater in Astoria.

Siletz Bay Music Festival. Symphony Night. With the Festival Orchestra. \$35, 7:30pm at Salishan Spa and Golf Resort. siletzbaymusic.org/summer-festival

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

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

FOOD & DRINK

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

HAPPENING

Tokeland Parade and Old fashion Family Picnic. Take a step back in time at this old-fashion community parade and picnic. Following the parade and picnic there will be fun games.

THEATER

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

Sunday 1

MUSIC

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

Astoria Music Festival. 3pm. The Marriage of Figaro. See p12-13.

Hellbound Glory. No cover, 7pm at the Adrift Hotel in Long Beach.

Siletz Bay Music Festival. Frank Sinatra's My Way benefit. \$125, 4pm at Salishan Spa and Golf Resort. siletzbaymusic.org/summer-festival

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

OUTSIDE

Tokeland Trek. Tour Tokeland with this one-mile community walk that begins at the tribal center and winds through private property that's otherwise restricted. This is a great opportunity to stroll through Tokeland's hidden treasures.

THEATER

Ken Ludwig's Baskerville. A Sherlock Holmes Mystery. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

FLASH CUTS
MOVIES & MUSINGS

Previews

FILM.
BY LES KANEKUNI

HEREDITARY (JUNE 8) Freshman director Ari Aster debuts with a terrifying take on family possessed by its past in this horror reminiscent of *The Shining* and *Rosemary's Baby*. When miniature artist Annie Graham's (Toni Collette) mother passes away, she can barely conceal her distaste for the woman at the eulogy, saying she was a "private, secretive woman." At a support group, Annie reveals that her family has a history of madness and suicide. Both Annie and her morose daughter Charlie experience visions of Annie's mother. Her husband Steve (Gabriel Byrne) receives a call that Annie's mother's grave has been disturbed. After a tragic accident, the family implodes. Annie's son, Peter begins experiencing terrifying events that may or may not be real. Annie herself seems on the verge of a mental/emotional collapse. But is it the family's own history or a malignant, supernatural force that is causing the breakdown?



HOTEL ARTEMIS (JUNE 8) Jodie Foster returns to the screen after a 5-year absence in this inventive crime thriller. Foster plays Nurse, the proprietor of a seedy hotel in downtown Los Angeles that is actually a hospital for criminals. But there are rules for entrance. There is a steep membership fee. No weapons are allowed and cops are expressly forbidden. Nurse has been running Hotel Artemis for 22 years, but tonight is different. Riots are happening. During a bank robbery, robber Honolulu has been shot and he is rushed to Hotel Artemis by his brother, Waikiki (Sterling K. Brown). Also in residence is Nice (Sofia Boutella), a Russian assassin, depressed over a failed kill. However, when one of the Hotel's guests enters with the stolen property of Russian gangster, The Wolf King (Jeff Goldblum), who will stop at nothing to get it back, Nurse and the Hotel are threatened with being permanently put out of business.

OCEAN'S 8 (JUNE 8) Sandra Bullock stars as Debbie Ocean, Danny's estranged sister, who while doing time has planned the biggest heist of her career, but to accomplish that she must assemble the best crew she has ever had. With Cate Blanchett, Anne Hathaway, Sara Paulson, Helena Bonham Carter and Mindy Kaling. Synopsis: Five years, eight months, 12 days and counting -- that's how long Debbie Ocean has been devising the biggest heist of her life. She knows what it's going to take -- a team of the best people in the field, starting with her partner-in-crime Lou Miller. Together, they recruit a crew of specialists, including jeweler Amita, street con Constance, suburban mom Tammy, hacker Nine Ball, and fashion designer Rose. Their target -- a necklace that's worth more than \$150 million.

THE INCREDIBLES 2 (JUNE 25) Sequel to the 2004 animated film about a family of superheroes. Synopsis: In 'Incredibles 2,' Helen (voice of Holly Hunter) is called on to lead a campaign to bring Supers back, while Bob (voice of Craig T. Nelson) navigates the day-to-day heroics of "normal" life at home with Violet (voice of Sarah Vowell), Dash (voice of Huck Milner) and baby Jack-Jack — whose superpowers are about to be discovered. Their mission is derailed, however, when a new villain emerges with a brilliant and dangerous plot that threatens everything. But the Parrs don't shy away from a challenge, especially with Frozone (voice of Samuel L. Jackson) by their side. That's what makes this family so Incredible.

JURASSIC WORLD: FALLEN KINGDOM (JUNE 22) Chris Pratt and Bryce Dallas Howard star in this sequel to 2015's *Jurassic World*. Three years after the destruction of the Jurassic World theme park, Owen Grady (Pratt) and Claire Dearing (Howard) return to the island of Isla Nublar to save the remaining dinosaurs from a volcano that's about to erupt. They soon encounter terrifying new breeds of gigantic dinos while uncovering a conspiracy that threatens the entire planet.

SICARIO: DAY OF THE SOLDADO (JUNE 29) *Sicario* (2015) was a gutpunch of drug war thriller, with a professional assassin as the antihero lead, an amoral DEA agent and a wet behind the ears FBI agent who has her eyes open to the methods they use in the war against drugs. Sol-



dado is even a harder thriller which goes even farther into blurring the lines between the criminals and law enforcement. Benecio del Toro returns as Gillick, the assassin and Josh Brolin as the genial, but ruthless DEA agent Matt Graver. We open on Gillick apparently being executed in the open desert by a young boy. Flash back three weeks. After jihadist terrorists blow up a grocery and cause the deaths of hundreds, the U.S. government discovers their route into the country was through Mexico. Cartels smuggled them across the border. The U.S. government goes to war against the cartels, tasking Graver with a covert operation to start a war between the cartels. Graver chooses to kidnap Isabela, the daughter of a cartel leader, to ignite the war. But when the plan goes sideways, Graver orders Gillick to kill the girl to destroy the evidence of the op. Gillick refuses and goes on the run with girl with Graver and the cartels in pursuit.

WOMAN WALKS AHEAD (JUNE 29 LIMITED) Academy Award nominee Jessica Chastain toplines the true life story of Catherine Weldon, a New York City Indian rights activist and painter who traveled to the Dakotas to paint a portrait of legendary Lakota chief Sitting Bull.

After her husband dies, Weldon takes a train to North Dakota. On the trip she meets Col. Groves (Sam Rockwell), who disapproves of a woman traveling alone to Indian territory and sizes her up as "New York liberal." On arriving, Weldon is scorned by racist local whites as an Indian lover and encouraged to leave. Weldon persists and eventually meets Sitting Bull (Michael Greyeyes), who taunts her by saying he will only sit for a portrait if paid \$1,000. Through her relationship with Sitting Bull, Weldon sees the degraded, marginalized existence the Lakota live on the reservation. The tribe burns with resentment with their treatment and living conditions. Rebellion seems imminent against business and political forces who covet the Lakota native lands and plot the elimination of their leader. Sitting Bull, and eventually Weldon, realize that a disastrous armed confrontation is coming.

FREE WILL ASTROLOGY

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JUNE

ARIES (March 21-April 19): A critic described Leonardo da Vinci's painting the *Mona Lisa* as "the most visited, most written about, most sung about, most parodied work of art in the world." It hasn't been sold recently, but is estimated to be worth hundreds of millions of dollars. Today it's kept in the world-renowned Louvre museum in Paris, where it's viewed by millions of art-lovers. But for years after its creator's death, it enjoyed little fanfare while hanging in the bathroom of the French King Francois. I'd love to see a similar evolution in your own efforts, Aries: a rise from humble placement and modest appreciation to a more interesting fate and greater approval. The astrological omens suggest that you have more power than usual to make this happen in the coming weeks and months.

TAURUS (April 20-May 20): These days, many films use CGI, computer generated imagery. The technology is sophisticated and efficient. But in the early days of its use, producing such realistic fantasies was painstaking and time-intensive. For example, Steven Spielberg's 1993 film *Jurassic Park* featured four minutes of CGI that required a year to create. I hope that in the coming weeks, you will summon equivalent levels of old-school tenacity and persistence and attention to detail as you devote yourself to a valuable task that you love. Your passion needs an infusion of discipline. Don't be shy about grunting.

GEMINI (May 21-June 20): On February 17, 1869, Russian chemist Dmitri Mendeleev had an appointment with a local cheese-making company to provide his expert consultation. But he never made it. A blast of inspiration overtook him soon after he awoke, and he stayed home to tend to the blessed intrusion. He spent that day as well as the next two perfecting his vision of the periodic table of the elements, which he had researched and thought about for a long time. Science was forever transformed by Mendeleev's breakthrough. I doubt your epiphanies in the coming weeks will have a similar power to remake the whole world, Gemini. But they could very well remake your world. When they arrive, honor them. Feed them. Give them enough room to show you everything they've got.

CANCER (June 21-July 22): Ninety-five percent of your fears have little or no objective validity. Some are delusions generated by the neurotic parts of your imagination. Others are delusions you've absorbed from the neurotic spew of other people's imaginations. What I've just told you is both bad news and good news. On the one hand, it's a damn shame you feel so much irrational and unfounded anxiety. On the other hand, hearing my assertion that so much of it is irrational and unfounded might mobilize you to free yourself from its grip. I'm pleased to inform you that the coming weeks will be an excellent time to wage a campaign to do just that. June can and should be Fighting for Your Freedom from Fear Month.

LEO (July 23-Aug. 22): During the next four weeks, I'll celebrate if you search for and locate experiences that will heal the part of your heart that's still a bit broken. My sleep at night will be extra deep and my dreams extra sweet if I know you're drumming up practical support for your feisty ideals. I'll literally jump for joy if you hunt down new teachings that will ultimately ensure you start making a daring dream come true in 2019. And my soul will soar if you gravitate toward the mind-expanding kind of hedonism rather than the mind-shrinking variety.

VIRGO (Aug. 23-Sept. 22): Everyone has a unique fate that's interesting enough to write a book about. Each of us has at least one epic story to tell that would make people cry and laugh and adjust their thoughts about the meaning of life. What would your saga be like? Think about what's unfolding right now, because I bet that would be a ripe place to start your meditations. The core themes of your destiny are currently on vivid display, with new plot twists taking your drama in novel directions. Want to get started? Compose the first two sentences of your memoir.

LIBRA (Sept. 23-Oct. 22): "Dear Oracle: I find myself in the weird position of trying to decide between doing the good thing and doing the right thing. If I opt to emphasize sympathy and kindness, I may look like an eager-to-please wimp with shaky principles. But if I push hard for justice and truth, I may seem rude and insensitive. Why is it so challenging to have integrity? - Vexed Libra." Dear Libra: My advice is to avoid the all-or-nothing approach. Be willing to be half-good and half-right. Sometimes the highest forms of integrity require you to accept imperfect solutions.

SCORPIO (Oct. 23-Nov. 21): You have waited long enough to retaliate against your adversaries. It's high time to stop simmering with frustration and resentment. Take direct action! I suggest you arrange to have a box of elephant poop shipped to their addresses. You can order it here: tinyurl.com/ElephantManure. JUST KIDDING! I misled you with the preceding statements. It would in fact be a mistake for you to express such vulgar revenge. Here's the truth: Now is an excellent time to seek retribution against those who have opposed you, but the best ways to do that would be by proving them wrong, surpassing their accomplishments, and totally forgiving them.

SAGITTARIUS (Nov. 22-Dec. 21): Marketing experts say that motivating a person to say yes to a big question is more likely if you first build momentum by asking them smaller questions to which it's easy to say yes. I encourage you to adopt this slant for your own purposes in the coming weeks. It's prime time to extend invitations and make requests that you've been waiting for the right moment to risk. People whom you need on your side will, I suspect, be more receptive than usual -- and with good reasons -- but you may still have to be smoothly strategic in your approach.

CAPRICORN (Dec. 22-Jan. 19): I bet you'll be offered at least one valuable gift, and possibly more. But I'm concerned that you may not recognize them for their true nature. So I've created an exercise to enhance your ability to identify and claim these gifts-in-disguise. Please ruminate on the following concepts: 1. a pain that can heal; 2. a shadow that illuminates; 3. an unknown or anonymous ally; 4. a secret that nurtures intimacy; 5. a power akin to underground lightning; 6. an invigorating boost disguised as tough love.

AQUARIUS (Jan. 20-Feb. 18): When I was a kid attending elementary schools in the American Midwest, recess was a core part of my educational experience. For 45 minutes each day, we were excused from our studies so we could indulge in free-form play -- outdoors, if the weather was nice, or else in the gymnasium. But in recent years, schools in the U.S. have shrunk the time allotted for recess. Many schools have eliminated it altogether. Don't they understand this is harmful to the social, emotional, and physical health of their students? In any case, Aquarius, I hope you move in the opposite direction during the coming weeks. You need more than your usual quota of time away from the grind. More fun and games, please! More messing around and merriment! More recess!

PISCES (Feb. 19-March 20): For many years, actor Mel Blanc provided the voice for Bugs Bunny, a cartoon character who regularly chowed down on raw carrots. But Blanc himself did not like raw carrots. In a related matter, actor John Wayne, who pretended to be a cowboy and horseman in many movies, did not like horses. And according to his leading ladies, charismatic macho film hunk Harrison Ford is not even close to being an expert kisser. What about you, Pisces? Is your public image in alignment with your true self? If there are discrepancies, the coming weeks will be an excellent time to make corrections.

Homework: Each of us has a secret ignorance. Can you guess what yours is? What could you do about it? Freewillastrology.com.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

Battlefield Bicycles?

PICTURE one of those war-glorifying paintings from the 19th century: blood-colored sunsets and figures on horseback, laying about with sabers while foes bite the dust decorously beneath the chargers' hooves. Can you imagine the hero, whose red pants stay untorn and unstained, zipping across the battlefield on bicycle instead of a horse?

Strange but true! While you're unlikely to see an intrepid cyclist-soldier in a painting, pulling an endo (in lieu of a rearing horse) while engaging the foe, if you sift through old war photos, you might come soldiers traveling to the front on bikes, delivering orders or preparing for action.

I first encountered bicycle troops while researching British involvement in World War I—a transitional period in military history in so many ways. As a peace activist raised in a family of peace activists (many of whom were also veterans), I became intrigued by the war's aftermath: its critique of industrial capitalism and disenchantment with the science and technology that had led to slaughter and devastation on, well, an industrial scale. I hadn't realized that bicycles had been among the technological advances that had been commandeered in wartime.

According to a Wikipedia article on bicycle infantry, European armies tested bicycles as alternatives to horseback or foot transportation. Improvements in frame strength and the invention of pneumatic tires in the late 19th century caused the top brass to create bicycle detachments for reconnaissance and logistics, even the occasional skirmish. The folding bikes commuters enjoy today made their appearance in France in the 1880s, allowing soldiers to carry their steeds if needed. ("*Bicycle Infantry*," https://en.wikipedia.org/wiki/Bicycle_infantry).

The progressive British newspaper *The Guardian* highlighted the contributions of soldier-cyclists in the

World Wars in an article, including a photograph of troops using bicycles to unload on Juno Beach during the 1944 Normandy invasion. The British military recruited cyclists to aid the war effort, and "tens of thousands" answered the call. Before World War I soldiers began entrenching all along the Western Front, British bicycle battalions even raided German ammunition depots. However, the British military dissolved its bicycle sections after that war because of how difficult it was to ride and take aim with a rifle. ("*Lest We Forget*:"



Remembering Our Cyclist Soldiers, The Guardian, <https://www.theguardian.com/environment/2013/nov/07/remembering-our-cyclist-soldiers-bikes-wars>).

A *Bicycle Times* article notes that the

first British soldier killed in World War I was a scout on a bicycle, John Henry Parr, shot while trying to ascertain the German army's position. The article also reveals that combat medics sometimes used bikes to evacuate wounded. Bicycle troops numbered over 100,000 in each combatant nation's military, and a contemporary periodical lists their advantages over horses: not only are they quieter (unless you forget to lube the chain), but they require no food or water (just lube and grease), and to hide, all you have to do is lay the bike flat and you're just about invisible. Although bicycles are no longer top of the line technologically and have been supplanted by motorized transportation for military operations, the writer concludes that even in modern times, bikes have been used in warfare: the Dutch armed forces rode bikes while patrolling in Afghanistan ("*World War I: Cycling Into Battle*," *Bicycle Times*, <http://bicycletimesmag.com/world-war-i-cycling-into-battle/>).

On your bike or off, I invite you to take a moment to remember the lesser-known veterans who served from the saddle, a bike saddle, that is—and may we all roll forward into a world where wars, not just bicycle battalions, have become obsolete.

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.

EMERGENCY PREPAREDNESS CLASS. June 9. With Lee Hiltenbrand. Learn things you can do now to your home that will benefit both you and the structure after any disaster. Free, 1 – 3pm at Pine Grove Community House in Manzanita.

WRITING THROUGH THE CRACKS. June 13. With Cooper Lee Bombardier & Gina Senarighi. To write about pivotal events from our own lives requires a reckoning with our pasts. How do we interrogate ourselves to get at the truth of our stories when the details do not always shine a glamorous light upon us? Writing Through the Cracks will give you tools to get vulnerable in your writing, scrutinize the past from a place of compassion, and help you to discover the story beneath your stories. \$50, 10am – 5pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

SAFELY CROSSING THE COLUMBIA and Tillamook Bars. June 16. Learn valuable skills and knowledge to boat more safely when crossing the Columbia and Tillamook Bars. Bring your questions and leave more informed. \$10. Two sessions, 8:30-11:30am or 12:30-3:30pm at the Port of Ilwaco, 165 Howerton Ave. Contact: Elena Righettini at mrighettini@yahoo.com

BONSAI FOR BEGINNERS WORKSHOP. June 16. Learn the basics of bonsai and create one for yourself. Learn to root-prune and pot-up an outdoor bonsai suitable for beginners and discuss care, maintenance and training techniques. \$35, 10 – 11am at Dennis' 7 Dees Seaside Garden Center. Register at eventbrite.com

CONTAINER GARDENING WORKSHOP. June 16. Discover the advantages of growing plants and vegetables in containers, and how to maximize your container conditions to help plants thrive with just a little planning and some care. Learn about suitable containers and how to address common problems. 2 – 3pm at the Ilwaco Library. 360-642-3908

WRITERS WORKSHOP. June 22. With Jennifer Haupt and Anna Quinn. How to Weave a Web of Characters and The Art and Craft of Emotional Truth. \$50, 2 – 4pm at Beach Books in Seaside. Call 503-738-3500 to register.

LEARN TO MAKE SUSHI Cooking Class. June 23. With Jennifer Burns Bright. The class will feature cooking instruction and hands on demonstrations to prepare classic California rolls, spicy tuna, and more using our local catch. Reserve a spot by calling 503-738-6742

COOKING MATTERS FOR TEENS Day Camp. June 26 – 29. Cooking Matters for Teens teaches adolescents how to make healthy food choices and prepare healthy meals and snacks for themselves, their families, and their friends. For youths who have completed 6th grade and up. Free, 1 – 4pm at the OSU Extension Service in Tillamook.

THE ART OF WANDERING: A Writing and Walking Workshop. June 27. With Erica Trabold. This workshop encourages you to roam, embodying your writing practice and rooting your nonfiction in the physical world. Students will take a walk—on the beach, to town, or through the Sou'Wester property—to ground themselves in place and write about the experience. \$30, at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

BODY WORK•YOGA•FITNESS

QIGONG WALKING AND FORMS. Mondays, starting January 23. With Donna Quinn. Qigong is an ancient Chinese health care system

that integrates physical postures, breathing techniques and focused intention. Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality. Free community class, 7:30am at RiversZen Yoga in Astoria.

CLASSICAL BELLY DANCE. Classes held Sundays 3-4:30 @ Tolovana Community Hall 3778 s. Hemlock Cannon Beach. Drop in \$10. Everyone welcome. Info call Sarah 971-601-0127.

YOGA IN NEHALEM.North County Recreation District. Mon. 5:15-6:45pm/Beginning Classical Yoga. Tues. 4-5:30pm/Feel Good Flow Yoga. Wed. 8-9:30a/Mid-Life Yoga, Leading You into Your 50's, 60's, 70's and Beyond! Wed. 5:45-7:15pm/Restorative Yoga. Thurs. 8-9:30am/Chair Yoga.Thurs 5:45-7:15pm/Hatha for All Yoga. Fri 8-9:30am/Very Gentle Yoga. Fri 11:30-1pm/Living Yoga. Sat. 8-9:30am/Classical Yoga. 6 different RYT yoga instructors, in-district \$8; out-of-district \$13. contact 503-368-7160.

RIVERSZEN YOGA and Ki-Hara Resistance Stretching Studio. Located at 399 31st Str. Astoria. 503-440-3554. Over 30 classes, for Strength, Stamina or Yoga Flow,Levels 1, 2 & 3 offered from early morning to evening, 7 days a week. 1/2price for new students first month and locals residents first day free.Free parking and a handicapped ramp is available. <http://riverszen.com> orFacebook.com/RiversZen.

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

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

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

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

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

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

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

SPIRITUALITY

LOOKING FOR A UNITY CHURCH? 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, Chris-

tian 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).

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.

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 cemeteryidentification and cataloging project. Cemeteries are among the mostvaluable of historic resources. They are reminders of our settlementpatterns and can reveal information about our historic events, ethnicity,religion, lifestyles and genealogy. The society is seeking volunteers tojoin members in identifying and visiting cemeteries to catalog theinformation for future generations. The society would also be grateful forany information from the public regarding old cemeteries and burial sitesthat may not be commonly known. If you are interested, contact thesociety at www.clatsopcounty-gensoc@gmail.com or call 503-325-1963 or 503-298-8917.



Weekly Habitat Restoration/Stewardship Work Parties. 10 am - noon. Meet at Alder Creek Farm, at the end of Underhill Lane between Nehalem and Manzanita. Dress for the 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/SEA-SIDE. Lower Columbia Hosice is currently offering free bereavement and grief support group meetings twice per month: 1st Thurs. 2-4pm@ Bob Chisholm Comm.Center, Meeting Rm. 1, 1225 Ave. A, Seaside. 3rd Tues. 4:30-6pm, Columbia Memorial Hospital, Columbia Center, Chinok Rm, 2021 Exchange St., Astoria. Questions call: 503-338-6230.

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

INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8pm. Next meeting June 9. 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.

An Inclusive Men's Group
Center for Contemplative Arts in Manzanita
Sunday June 10th, 5:00pm - 7:00pm

It would benefit all to experience a more diverse circle of men - all ages - all walks of life - all points of view - expand the possibilities. Some have been meeting together for nine 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.

confidential. inclusive. diverse.

New men are always welcome in this circle - Bring Yourself - Be Yourself - Add Yourself to the mix. See what happens.

(Please park in the north back lot, only tenants are supposed to park on the limited south Manzanita Ave lot.)

FMI: Darel Grothaus, darelgrothaus@raincity.com

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 Bakery1493 Duane St, Astoria. Seaside: 3rd Thursdays 10-12. Seaside Public Library, 1131 Broadway St, Seaside. Call or text LLL Leader Megan Oien for breastfeeding support at 503-440-4942 or LLL leader Kestrel Gates at 503-453-3777.



Messages Sonja Grace

mystic healer

A NEW HISTORY

OVER THE PAST century humans have accomplished many things, from the creation of automobiles to moon landings—they have broken the bonds of gravity and redefined time and space. In my 'spirit travels' I too have defied the natural order bypassing what is known as current time to go back to the past.

With the assistance of and instructions from my guides I begin my 'spirit traveling' by grounding myself and entering into a profound meditation—I have learned how to travel to destinations all over the world and back through the ages. On many occasions, I have found myself arriving at a sacred place during a time that is centuries before the one scientists have declared to be the beginning of the site. For example, when I 'spirit traveled' to Stonehenge I arrived at a time when the ground was bare, and the megaliths were not yet in place. My guides explained what the site was used for and why it was built and by whom. Stonehenge is not the only site I have 'traveled' to. In my new book, *Spirit Traveler: Unlocking Ancient Mysteries and Secrets of Eight of the World's Great Historic Sites* (Findhorn Press) I write about my visits to seven other sites and share in depth what I learned about the history of the places and what I discovered about their beginnings and purpose.

We have accepted a version of history written by historians, archeologists, scientists and theologians. The main documents of our past came from the church and were monks, priests and holy men of all religious persuasions but who clearly held a viewpoint open to the bias of the churches and the belief systems of the ruling power as well as the interpretations and politics of the era. The historians of centuries ago re-

corded and reported on events and happenings that took place sometimes thousands of years before their own time. It's clear that they too were influenced by the society in which they were writing. Their views and interpretations of 'history' are heavily slanted by the culture, values and time in which they worked.

While archeologists give insights into how various ancient cultures lived, how they made tools, what they ate and what their villages and homes may have looked like—they also used this evidence to make interpretations and observations about the cultures. Of course, the remains of the past are highly contestable, one piece of evidence can be used to prove one point of view, but it could also be used in a different way to prove a different agenda.

I have learned that in some cases dates are off by thousands of years. For example, it is recorded by historians that Stonehenge was created between 2000 and 3000 BCE but recently I met a researcher who told me they had found the tooth of an Oryx, an animal that is a cross between an elephant and a cow on Salisbury Plain near Stonehenge. This finding, he informed me, was highly significant and should change all the dates in the history books, putting Stonehenge's creation at around 4000 BCE. The researcher was also of the opinion that my dates and my belief based on my 'spirit travels' that Stone-

henge was even older than first thought were spot on, and that the history books would have to be rewritten.

Artifacts currently exist that also make us question what historians and the scientific community have told us to be true. Some of these items are controversial and raise the possibility that beings from other planets may have been here before us or have visited. For example, the painting called 'The Crucifixion' (1350) hangs above the altar at the Visoki Decani Monastery in Kosovo, Yugoslavia. The painting depicts men inside flying crafts, which



Detail from *The Crucifixion* fresco -1350

can be clearly identified as space ships. Even older artifacts like the Lolladoff Plate from 7000 BCE, discovered in Nepal, depicts an object in the center of the disc and a small being beside it all within a spiral. Even further back in history are the cave paintings from Val Camonica, Italy, dating 10,000 BCE. In it two beings are wearing protective suits holding instruments. They look like our astronauts of today!

Recent and new discoveries have forced us to reexamine the known history. The discovery (2015) of giant human skeletal remains in Ecuador by British anthropologist Russell Dement did not make mainstream media news despite being a remarkable find. Its size added legitimacy to the local legends of a race of giants. From my point of view, it's a fascinating discovery because the local legends tell of giants that belonged to "another part of the universe." Could this be the reason why the discovery has not made headline news?

Discoveries like this one can cause us to question our long-held assumptions that we humans are the supreme beings in this galaxy and beyond. It seems farfetched to believe we have been visited by extra-terrestrials but there is evidence to support that view. Artifacts exist but may have been interpreted to mean something else. I mentioned earlier the painting called 'The Crucifixion' where Christ is portrayed on the cross and alien star ships are flying by. This painting hangs in a monastery and is interpreted by Christianity as the crucifixion of Christ. Never mind those people flying by in what looks like UFO's! I am certain the monks believe they are benevolent beings passing over as Christ rose from the cross.

The concept of beings more advanced than humans with abilities beyond ours seems preposterous and may leave many people in a state of denial. We are born with amnesia forgetting where we came from or having any knowledge of our past lives. History denies the existence of star beings or demi gods that we may have previously worshipped lifetimes ago.

However, if you look deep enough into today's cultures and religions there is a possible understanding and explanation of how we arrived here on earth. According to Darwin's theory man evolved from apes and in some parts of the world this remains as preposterous as humans being influenced by aliens. There is evidence of star beings here on earth in artifacts and the oral history of indigenous tribes. I have learned through my 'spirit travels' that star or extra-terrestrial beings have helped shape the human race since the beginning of time. Power and religion have shaped our history lesson based on who won and who has the power. Human history has been defined through wars and the conquering of lands, peoples and influence of religion. It is time to pull the veil back and see history in a new light.

A Special Request from the
Dogs & Cats at the
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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

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bodies in balance

By Tracy Erfling, N.D.

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



SKIN CARE FOR A SUNNY SUMMER

WHICH is the largest organ of the human body? The skin. This layer of connective tissue, which is only millimeters deep, serves to govern many interactions between our body and our environment. The primary purposes of our skin in the sun-exposed summertime includes protection and temperature regulation. Now that summer is in full swing keep the following in mind to help your skin weather it's most exposed season.

Our planet would not survive without the sun, it allows for an amazing amount of energy and nutrients to be produced. So it simply follows that our bodies are designed and indeed benefit from sun exposure, we simply could not survive without it. When the sun makes contact with the skin it turns on cells called melanocytes, which in turn create melanin. Melanin gives people with lighter skin that golden brown hue (a tan), and gives those with brown and black skin that fantastic rich color. You are genetically programmed to have a certain amount of melanocytes, consequently melanin production. Melanin levels increase with sun exposure, this is the body's way of creating a natural sunscreen...yes indeed a key purpose of melanin is to deflect harmful UV rays. Undoubtedly some individuals are better at this than others, but most all of us are armed with this tool of nature. And as researchers adventure further into the role of melanin they are finding that it possibly has the ability to protect us in other ways, such as a natural chelator, removing toxic heavy metals...amazing bodies!! Another vital nutrient we get from the sun is vitamin D. This fat soluble vitamin's first step is in the skin where a precursor is created from exposure to the sun...this precursor is sent to the liver, and finally on to the kidney's (and other tissues) where the final product (calcitriol, aka Vitamin D) helps the body to regulate blood calcium levels and MUCH more. Outside of calcium regulation this essential vitamin is showing up as a player in the prevention of many conditions from cancer to hypertension and heart disease. Unfortunately deficiency is common, especially in dark skinned people who have more melanin therefore more sun blocking action. In our more northern latitudes this is also an issue as the vital UVB rays which create all these sunny benefits are low to none from late fall to late spring.

What about sunscreen? I can't say that I don't see a connection between our growing fear of the sun and the topic

of vit D deficiency; not to mention the added chemical exposure sunscreens provide. That being said in this sunny season the skin's cells often need support with sunscreens of SPF15 or higher when we are spending long hours outdoors. So which sunscreens are safest and offer best protection? Those which can deter both UVB and UVA rays (i.e. full spectrum sunscreens). The ingredients to look for are titanium oxide or zinc oxide, these work via reflection to keep the burning rays away.



Avobenzone is another ingredient found to be effective in absorbing these rays instead of your skin. Sunscreens often have chemicals that have been shown to cause skin irritation or damage; some to watch for are PABA, Oxybenzone, Padimate-O, or Octyl Methoxycinnamate. For more information about sunscreen ingredients check out www.sunscreens.net.

Temperature regulation, another key function is also called upon as the weather warms our northern hemisphere. The skin directs temperature regulation via dilation or constriction of blood vessels. This action signals sweat glands or goosebumps to expel or conserve heat. Exercise and fluid intake are valuable parts of this regulation. Exercise promotes blood flow and can help increase body temperature, through muscular activity. This of course is true in the time spent exercising but also ensures that these vascular pathways remain active and responsive even in times of rest. WATER! Drinking half your body weight in ounces of water helps the skin to stay properly hydrated. It is much more difficult to sweat and cool off if your body is low on fluids.

Food adds vitamins and minerals to promote the health and healing of your

skin. Adequate intake of fresh fruits and vegetable of the yellow and orange varieties (carrots, yams, squash, melons and peppers) supply the skin with beta-carotene and vitamin C. These vitamins assist in proper cell growth (especially of connective tissues) and healing of damaged skin. Oysters, pumpkin seeds, eggs, and legumes contain zinc, which also assist in the skin's healing process via the immune system. Vitamin E, found in raw nuts and eggs, provides valuable antioxidant protection against damaged skin cells and harmful sun rays. Finally essential fatty acids (fish oils) properly lubricate the cell walls and allow the above mentioned nutrients access to the cell's interior.

Herbs which are soothing and healing to the skin could be consumed as a tea or applied topically to damaged skin. Calendula and Plantain are common herbs, which are soothing and promote skin healing. The above ground portion of these plants are used, and Plantain can be freshly ground and applied to burns as a poultice. Aloe, a common household plant, should be used topically. The inner gelatinous portion of the plant can be placed directly on the skin. It offers a cool treatment for healing burns. An herb used internally to protect the skin is Gotu kola. This herb acts as a strengthener to the basement membrane of the skin and has terrific antioxidant qualities helping the body to get a jump start on damaged cells. Avoiding the sun's most intense hours, wearing a wide-brimmed hat and clothing over vulnerable skin is always wise. If you are out in the water for long periods take regular shade breaks and apply sunscreen more often. Some medications such as birth control pills, acne medication, and corticosteroids increase your chances of burning, so ask your physician and be aware of your risks. As we age it is important to have a thorough skin exam once every 5 years, or more often if you have lighter more freckly skin. Our skin is often how we perceive one another's health and age, so establishing good habits early will ensure a lifetime of healthy skin. Hope you enjoy this sunny summer season and don't forget to think about all the beauty and protection your skin has to offer!

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



I GET THAT SPRING officially starts in March. But here on the upper left edge, we seem to run about three months behind the calendar where seasons are concerned. So now, just weeks before the purported start of Summer, it finally, truly feels like Spring has sprung. We have recently been given the All Clear to plant those seedlings knowing that, although the soil temperature is still nippy, it's not cold enough to shock our little plantlings to death.

My apple tree sports handfuls of marble-sized fruit which will ultimately please the deer as much as it does me. Weeds of all kinds are clearly delirious with joy, outpacing the intended plants as though they just don't care. And they don't. I pull them out, toss them on the compost pile and watch dolefully while they sprout in their new location having been merely inconvenienced.

The thing about June is STRAW-BERRIES! If we've been living right, by month's end we will see the berry stands sprout up along the highway and the first of the Hood Strawberries appear. Yes, I know Shuksans are yummy. But, Hoods are ambrosial perfection. They are not just good, they're incomparable. And, like so many perfect things, they are short-lived. When they show up, it is incumbent upon us to eat as many of them as we can so as not to spend the winter longing for that which we did not claim when it was offered to us.

Berries are the #1 fruit in this country with strawberries topping that list. Strawberries lend themselves willingly and deliciously to freezing, roasting, drying and pickling. They are only too happy to be the star of shortcake, pie,

preserves, muffins, cocktails. In other words, anything into which we want to toss them. They know how to play well with chocolate, Balsamic vinegar, black pepper, honey, citrus, rhubarb, booze, cream and other fruits.

There are sincerely scrumptious ways to accomplish all of the above but nothing trumps a really ripe, sun kissed Hood strawberry au naturel. Surely, I'm not the only one who has sat in my car next to the berry stand and eaten a pint of berries before heading home. I'm pretty sure I've seen you parked there, too.

Because the season is so short, it's wise to preserve some berries for the dark times. For me, the best way to do that is the freezer. Do NOT wash the berries ahead of time. They're like mushrooms. They get cranky if left wet for anytime at all and will punish you by beginning to rot immediately. Trim and rinse berries when you're ready to freeze them. I spread them on some bus towels (paper towels will do) and blot them dry. Put them on a parchment or waxed paper lined sheet pan and stick them in the freezer uncovered until they are frozen. Then you can bag them into resealable bags and have the real deal all winter.

I love all kinds of strawberry preserves, jams and jellies. But, for taste and versatility, I prefer freezer jam. It tastes like fresh berries spread on toast or pancakes or tucked into jam tarts or crepes. It can double as a killer sauce with no tinkering whatsoever. Unless, of course you want to heat it gently in a saucepan and add a splash of Grand Marnier before you ladle it over ice cream. That would be tinkering with an excuse, your honor.

CHEW ON THIS!

by Merianne Myers



A JAM YOU'LL WANT TO GET INTO

STRAWBERRY FREEZER JAM

You can use store-bought pectin as your thickening agent. There are directions on the packet. I usually use a Granny Smith apple to provide the pectin. Any tart apple will work. Peel, core and grate 1 apple per pound of berries. Working with apples as pectin is not as exact a science as using commercial pectin (which is often made of citrus rinds). So, how thick or thin your jam becomes is variable and is contingent upon the amount of sugar you use. The more sugar, the thicker the jam. That being said, I prefer to use less sugar and have a thinner, more sauce-like jam. The ripe berries don't need a ton of sugar and too much of the stuff will overpower the gorgeous berry taste.

Trim, rinse and pat dry fresh berries
Prep the berries into whatever form you want your jam to have. You can slice or quarter them or put them into a processor to make a puree.

Put the berries and sugar in a sauté pan. I generally use no more than 1/2 cup sugar per pound of berries and usually start with 1/4 cup, tasting and adding as it suits me. The amount of sugar required changes with the ripeness of the berries.

Simmer, stirring occasionally, until the sugar has completely dissolved and the mixture has thickened. Add a squeeze of fresh lemon juice if you like. Set aside to cool.

Ladle into clean, sealable containers and freeze. This keeps for approximately ever in the freezer and for a couple weeks in the fridge, although it is unlikely to last that long.

Two things if you have fresh berries to spare:

1. Why/How do you have berries to spare? I'm dumbfounded!
2. Halve or quarter a pint of berries. Toss in a bowl with a drizzle of Balsamic syrup, a sprinkle of black pepper, some torn basil leaves and however much sugar you think tastes good. Stir gently but well and set in fridge for a bit to let the berries macerate. Eat them as is or served over ice cream, pound cake, shortcake, waffles.....

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.

SOU'WESTER LODGE weekly wellness offerings welcome community members and lodge guests. Wednesday thru Sunday there are mini meditation classes, and the classes are based on donation. Also inquire about private meditation lessons, and various massage services – all taking place in The Wellness Trailer, of course. Sou' Wester Lodge is located at 3728 J Place in lovely Seaview, WA Sou'westerlodge.com/wellness

Monday 10:00am - Juice Bar. Sample a flight of three full-bodied, fresh-squeezed fruit and vegetable juices from Roots in Ilwaco. Served in the Lodge Living Room

Tuesday 10:00am - Golden Milk Latte. Enjoy a warm turmeric, ginger and black pepper latte with coconut milk, honey and other spices. Served in the Lodge Living Room

Wednesday 3:30pm - Mudras Meditation. Meet in the Wellness Trailer

Thursday 3:30pm – Visualization Meditation. Meet in the Wellness Trailer

Friday 10:30am – Mindfulness Talk. Meet in the Lodge Living Room

Friday 11:00am – Vinyasa Yoga Flow. Check with Front Desk for Location

Saturday 9:30am – Zen Meditation. Meet in the Wellness Trailer

Sunday 9:30am – Theraveda Meditation. Meet in the Wellness Trailer



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

RACE-WALKING on MANZANITA BEACH.

Meet each Sunday at 9am (rain or shine) At the bottom of Laneda Ave. on the beach. We - "race walk" 2 1/2 miles south & 2 1/2 back. Instruction happily given. Member of RWNorth West. Your feet will get wet. (Tebas 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.

Seeing the Forest for the Trees: Stewarding Our Public Forests with Mariah Acton

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of Oregon's lushest trails. Sustainably printed, 50 Hikes in the Tillamook and Clatsop State Forests celebrates the adventurous landscapes of Northwest Oregon and urges readers to become advocates for their future protection.

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Available online. \$20. More about Ooligan Press, visit ooligan.pdx.pdu



Dig Deep into our Backyard – The Beach!

“Ultimate Oregon Coast Travel:
Cannon Beach Odd Facts, Fun Finds, Every Access”
New ebook by author Andre’ Hagedtedt

AN UNUSUAL NEW travel guide book about Cannon Beach has just been released on Amazon.com, providing not only detailed descriptions of every single beach access in the area, but a deep look into its history, the geology and the strange finds and weird science found in the area.

Written by Oregon Coast Beach Connection (BeachConnection.net) editor / publisher Andre’ Hagedtedt, is the first in a series of such extremely detailed guides about ten different areas of the upper half of the coastline.

The ebook features full color photos (if you’re viewing on devices other than a Kindle), and a quick guide to every beach access that allows fast hunting of landmarks if you’re on the road, or just looking for an intro to the area. It then moves to a more complete guide of each beach with full details, along with other chapters containing distinctive travel information.

It works on different levels: it’s perfect for an overview if you’re new to this part of the Oregon coast, and it’s informative for those who are regulars who are aiming to dig farther down, getting a more intense experience while visiting.

“You’re all going to encounter what you want, and a load of surprises along the way,” Hagedtedt writes in the intro.

The book operates on the idea you can probably enjoy these sights and beaches even more if you know what you’re looking at. Certainly, you’ll be amazed to discover what’s really going on, sometimes literally beneath your feet. Often there are objects hiding in plain sight that host a startling story. Geologically speaking, this section of the north Oregon coast is astounding.

These are all part of the “odd facts”



presented, which include curiosities like the surreal red towers or the 4,000-year-old ghost forests of some beaches.

The history here is no shirker either. The book delves into what that mysterious bunker atop Tillamook Head was all about, and into the history of that trippy lighthouse just offshore. What tragedy ironically brought about the coast’s biggest beach festival – and what about all those bunnies in Cannon Beach?

There are sections on agates, whales, storm watching, weird beachcombing finds, and a host of travel tips you won’t find anywhere else (like what street may be problematic). Another section

delves into the unique features of each season (did you know parts of February can be warmer than summer?).

Perhaps the most spectacular section of the ebook looks into really wild natural phenomena you might encounter, such as the Green Flash at Sunset, Singing Sands, the rare Novaya Zemlya effect, surreal red towers or the really wowing glowing sands.

Hagedtedt is currently living in Portland, Oregon, full time but has been a part time Manzanita resident on and off. He began his writing career as a music journalist in the ‘90s, highlights of which included interviewing some of his favorite rock stars, such as members of King Crimson, Jethro Tull and Yes. Over the years he worked for – or freelanced for – Salem’s Statesman Journal, KXL radio, The Oregonian, Eugene Weekly, The Rocket and dozens more.

He started Oregon Coast Beach Connection in 2006, a curious hybrid publication that’s part breaking beach news, part online coastal magazine and part travel guide. It specializes in the science of the region as well as entertainment and tourism topics, with a readership of around 1.7 million people per year.

FILM DOC



Seaside Library hosts documentary filmmaker Ron Walker as he presents his film series *This Place in Time* and *Boxcar Days*, Saturday June 9 in the Community Room at 1pm.

This Place in Time recounts through personal recollections, reenactments, and dramatic footage, the eruption of Mt. St. Helens and the subsequent terrifying events of that day. The film was produced by the Film Loft, in Portland, and the music for the film was composed, written, and orchestrated by Ron Walker. In *Boxcar Days* we hear stories from Frank Rose, who rode the rails as a hobo during the depression. In this film Ron intercuts fantastic old black and white footage, of steam trains, as Frank tells his tales about the hazards and adventures of hobo life. Original banjo music underscores the film.

As a bonus, Walker will also screen Cheechako’s First Day. This film was shot at the Washington Park Zoo in 1978. It was one of the first times a baby polar bear had been filmed leaving its den after a winter of hibernation. We get to see the young bear begin to learn the ways of his new world with help from his very attentive mother.

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



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