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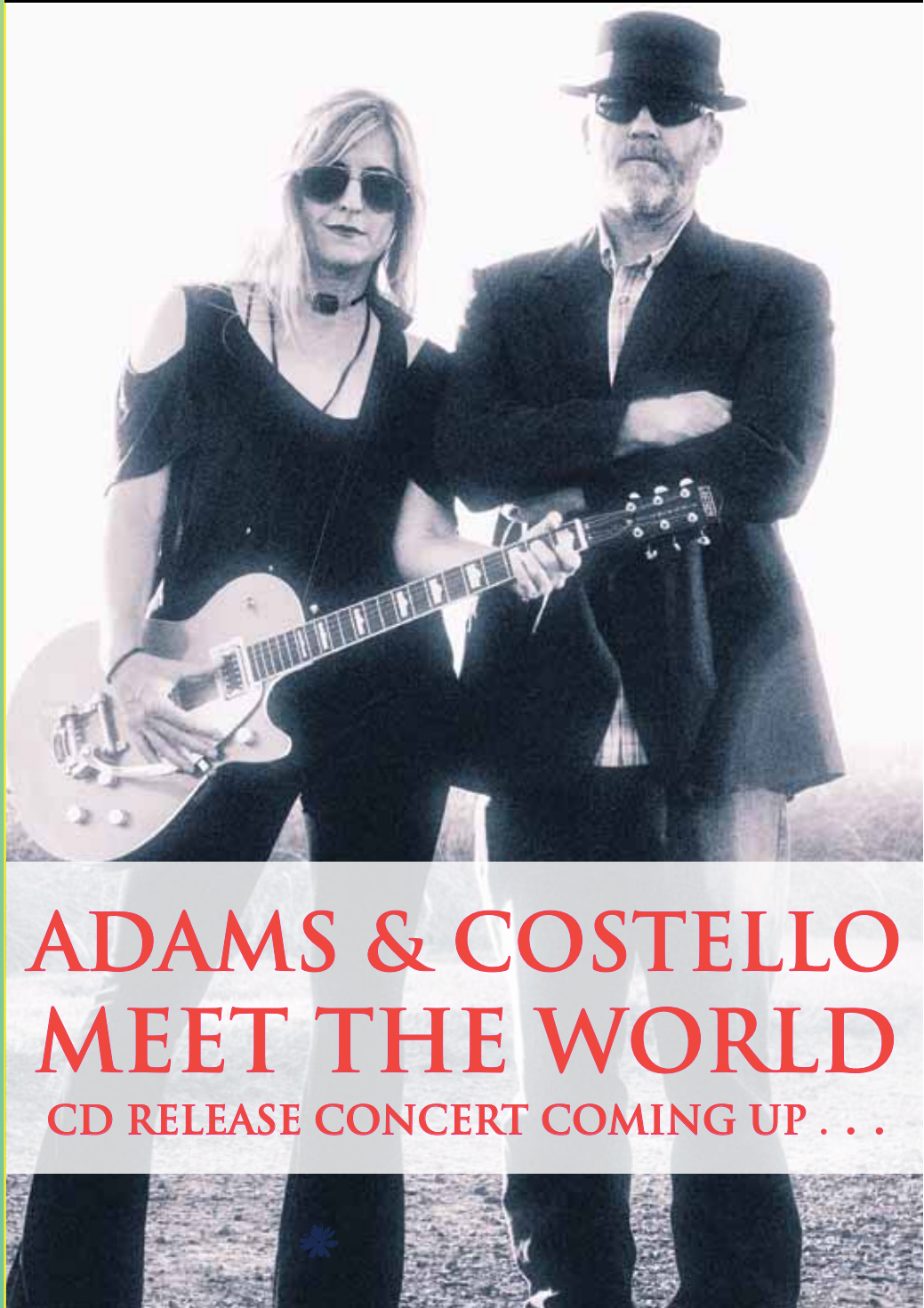
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ADAMS &

Russ Warhmund • Even Jiroudek
CD RELEASE SHOW/MEET THE WORLD
Thursday Aug 16 • 8pm KALA
\$8 (doors open 7:30pm)

IT'S BEEN A BUSY SUMMER for Julie Adams and Michael Costello—maintaining a commercial photography business by day and gigging on the coast by night, and somewhere in between, producing and recording 11 new songs written over the course of a year. But the time has come for Adams & Costello to MEET THE WORLD, full force.

It's a third album for the duo, and a first recorded with full band. I guess sometimes you just write songs that way, naturally imagining the power of a rhythm ensemble. "It's something we had to do, we wouldn't be complete without it," says Julie Adams, of the summer 2018 album release.

Its also something they wanted to do with Evan Jiroudek, drummer, and one half of the talented pair of musical brothers from Cannon Beach, (guitarist Lake Jiroudek) known for their devotion since being boys, to the pursuit of all things music career! After the album release show coming up, Evan moves on to L.A., where he has been, working with numerous bands and collaborations.

The fourth member of this musical project is longtime coastal guitarist Wes Warhmund on bass. Known for his original compositions and improvisations drawing on world music, three albums of his own solo guitar, and teaching career, its Warhmund who inspired Julie Adams to keep playing, as she took lessons. The acoustic guitar has become a tool for her in the five years she's been playing it – she can't seem to put it down, or stop writing songs, some which she explains, can come through quite rapidly.

Michael Costello, known for his gritty lead guitar playing, as well his gritty rock voice, left behind his band work in Boston 9 years ago to move to the west coast and be with Julie. Literally brought together through their shared passion for music, a music duo was an unforeseen and gifted outcome.

Moving right along, Adams and Costello have invested in state of the art recording equipment, adding another exciting curve to producing. Jiroudek was instrumental in tracking the rhythm section and the mixing of all the songs, and the album was mastered in Boston, Mass. with Ryan Adams at Juniper Street Recording. Michael wrote six songs, and plays lead and rhythm guitars. Julie contributes five songs, and plays acoustic and electric rhythm guitars.

The duo serves both artists as an equal and independent vehicle. Partners in life, on stage they are able to both perform

COSTELLO



and shine, and support each other, and so too in their recording projects, separate but together. And they are equally a type of performer who is fully present on stage, as if to say, "We're here for a reason and we'll put everything we have in it." I believe it makes them unique in the music business.

Adams describes the album as fiery angst and tender loves songs—songs reflecting these troubled times, life events, from hard rocking to heart-wrenching soul grooves. She too has a great rock voice, a built-in timbre that suits both rockers and ballads. Only hearing four or five of the tunes and these prior to mastering, they grew on me quickly, I wanted to listen to more. Adams sings with a persistent edge – she wants you to hear her message. The interplay of song melody and lead are sweet on the ears. Costello sings with more held in reserve, soft, yet gritty, an effective dramatic contrast to Adams. You're getting two very different artists in one package.

Adams calls Warhmund "the musical samurai, quietly kicking ass, with an approach that always wants to elevate." And as for Jiroudek, layers of creativity, always applying new drums, percussion and rhythmic concepts. "Replacing him will be hard to do," Adams forlornly admits.

The name of the album is a play on those two old time movie comedians, who were always meeting someone or something, Godzilla and the like. But even if it wasn't, it seems an appropriate title for two artists who have a lot to give.

Adams & Costello, the band, will be performing the album MEET THE WORLD together on stage, Thursday, August 16. It's gonna be a rockin' summer celebration!

Thursday, August 16, 8pm. Doors open at 7:30pm. \$8 cover at the door. KALA 1017 Marine Drive in Astoria.

- Dinah Urell

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Get your Cottage & Garden Tour tickets now!

SUMMERS on the Oregon coast seem to fly by faster and faster. Who has the time to remember special events and trips? If you haven't had an opportunity to attend the Cottage & Garden Tour - this is the year!

The Cottage & Garden Tour takes place the weekend of September 7 and has a series of fun events for everyone. Everything starts on Friday night with a concert and reception at the Cannon Beach History Center & Museum (1387 South Spruce Street.) The R.J. Marx Quartet will ease you into a busy weekend of home tours, wine tastings, art exhibits, presentations, and more! The R.J. Marx Quartet features a world-class frontline of saxophone and guitar exploring some of the most challenging and rarely performed compositions of the major jazz composers from the '40s - '70s, as well as an array of traditional favorites. Tickets to this event are \$15.



For over a decade the Cannon Beach History Center & Museum has welcomed visitors from all over the Pacific Northwest and beyond to tour vintage homes, historic inns, and architectural wonders of your favorite coastal town. Over the years the tour has received accolades from Oregon Home Magazine, Sunset Magazine, The Oregonian, Seattle Times, Oregon Coast Magazine, among others.

Not many home tours take place with the Pacific Ocean in view. Cannon Beach has been a destination community since the late 1800s. The August 1891 issue of the The Daily

Astorian declared the settlement a "sportsman's paradise" - ideal for rest and recuperation. It is still alluring for its seaside location and its unequivocal charm.

THE TOUR OF HOMES AND GARDENS takes place on Sat. September 8, and is a one-day only event. Start Saturday off with a lecture on the history of Cannon Beach from prolific Oregon author Bill Sullivan at the Tolovana Inn, followed by the tour of homes and gardens. The coast's premiere caterer and bakery, Dough Dough Bakery, will prepare the luncheon. Luncheon and lecture tickets are \$25. Tour-goers are invited to tour the very popular mid-town area of Cannon Beach. The tour of homes goes from noon until 5:00 p.m. and features one of the most iconic historic homes of Cannon



Beach. Local musicians Maggie Kitson and Rich Thomasian will play music for you in one of the gardens between 1pm. and 4pm. Tickets for the home and garden tour are \$35.

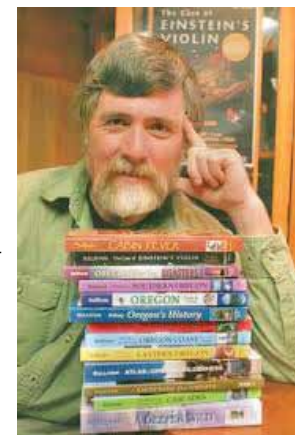
Take off those walking shoes and put on some dancing shoes for a 1920's jazz themed concert with the Honeyville Rascals at the Cannon Beach History Center & Museum. This event is included in the cost of your tour ticket, but if you don't make it to the Home & Garden Tour - tickets are at the door. Costume competition and raffle takes place at 7pm. The reception is historically overflowing with beer from Fort George & Buoy Beer, wine, and tasty treats.

The final event of the weekend is an English style garden tea at the Tolovana Inn on Sunday, September 9. Attendees will enjoy English style tea with real teacups and saucers and tea from Kettle Black.

The presentation will be given by gardening professional Lucy Hardiman of Perennial Partners. Scones, cucumber sandwiches and other delectable treats prepared by Dough Dough Bakery will be sitting on beautiful china displays at each table. Tickets are \$20.

The Cottage and Garden Tour is the Cannon Beach History Center & Museum's annual fundraiser put on lovingly by staff and volunteers for fifteen years now. The event provides twenty percent of the organization's annual income and allows them to remain a free museum. You can purchase tickets on the website or by calling 503-436-9301. Tickets for each event may be purchased individually, or as a weekend package. Weekend packages are \$75 and include all events. Many of these events sell out, so make your plans as soon as you can.

FMI: contact the Cannon Beach History Center & Museum at 503-436-9301, email at info@cbhistory.org, or visit <http://www.cbhistory.org/>



Author Bill Sullivan



SEAN KORESKI Pan Flute

Partners for The PAC present pan flute artist Sean Koreski in a chamber organ concert. Koreski performs classically, and will play Purcell, Bach, Mozart and more selections from his recent recording, Serenity. Koreski's virtuosity on the pan flute, and the instrument itself is known for its serene, tranquil effect on listeners.

Saturday, September 15 at 6pm. Tickets, \$15 available at the door. The PAC is at 16th and Franklin in Astoria.



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Dinah Urell

GRAPHICS:

Buggy Bison

Les Kanekuni

Dinah Urell

Michelle Roth

CALENDAR/PRODUCTION

Assistance/Staff Writer: Cathy Nist

MAGIC WEB WORKER:

Bob Goldberg

FREE Wheelchair Program for Citizens and Visitors on the Beach

SEASIDE, OR.—The Sunset Empire Park & Recreation District (SEPRD) announced in July it will be providing two complimentary beach accessible wheelchairs for use by the public.

These wheelchairs create new opportunities for those with mobility issues. Outfitted with large, wide tires, the wheel chairs make it much easier for mobility impaired persons to go on the sand.

Manzanita was the first community on the Oregon Coast to provide beach wheelchairs and Cannon Beach followed in their footsteps last year. Seaside joins the two in providing beach wheelchair access to the public. Randy Anderson, a local painter and advocate for disabled individuals, was one of the driving forces behind this program. Anderson has resided in Seaside since 1990 and wanted to provide beach accessible wheelchairs in this community for the thousands of residents and guests that visit each year.

The program was also activated by Denise and Patrick Duhachek, owners of Wheel Fun Rentals in Seaside. Wheel Fun Rentals donated two beach wheelchairs from their inventory to the program with the hopes that SEPRD can provide year-round access. Additionally, Anderson will be providing an extra beach wheelchair to meet the demand that is anticipated.

Reservations, which are encouraged, can be made by calling the Bob Chisholm Community Center staff at 503-738-7393. Reservations are completely free and will be made on a first-come, first-served basis for a maximum of four hours.

Merkley leads 31 Senate Democrat Push Back on Trump Administration Attempts to Weaken the Volcker Rule

WASHINGTON, D.C. – U.S. Senators Jeff Merkley (D-OR) and Jeanne Shaheen (D-NH) led a group of 31 Senators to push back on the Trump administration's recent efforts to weaken the Volcker Rule, one of the landmark provisions of the 2010 Wall Street reform law.

Merkley, along with former Sen. Carl Levin (D-MI), is a co-author of the Volcker Rule, which was co-sponsored by Shaheen. The Volcker Rule requires banks to separate hedge fund-like activities from traditional banking.

"We write to express our strong disappointment with the recent effort to weaken the Volcker Rule, which prohibits risky trading practices at federally-backed institutions," wrote the Senators in a letter to five financial regulators. "We are concerned that the proposed rule, released on May 30 by the Federal Reserve, would undermine a fundamental provision of the Dodd-Frank Wall Street Reform Act that prevents taxpayers from being asked to bail out financial institutions that make high-risk trades."

The Senators noted that the proposed rule could open major loopholes for the biggest banks to avoid complying with core financial protections.

"To protect taxpayers and the economy, Congress enacted the Volcker Rule to separate traditional banking from these risky trading practices," the Senators continued. "The Volcker Rule's ban on high-risk trading by large, federally insured banks was a key provision of the Dodd-Frank Wall Street Reform Act intended to ensure that American taxpayers would never again be on the hook when Wall Street banks gamble."

HAUNTED ASTORIA Short Story Writing Contest



ASTORIA, OR – The Haunted Astoria Short Story Writing Contest returns after an eight-year sabbatical! The deadline for entries is Saturday, October 6, 2018. There is a \$6 entry fee for the first story and \$4 for additional story submissions by the same author. An author may submit up to three entries. The 2018 theme is Graveyard of the Pacific.

"We give artistic reign for authors to interpret the theme," stated coordinator Cyndi Mudge. Scoring includes how writers incorporate the history, landscape or historic buildings and landmarks of the area (including those that no longer exist) into their story. "However, this is intended to be fiction, so let the imaginations flourish!" adds Mudge.

The Haunted Astoria Short Story Writing Contest includes a Writer's Showcase where a sampling of submissions will be read, and winners announced at Inferno Lounge on Wednesday, October 24, starting at 6 pm. There are cash prizes for the top three winners: \$125 for first place; \$85 for second place and \$50 for third place.

Inferno Lounge is located on Pier 11 overlooking the Columbia River and offers an appropriate setting, especially for the 2018 theme: Graveyard of the Pacific.

Three judges have been selected to review all submissions and include: Mac

Burns, Executive Director, Clatsop County Historical Society, Ryan Hume, Clatsop Community College Writing Instructor and Faculty Advisor for Rain magazine, Dinah Urell, Publisher of Hipfish and owner of Kala events.

Stories must be submitted electronically via email at ExploreHauntedAstoria@gmail.com and will be verified once fees are submitted.

For further submission instructions visit the website www.HauntedAstoria.com or email.

The contest was originally part of a collaborative Haunted Astoria weekend of self-guided tours, movies and paranormal studies put together by Astoria-Warrenton Chamber, Astoria Sunday Market, Clatsop County Historical Society and Liberty Theatre in 2008. Cyndi Mudge coordinated the Short Story Writing Contest as the Market's contribution and now is bringing the event back under Mudge Media.

"We continued receiving story entries long after the contest ended in 2010," explained Mudge. "We have so many wonderful writers and budding authors in the community that it seemed a good time to bring this contest back and hopefully, begin to weave the entire weekend of programs together in the following years."

Talking Story:

A New Monthly KMUN Radio Interview Program
Hosted by Lynn Hadley

AS A VOLUNTEER PROGRAMMER for the last 7 ½ years, and a few years before that in the Mid 90s, Lynn Hadley has enjoyed every hour of programming that she has been entrusted to care for. Whether it be spinnin' tunes in the Rhythm Lounge, every Tuesday night from 8:30pm to 10:30pm with her buddies Patty Marks and Merianne Myers, or wafting out praiseful songs of joy for The Gospel Train Hour from noon to 1pm every Sunday, she concurs, she loves playing radio at KMUN/KTCB's Tillicum House in Astoria.

A new opportunity has appeared on the horizon, and without the slightest hesitation, Lynn has initiated an interview program featuring the glorious, good folks in our grand community, and the gems of stories they carry inside them. Her belief being that we are all good enough, smart enough, and "Darn It!" have a great treasure of a story buried in us all. She's the privileged gemologist who gets to host the show. So give it a listen on the last Monday of every month from 9:30am to 10am. Programs available in podcast form on the KMUN/KTCB Coast Community Website at coastradio.org.



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outside the box



STEPHEN BERK

IDEOLOGY and Supreme Court Appointments

BY THE TIME this column is in print, President Trump will have named a Supreme Court justice to succeed the retiring Anthony Kennedy. This appointment is of great importance, because it will likely swing the Court in a pronouncedly conservative direction.

Political parties in the US used to consist of loose coalitions with a broad range of political views. The fact that we have only two political parties that get elected or appointed to office made loose alliances including broad spectrums of views in each party something of a necessity. For parties to become strongly ideological, as many of the European ones are in multi-party states, is less workable in the US, because it greatly narrows the public's choices.

The Republican Party in particular has become wholly the province of a narrowly focused "movement conservatism." This includes the older economic conservatism, now grown more extreme, which opposes nearly every aspect of public welfare (guaranteed in the general welfare clause of the Constitution's preamble), including such modest reforms as the Affordable Care Act of the Obama administration. If you look at medical service delivery throughout the world, virtually every functioning state has a national health service. Thus the government, through taxation, pays for every citizen's health care. This country uniquely has a privatized system which has become the cash cow of insurance companies. The Affordable Care Act did not attempt to take medicine from the grip of the insurance industry. It merely changed a few rules so some of the most egregious practices, such as refusing to insure people with so-called "pre-existing conditions," or diseases some have upon obtaining insurance. Republican conservative ideologues, who now include most of the party, wish to repeal the Act, which serves the purpose of making medical care more accessible to the average person.

The other wing of Republican conservatism, the "social conservatives" are mostly religious folk of a conservative Christian

persuasion who interpret religious freedom as the right to discriminate against certain groups of people, mainly the LGBTQ community, whom they judge immoral. Recently several cases have gone to various state supreme courts in which, for example certain bakers have refused to bake cakes for gay couples' weddings. The courts have generally sidestepped the issue by sending the cases back to lower courts. Social conservatives would like the US Supreme Court to establish the right of such retail stores as bakeries and florist shops to discriminate against members of the LGBTQ community based on the First Amendment principle of religious freedom. However, estab-

on their distinguished record, rather than narrow ideological factors. This is true of the Democratic Party also. Also, a good many justices have been appointed as political payoffs to certain constituencies. Some of these justices have turned out well, such as Arthur Goldberg in the sixties, who was appointed to fill what was then known as "the Jewish seat on the court." Others, like Clarence Thomas, an African American appointed to the seat that had been held by acclaimed black civil rights attorney, Thurgood Marshall, has not. Marshall had a distinguished record even before he argued Brown V. Board of Education, which became the basis of ending public discrimination

against African Americans. Thomas, however, appointed because of his conservative ideology, has contributed few opinions and none of substance to the Court record.

Indeed there have been some very capable conservatives who served on the Supreme Court. One recent one was the late Antonin Scalia. Appointed by Ronald Reagan, Scalia had a distinguished record prior to his appointment to the Court. With his interest in not merely practicing, but also studying and teaching law, he spent much of his career

teaching at the highly regarded University of Virginia Law School. Scalia, while he was on the Court, became the model for Clarence Thomas, who supported every opinion Scalia wrote. After Scalia retired, Thomas, lacking a model to follow, lapsed into virtual silence.

Regardless of the capability of whomever Trump appoints to the Court, she or he will definitely be a conservative. Today's Supreme Court has lost a certain flexibility and creativity it had a few decades ago when party ideology did not play a deciding role in appointment. Ideologues in politics and law lack the pragmatic freedom that is crucial to insightful originality in jurisprudence. America was known until recently for eschewing rigid ideology, which stifles creative thought. Now, as our politics rigidifies, ideologues are replacing original thinkers, to the detriment of the country.



lished legal precedent, such as the 1964 Civil Rights Act requires people operating in the stream of commerce to serve the public-at-large.

Unlike the Christian right, Mormon business persons have a long established practice of serving the non-Mormon public such items as stimulants (coffee, cola) that they deny themselves on religious grounds. They recognize that operating within the public sphere obligates them not to select out a certain law abiding group for non-service.

Appointments to the Supreme Court, however, have now become such an ideological football that regardless of Trump's personal views, he is under great pressure from the conservatives who now dominate the Republican Party to appoint someone acceptable to them. In the past, Republican presidents have often appointed members of the Supreme Court based

NATURE NEWS

New Nature Trail Proposed for Nestucca Bay National Wildlife Refuge

Pacific City, OR - The U.S. Fish and Wildlife Service is proposing to open a new nature trail at Nestucca Bay National Wildlife Refuge on August 17, 2018. The 2.2-mile Two Rivers Nature Trail would offer visitors several loop trail options in an area previously closed to the public. The trail surface is a combination of gravel or natural soils and is rated as moderately difficult based on elevation changes and uneven terrain. The trail winds through alder forest, coastal prairie, and small wildflower meadows with a stop to view the confluence of the Nestucca and Little Nestucca Rivers. The family-friendly trail offers birdwatching along the way and plenty of opportunity to take photographs of the preserved forestlands. "We are very excited to offer this new visitor experience at Nestucca Bay National Wildlife Refuge," Project Leader Kelly Moroney said. The Two Rivers peninsula was acquired in partnership with The Nature Conservancy in 2013 and the Refuge has been working to make the area safe for visitors. It offers a special opportunity for people to see the many habitats within the Refuge that support migratory songbirds, bald eagles, black-tailed deer, bobcat, and the threatened Oregon Silverspot butterfly."

Visitors will be required to remain on the designated nature trail to protect wildlife and plants. Dogs and other pets are prohibited on the Refuge to reduce disturbance to wildlife and habitat and to enhance opportunities for all visitors to view wildlife. A welcome and orientation kiosk near the parking lot will share information on the trail, refuge rules and regulations, and information on efforts to help restore and sustain the Oregon Silverspot butterfly.

Established in 1991, Nestucca Bay National Wildlife Refuge protects 1,202 acres in South Tillamook County. The Refuge is managed to provide wintering habitat for six subspecies of white-cheeked geese and also hosts several species of dabbling ducks, shorebirds, and raptors on at least seven distinct habitat types. The newest addition to the Refuge, the Two Rivers Unit, contains upland forest, shoreline, and tideland habitats. Nestucca Bay National Wildlife Refuge offers a multitude of public recreational opportunities; among the most popular are wildlife viewing, photography, hunting, kayaking, and hiking.



Save the Marsh! Pull the loosestrife along the lower Columbia

SPEND A DAY at beautiful Wolf Bay Habitat Reserve and help rid the marsh of the purple menace! Invasive purple loosestrife grows along the lower Columbia River and spreads easily, threatening to overwhelm the diverse wetland ecology of this area and crowding out native plants such as cattail and wapato, which feed native wildlife. North Coast Land Conservancy is seeking volunteers for a stewardship day dedicated to pulling out purple loosestrife along the Columbia on Saturday, Aug. 25, from 10 am to 2 pm. NCLC's Wolf Bay Habitat Reserve is near Svensen, east of Astoria.

Loosestrife isn't hard to pull; the roots separate easily from the saturated soil in the tidal bay. Volunteers lay the pulled weeds on high ground, where they dry out and decompose without causing further harm. Wear rubber boots and gloves; NCLC will provide the needed tools. Bring your own drinking water and lunch. There are no toilets or potable water on site. This stewardship day is part

of a two-year marsh restoration effort NCLC has undertaken for its properties along the lower Columbia, funded in part by Oregon Watershed Enhancement Board.

If you'd like to help, contact NCLC Project Manager Amy Hutmacher at 503-738-9126, amyh@nclctrust.org, for details and directions. More details are at NCLCtrust.org.



ASTORIA MAKERS Issues Call To Artists & Makers: Join The Studio Collective!

LOCAL STARTUP Astoria Makers is seeking creative individuals, makers and small-business entrepreneurs to join the upcoming studio collective located in the Van Dusen building on 10th and Duane Streets downtown. The collective will now focus entirely on artist-run spaces, some to include open-studio hours and educational classes. There are a variety of spaces available for rent, to include small, medium and large-size private studios, a 1000 sq. ft suite of small studios/rooms, and a 650 sq. ft retail-ready space with private bathroom. While all spaces will be individually leased and operated, Astoria Makers hopes to foster the spirit of artist collaboration, partnerships, tool-sharing and cross-programming among the various tenants. All members of the collective will have access to a communal kitchen, lounge area, bathrooms, and a community room to be used for additional teaching space, Artwalk events, and artist-run events/openings. In addition, all collective artists will be featured on the Astoria Makers webpage with a link to their own business site, if desired.

The shift to an artist-run collective space developed naturally in the final months of

space build out as the team listened to community input and feedback on how artists

best want to use the space. The first tenant, Audrey Long Ceramics, is already on her way setting up shop on the main level, and will open to the public upon final fire safety inspections soon. Additional tenants include a design lab focused on traditional wood-working, digital design, and customized CNC machine work. Astoria Makers anticipates the next set of rentals coming online beginning Sept 1-15th, with additional spaces ready throughout the fall. All interested parties are invited to contact Steff Eiter at steff@astoriamakers.com for rental information.

To learn more visit: www.astoriamakers.com, Instagram @astoriamakers, or Like on Facebook at www.facebook.com/astoriamakers



Team member Hannah Phelps-Goodman works hard on restoring the space for welcoming tenants.

The Art of Recycling Coastal Oregon Artist Residency

THE THIRD annual Coastal Oregon Artist Residency (COAR) has grown this year from two artists to three. COAR was launched in 2016 as a collaborative effort of Recology Western Oregon (RWO), an employee-owned company that manages resource recovery facilities on the North Coast, and local arts non-profit Astoria Visual Arts (AVA) to raise awareness of the nexus of recycling and art-making by supporting the creation of art from repurposed and discarded materials.

The three 2018 COAR artists are Cara Mico of Nehalem, Stephen Shumaker of Knappa, and Wenda Vorce of Astoria. The artists were chosen via a rigorous application process. Each will be provided with a monthly stipend, materials, and dedicated studio space at RWO's Astoria Recycling Depot and Transfer Station over a three-month period, which began July 2, 2018. All work completed during the residency will be exhibited this fall in Astoria.

"The submissions were so impressive this year we decided to expand the program to include not only Cara and Wenda, who will make art out of recyclables, but also Stephen, who plans to document their work," said Danielle Gambogi, Project and Art Program Manager at Recology and a member of the 2018 COAR selection committee. "Those of us working on the project at RWO and AVA are delighted with the level of thought and creativity brought to bear by these artists and can hardly wait to see what they come up with during the residency."

Cara Mico is currently the program director for the Cannon Beach Arts Association. She holds a gradu-

ate degree in nonprofit arts administration and a B.S. in watershed science and policy. A longtime resident of the Oregon coast, Mico has been a practicing artist her entire life, having studied fine art at Otis College of Art and Design in Los Angeles. She plans on using the residency to create a series of paintings using found materials.

Wenda Vorce first became involved in making art via recycled objects in the 1980s and has continued since that time. Vorce describes the fanciful items she creates as "cleaning up the earth one piece of art at a time." She discovered that creating art from the things she salvaged was not only a good use of the resources, but that people enjoyed her handiwork enough to buy it. "I can't say for certain what I will make with what I find [during the residency]," said Vorce. "I usually let the materials dictate what they will become."

Stephen Shumaker is a photographer, filmmaker, and educator. Much of his work is focused on environmental sustainability and cultural awareness. Shumaker plans to continue "Plastic in Paradise," an in-progress photography project of his, as well as document the work of Mico and Vorce, in photographs and video, over the next three months.

By supporting artists who work with recycled materials, AVA and RWO hope to encourage people to conserve natural resources and promote new ways of thinking about art and the environment. For more information about the COAR program, visit astoriavisualarts.org and recology.com/recology-western-oregon.



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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

Rep. Suzanne Bonamici Town Hall Meeting

THIS SEPTEMBER

Representative 1st
District, Suzanne
Bonamici holds 6
Town Hall Meetings .
In a news brief Bon-
amici states, "Many
Oregonians have

contacted me about protecting the environment, pre-
venting gun violence, improving access to health care,
strengthening retirement security, ending family separa-
tion, and holding the Trump Administration accountable.
Join Rep. Bonamici to discuss the issues you care about.

Seaside Town Hall Meeting

Date: Saturday, September 15, 2018

Time: 1:00 - 2:00 pm

Location: Seaside Heights Elementary, 2000 Spruce Dr.,
Seaside, OR 97138

2018 ASTORIA PRIDE Picnic in the Park is set for Tapiola Park on beautiful Youngs Bay Saturday, September 22, 11-4:00.

This one is rain or shine folks
games and potluck contributions
add to the fun.

"You're invited!!! **JOIN ENCORE DANCE STUDIO** for a fun-in-the-sun
block party on Friday August 17th from 4pm to 6pm. Jump in a Disney
Frozen bouncy house, practice your tumbling skills on the obstacle course,
meet the teachers, enjoy some popcorn, and tour the studio and Born to
Entertain Preschool. While you're there learn about the Fall program and
register for classes!

This is also a donation event, all dancers are encouraged in the com-
munity to bring in any (used or new!) dancewear and shoes so that all
students can dance without financial barriers holding them back. 3631
HWY 101 N in Gearhart! Call or email with questions to getyou dancing@
gmail.com or 503-717-1637"

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.

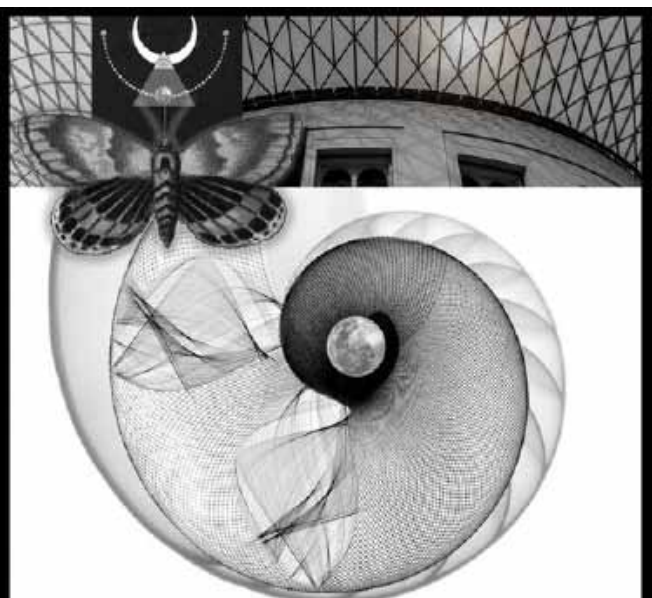
PACIFIC COUNTY DEMOCRATS Monthly Meeting - 2nd Mondays, 6pm,
Long Beach County Building, Sandridge Rd. Pacific pacificcountydem@gmail.com

CREATE • Sept 20 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. August/No Meet Up! Next meeting Sept 20.

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The West Studio of Seattle Scandi Park Design



THE ASTORIA Scandinavian Heritage Association announced that it has selected The West Studio of Seattle, Washington, as landscape architect for the park it intends to build on the Astoria Riverwalk. Six well-qualified firms applied for the position, but Park Chair Judi Lampi said that the West Studio was the best fit and she looks forward to working with Audrey West who will lead the design team as Principal-in-Charge. The West Studio will work with City of Astoria officials and members of the local Scandinavian community to create and revise a design for the park to bring to City Council for approval in late 2018 or early 2019. Fundraising for the project is already underway and more information is available at www.astoriscanpark.org.

Astoria Scandinavian Heritage Park will be built on the Riverwalk between 15th and 16th Streets. The public space will make locals and visitors aware of the North Coast's unique cultural identity and commemorate the contributions and influences of the Scandinavian community to the general identity of the region.

Astoria Parks Awarded \$17,190 Grant for WWI Doughboy Monument

ASTORIA has been awarded the 2018 Veterans & War Memorials grant by the Heritage and Community Programs of the Oregon Parks and Recreation Department, to assist in the continued restoration of the monument. Specifically, the grant will pay for the documentation of the terra cotta tile roof and remove and replace the tiles of the roof.

"With the 100th anniversary of the end of World War I approaching, we have been fortunate to receive statewide and local support in the Doughboy Monument's restoration," said Angela Cosby, Director of Astoria Parks and Recreation. "We are honored to have been awarded this grant, and look forward to showing the families of our veterans that we honor and respect their service to our country."

The Veterans & War Memorials grant is one of two, Veterans and War Memorial Grants received by the Department. In 2017, the Department also received a \$12,000 grant from the State Historic Preservation Office to restore the west restroom, patch exterior cracks, repaint the structure, repair the flat roof, and refurbish the flag pole.

The Oregon Parks and Recreation Department awarded five grants totaling \$150,000 for projects across the state that create or preserve memorials to veterans or wars. Awards ranged from \$8,850-\$48,000.



Tourists: You Can't Make Them Come Here, But You Can Wish . . . They Would Go Home

By Lynn Hadley

A WOMAN walks into my store with her shopping companion the other day, and the first thing out of her mouth is, "Where's that nice store that used to be here?" Implication #1: The store I am currently standing in, is NOT nice; Implication #2: Direct me (Notice there is no "please".) to another place where I can spend my money. NOT HERE!! Says Ye Olde Shoppekeeper, me, "Strrrrrrike One!!" Her description of this other fine store was "It had round racks and, definitely, was not a consignment shop." So, based on these glowing details that could describe more than half the shops in town, I tell her the only place I could think of (If she even accurately recalls what side of the street it sat on), was, in fact a consignment store, and closed its doors in Astoria, last Spring. There is a possibility the same shop re-opened in St. John. She seems content with this and commences her shopping.

She locates a lovely pair of chunky, silver boots, a la David Bowie, the Glam Rock Era, and tries them on. She responds, "These would be perfect for Burning Man!" At which point, I mention that THE famous "Silver Guy" of Burning Man fame has been in my store before in search of goods for his treasure trove of Burning Man wear. Mind you, I have never been to Burning Man, but I have seen an episode of "The Simpsons", where they spoof the event; they call it "Flaming Guy", and highlight some of the more colorful, perennial characters. This special Silver Guy told me himself, Matt Groenig contacted him about it, before he included him in that episode. Her response to my statement was not one of awe or at all impressed by this fact. Instead, she squawks, "Oh, those silver guys are all over the place. We have a bunch of them in California." Strrrrrrikes Two and Three!!! This woman clearly did not give a rip about my celebrity Silver Guy encounter AND she was from California-Ugh!!

As I seriously begin to wonder how much more of this summer visitation a local proprietor could tolerate, this oh-so-not-pleasant customer approaches my counter with the silver boots in tow. She has also managed to discover a lovely, soft cotton, pink coverall, a la Rosie the Riveter. (These items, both, coveralls and overalls, happen to be quite popular, right now.) As she sidles up to the place of purchase, she proceeds with the pronouncement, "This

is not my first rodeo!!", and offers me approximately half of the marked price on these two popular and precious pieces of my merchandise. To wit, my reaction is the following, "I, too, have witnessed the aforementioned cowboy gathering a time or two, and do not appreciate your dismissive discounting of my fine wares/wears! AS IN...NO SALE!!

One may have concluded our exchange had ended, but she promptly responds, "That is why you have so much inventory!!". Without hesitation, I replied, "No, the reason I have so much inventory is because I have proudly operated a vintage clothing business for the last twelve years, and have amassed a vast array of collecting sources to curate this impeccable vintage collection for your shopping pleasure. I find your comment very insulting!" Her boorish response does not deliver any sort of apology, but a smack of retort, "That wasn't an insult!"

When one cracks wise in an unforgivably rude manner, such as this, are they, as the speaker able to determine whether or not the statement should be considered an insult or not?? In this situation, given all that had lead up to this comment, and factoring in a very unbalanced power dynamic with customer and merchant, would have to say a resounding....NO!! Aaaahhhh, Tourist Season, I hear there is no limit this year.



The REAL Silver Guy!

Maintain The Grange

SPEND A SUNDAY afternoon/eve at the wonderful Netel Grange. With recent upgrades to the septic system and emergency exits, Grange keepers need to raise funds annually to keep the doors open for business.

Enjoy a good ol' fashioned Pie Auction, conducted by Grand Dames of Foodiness, Merianne Myers and Linda Perkins, contra dance with caller Dave Ambrose with music by the Horsenecks, and a Vegetarian dinner prepared by Joe Daire.

Donate a baked good to the auction (pie or any dessert). Bring it to the grange at 2pm, the day of the event. Want to give a hand and volunteer, contact Gary Sunderland rgsunderland@charter.net

Suggested \$10 donation at the door. Event scheduled for 3pm - 8pm.

The Netel Grange is located at 90525 Logan Rd. in the Lewis & Clark area.



Repair Café Wed. August 22 6-8pm

Meeting Again This Month At New Location At 1010 Duane Street. Look For The Repair Café Event Sign!

An End Of Summer - Beginning Of Fall Reminder To Repair: bicycles,

clothing, scissors, garden tools, furniture, household appliances, or something that just needs to be glued. (NO gas engines)

Repair Café is a community of people who can repair, sew, sharpen, OR, give expert advice on pretty much anything that is broken, torn, dull or in need of repair FOR FREE!

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

<http://facebook.com/repairastoria>

Questions about an item you'd like to bring? 503-307-0834

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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 NEW INDIVISIBLE North Coast Oregon

INCO EVENTS AUG

INCO Astoria Community Group

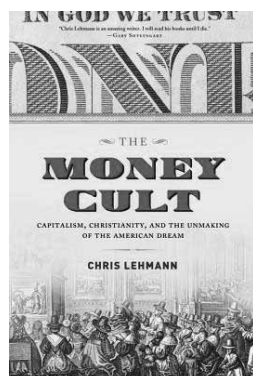
Saturday, August 4, 8am
Street 14 Café, Astoria

Really Do Care: Activism under 40(-ish)

Wednesday, August 8, 6 - 7pm
Lovell Showroom, 426 14th Street
Astoria
Kids Corner available
(for parents participating)

Speak Up: Prosperity and Politics

Featuring Chris Lehmann, author of *The Money Cult* and *Rich People Things*
Wed, August 8, 7pm
(doors open at 6:15pm)
Lovell Showroom
426 14th Street,
Astoria
Free and open to all.
Light fare and drinks available for purchase. Donations welcome.
Hosted by INCO
Astoria



INCO Seaside-Gearhart

Tuesday, Aug. 14, 6:30 - 8pm
BBQ potluck and social
email incoregon@gmail.com for location

INCO Vote the Future Team

Wednesday, August 15, 6:30 - 8pm
Seaside Library Board Room
INCO Warrenton
Community Group Meeting
Saturdays, 11am
email incoregon@gmail.com for dates
Dooger's Seafood and Grill, Warrenton

#StormTheMidterms Postcard Parties

Fridays, 4 - 5:30 pm, Gearhart
Contact incoregon@gmail.com for address and for additional postcard party opportunities

REALLY DO CARE

"Every generation has the opportunity to remake the world." - Barack Obama

AS WE FACE ever more turbulent times, it's worth remembering the 3.5 percent rule, explained here by researcher and author Erica Chenoweth:

"Researchers used to say that no government could survive if five percent of its population mobilized against it. But our data reveal that the threshold is probably lower. In fact, no campaigns failed once they'd achieved the active and sustained participation of just 3.5% of the population—and lots of them succeeded with far less than that."

Will you be part of the 3.5 percent actively mobilizing against the attempts by the current administration to undermine democracy? INCO offers ample ways to get involved.

For those under 40 (ish), we invite you to attend "Really Do Care - Activism Under 40-ish", an informal gathering about defending democracy through political activism, on **Wednesday, August 8, from 6-7pm**, at the Lovell Showroom, 426 14th Street, Astoria. Free and open to everyone in this age group. No-host drinks and food. Kids corner available for parents attending. Special guest is Thomas Rogers, campaign manager for Tiffany Mitchell, Democratic candidate for House District 32. Hosted by Indivisible North Coast Oregon (INCO).

Immediately following this gathering, people of all ages are invited to **Speak Up, an on-stage conversation and discussion with author and journalist Chris Lehmann**, starting at 7pm. On the topic of Prosperity and Politics, he'll talk about what ordinary people can do to defeat the corrupting power of money in American democracy. It's a free public event, with no-host food and drinks. Based in Washington, DC, Lehmann is the author of *The Money Cult: Capitalism, Christianity, and the Unmaking of the American Dream*, *Rich People Things*, and *Revolt of the Masscult*.

If you can't make these events, check out www.indivisiblenorthcoastoregon.com for ways to show you care.

THEY CARE, TOO.

The leadership team of Indivisible North Coast Oregon (INCO) has announced endorsements of three candidates running for state and federal office: Tiffany Mitchell (D), Oregon House District 32; Kate Brown (D), Oregon Governor; and Suzanne Bonamici (D), Oregon Congressional District 1.

"We're excited to support candidates who resist authoritarianism, bigotry, and corruption," said Deb Vanasse, a co-founder and co-leader of the regional grassroots group. "With their commitment to integrity, justice, and the democratic process, Mitchell, Brown, and Bonamici will stand up for workers' rights, the environment, universal health care coverage, permanent protections for Dreamers, sensible gun control policies, and campaign finance reform."

INCO is one of several thousand Indivisible groups around the country that formed in response to the 2016 presidential election. Members defend democracy by



promoting voting and citizen engagement through Community Groups in Manzanita/Cannon Beach, Seaside/Gearhart, Warrenton, Astoria, and in Southwest Washington. Though not endorsing candidates for county or city office, INCO encourages citizens to get involved with campaigns of their choice in advance of the November elections.

The endorsement process began after the May primary with recommendations by INCO's Vote the Future team to the group's leadership team. The organization's Community Groups in Oregon also submitted comments. A similar process will be used to consider potential endorsements for the Oregon Senate District 16 race and Oregon ballot initiatives. More information about INCO is at www.indivisiblenorthcoastoregon.org and at www.incovotethefuture.org.

TAKING CARE OF CONGRESS

If you want to change Congress, sign up to #StormTheMidterms. When you sign up, you can get involved in whatever ways suit you best—texting, tweeting, postcarding, phone banking, door-to-door canvassing—for INCO's endorsed candidates as well as progressive candidates in nearby swing districts. You can make a difference from home or working with others! Sign up at www.incovotethefuture.org.

LET'S START STORMING!

PHONE BANK: Phone friendly voters to invite them to events featuring Jamie MacLeod-Skinner, the progressive challenger to Greg Walden, Oregon's lone GOP congressperson (OR-2) and loyal Trumpster.

TWEET: Search #FlipThe3rd and #ReplaceJHB, then retweet messages that show why GOP Representative Jaime Herrera-Beutler needs to be defeated in WA-3, our closest swing district. For more messaging to amplify, join our tweet room by messaging @indivisibleNCOR with the message TWEETROOM.

TEXT: Sign up at textthevote.com to help get out the vote in upcoming elections nationwide. We'll be adding local texting options soon.

POSTCARDS: Attend a Postcard to Voters Party in Gearhart or Manzanita - or host your own! Our goal is five new postcard parties by August 15. Contact incoregon@gmail.com for details.

DONATE to a candidate willing to stand up to this administration.

With the Supreme Court vacancy, open collusion with a foreign adversary, and Congress's acceptance of the Trump agenda, it's more important than ever that we #StormTheMidterms and elect a wave of change.

A Summer of Musical Parody for Local Actor/Singer ANN BRONSON



IF YOU EVER SEE A WOMAN driving from Astoria to Cannon Beach singing loudly and talking to herself at double speed, it just might be Ann Bronson on her way to a performance at the Coaster Theatre in Cannon Beach. She uses the commute to run through her lines and songs before a show.

From June 29 to September 02, Bronson is singing parodies of classic musicals in *The Musical of Musicals (the Musical!)* by Joanne Bogart and Eric Rockwell, and directed by Patrick Lathrop and Katherine Lacaze. It's a musical. Its five scene spoofs on famous directors: Rodgers & Hammerstein, Stephen Sondheim, Jerry Herman, Andrew Lloyd Webber, and Kander and Ebb. While the setting changes in each scene, as do variations on character names, the plot remains the same. June (Cameron Lira) can't pay her rent; Billy (Richard Bowman) does or not does come to her rescue from the evil landlord, Jitters (Darren Hull); and Abby (Ann Bronson) offers "helpful" advice along the way.

While Bronson considered taking the summer off from performing, Bowman talked her into auditioning. "I took the part because it was a really strong cast," she says. They'd all worked together before. "It's a very open dynamic between us." What's more, because all the cast members are experienced singers, they could do the four-part harmonies as indicated for the musical numbers.

Sondheim is one of Bronson's favorite composers; nevertheless, her favorite scene in this musical is the one that parodies Kander and Ebb, who wrote *Chicago* and *Cabaret*. "The speakeasy scene is a little less esoteric than the Sondheim, and I'm very fond of that Berlin cabaret style."

Bronson says that, at first, she was a little worried that audiences wouldn't relate to the musical parodies, which were written for a New York audience who really knew musical theatre and would get the Sondheim jokes. "But there's enough in it," she says, "that even if you're not getting every joke or reference to such-and-such musical or line, there's enough to keep your attention."

Bronson has been singing since elementary school, when an encouraging choir director had her singing solos for local civic groups in her hometown of Lebanon, Oregon. Her first solo was in front of the PTA in the fifth grade. "I sang 'Oh, Shenandoah,'" she says, "and I was petrified."

By high school, Bronson was taking voice lessons and performing in musicals. From there, she describes it as an easy jump into straight acting, even though she still considers herself more of a singer than an actor.

Bronson will have lived in Astoria for 20 years next month. She sang with the North Coast Chorale for her first couple of years in the area, and performed in her first show with the Coaster Theatre, *The Music Man*, in summer 2000. She's been singing and acting at the former River Theater and Coaster Theatre ever since. "I can't imagine not doing theatre. It's just part of who I am as a person, for better or for worse. Theatre and music have definitely enriched my life. It's just this wonderful creative outlet."

While also working as associate manager in the gift shop at the Columbia River Maritime Museum, Bronson always has a show or two in the works. Currently, while performing in *The Musical of Musicals (the Musical!)*, she has also started rehearsals for her role as a Dutch psychic in *Deathtrap* by Ira Levin and directed by Ryan Hull. It's a straight play, not a musical, that will run this fall from September 21 to October 27, also at the Coaster Theatre.

Having done theater for so long, Bronson gets bored when she has evenings free. And despite being an introvert, she finds getting up on stage freeing. "It's just how I express myself." She adds, "I guess you have that fourth wall," referring to the invisible, imagined wall separating the actors from the audience. "Sometimes on stage, I'm thinking about how every one of those 100 people in the audience is looking at me. And another part of my brain is like 'cool, I'm commanding their attention.'"

Despite her speed-through on the drive to Cannon Beach, however, the unexpected can always happen on stage. "There's



Bronson does Norma Desmond in an Andrew Lloyd Weber mash-up segment of "The Musical"

no guarantee I'm not going to trip over something in a performance. We just have to correct it on the fly or power through." But whether the tripping is choreographed or unplanned, Bronson emphasizes the fun the cast has together in *The Musical of Musicals (the Musical!)*.

"We're a tight-knit group," she says, "and we click really well. We like to play off each other and amuse each other. Hopefully that comes out on stage."

Bronson also hopes the audience comes away with the same sense of playfulness. "Sometimes, I think I haven't done anything with my life. I'm not a doctor out saving lives, but I've made people happy. I've made them laugh, and I've given them enjoyment. That's worth something, I think."

The Musical of Musicals (the Musical!) is playing at the Coaster Theatre in Cannon Beach until September 02. Tickets \$20/25; showtime 7:30pm/doors 7:00pm

Cindy Price the Mayor for Astoria

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By KAISA
SCHLARB



Michael “Sasha” Miller

Activist/Rogue

Mayoral Candidate

“I don’t like bureaucracies. I don’t like politics”

Miller is not a politician, he’s an activist. Fittingly born in Oregon’s Rogue Valley, a roguish, defiant character has defined him throughout his life, most which has been lived between Oregon’s north coast and Las Cruces, NM.

With a bent toward political stunts, in 1994 he stood on the Clark County Courthouse steps with a cardboard sign that read, “Marijuana for Sale,” in protest of the county’s anti-drug laws at the time. He had never tried marijuana himself, “but I had read a few books,” he explains, “and I realized, this is totally wrong.”

This year, over Memorial Day Weekend, Sasha stood naked downtown with a sign that read, “How we care for the least among us defines us as a community. Who are we?”

The move was in protest of the removal of John Wedell, or “Helmet John” from the downtown corridor. Wedell, a well-known, unhoused citizen in Astoria who keeps a shopping cart full of belongings, was asked to by police to move along from his regular spot on Commercial & 11th St.

Both the statement and question posed on his sign are the critical issues Miller is asking Astoria to take on with his candidacy. Look around, he is asking. Who are we?

Grounded in community building, step one of his vision is extending community to “the least among us,” the often marginalized voices who need the most support.

“A community,” he explains, “is basically tasked with the same responsibility a family is: take care of the kids, your elderly, see to your own needs, then you get to go play. That is not our community’s attitude right now, we are doing a lot of ancillary things that are not essential, and we are abandoning the people.”

Miller is talking directly about homelessness, about disaster preparedness, and a crisis of mental health support. On these issues, he wants to support major changes from the status quo.

Having been homeless himself, he’s after fast acting and direct solutions.

“We should be meeting once a week,” he explains, referring to current Mayor LaMear’s Homelessness Solutions Task Force, which meets roughly once a month. “It’s like saying ‘the house is on fire, let’s meet once a month about that.’ If you are going to put it off, you have to put off shoving [the homeless] out of a downtown area.”

The real change, he believes, comes from the renegotiating of our community values, and mainstreaming those who need additional support, rather than pushing them to the side. “Expanded services that look like a coffee shop or any regular business that is part of the heart of a town and community.”

Sasha also points out, “we can only wrap our minds around about 150 people,” so the more our community is strengthened at the neighborhood level, the better. “Maybe someone has a bedroom someone can sleep in, maybe a garage. It might simply be getting them out of the rain.”

PHOTO: K. Schlarb

He recognizes these values as the antithesis of a capitalist model which is "built around the erasure of communities."

Uniontown is Miller's home, and for him, it speaks to a time when these neighborhood-sized communities were alive in Astoria.

"This is Uniontown, and then there is The Labor Temple. These are echoes of people who were helping each other."

Strengthening neighborhoods will also foster better support for disaster relief. Miller sees doubling up on efforts to plan for the Subduction Zone earth quake as critical and urgent.

"Astoria is built on fill," he informs. "Its going to get wiped out."

Seeing failure in the state and federal government, which has submitted to corporate and industry lobbying efforts, Sasha talks about the state mandated lodging tax, which dictates that 70% of the funds be spent directly on the promotion of tourism.

"I hate it when industry tells a small town how they can spend their money and prevents small towns from being able to govern themselves."

For better or for worse, Miller recognizes, "Tourism is going to pay the bills for a while. [But] We can bend this different ways." Promote tourism in Spanish, for one.

In 2012, Miller spent a year living in a tent with the Occupy Las Cruces Movement. During Occupy, he met a lot of passionate people but was ultimately disillusioned by self-appointed leaders who were in conflict with the consensus model, and what he saw as the unfair scapegoating of the movement's issues on its homeless participants.

Still connected to Las Cruces, Miller dreams of creating a "Ciudad Hermanas" relationship with the city. "It's another little progressive town. I think there would be a sort of synergy between the wet climate here and the dry climate there. I'd also like to do an all in Spanish resolution to stand up for the fact that minorities are a part of our country. They are equal. Their languages are equal."

"Right now, we have a community that is bigger and better than our federal government and we need to own that. We can do big things here. We can have big thoughts. This little tiny town can be vibrant and imaginative. And we can fail and we can try something else. Every little community across the US really needs to," he explains passionately.

"This is not the time to be neutral on issues. On the same account, you do not need to demonize and degrade your neighbors for being Trump supporters. That does not add anything. You can be anti-Trump and still respect the qualities of your neighbors that make them great individuals."

While Miller knows he is the little guy against City Councilwoman Cindy Price and Astoria Downtown Historic District Association President Dulcye Taylor, he believes his run is important to put forward hard conversation and issues people might be afraid to look at in a meaningful way.

He says humorously "It is probably [the] city council's nightmare for me to become mayor."

"Of course I can get into my own ego," admits Miller over the mayoral race. "What would I do if I got elected? What wouldn't I do? From challenging the Trump administration, to challenging the many problems we have in this community. But if I get into that mindset, then I miss my opportunity to advocate."

Some two decades ago, Astoria saw a similar candidate in Michael McKusker, Publisher/Editor of the North Coast Times Eagle (a former long-running newsprint quarterly), a member of Vietnam Veterans Against the War, and continuing KMUN radio host of A Story Told. McKusker ran as a protest candidate who garnered such a high percentage of votes that he feared he might win. One of his campaign posters still hangs in the VooDoo Lounge in Astoria.

Miller's primary objective is the mayoral debates. "I want to go there to talk to the audience, because the people in that room are the community."

It is in front of the Dough Boy where Miller asks to be photographed, a tribute to an old spirit in Astoria he still believes in. At the monument, he sees some of his supporters, Debbie and Runsfast, an unhoused couple who also call Uniontown home. They're both wearing Sasha's campaign button.

The button, in northwest colors blue, green and white, reads simply, "Elect Michael "Sasha" Miller Mayor, Por Favor."



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THE SACRED

Robert Adams Juror • LightBox



Dennis Witmer • Clouds

LIGHTBOX PHOTOGRAPHIC Gallery hosts *The Sacred* a juried exhibit by world renowned photographer Robert Adams. Adams, who resides in Astoria, attracted 165 submissions from around the world—52 photographers were chosen. The Sacred will be on display in the gallery through September 5th.

In reference to the exhibit Robert Adams states, “The photographer Dorothea Lange said that she wanted to make pictures that are “second lookers” – pictures that reward repeated viewings. It has been my privilege to assemble an exhibition made up of such photographs. The pictures record what is “entitled to reverence,” as the dictionary defines the word “sacred” – times and places and people that point beyond themselves. We stand today in particular need of such testaments. I was asked to select a few of the photographs for “honorable

mention,” but this seems unnecessary. As is apparent, the photographers brought honor to themselves by first selflessly honoring their subjects.”

Born in New Jersey in 1937, Adams moved to Colorado as a teenager. He was a professor of English literature for several years before turning his full attention to photography in the mid 1970s. His work is largely concerned with moments of regional transition: the suburbanization of Denver, a changing Los Angeles of the 1970s and 1980s, and the clear-cutting in Oregon in the 1990s. His many books, well-known to those concerned with the American landscape, include *The New West*, *From the Missouri West*, *Summer Nights*, *Los Angeles Spring*, *To Make It Home*, *Listening to the River*, *West From the Columbia*, *What We Bought*, *Notes for Friends*, *California*, *Summer Nights*, *Walking*, *Gone?*, *What Can We Believe Where?* and *The Place We Live*. Adams has also written a number of critical essays, including *Beauty in Photography*, *Why People Photograph* and most recently, *Art Can Help*.

Among many awards, Adams has received the Guggenheim and MacArthur Foundation fellowships and in 2006, the Deutsche Börse Prize. In 2009, he was awarded the Hasselblad Foundation International Award in Photography, and in 2014 was elected to the American Academy of Arts and Letters.

LightBox memberships are a way to become part of the community that helps to further the mission of the gallery. Contact LightBox at 503-468-0238 or info@lightboxphotographic.com. LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday – Saturday, 11 - 5:30.

PAUL SORIANO VENERATIONS.

SHOWING AT KALA. Each painting focused on the image of the Buddha—the new works by Seattle-based artist PAUL SORIANO begin as meditations in the Kundalini tradition. The imagery presents itself, unfolding like flowers. These are simple works of devotion, meditation and prayer. Oil on canvas—bold colors and bold brush strokes embrace different facets of the Buddha image. Also showing: Renee Rowe, Sid Deluca, Joi Smith and Tom Hilton.

Astoria 2nd Saturday Art Walk - Refreshments. 5-8pm. KALA 1017 Marine Drive in Astoria. KALA is open for events and by appt. 503.38.4878



Red Buddha, oil on canvas, 46 x 48



Dennis Worrel, Wilson River

CALL FOR ART 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!” Artists are encouraged 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 \$30 fee for a 10’ x 10’ space. Details may be found at <https://www.artaccelerated.org/festival-of-the-arts.html> or contact Christine Harrison at artaccelerated@gmail.com. But act soon! The deadline to reserve a spot is August 11th.

Tom Cramer: New Work Art as Verb • IMOGEN

IN A SECOND exhibition at IMOGEN, renowned Portland artist Tom Cramer brings his bold, color-saturated paintings and carved wood relief pieces to Astoria, opening August 11 during Astoria’s Second Saturday Artwalk, with a reception held from 5 – 8 pm. The artist will be available to answer questions about his work.

Tom Cramer has been at the epicenter of the Portland art scene for decades, known for his distinct and evocative painting style that reverberates with a sense of playful drama. For years many things have acted as a canvas to Cramer, utilizing furniture, cars, buildings, the ballet; these are just a sample of the channels of creative self-expression Cramer has utilized.

A conversation with Cramer always leads to avenues that have been little explored or considered, full of energy, ideas and many twists. When discussing his work, he states, “I’m concerned with what I saw, not what I see—the paintings in this show represent various memories, dreams and reflections that are influenced by the passage of time and the layers of ideas I attempt to transmit. All the pieces are semi abstract inasmuch as they are representing an emotion or event and to some extent give visual clues as to what they are about. For example, “DRIVING IN A CAR”, looks like a cockpit of a modern car and also reflects the feelings of a passing landscape going by. All the pieces have a similar semi representational story of some sort. Emotional content is the goal of all my art. For me, art is a verb—something that changes or moves. Perhaps this is why I depend on a strong sense of interaction and collaboration with the viewer.”

Cramer’s work can be found in the permanent collection of the Jordan Schnitzer Museum of Art, University of Oregon, Eugene where they are preparing for a retrospective show of his work, curated by art critic and writer Richard Speer. The exhibition Journey to the Third Dimension will be a comprehensive exhibition focusing on paintings and drawings, by Cramer and created from 1977 to current, the exhibition opens August, 2019. Cramer’s work can also be found in the permanent collections of Microsoft, Inc, Portland Art Museum, the Boise Art Museum, and many other prestigious institutions.

Imogen Gallery is located at 240 11th Street, open Mon- Sat, 11 to 5, 11 to 4 each Sun, and closed each Wed. 503.468.0620 Facebook, Instagram or at www.imogengallery.com.

CB ARTS Pacific Edge

The Cannon Beach Arts Association presents an exhibit of three fine artists; Frankie White, Doreen Lindstedt, and Barbara Folawn. The work will feature paintings with themes from the Pacific Edge, highlighting the beauty of the natural landscape and the flora and fauna that call the Oregon Coast home. The exhibit will be on display at the Cannon Beach Gallery from August 20th until September 30th and an artist reception will be held on August 25th from 6:00 pm until 7:30 pm. The artists have shown in the gallery during community exhibits but this will be the first time they have shown as exhibiting artists in the CBAA space.

Currently through Aug 19, CBAA hosts Margaret Terrall, Keaney Rathbun, and Zanetka Gawronski—the focused theme, landscape imagery vibrantly reinterpreted.

CBAA will also be hosting the FIRST ANNUAL CANNON BEACH MUSIC FESTIVAL in partnership with the North Coast Music Project, with funds provided from the Cannon Beach Tourism and Arts Commission. The first mini-concert will take place on September 29th, 2019 at the City Park at the Bandstand. Wine and craft vendors will set-up inside the Chamber of Commerce. The full, 3-day music festival will take place in October of 2019. Stay tuned for updates or contact CBAA if you would like to volunteer to help with the festival or other events!

Cannon Beach Gallery is located at 10164 Hemlock, open 11am – 4pm this summer.



Driving A Car oil on linen 24x21



Doreen Linsted, Migration

Aug Cultural Calendar

Tuesday 7

MUSIC

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

Wednesday 8

MUSIC

The Barney Nine Fingers Band. \$5, 7pm at the Peninsula Arts Center in Long Beach.

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

Duffy Bishop and the Duffy Bishop Band Concert. 7:30pm at the NCRD Theater in Nehalem.

HAPPENING

Astoria Regatta. Parades, boat races, and much more. astoriaregatta.com

LECTURE

Art of Aging Series. Connecting Multi-Generations Locally. 3pm at the Hoffman Center in Manzanita.

Speak Up! Prosperity and Politics with Chris Lehmann. He'll talk about what ordinary people can do to defeat the corrupting power of money in American democracy. An INCO event. 7pm. FREE. Fort George Lovell room. Astoria.

HAPPENING

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

THEATER

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

Thursday 9

MUSIC

Lauren Sheehan Duo. Dinner & live music feat. 6pm at Bread and Ocean in Manzanita.

Amber Sweeney. No cover, 7pm at the Sand Trap Pub in Gearhart.

Green Mountain Guild. No cover, 8pm at the Adrift Hotel in Long Beach.

CINEMA

Wonder Woman. Free outdoor screening. 8pm at Haystack Gardens in Cannon Beach.

HAPPENING

Astoria Regatta. Parades, boat races, and much more. astoriaregatta.com

OUTSIDE

Birdies Fore Books. Golf scramble, plus reception with wine and appetizers. A benefit for SMART, providing books for children. \$350 per team of 4 golfers, \$40 /person suggested donation for reception alone. Golf at 3pm, reception at 5pm at the Gearhart Golf Links.

Beach Volleyball Tournament. On the beach in Seaside. seasidebeachvolleyball.com

THEATER

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

Sylvia. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Friday 10

MUSIC

Maoli. With Darootikals & Tflatz. \$20, 6:30 - 11:30pm at the Seaside Elks Lodge.

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

Green Mountain Guild. No cover, 9pm at the Adrift Hotel in Long Beach.

CINEMA

Bill & Ted's Excellent Adventure. Free, 9pm in the courtyard at Fort George in Astoria.

FOOD & DRINK

Shop at the Dock Garibaldi. Love fresh seafood? Learn about what's in season, how it's caught, if it's sustainable, and how to purchase high quality seafood during a guided tour of the Port of Garibaldi. Free, tours start at 10am and 1pm at the Port of Garibaldi. Register at eventbrite.com

HAPPENING

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

Astoria Regatta. Parades, boat races, and much more. astoriaregatta.com

OUTSIDE

Beach Volleyball Tournament. On the beach in Seaside. seasidebeachvolleyball.com

Hike Netarts Spit. Coastal Birds and Snowy Plovers. A three-mile guided walk at Cape Lookout State Park. Free, 9am - noon at Cape Lookout State Park near Netarts. Register at eventbrite.com



Jeffrey Elvis Aug 31 • Liberty Theatre

He looks like Elvis, he sounds like Elvis, and when he gets all hot and sweaty he even smells like Elvis. Maybe he really is Elvis. That's what you get to pretend. A finalist in the Elvis Tribute Artist competitions of both Las Vegas and San Antonio, Jeffrey hits the road this August, shakin' his hips and wowing the crowds in Washington, Idaho, Montana, British Columbia, Oregon, and California. Be there as Jeffrey delivers all the greatest Elvis hits.

General admission seating. Bring your Liberty Cups and enjoy beer, wine, and concessions from the historic Owl Drug Bar! Tickets online at libertyastoria.org. \$25 General Admission. Will call tickets available in Box Office from 2pm on the day of the show.

THEATER

Shanghaied in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

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

Sylvia. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 11

MUSIC

Champagne Sunday. Free, 7 - 8pm at Waikiki Beach, Cape Disappointment State Park, Ilwaco.

Columbia River Symphony. Summer Pops Concert. Free, 7pm at Astoria High School.

Two Crows Joy. 7pm at WineKraft in Astoria.

Waikiki Beach Concert. 7pm at Waikiki Beach at Cape Disappointment State Park, Ilwaco.

Beth Willis. 8 - 10pm at Public Coast Brewing Co in Cannon Beach.

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

Amy, Amy, Amy. An Amy Winehouse Tribute Band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

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

ART

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

FOOD & DRINK

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

America's First Foodie Dinner. \$100, 7pm at the Gearhart Hotel. Reservations required. mcmenamins.com/events/186840-americas-first-foodie-dinner

HAPPENING

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

Astoria Regatta. Parades, boat races, and much more. astoriaregatta.com

Second Saturday Makers Bazaar & Flea Market. 10am - 3pm at the First Presbyterian Church in Astoria. Lincoln City Flower Show. Oregon, My Oregon. Free public viewing from 1 - 5pm at the Lincoln City Community Center.

OUTSIDE

Beach Volleyball Tournament. On the beach in Seaside. seasidebeachvolleyball.com

Alder Creek Farm & Nehalem Teaching Trail. A walking tour to visit the various aspects of the Farm, including the wildlife refuge and natural area, and community garden. Free, 10am - 1pm at Alder Creek Farm, Nehalem.

Lincoln City Sandcastle Contest at Siletz Bay. Starting at 9am, judging begins at 2pm in the Taft District of Lincoln City. oregoncoast.org/sandcastle-contest/

THEATER

Shanghaied in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

Gulliver's Travels. With the Missoula Children's Theater. 3pm and 7pm at the Lincoln City Cultural Center.

Astoria Regatta Aug 8 - 11

The longest running annual event in Oregon's history, now 120 years, designated an Historic Cultural Tradition by the Oregon State Historic Commission. Don't miss The Grand Land Parade, 12 noon on Saturday the 11th. Winding west on Exchange St. and back east on Duane St. Regatta Square hosts stage, food and fun in the middle of town, sail boat races, fireworks, Queen's Coronation, Class reunions, Astoria Art Walk, Outdoor movie at Fort George, etc - the towns a' hoppin! Astoriaregatta.com



Sherlock Holmes. The Baker Street Irregulars. With the Clatsop Children's Theater Company. Free, 2pm at the Coaster Theater in Cannon Beach.

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

Sylvia. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 12

MUSIC

Dave Quinton and Brad Griswold Duet. 10am - 3pm at the Astoria Sunday Market.

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

Jerry Joseph & The Jackmormons. \$20 cover, 8pm at the San Dune Pub in Manzanita.

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

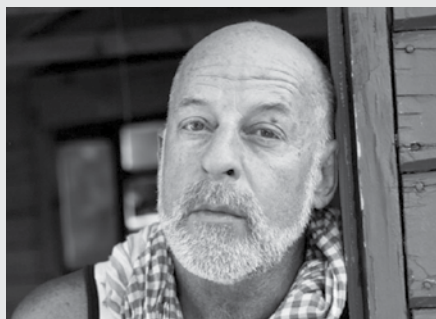
HAPPENING

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

Clear Mind Coastal Retreat. A yoga, meditation and tarot retreat to fill your cup with spaciousness and embodiment. \$250, does not include lodging. At the Sou'wester Lodge in Seaview. souwesterlodge.com

Maintain the Grange. Vegetarian Dinner, Pie Auction, and Contra Dance called by Dave Ambrose with music by the Horsenecks. Tickets at the door, kids eat free, dinner begins at 3pm. Suggested dinner price. \$10. At The Netel Grange. 90525 Logan Rd. Near Astoria.

→ cont. p19



**Jerry Joseph
& the
Jackmormons
San Dune Pub**

**Sun 8/12
Manzanita, OR
Admission: \$20
Tix @ Door**

**Venerable Rocker &
Oregon Music Hall of
Famer 2015
Joseph and his early
band the Jackmormons
(Circa 80's)
also put on a fundraising
show for the Manzanita
Music Festival
On 8/13 @ Mighty Thai.
5pm . VIP Cocktail Meet
& Greet followed by an
acoustic show. To learn
more about this incredible
force of rock and
ticket info: go to
jerryjoseph.com**

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



Slab Slabinski, Ryan Hull, David Sweeney and Emily Dante in *Baskerville!*

Baskerville: A Sherlock Holmes Mystery

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's created a classic melodrama with onstage antics that'll 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* a musical about musicals! In this hilarious satire of musical theatre written by Eric Rockwell and Joanne Bogart, one story be-

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

**Ann Bronson,
Darren Hull (seated),
Richard Bowman
& Cameron Lira
in *The Musical
of Musicals***

Get SHANGHAIED This Summer!



ASTOR STREET OPRY COMPANY presents the 34th Season of SHANGHAIED IN ASTORIA, the Live on Stage... Award Winning...Family Entertainment... Original...Historical... Hysterical...Broadway-Style... Musical Melodrama. Thru September 1.

If you like laughing, booing, eating popcorn and tossing it, the popcorn that is – get your summer the-

ater fix at the Astor Street Opry Playhouse in Astoria's Uniontown. "Mama" and her gang will appreciate it.

Show times are 7pm Thursday-Saturday, with 3 Sunday matinees at 2pm on July 22nd, August 5th and August 19th. Tickets are \$20 for front row seats, All other seats – \$15 adults; \$10 children. This season features \$10 Fridays, that means all seats \$10. Get your tickets online as www.asocplay.co

①②③ TENNESSEE WILLIAMS

DIRECTED BY SEN INCAVO in the McTavish Room of the Liberty Theater Aug 15 – 17 and 22-24 at 7pm. Enjoy classic Tennessee in the heat of the summer. 3 shorts for your enjoyment.

1. Big Daddy's monologue from "Cat On A Hot Tin Roof" starring Bill Ham

2. "Something Unspoken" starring Susan Wentworth and Jacqueline Denton

3. "Something unspoken," tells the story of an elder woman, Cornelia Scott, and her desire to be named president of a society club called the Daughters of the Confederation. She's sitting at home making and getting calls from the salon where the voting is taking place. She's being accompanied by her secretary, Grace Lancaster, a 40 year old woman who, in her relation with Cornelia, there's always 'something unspoken', something that happened long ago and to which Grace always denies talking about despite Cornelia's insistence. The feeling is that there was an awkward sexual scene between the two, and Cornelia gets attacks of angst about it now and then since her harassed companion won't say what she felt. The issue is dropped, unresolved...

3. "27 Wagons Full of Cotton" starring Daric Moore, Bill Honl, Katrina Godderz

In "27 Wagons," the lazy, fragile, childlike Flora is married to Jake, an old lout who owns a cotton gin. When Jake burns down a neighbor's competing gin, he warns Flora to say he never left the house that night. The neighbor, an outsider named Silva Vaccaro then shows up with 27 wagons full of cotton for ginning. Jake is delighted to have the business but Silva will have his revenge through the seduction of the innocent Flora. Flora is delicate and otherworldly, yet almost hysterically sensual. She senses the danger in Silva, but cannot help trying to attract him. She is frightened and fascinated. He is arrogantly contemptuous, stroking her gently and then turning vicious. The focus keeps shifting. Who is the seducer? Who is the victim? It's a riveting conception manipulated by a master.

All shows \$15 performed in the McTavish Room.

Tickets available at the box office eve of show.

Donations to support The Reader's Theatre are welcome at the performance.

Sherlock Holmes: The Baker Street Irregulars Youth Theater at the Coaster

JOIN THE CLATSOP CHILDREN'S Theater Company as they bring to life the story of "Sherlock Holmes: The Baker Street Irregulars" at the Coaster Theatre Playhouse in Cannon Beach.

The company of young actors, sponsored by Jeremy Mills State Farm and the Sunset Empire Park & Recreation District, will perform the play at 2 p.m. Saturdays and Sundays, Aug. 11, 12, 18 and 19.

Sherlock Holmes is missing, and the streets of London are awash with crime. Who will save the day? The Baker Street Irregulars—a gang of street kids hired by Sherlock himself to help solve cases. Now they must band together to prove not only that Sherlock is not dead but also to find the mayor's missing daughter, untangle a murder mystery from their own past, and face the masked criminal mastermind behind it all—a bandit who just may be the brilliant evil Moriarty, the man who killed Sherlock himself! Can a group of orphans, pickpockets, inventors and artists rescue the people of London? The game is afoot!

EVENTS ARE FREE and open to the public. Donations to support the children's theater are welcome. During intermission, refreshments will be available for purchase. There also will be drawings for prizes donated by local businesses.

Form and Fluidity: Eric Wiegardt and David Campiche At CPHM



THE COLUMBIA PACIFIC HERITAGE MUSEUM presents a retrospective exhibition of paintings and ceramics by Eric Wiegardt and David Campiche. FORM AND FLUIDITY will be on view through October 6, 2018.

Eric Wiegardt and David Campiche were both raised on the Long Beach Peninsula. They each left to study art, with Campiche spending time in Paris, France via Lewis & Clark College and Wiegardt going east to the American Academy of Art in Chicago. Both returned home to pursue their work. They share an innate understanding of "place" in their art but use different medium to express it.

Eric Wiegardt is a signature member of the American Watercolor Society (Dolphin Fellow), National Watercolor Society, Transparent Watercolor Society of America (Master Status) and others. He has

been awarded the 2012 AWS Gold Medal of Honor, 2014 AWS Judge, among many other national and international awards. David Campiche is a ceramic artist whose work has been exhibited and collected widely throughout the Northwest.

"Life experience and one's environment play an important role in how an artist creates their work," said Museum Director, Betsy Millard. "This exhibition is a great opportunity for our community to see how the Long Beach Peninsula has helped to shape the work of two exceptionally talented people who chose different ways to express themselves while remaining true to their roots."

Columbia Pacific Heritage Museum is located at 115 SE Lake Street in Ilwaco, WA. Museum hours are Tuesday through Saturday 10am to 4pm. Admission is free on Thursdays thanks to the Port of Ilwaco. 360-642-3446 or visit columbiapacificheritagemuseum.org.



Hoffman Gallery to Feature Five Artists in August



The Hoffman Center for the Arts in Manzanita will feature works by five artists during the month of August. Joined together under the overall theme "Sea." The Hoffman Gallery is open Thursdays, Fridays and Saturdays, from 1 to 5 p.m., and Sundays 1-3 p.m., throughout the summer.

Kyla and Shane Sjogren's show -- "Fire, Fauna, and Fiber" is described as "an amalgamation of materials, environment, proximity and dialogue between" the married couple who live in Seaside. The result is a "culmination of both artists observing each other's work and watching it become more and more imbedded in the culture of the north coast of Oregon."

"Surrealism of the Sea" features paintings by Lloyd Lindley II of Manzanita. A painter and drawer from his earliest days, Lindley studied fine art at the University of Oregon. He also worked in landscape architecture, urban design and economic development. His previous show at the Hoffman Center was "The World After Us in 5 Suites" in Jul. 2016.

"Imaginative and Functional Slip-Decorated Ceramics" will present works by Nicole Marie Hummel. Hummel specializes, among other techniques, in "slip trailing" ceramics. She works out of Club Mud at the Maude Kerns Arts Center in Eugene.

Ceramic Art by Barry Calvarese. He worked for ten years out of the Tortuga studio in Sebastopol, Calif., learning salt and wood firing techniques. Currently a resident of Nehalem, Calvarese works in clay, encaustic, clay, mono printing, and multi-media.

The Gallery is a program of the nonprofit Hoffman Center for the Arts at 594 Laneda Ave. All sales benefit the Center.

DON GRAY PAINTINGS SAM HINGSTON WOOD SCULPTURE at RiverSea

RIVERSEA GALLERY presents two Northwest artists in solo exhibitions opening Saturday, August 11 with a reception from 5:00 – 8:00 during Astoria's Second Saturday Artwalk. Both artists will be on hand to discuss their inspirations and techniques, and the work will remain on view through September 4, 2018.

Seeking Level is a show of new paintings by Don Gray of Vancouver, Washington. His loose, gestural paintwork and infusions of vibrant color lend a compelling vitality to watery Northwest landscapes without depicting literal scenes. Intrigued by the exact point at which a scattering of marks coalesces into something recognizable, Gray is comfortable hovering betwixt the realms of representation and abstraction, calling forth the sublime from any chosen subject.

Raised in rural northeastern Oregon and with deep roots in this state, Gray has had a long and varied career as an artist. In addition to exhibiting in galleries and museums in the Northwest, the South-

west, California and New York, he has painted large scale murals all over the country, illustrated books and taught workshops. He has resided in Vancouver, Washington for the past several years.



Sam Hingston, Bloom #20



Don Gray, Seeking Level 3

In the Alcove space, Portland sculptor Sam Hingston presents a series of large, fantastical blooms and exotic jellyfish, each delicately formed from carved and dyed wood in luscious colors. Hingston's designs are inspired by nature and biology, where he finds seemingly endless possibilities and challenges for experimentation with form, which his imagination carries into the realm of fantasy. These recent sculptures in wood are complex, colorful, and fascinating works of art.

Hingston is a native of New Zealand who has lived in Oregon for many years. He has shown his pieces in numerous galleries in the Pacific Northwest and has participated in many shows in the region, including the Bellevue Arts Museum Arts Fair for the past three years. In 2017 he won both a Best in Show award at the Beaverton Arts Mix and a Merit Award for Portland Open Studios

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.

Joshua Jay Johnson At McVarish Gallery

AUGUST at McVarish Gallery will feature the etchings of Joshua Jay Johnson. Individuals transverse harsh post civilized landscapes performing extreme acts of violence and debauchery. There will be blood, but done in a breathtakingly beautiful renaissance style reminiscent of Albrecht Durer and Hieronymus Bosch.

Opening Reception: Saturday Aug. 11, 5-8:30pm. McVarish Gallery is located at 160 Tenth St. in Astoria.



Luminari Arts

Luminari Arts joins the Regatta celebration, Aug. 11, 5-9pm, with new works by Sid Deluca and Joi Smith. "Rock the Boat" incorporates all items watery: boats, fish, waves and sky. Music with Joey Patenaude and Mike Metzner of Scheckpea. Tarot card readings with Judith Niland. Finger foods and beverages. 1133 Commercial in Astoria.

Stories Of West Africa Art Quilt Show Yachats August 25-26



STORIES OF WEST AFRICA is a collection of art quilts created by internationally renowned award-winning artist Hollis Chatelain. This show will be on display in the Yachats Commons, August 25, & 26, 10am – 4pm

Polly Plumb Productions brings yet another world class Art Quilt Show to Yachats. Admission: suggested \$7 donation.

Hollis Chatelain employs a dynamic and characteristic style, marked by dreamlike imagery, elaborate use of color, and intricate thread detail. Hollis creates unique compositions that address challenging social, environmental, and political themes. Her work is found in public and private collections around the world. Her website is hollisart.com. Check it out and discover the process she uses to create her fabric.

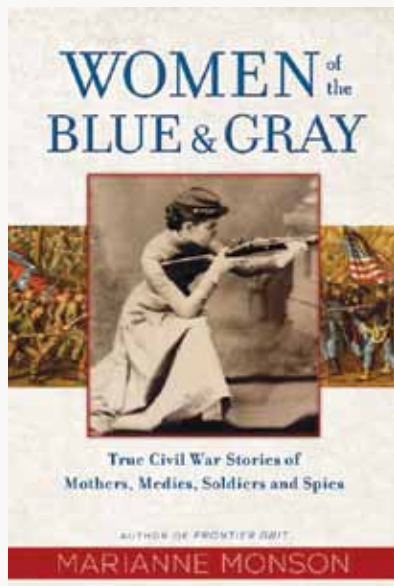
Art Quilting is a fascinating and relatively new art form. See the evolution of the quilt from bed cover to museum piece, and the quilt maker from homemaker to trained artist.

The Yachats Commons is located at 441 N. Hwy 101. FMI: www.pollyplumb.org

AUTHOR MARIANNE MONSON

Women of the Civil War

Daring accounts of those who rebelled against all expectations



(August 2018, Shadow Mountain, \$19.99)

LOCAL Astoria, Oregon author Marianne Monson releases her newest book, *Women of the Blue and Gray: True Civil War Stories of Mothers, Medics, Soldiers, and Spies*. The book examines forgotten women from this historical era and makes connection to the current divisions in the modern nation.

The women in these micro-drama biographies are wives, mothers, sisters, and friends whose purposes ranged from



supporting husbands and sons during wartime to counseling President Lincoln on strategy, from tending to the wounded on the battlefield to spirited away slaves through the Underground Railroad, from donning a uniform and fighting unrecognized alongside the men to working as spies for either side. Monson says, "I'm telling [history] from the women's perspectives—North, South, black, white, Native American, immigrant, and other."

Marianne Monson is the author of ten books for children and adults. She is deeply interested in the connection between literature and history. Monson's book *Frontier Grit* came out in 2016. It features twelve incredible pioneer women drawn from all corners of the globe who settled the American West who endured hardships, overcame obstacles, broke barriers, and changed the world.

Monson holds a BA in English Literature and an MFA from Vermont College of Fine Arts. She has two children and writes from a 100 year old house in the town of Astoria, Oregon. She has taught Creative Writing and English for a number of colleges, and currently teaches at Clatsop Community College. She is the founder of the Astoria Writers Guild.

KALA will present a Book Release event with Marianne Monson on Thursday, September 13. The evening includes readings from *Women of the Blue and Gray* by the author, a complimentary dessert social, book signing and No Host Bar. Doors open at 7pm, program at 7:30pm. \$8 cover. KALA is located at 1017 Marine Dr. in Astoria.

THE SECOND In a series of unusual and extremely detailed books about the Oregon coast has been released: **"Ultimate Oregon Coast Travel: Seaside – Gearhart. Every Beach Access, Odd Facts, Fun Finds."** Like the first book published in May about Cannon Beach, this one details every single beach access in the area, delves deep into the history of each, digs into the geology, and points out odd facts and surprising finds left and right.

Both books in the Ultimate Oregon Coast Travel series – about Cannon Beach and about the Seaside area – are the perfect guides for summer, letting you know about dozens of hidden beach spots and aspects of well known beaches you had no clue existed. Startling facts about sunsets, weather, whales, beach flotsam and more abound in both. You'll find hiking trails, travel tips no one else tells you about, and a host of details.

There is also exhaustive advice on summer travel, Fourth of July, as well as the rest of the year.

Some of what you'll find in one or both: Weird two-headed sunsets, and why (Novaya Zemlya effect), Green flash at sunset, What nearly destroyed the lighthouse offshore,

What crazy, even doomed structures were built in Seaside 100 years ago, How Seaside influenced rock 'n' roll history, What makes the sand glow at night sometimes?

The frightening, fiery story behind the origin of Haystack Rock and Tillamook Head

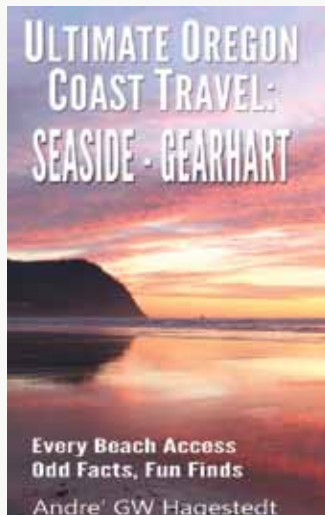
Why is there something called the Secret Spring? And the Secret Spring of February

Intense historical accounts of storms, tsunamis, What can you find on Seaside beaches you can't find anywhere else?

Both books are now available as ebook or print on Amazon.com. Copies are also available at N. coast bookstores Jupiter's in CB and Beach Books in Seaside, as well as Seaside Aquarium.

Written by Oregon Coast Beach Connection (BeachConnection.net) editor / publisher Andre' Hagestedt, the Ultimate Oregon Coast Travel series will eventually number ten such extremely detailed guides about different areas of the upper half of the coastline.

The books operate 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.



Lincoln City Flower Show. Oregon, My Oregon. Free public viewing from noon – 3pm at the Lincoln City Community Center.

OUTSIDE

Beach Volleyball Tournament. On the beach in Seaside. seasidebeachvolleyball.com

Pacific City Beach Challenge 5K, 10K, Kids Run. \$25, 9am – 1pm at Pelican Brewing in Pacific City. nvelc.com/Partners.html

THEATER

Sherlock Holmes. The Baker Street Irregulars. With the Clatsop Children's Theater Company. Free, 2pm at the Coaster Theater in Cannon Beach.

Sylvia. Comedy. \$15, 2pm at Theater West in Lincoln City.

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

Monday 13

MUSIC

Fox & Bones. No cover, 8pm at the Adrift Hotel in Long Beach.

Tuesday 14

MUSIC

Fox & Bones. No cover, 8pm at the Adrift Hotel in Long Beach.

Wednesday 15

MUSIC

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

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

HAPPENING

Libraries Rock! With Henrik Bothe. Expect the unexpected with unusual antics, a unicycle, plate spinning and lots of hilarity. 6:30pm at the Driftwood Public Library in Lincoln City.

THEATER

1, 2, 3 with Tennessee Williams. Reader's Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

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

Thursday 16

MUSIC

Adams & Costello. CD Release Show. \$8 cover. At KALA in Astoria.

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

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

CINEMA

The Goonies. Free outdoor screening. 8pm at Haystack Gardens in Cannon Beach.

THEATER

Shanghaied in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

1, 2, 3 with Tennessee Williams. Reader's Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

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

Sylvia. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Friday 17

MUSIC

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

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

HAPPENING

Angels for Sara Sanctuary Rummage Sale. 9am – 4pm at Napa Auto Parts in Warrenton.

Old Iron Show. Enjoy Antique Tractors, gas engines, equipment, vintage vehicles, blacksmith demonstrations, tool displays, swap meet and more. \$3 for 1 day, or \$5 for all 3. Noon – 5pm at the Blue Heron French Cheese Company in Tillamook.

OUTSIDE

BMS Schwenk Fishing Derby. In Ocean Park. eventbrite.com

THEATER

Shanghaied in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

1, 2, 3 with Tennessee Williams. Reader's Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

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

Sylvia. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 18

MUSIC

Bluegrass & BBQ. With The Brownsmead Flats and Neahkahn Mountain Band. No cover, 2pm at the Nehalem Bay Winery, Nehalem.

Jazz and Oysters. \$25, Noon – 7pm at various venues on the Long Beach Peninsula.

No cover, 9pm at the Adrift Hotel in Long Beach. watermusicfestival.com/event/jazz-and-oysters/ Beth Whitney. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

FOOD & DRINK

Clatskanie Farmers Market Garlic Festival. This year's festival will unleash even more bulbs on the region- 20 strains and 6 varieties. 10am -2pm, Cope's Park, Clatskanie.

Porcus. A special selection of pork-themed delectables. Vegetarian options are also available. 11am – 4pm in the courtyard at Fort George in Astoria.

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

HAPPENING

Angels for Sara Sanctuary Rummage Sale. 9am – 4pm at Napa Auto Parts in Warrenton.

Old Iron Show. Enjoy Antique Tractors, gas engines, equipment, vintage vehicles, blacksmith demonstrations, tool displays, swap meet and more. \$3 for 1 day, or \$5 for all 3. 9am – 5pm at the Blue Heron French Cheese Company in Tillamook.

Art Accelerated's Open Mic. 6:30 – 8pm at Yo Time Frozen Yogurt in Tillamook.

Pirate Treasure Hunt. This all-day charity event includes a treasure hunt, a story/mystery to decipher, a live and silent auction and ends with some pirate partying. treasuredepoebay.org

LITERARY

Meet Bestselling Author Jill G Hall. Hall will be at Beach Books in Seaside for a Meet & Greet with readers at Beach Books in Seaside from 2 – 4pm.

OUTSIDE

BMS Schwenk Fishing Derby. In Ocean Park. [eventbrite.com](#)

Fort George Brewing 5K Fun Run. 11am 1pm. The run starts and ends at Fort George in Astoria.

Break the Chain 3 Mile Fun Run. Race start at 9am at 12th st. on the Prom in Seaside. \$30, register at [sunsetempire.com](#)

Beaver Tails Tour. the Lower Nehalem Community Trust will lead participants on a tour of beaver habitat sites throughout the Nehalem Watershed. Free, 9am – noon at Alder Creek Farm in Nehalem. Register at [eventbrite.com](#)

Emerald Necklace Tour. Join a representative of the Lower Nehalem Community Trust for a tour of their conservation lands along Nehalem Bay’s scenic north edge. Free, 10am – 1pm at Alder Creek Farm in Nehalem. Register at [eventbrite.com](#)

THEATER

Shanghaied in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

Sherlock Holmes. The Baker Street Irregulars. With the Clatsop Children’s Theater Company. Free, 2pm at the Coaster Theater in Cannon Beach.

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

Sylvia. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 19

MUSIC

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

Ritual Azteca Huitzilopochtli. This Grupo Ritual Azteca, based in Woodburn, relives the ancient practices of the indigenous peoples of Anáhuac with authentic drums, instruments and regalia. Free, 1pm at the Lincoln City Farmers & Crafters Market.

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

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

FOOD & DRINK

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

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

HAPPENING

Old Iron Show. Enjoy Antique Tractors, gas engines, equipment, vintage vehicles, blacksmith demonstrations, tool displays, swap meet and more. \$3 for 1 day, or \$5 for all 3. 9am – 3pm at the Blue Heron French Cheese Company in Tillamook.

OUTSIDE

BMS Schwenk Fishing Derby. In Ocean Park. [eventbrite.com](#)

THEATER

Shanghaied in Astoria. Musical Melodrama. \$15 - \$20, 2pm at the ASOC Playhouse in Astoria.

Sherlock Holmes. The Baker Street Irregulars. With the Clatsop Children’s Theater Company. Free, 2pm at the Coaster Theater in Cannon Beach.

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

Monday 20

MUSIC

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

ART

Mingle and Muse. With ceramic artist Marya Vivas. Light refreshments at 4:30pm, followed by a presentation at 5 PM in the Boyden Studio at the Sitka Center near Otis.

OUTSIDE

Long Beach International Kite Festival. Enjoy seven days of kite-flying, beach-playing, festival-vending fun. 8am – 11pm centered around the Bolstad beach approach in Long Beach. [kitefestival.com](#)

Tuesday 21

MUSIC

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

OUTSIDE

Long Beach International Kite Festival. Enjoy seven days of kite-flying, beach-playing, festival-vending fun. 8am – 11pm centered around the Bolstad beach approach in Long Beach. [kitefestival.com](#)

Wednesday 22

MUSIC

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

HAPPENING

Pacific County Fair. At the fairgrounds in Menlo. [co.pacific.wa.us/pcfair/](#)

Libraries Rock! Oregon Rocks! A Geology Adventure all about rocks, minerals, and jewels found specifically in Oregon.

OUTSIDE

Long Beach International Kite Festival. Enjoy seven days of kite-flying, beach-playing, festival-vending fun. 8am – 11pm centered around the Bolstad beach approach in Long Beach. [kitefestival.com](#)

THEATER

1, 2, 3 with Tennessee Williams. Reader’s Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

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

Thursday 23

MUSIC

The Jack Maybe Project. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

HAPPENING

Pacific County Fair. At the fairgrounds in Menlo. [co.pacific.wa.us/pcfair/](#)

OUTSIDE

Long Beach International Kite Festival. Enjoy seven days of kite-flying, beach-playing, festival-vending fun. 8am – 11pm centered around the Bolstad beach approach in Long Beach. [kitefestival.com](#)

THEATER

Shanghaied in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

1, 2, 3 with Tennessee Williams. Reader’s Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

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

Sylvia. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Friday 24

MUSIC

Terry Robb. International Virtuoso Finger-style guitarist. 8pm. \$15. Advance tickets, [libertyastoria.org](#). At KALA in Astoria.

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

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

HAPPENING

Pacific County Fair. At the fairgrounds in Menlo. [co.pacific.wa.us/pcfair/](#)

Old School Classic Car Show. 5 0 8pm at the Lincoln City Cultural Center.

Comedy on the Coast. With Paul Morrissey, Patrick Garrity, and Carlos Rodriguez. \$15, 8pm, at Chinook Winds in Lincoln City.

OUTSIDE

Long Beach International Kite Festival. Enjoy seven days of kite-flying, beach-playing, festival-vending fun. 8am – 11pm centered around the Bolstad beach approach in Long Beach. [kitefestival.com](#)

THEATER

Shanghaied in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

1, 2, 3 with Tennessee Williams. Reader’s Theater. \$15, 7pm in the McTavish Room at the Liberty Theater in Astoria.

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

Sylvia. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 25

MUSIC

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

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

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

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

ART

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

CINEMA

Musicians of the North Coast. With filmmaker Ron Walker. 1pm in the Community Room at the Seaside Library.

FOOD & DRINK

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

Porcus. A special selection of pork-themed delectables. Vegetarian options are also available. 11am – 4pm in the courtyard at Fort George in Astoria.

HAYDAY. Coastal Celebration of Oregon Beer. Beer, food, live music. \$60 - \$20, starts at 2pm at Haystack Gardens in Cannon Beach.

Rushadicus

cello goblin & otherworldly jester currently touring earth . . .

& the Voodoo Lounge • Astoria

Aug 31 • 8pm

Legend, clown, goblin, cello-shredder, acrobat. Wild “jazz” vocalist, bundle of laughs, writer of hit songs in other galaxies, Ambassador of Sneth. Inventor of bluegrass cello, time traveler, creator of worlds. Pentecostal dancer, proprietor of igwarfnees, president of Norwegian Ostrich Society, winner of some contest in 1725. See you there!



MOE BOWSTERN and The Paper Eclipse Puppet Company. Aug 25

An original, Astoria Fisher Poet will weave a visual theatre through music and stories central to the commercial fishing industry. 7 – 8:30pm at Waikiki Beach in Cape Disappointment State Park, Ilwaco.

National Get Outdoors Day. No Discover Pass is required on this day. FREE.

ALSO Check out Musical duo Aug. 11 – Champagne Sunday; Discovery Pass required.

HAPPENING

Pacific County Fair. At the fairgrounds in Menlo. [co.pacific.wa.us/pcfair/](#)

Moe Bowstern and The Paper Eclipse Puppet Company. An original, Astoria Fisher Poet will weave a visual theatre through music and stories central to the commercial fishing industry. 7 – 8:30pm at Waikiki Beach in Cape Disappointment State Park, Ilwaco.

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

Columbia River Strongman Challenge. \$40 to participate. Starting at 9am at 140 NE 5th St, Warrenton. Register at [liftinglarge.com/CRS](#)

Surf City Car Show. 10am – 6pm ay Chinook Winds in Lincoln City.

Comedy on the Coast. With Paul Morrissey, Patrick Garrity, and Carlos Rodriguez. \$15, 8pm at Chinook Winds in Lincoln City.

OUTSIDE

Long Beach International Kite Festival. Enjoy seven days of kite-flying, beach-playing, festival-vending fun. 8am – 11pm centered around the Bolstad beach approach in Long Beach. [kitefestival.com](#)

Stewardship Day on the Lower Columbia River. 10am – 2pm. Call 503-738-9126 FMI.

Hood to Coast Relay Finish Line. On the beach at the Broadway Turnaround in Seaside.

THEATER

Sylvia. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 26

MUSIC

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

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

Phunsters. Heather Christie and Phillip Pellitier CD Release show. 8 – 10pm at Public Coast Brewing Co in Cannon Beach.

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

HAPPENING

Ecstatic Dance. With Scott Schaffer. \$5, 11am – 12:45pm at the Sou’wester Lodge in Seaview. RSVP at 360-642-2542.

OUTSIDE

Long Beach International Kite Festival. Enjoy seven days of kite-flying, beach-playing, festival-vending fun. 8am – 11pm centered around the Bolstad beach approach in Long Beach. [kitefestival.com](#)

Monday 27

MUSIC

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

Tuesday 28

MUSIC

Spud Siegel & Michael Shay. No cover, 2pm at the Nehalem Bay Winery, Nehalem.

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

HAPPENING

We Remember. A tribute to those whose lives have been impacted by cancer. At 6pm Come enjoy light refreshments and decorate luminaria in memory or honor of people in your life impacted by cancer. There will be a program of music and spoken word with special music by the Stardust Trio. 8pm cont. p20



luminaria viewing. At the Tillamook United Methodist Church.

LITERARY

Stories in Astoria. Come read your stories, poems, plays, and songs into a microphone at this spoken work open mic event. 7 – 9pm at Bridge and Tunnel Bottle Shop in Astoria.

Wednesday 29

MUSIC

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

OUTSIDE

Seaside Golf Classic Charity Tournament. Tournament, dinner, live auction, games, prize drawings, and live entertainment. \$35 - \$540. Golf Tournament will be held at the Gearhart Golf Links. The dinner will be at the Seaside Convention Center. Register at eventbrite.com

THEATER

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

Thursday 30

MUSIC

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

Bossa PDX. 7pm at the Lincoln City Cultural Center.

Wes Wahrmond. 7pm in the Community Room at the Seaside Library.

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

THEATER

Shanghaied in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

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

Sylvia. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Friday 31

MUSIC

An Evening with Elvis. With Elvis Tribute Artist Jeffrey Elvis. \$25, 7pm at the Liberty Theater in Astoria.

Ockham's Razor. \$15, 7pm at Crown Alley Irish Pub in Ocean Park.

Simon Levene. No cover, 7pm at WineKraft in Astoria.

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

Rushadicus. 9pm at the Voodoo Room in Astoria.

CINEMA

Ferris Bueller's Day Off. Free, 9pm in the courtyard at Fort George in Astoria.

THEATER

Shanghaied in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

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

Sylvia. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 1

MUSIC

Hunter Noack. In a Landscape Concert Series. A live outdoors piano concert in the hills overlooking Cannon Beach. \$25 - \$50. 6:30pm. FMI and tickets at eventbrite.com

Ockham's Razor. \$15, 7pm at Crown Alley Irish Pub in Ocean Park.

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

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

ART

Seaside Artwalk. 5 - 8 pm at galleries and businesses in Seaside and Gearhart.

FOOD & DRINK

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

HAPPENING

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

Civil War Reenactment Living History. Walk through Military, Artillery, and Cavalry camps and see what they did from day to day. Watch drills, military demos, military medical demos, ask questions and learn lots of history. Plus much more. In the Historic Area at Fort Stevens State Park, Hammond.

Lewis & Clark Feis. A festival of Irish dance at the Seaside Convention Center. feisnamara.weebly.com

THEATER

Shanghaied in Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

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

Sylvia. Comedy. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 2

MUSIC

Bar-K Buckaroos. 10am – 3pm at the Astoria Sunday Market.

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

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

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

FLASH CUTS

MOVIES & MUSINGS

THE DOG DAYS of summer bring three movies with canine protags, horror dumps including one in development for 20 years and the rare R-rated animation.

DOG DAYS (AUG. 10) The least interesting of the three, movie features no talking, prehistoric or CG dogs, just the most adorable, photogenic, cute-behaving lot you can find. The human characters appear not quite so cute, funny or intelligent. Synopsis: Dog Days is a hilarious and heartfelt ensemble comedy that follows the lives of multiple dog owners and their beloved fluffy pals around sunny Los Angeles, California. When these human and canine's paths start to intertwine, their lives begin changing in ways they never expected.

THE MEG (AUG. 10) Late summer horror dump #1. This giant prehistoric shark movie has been in development since the pulp source novel was published in 1997. Filmmakers such as Jan de Bont, Guillermo del Toro and Eli Roth came and went. Run-of-the-mill director Jon Turteltaub (National Treasure) finally brings the not-exactly-eager-awaited film to multiplexes everywhere. Wooden action star Jason Statham toplines. Synopsis: A massive creature attacks a deep-sea submersible, leaving it disabled and trapping the crew at the bottom of the Pacific Ocean. With time running out, rescue diver Jonas Taylor must save the crew and the ocean itself from an unimaginable threat -- a 75-foot-long prehistoric shark known as the Megalodon.

Slender Man (Aug. 10) Late summer horror dump #2. Skinny guy terrifies teenagers. Possibly the first horror movie based on an internet meme (and probably the last). Longtime TV director Sylvain White returns to movies. Stick to MacGyver, Slyvain. Synopsis: Terror strikes when four teenage girls in a small town perform a ritual to debunk the lore of a tall, thin, horrifying figure known as the Slender



Previews

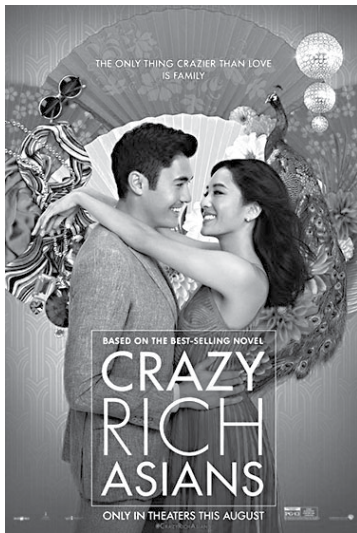
Man. They soon fear that the legend is true when one of them suddenly goes missing.

BLACK KKKLANSMAN (AUG. 10 LIMITED) Agitator/filmmaker Spike Lee returns with what has been called his most focused work in years with this too-strange-to-be-true true story of a black man who infiltrates the KKK. In the early '70s, Ron Stallworth (John David Stallworth) arrives in the Colorado Springs police force and is assigned to undercover work. Stallworth responds to a KKK ad requesting information and is asked for an interview. Obviously unable to show up in person, he recruits fellow cop Flip Zimmerman (Adam Driver) to be his KKK double. After overcoming initial suspicions that he is Jewish and "asks too many questions," Flip becomes a member, eventually leading to him questioning visiting KKK president David Duke (Topher Grace), while the real Ron is ironically assigned to Duke's security detail.

CRAZY RICH ASIANS (AUG. 15) First Hollywood film in 25 years to topline an Asian cast, Risky both in its cast, genre and time period, Crazy Rich Asians is a contemporary romantic comedy based on Kevin Kwan's bestselling novel. Synopsis: Rachel Chu is happy to accompany her longtime boyfriend, Nick, to his best friend's wedding in Singapore. She's also surprised to learn that Nick's family is extremely wealthy and he's considered one of the country's most eligible bachelors. Thrust into the spotlight, Rachel must now contend with jealous socialites, quirky relatives and something far, far worse -- Nick's disapproving mother.

ALPHA (AUG. 17) The relationship between man and dog has lasted since time immemorial. Alpha is pretty much an origin story of that relationship. Synopsis: The film takes place 20,000 years ago in Europe, during the last ice age, and centers on a young man who is injured and left for dead by his tribe while on a hunt. He finds and befriends a wolf, who has been abandoned by his pack, and the two team up to fight for survival.

A.X.L. (Aug. 24) Low budget sci-fi about a robotic dog. Part of the recent fascination with all things '80s, film recalls movies like cute robot movie Short Circuit. Miles, a teenage dirt bike rider discovers an abandoned robotic dog in a junkyard. Not just any robotic dog. This one is militarized, with an onboard weapons system, facial recognition, and of course programmed canine behavior. Of course, military baddies want their dog back and soon, Miles, A.X.L. and his girlfriend are on the run from the government bad guys



while at the same time bonding with their new best friend.

THE HAPPYTIME MURDERS (AUG. 24) Brian Henson, Sesame Street creator Jim Henson's son, takes puppet characters 180 degrees from his father's children's audience in this R-rated, profane, sexually explicit (as far as puppets go) puppet noir comedy. Synopsis: In a world where puppets exist but are reviled by society and considered inferior to humans, puppet private investigator, Phil Philips (Bill Barretta), reunites with his ex-partner Detective Connie Edwards (Melissa McCarthy) to find a serial killer who murdered Phil's brother and is now targeting the cast members of the 1980s television series The Happytime Gang, and Phil's former flame, Jenny (Elizabeth Banks) is next on the list. But as bad blood and old resentments resurface the clues start pointing to the only viable suspect, Phil himself. Now he's on the run with only his wits and hard headed determination, as he tries to solve "The Happytime Murders."

OPERATION FINALE (AUG. 29) Oscar Isaac plays Israeli Mossad agent Peter Malkin who in 1960 is tasked with capturing Nazi Holocaust architect Adolph Eichmann. Ben Kingsley plays Eichmann. Synopsis: The film is set 15 years after the end of World War II, when, acting on irrefutable evidence, a top-secret team of Israeli agents travel to Argentina where Eichmann has been in hiding with his family under an alias. In attempting to sneak him out of Argentina to stand trial in Israel while being pursued by the country's right-wing forces, agent Peter Malkin is forced to engage Eichmann in an intense and gripping game of cat-and-mouse with life-and-death stakes.

FREE WILL ASTROLOGY

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AUGUST

ARIES (March 21-April 19): I predict that August will be a Golden Age for you. That's mostly very good. Golden opportunities will arise, and you'll come into possession of lead that can be transmuted into gold. But it's also important to be prudent about your dealings with gold. Consider the fable of the golden goose. The bird's owner grew impatient because it laid only one gold egg per day; he foolishly slaughtered his prize animal to get all the gold immediately. That didn't work out well. Or consider the fact that to the ancient Aztecs, the word *teocuitlatl* referred to gold, even though its literally translation was "excrement of the gods." Moral of the story: If handled with care and integrity, gold can be a blessing.

TAURUS (April 20-May 20): Taurus socialite Stephen Tennant (1906-1987) was such an interesting luminary that three major novelists created fictional characters modeled after him. As a boy, when he was asked what he'd like to be when he grew up, he replied, "I want to be a great beauty." I'd love to hear those words spill out of your mouth, Taurus. What? You say you're already all grown up? I doubt it. In my opinion, you've still got a lot of stretching and expansion and transformation to accomplish during the coming decades. So yes: I hope you can find it in your wild heart to proclaim, "When I grow up, I want to be a great beauty." (P.S. Your ability to become increasingly beautiful will be at a peak during the next fourteen months.)

GEMINI (May 21-June 20): "Manage with bread and butter until God sends the honey," advises a Moroccan proverb. Let's analyze how this advice might apply to you. First thing I want to know is, have you been managing well with bread and butter? Have you refrained from whining about your simple provisions, resting content and grateful? If you haven't, I doubt that any honey will arrive, ether from God or any other source. But if you have been celebrating your modest gifts, feeling free of greed and displeasure, then I expect at least some honey will show up soon.

CANCER (June 21-July 22): Don't worry your beautiful head about praying to the gods of luck and fate. I'll take care of that for you. Your job is to propitiate the gods of fluid discipline and hard but smart work. To win the favor of these divine helpers, act on the assumption that you now have the power and the right to ask for more of their assistance than you have before. Proceed with the understanding that they are willing to provide you with the stamina, persistence, and attention to detail you will need to accomplish your next breakthrough.

LEO (July 23-Aug. 22): "Sometimes, I feel the past and the future pressing so hard on either side that there's no room for the present at all." A character named Julia says that in Evelyn Waugh's novel *Brideshead Revisited*. I bring it to your attention as an inspiring irritant, as a prod to get you motivated. I hope it will mobilize you to rise up and refuse to allow your past and your future to press so hard on either side that there's no room for the present. It's a favorable time for you to fully claim the glory of being right here, right now.

VIRGO (Aug. 23-Sept. 22): I'm not an ascetic who believes all our valuable lessons emerge from suffering. Nor am I a pop-nihilist who sneers at pretty flowers, smiling children, and sunny days. On the contrary: I'm devoted to the hypothesis that life is usually at least 51 percent wonderful. But I dance the rain dance when there's an emotional drought in my personal life, and I dance the pain dance when it's time to deal with difficulties I've ignored. How about you, Virgo? I suspect that now is one of those times when you need to have compassionate heart-to-heart conversations with your fears, struggles, and aches.

LIBRA (Sept. 23-Oct. 22): Do you absolutely need orchids, sweet elixirs, dark chocolate, alluring new music, dances on soft grass, sensual massages, nine hours of sleep per night, and a steady stream of soulful conversations? No. Not really. In the coming days, life will be a good ride for you even if you fail to procure

those indulgences. But here are further questions and answers: Do you *deserve* the orchids, elixirs, and the rest? My answer is yes, definitely. And would the arrival of these delights spur you to come up with imaginative solutions to your top two riddles? I'm pretty sure it would. So I conclude this horoscope by recommending that you do indeed arrange to revel in your equivalent of the delights I named.

SCORPIO (Oct. 23-Nov. 21): "Don't try to steer the river," writes Deepak Chopra. Most of the time, I agree with that idea. It's arrogant to think that we have the power to control the forces of nature or the flow of destiny or the song of creation. Our goal should be to get an intuitive read on the crazy-making miracle of life, and adapt ourselves ingeniously to its ever-shifting patterns and rhythms. But wait! Set aside everything I just said. An exception to the usual rule has arrived. Sometimes, when your personal power is extra flexible and robust -- like now, for you -- you may indeed be able to steer the river a bit.

SAGITTARIUS (Nov. 22-Dec. 21): "Dear Astrologer: Recently I've been weirdly obsessed with wondering how to increase my levels of generosity and compassion. Not just because I know it's the right thing to do, but also because I know it will make me healthy and honest and unflappable. Do you have any sage advice? -Ambitious Sagittarius." Dear Ambitious: I've noticed that many Sagittarians are feeling an unprecedented curiosity about how to enhance their lives by boosting the benevolence they express. Here's a tip from astrologer Chani Nicholas: "Source your sense of self from your integrity in every interaction." Here's another tip from Anais Nin: "The worse the state of the world grows, the more intensely I try for inner perfection and power. I fight for a small world of humanity and tenderness."

CAPRICORN (Dec. 22-Jan. 19): Time does not necessarily heal all wounds. If you wait around passively, hoping that the mere passage of months will magically fix your twists and smooth out your tweaks, you're shirking your responsibility. The truth is, you need to be fully engaged in the process. You've got to feel deeply and think hard about how to diminish your pain, and then take practical action when your wisdom shows you what will actually work. Now is an excellent time to upgrade your commitment to this sacred quest.

AQUARIUS (Jan. 20-Feb. 18): The questions you've been asking aren't bad or wrong. But they're not exactly relevant or helpful, either. That's why the answers you've been receiving aren't of maximum use. Try these questions instead. 1. What experience or information would you need to heal your divided sense of loyalty? 2. How can you attract an influence that would motivate you to make changes you can't quite accomplish under your own power? 3. Can you ignore or even dismiss the 95 percent of your fear that's imaginary so you'll be able to focus on the five percent that's truly worth meditating on? 4. If I assured you that you have the intelligence to beautify an ugly part of your world, how would you begin?

PISCES (Feb. 19-March 20): A scuffle you've been waging turns out to be the wrong scuffle. It has distracted you from giving your full attention to a more winnable and worthwhile tussle. My advice? Don't waste energy feeling remorse about the energy you've wasted. In fact, be grateful for the training you've received. The skills you've been honing while wrestling with the misleading complication will serve you well when you switch your focus to the more important issue. So are you ready to shift gears? Start mobilizing your crusade to engage with the more winnable and worthwhile tussle.

Homework: What was your last major amazement? What do you predict will be the next one? Testify at Freewillastrology.com.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammit-McDonald

Rolling Toward Justice

"DON'T LET GO of my handlebars, Imma," my daughter Luthien reminds me as she fastens her bike helmet and rests one foot on a pedal, the other on the pavement. I hold onto her headset, she grabs the handlebars and pushes off, and we get rolling. Lately, I've only needed to hold on lightly. When going straight, she's balanced; only in a turn does she need support. It's exciting to witness her confidence growing along with her skill. She's always been prudent and intent on doing things well. While learning to walk, she spent ages cruising along with one hand on the wall. It didn't seem like she was afraid to let go so much as she didn't feel ready to walk unassisted until she could do it with grace and assurance.

The process by which she's been gaining independence in riding a bike mirrors the larger journey children make from dependency to interdependent autonomy. In my medical practice, I've witnessed the incalculable difference it makes in a child's life to have formed a secure attachment with their parents (or primary caregivers). As the psychologist Abraham Maslow observed, our most primal need is to trust that the world is safe. External circumstances—such as living in a war-torn area or in extreme poverty—impact this developing sense of trust, but a supportive relationship with at least one caring, unconditionally loving adult can buffer the child from the worst effects of a traumatic environment.

A few days after that morning with Luthien on her bike, I learned about children being forcibly separated from their parents at the U.S.-Mexican border. It chilled me to conceive the inconceivable: the abhorrent idea that it's acceptable to wrench families apart to "punish" parents for seeking asylum in this country. I thought about how, as independent as Luthien can be at times, she turns to us for comfort when she's discouraged, when she's had a nightmare,

or when she's scraped her knee for the thousandth time. I can't imagine the profound damage done when a child is ripped away from the person(s) to whom they turn for safety and security.

I know the moment will come when Luthien asks me to stop holding the handlebars. And then she'll be heading off on her own adventures, around my workplace's neighborhood...and into her own life. I know I can't spare her from difficult situations, pain, and struggle. But in being her parent, I've promised to be there when she needs me. Why should citizenship status and middle-class socioeconomic position determine that children with the same needs as her, children whose parents love them as much as we love her, should be so inhumanely treated because their parents seek a new life here? I think about Victorian England, where the sentimentalization of childhood began, and the covert classism that marked this attitude. Children of the wealthy were afforded a protected childhood, where their innocence and imaginativeness was celebrated, while poor children worked in factories or begged on the streets, denied the idyllic childhood that privileged children received as their due.

This started out as a story about one child, her parents, and a bike. Perhaps this is part of the problem: when we regard family as an insular structure. But what if we enlarged the bounds, and the bonds, so all children became the collective responsibility of all adults? This approach still flourishes in many cultures around the world. If this society treated families as bridges instead of islands, unconscionable policies would never be thought up, let alone enacted.

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

WORKSHOPS/CLASSES

PADDLE BOARD LESSONS. August 11. Learn to Stand Up Paddle Board on Youngs Bay. Instructor and all equipment is provided. Lessons last one hour. The first hour is for beginners, the second hour is for intermediate paddlers. Ages 16 and up. \$6, Noon – 2:30pm at the Astoria Recreation Center. Preregistration required, 503-741-3035.

INDIGOFEST NEHALEM. August 11. With Kyla Sjogren, Iris Sullivan Daire, and Brittany Boles. Harvest farm fresh indigo, learn about pigment extraction, play musical vats with different recipes, and experience the North Coast vat, with exclusively local ingredients. You'll go home with beautiful blue fibers, the experience to make your own indigo pigment vats, and fresh indigo cuttings to plant in your home garden. \$70 + \$30 materials fee. 10am – 4pm, Nehalem. Register at eventbrite.com

SUMMER GRILLING. August 15. With Marianne Myers. We'll cover several ways to make great use of your backyard grill. Everyone will enjoy this grill inspired menu from proteins to stone fruits. \$60, 5:30 – 8pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

LOOK GOOD FEEL BETTER. August 15. With Angela McKibbin. A free program from the American Cancer Society designed for women dealing with hair loss and skin changes from chemotherapy and radiation. Learn to make the most of you appearance. 10am – noon at the Tillamook Regional Medical Center, 3rd floor Conference Room in Tillamook. Call 888-227-6333 to register.

THE ART OF SEASONAL NOURISHMENT. August 25. An Ayurvedic Cook, learn, and eat dinner party. Come cook, learn and dine with Elyssia Maya Schaeffer, Ayurvedic Nutritionist. Explore summer seasonal foods, herbs and spices while preparing Ayurvedic Kitchari – a delicious traditional Ancient Indian one-pot cleansing dish – and an herbal refrigerant tea. \$20, 5:30 – 7:30pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542.

THE WORLD OF SPICES COOKING CLASS. August 29. With Pat Milliman. Pat will introduce participants to the cuisine of Vietnam and the spices used to create those flavors. The participants will learn how to use whole and ground spices to season dishes and learn and/or reinforce basic cooking techniques. \$60, 5:30 – 8pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

BODY WORK-YOGA-FITNESS

ANGORA HIKING CLUB August 11 REGATTA PARADE, Astoria 11 AM. Meet at the Astoria Aquatic Center. Leader Phuong Van Horn 503 325-2115. Parade starts at noon. (Wear dated 1920s hiking clothing and a walking stick). Saturday, August 18 at Gnat Creek in Knappa, Oregon. Lead by Arline LaMear. If interested call 503 388-6883. Saturday, August 25 a Mystery Hike. Lead by Gail Sunderland. If interested please call 541 213-4793. All of the above hikes (except Parade) will meet at 9AM at the 6th Street parking lot Riverview Platform (across from McDonalds) on Northside of Marine Drive, Astoria. Carpooling will be arranged there. Membership is not required to participate in our hikes. Angora's annual dues are \$10. Angora's annual list of hikes/walks and where they occur is available on our website ANGORAHIKINGCLUB.ORG. Please call the leader if you plan to participate. For safety reasons dogs are no allowed on the hikes. Join us for some fresh air and enjoy the beauty of the beautiful Northwest coast.

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. 1/2 price for new students first month and locals residents first day free. Free parking and a handicapped ramp is available. <http://riverszen.com> or [Facebook.com/RiversZen](https://www.facebook.com/RiversZen).

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

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

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

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

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

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

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

SPIRITUALITY

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, Christian in nature, dealing with universal themes and experience. The Course will address existential questions such as "Who am I?", "Where did I come from?", "What is my purpose

here?", as well as the practice of undoing fear and guilt, attainment of inner peace, healing of sickness and of relationships, forgiveness and compassion, prayer/meditation and enlightenment. The Course in Miracles books will be available for use and purchase at the meetings. For more info, please contact: Kenny Tam (206) 979-7714 (cell).

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 developing a regular practice. All welcome.

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

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

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

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

VOLUNTEER

CLATSOP COUNTY GENEALOGY SOCIETY is embarking on county-wide cemetery identification and cataloging project. Cemeteries are among the most valuable of historic resources. They are reminders of our settlement patterns and can reveal information about our historic events, ethnicity, religion, lifestyles and genealogy. The society is seeking volunteers to join members in identifying and visiting cemeteries to catalog the information for future generations. The society would also be grateful for any information from the public regarding old cemeteries and burial sites that may not be commonly known. If you are interested, contact the society at www.clatsopcounty-gensoc@gmail.com or call 503-325-1963 or 503-298-8917.



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

MEETINGS/MEET-UPS

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

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

INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8pm. Next meeting 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 Friday of each month. Questions about Lunch Bunch? Call Gerrie Penny 360-244-3018 or Carey Birkenfeld, 503-791-3917. ENCORE is a membership organization for people age 50 and older who are interested in life-long learning opportunities. ENCORE (Exploring New Concepts of Retirement Education) 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 Leah Olson, Clatsop Community College Community Education Coordinator, 503-338-2408 OR TOLL FREE AT 1-855-252-8767.

YOGA AT CIRCLE CREEK AUGUST 30.

What does yoga have to do with conservation? How can yoga lead us to a deeper understanding of nature? Yoga is about one's nature and one's connectedness to all. Nature is the ultimate inspiration for interconnectedness: how we relate to ourselves, how we relate to others, and how we relate to the natural world.

Join Lorraine Ortiz for a yoga practice to explore these connections in the beautiful, natural setting of Circle Creek Conservation Center. 10am – noon at the NCLC Circle Creek Conservation Center, Seaside. Call 503-738-9126 to register.



Dance Your Joy at AAMC

342 10th St. in Astoria. For class info please contact the instructor directly. **Classes may change, for a current schedule & instructor info visit: astoriaartsandmovement.com**

• **MONDAY**
8:30 - 9:30am Zumba Dance Fitness with Kim Postlewaite
5:30 - 6:15pm: Pilates (all levels) with Jude MatulichHall
6:30 - 7:15pm: Gentle Yoga with Jude MatulichHall
• **TUESDAY** 8:30-9:30am: Zumba with Joy Sigler

• **WEDNESDAY**
9:30-10:45am: Gentle Yoga with Terrie Powers
6-7:15pm: Belly Dance Basics with Jessamyn Grace
7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace

• **THURSDAY**
8:30-9:30am Zumba with Joy Sigler

5:30 - 6:30pm SloFloPowerYoga Level 2&3 w/ Jude MatulichHall
6:45-7:45pm Close Embrace Argentine Tango w/ Estelle and Celeste Olivares
7:45 - 8:45pm Argentine Tango Practica hosted by Estelle and Celeste Olivares
FRIDAY 9:30 - 10:40am: Gentle Yoga with Terrie Powers . 6:30 - 8:30pm Wise Women Gatherings with Melissa Henige (4th Friday of each month)

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

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



Messages Sonja Grace

mystic healer

Dancing Across the Milky Way

I FELT HER HAND squeeze my hand tight, as we walked towards the casket. I was only five years old when my grandmother introduced me to death. We looked at the open casket that held my great grandfather, peaceful, 95 years old and pale. His spirit stood next to the casket and I gave him a quick smile as we marched back up the aisle. I was already accustomed to seeing spirits at that young age. There are events that shape our lives where our karma has woven together like a brilliant tapestry. I have always felt my grandmother knew of my gifts and that I would be talking with the dead throughout my life. I feel our lives are aligned with the people, land and unresolved emotional wounds that create the perfect storm of love, pain, regret, anger, frustration

and rejection that all stem from our core wound: separation. I sat with my grandmother for a month as she wrestled her inevitable journey of death. She fought inside the coma that had her still with labored breathing. I was able to comfort her when we were alone; telling her that she had done her duty and it was okay for her to dance across the Milky Way. Her breathing would slow down and become an afterthought in the silence. Then relatives would arrive and cry 'you can't leave us Grama'. Her breathing would become labored and she would start the struggle all over again. In the night while she was alone she found the peace to leave this earthly plane. My grandmother visited me once after her death and I told her how happy I was to see her. She told me she

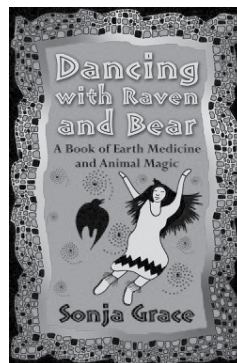
loved me but would not be around much as she had the rest of the family to look after. I suddenly became that five-year-old all over again and asked her "What about me?" She smiled and said you have all the angels around you and do not need my help. As a young woman that was a hard realization but that moment my grandmother remained the teacher insisting I own my abilities and get on with it. I saw her at my father's side when he was passing over. Like his mother he instinctually created his life the way he wanted, and his death would be no different. When he took his last breath, I saw him rise out of his body and I took his hand. We walked into the tunnel of light surrounded by my grandparents and relatives. At the top of the tunnel, I was gently turned back and released my father's hand. He returned the next morning with angels all around him and thanked me for helping him. He placed a gold sphere of light on the crown of my head and said you are my angel.

Daily I cross that invisible boundary between this world and the spirit world communicating with the dearly departed. There are times I connect with that five-year-old within me,

brave walking towards death and I am comforted because I know it's only the beginning of a remarkable journey.

For over thirty years, award winning author and Mystic Healer, Sonja Grace has been offering her international clientele, immediate stability, clarity, and guidance. Sonja is an energy surgeon who works with the physical, emotional, mental and spiritual bodies. She helps clients process emotional wounds, clear karma and gain inner peace.

Sonja's new book 'Dancing with Raven and Bear, A Book of Earth Medicine and Animal Magic' is published by Inner Traditions and now available for pre order at www.sonjagraces.com



Just Three Steps to Happiness!

wordwisdom

By Tobin Nason

PEOPLE love those articles that are like shorthand road maps to Nirvana. 3 Steps to losing belly fat, getting rich, or getting organized. 3 Steps to ... anything, really. Simple. Easy. Directive.

Happiness is specific. Your job is to discover what puts a smile on your face and glow around your heart. You get to do the work on that one. Since a good portion of us are essentially pleasure-seeking lazy people who aim for a quick fix, this work stuff may seem daunting. You can't get to number 3 without doing number 2.

Dare I say most animals, humans included, aim for comfort and try to avoid discomfort. We don't do well with too many stressors in our lives. Anxiety, sleep disturbances, depression - we, as a society, think these symptoms can easily be resolved with a pill or two, and one of the following: Yoga, talk therapy or excessive drinking. The Band-aids of Life.

The Hard Work is to sit with the uncomfortable, wade through the muddy waters of crazy psychic pain and discover something about yourself. It may be the awareness of a trigger spot. It may be the shock of finding that you still have residual anger over some minor event years ago. Whatever it is, it's something to just look at, maybe toss that little useless nugget out of your life or tuck it in with the nice stuff.

I don't suggest this as a daily diet. Once a month maybe, revisit yourself. Make note of times you failed yourself or others. Review those moments that proved surprisingly lovely and life-affirming. The goal is to know yourself better. You want to know what feels right and good according to your standards. You also want to weed out those events that do not honor you or your values. It's a way to realize your personal boundaries. Yes, you like being needed, for example.

Just Three Steps to Happiness!
First: Read This Article!
Second: Define Happiness!
Third: Do it! Be it!
SIMPLE!! Thank me later.

No, not everyday to the point where you resent it. You like concern.... but no, not when it questions your judgment or lifestyle.

We are spectrums of attributes. We have talents and gifts, flaws and blindspots. Knowing yourself better is the only way to get to number 3.- which is Happiness. Don't be afraid or lazy about it. This is a gift you are giving yourself. You have the ability to treasure anything that arises or toss it like so much holey underwear. When bad stuff happens, which it will, knowing your strengths and skills is a lifesaver. Your mind may panic, how will I resolve this one? Your heart will remind you that you are good and strong and that All will be well. What could be better than that?

Tobin Nason is a counselor located in Warrenton. Call (503) 440-0587 for an appointment.

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

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



Dog Food - Nature's Domain
(Costco)

Cat Food - Nature's Domain
(Costco)

High Quality Kitten Food
50 Gallon garbage bags
13 Gallon Tall Kitchen Bags

Papertowels

Cat Toys (No Catnip)

Bleach

Dog Kongs (Black only please)

Feline Pine Cat Litter

Tennis Balls

Liquid Laundry Detergent

Also we take

Cash Donations



Clatsop County Animal Shelter

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bodies in balance

NUTRITION IN A BOTTLE

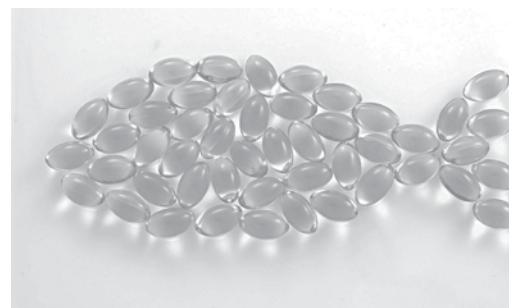
WHEN BEGINNING down the road of natural healthcare it is common to jump into supplements blindly. The plethora of information and advertising to sort through in order to make good choices for you and your family is daunting. I thought for this month I would try to simplify some of the basics so that you, the consumer, have some confidence when facing your next supplement choice.

First a simple note on "why supplements"? Sadly our planet is becoming more depleted; the water, soil, and microflora necessary to grow nutrient dense food is suffering as a consequence. Therefore the foods we choose, even when we choose the right ones, are less able to provide us the basic nutrients needed to optimize our health. Second we have come to rely on foods that are less fresh and less varied. Third we are living longer and therefore experimenting with how far these bodies can take us, a worthy experiment. And finally there is more and more great research out there to prove to us the value of good old, naturally occurring nutrition and chemistry to get us there.

What would I choose for my family? There are 5 basic categories that I would like to share with you...starting with the B complex vitamin. This is an easy way to cover your bases and ensure you are replenishing these water soluble wonders. Many of you are likely taking a multivitamin which most certainly contains all the B's. A multi is not meant to be therapeutic, meaning it alone is not designed to cure a deficiency but it is assurance that whatever may have been missing in that meal of chicken nuggets and french fries is indeed being covered. B vitamins are important because they are, like I said, water soluble; meaning they are regularly being excreted in the urine...unlike fat soluble vitamins which store much better. B vitamins are also easily depleted by many medications. They are important for mood stability, stress, and low energy; to name a few complaints which it seems all my patients suffer from. Safety note: B vitamins can be nauseating when taken on an empty stomach so take with food. Also avoid at night as they could impair sleep.

Second would be Vitamin D3. This nutrient is especially important to us North Westerners as the sun from later Sept thru May is at an angle to the planet that is not able to deliver the necessary rays which our skin uses to create vitamin D. This vi-

tamin works very similarly to a hormone in the body and therefore touches upon many systems including the skin, bones, endocrine and immunity. I find it useful again for moods, also pain, energy, allergies, eczema and thyroid problems, etc. For all these reasons this is a key nutrient as many of us have proven to be truly deficient (an easy blood test, so ask)! Ideally Vitamin D should be



taken in an emulsified form since it is a fat soluble vitamin. But at the very least take this with some food that contains fat, like eggs, salad dressing, avocado, most dairy products or nuts.

Third on the list would be a good quality fish oil or essential fatty acid (EFA). Fish oils have the most bioavailable form but plant based oils like flax, black currant, borage or evening primrose also work, especially if you are taking B vitamins. EFAs not only add an important component to our cell walls allowing for better absorption of the nutrients listed above; they are also a natural anti-inflammatory. Reducing inflammation is key to sustaining good quality health and longevity. When looking for a fish oil please choose the sourcing carefully. As we know all too well here on the PNW coast our fish are in trouble, so choosing fish that are small and reproduce quickly (like mackerel and sardines) is a much better environmental choice. Also look for the key words 'cold-pressed' as this form of processing assures the quality of the oil stays intact.

Fourth would be the mineral magnesium. I am sure that any one of my patient's reading this article will say, yep, she told me to take that. It is another one of those nutrients that have become increasingly deficient. If you are to look up food sources of magnesium you would likely say 'I eat all those' yet still we find benefit from adding more...a sign of what is likely missing from our soil?! I find magnesium useful for sleep, anxiety, constipation, muscle

By Tracy Erfling, N.D.

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



aches, restless leg, stress, blood sugar and blood pressure issues AND it is a terrific liver nutrient. This is just scratching the surface of the superb work of magnesium. Get this mineral in a citrate form for better absorption and take it any old time. It can cause loose stools initially for some so just work your dose up slowly, your body will adapt.

Last is somewhat of a toss up between probiotics and fiber. Digestive troubles are so common I would just go by what resonates between the two for you...or maybe both!?! Our bodies are dependent on the presence of good gut flora. Not only is it essential for digestion of many foods and absorption of vitamins and minerals; it is also the foundation of a good immune system. Over 60% of our immunity is housed in our intestines, and a large part of that system is due to a health supply of probiotics...so embrace the microflora! When looking for a good probiotic choose something

refrigerated or enteric coated. This will ensure that there are plenty of viable organisms which will make it past the high acidity in the stomach. Also choose a formula that has multiple organisms, like acidophilus, lactobacillus AND bifidus. Although there can be conditions where one specific organism is key, often we are looking to replenish a whole microcosm...so the more the merrier. Fiber is such a key component to our diet ensuring that many systems stay in balance from blood to poop. I think you would be shocked to see how much fiber these human bodies used to consume before we began processing our food...we eat less than a quarter of what we used to even a half century ago and that's those of us that eat relatively well!?! So once again the supplement can be of great value to put in what we do not.

Hope this brief guide has been a useful guide to help you feel a bit more informed when making your next supplement choice. As always this is not meant to be a substitute for the advice of a knowledgeable professional but in my experience these are each quite safe and reliable. As always if you have questions or topics you are interested in hearing more about please feel free to contact me via email. day, tomorrow and for years to come.

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

CHEW ON THIS!

by Merianne Myers



GREEN BEANS

"HOT TOWN, summer in the city." John Sebastian, Mark Sebastian, and Steve Boone wrote those pithy words and ear worm tune in 1966. I'll choose it anytime over George Gershwin's "Summertime." Not that I don't appreciate Gershwin. I'm a child of my time, that's all. My time being long, long ago in a land somewhere near Portland, Oregon. I grew up listening to my parents' 45's of Glenn Miller, Rosemary Clooney and Mario Lanza.

Then, when I was nine, Elvis Presley's version of Hound Dog hit the radio airwaves and changed the impact of music on my life forevermore. At fifteen years old, I was listening to Bob Dylan's eponymous album and The Beatles singles. By seventeen, I left my home in Gresham, headed for the 'Frisco Bay, to paraphrase Otis Redding and Steve Cropper. There was something happening there (apologies to Stephen Stills). I could probably write an autobiography using only song lyrics. Assuming I wanted to write an autobiography. I, for one, know what they say about 'assume'. It was 1967 and I was damn sure I wasn't going to miss whatever that something was.

Historians tend to focus on the 'Free Love' and drugs aspect of that time. Honestly, both of those things were in plentiful supply in little, rural Gresham. A person didn't need to leave town to participate. It was the music. Every weekend spent at Phil Graham's Fillmore Auditorium, way before there was an East or West location. Weekly trips to The Family Dog concerts. And records, so many records.

To this day, I spend hours a day listening to music. Television holds no appeal. Not a judgement, just a fact. But, music holds me in its sway. I will pull off the road to listen or make a note on the pad I keep in the door pocket for just such an occasion. I will set my ancient and completely wonderful iPod on shuffle and drift away. I am quixotic about my favorites, devouring Hip Hop one day, Doo Wop the next.

Four paragraphs into this column, I find myself groping for a link between all of the above and food. It comes to me that both music and food are the driving themes of my life. I believe both have restorative powers, the ability to unite disparate groups and to imbue every moment with inspiration and joie de vivre.

So, based on my mood of the day, I suggest we head to our garden, local farmers market or Co-op and grab a bag of green beans. Once home, put on your music of choice. I'm having an Anders Osborne/Angelique Kidjo/Andra Day/Asleep At The Wheel/Aretha kinda day.

Green beans are the perfect, it's-too-hot-to-cook/what's-in-season answer. Certainly, a homemade version of the timeless Green Bean Casserole replacing the condensed soup and canned onion sticks with sautéed mushrooms, a bit of cream and frizzled shallots would be a justifiable use of beans. But that requires the oven and August is not oven month.

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.



GREEN beans don't require a recipe to be righteously delicious. A quick blanch in boiling water and you're ready to rock. Note: about 2 minutes in the water for fresh beans is plenty. I like them to relax into the hot water but not linger until they're wrinkly. Sort of like me in the tub.

Drain and drop hot beans into an ice bath to set color and stop cooking. Then, try to pick one from the endless ways to enjoy your beans:

Add to a Salade Nicoise along with the roasted potatoes and tuna.

Sauté with garlic and cherry tomatoes just until the tomatoes pop, then sprinkle with feta and chopped scallions.

Lightly steam with chopped onion or shallot, a little water and butter, then top with chopped, toasted almonds, hazelnuts, cashews, sesame seeds, etc.

Julienne and add them to your favorite potato, grain or green salad.

Dip them in Balsamic, drain and wrap with prosciutto for an easy appetizer that, along with green olives wrapped in anchovy filets, elevate a martini to exquisite.

Invent a new vinaigrette for yourself and your beans. Use any vinegar or citrus juice for the acid, add nut, vegetable or olive oil and a pinch of mustard, harissa, smoked paprika, minced shallots, celery seed, fresh herbs, minced garlic or ginger. You get the drift. The standard ratio is 1/3 acid, 2/3 oil. Just pick ingredients you haven't tried. Your green beans will likely love it.

Pickle them quickly or for preserving, and be happy with every appetizer tray or Bloody Mary for as long as they last.

BEACH DANCE OREGON

Free Form Dance Opportunity



PHOTO: Glenna Gray

Exercise your body and your heart. Breath in the ocean air, and dive into your dance – it might be stillness, slow motion or an all out boogie on the beach. A 1-hour dance track is provided on ipod by dance facilitator Denise Lofman. Free self-judgment and let your body rhythms take you on your own spirited journey, be "in-tribe" with fellow dancers. Make it an amazing Saturday morning ritual to culminate the activities of your week, and let your weekend resonate. **Most Saturdays through September 15. Meet at Chapman Point in Cannon Beach at 10am. \$10 - \$20 sliding scale donation. Please contact Denise to reserve your space/and directions to Chapman Point (N. Cannon Beach). denise.lofman@gmail.com**

Ecstatic Dance with Scott Schaeffer Sun, August 26 @ 11:00am - 12:45pm

Ecstatic Dance is a term used to describe free form dance and in general describes transcendental, sacred dance, and other practices of movement meditation. Ecstatic Dance events are differentiated by being inclusive to all ages in a talk-free space with little to no direction on how members are supposed to dance. While there is no single format or guidelines that all events called Ecstatic Dance adhere to, as a rule there is no talking, no cameras, and no judgement, thus creating a safe and open space where you can turn your mind off and be led by your heart and your rhythm.

While not quite a workshop, Scott Schaeffer will facilitate this event with a brief introduction, definition and history, of this form of free-form dance. Then join in as Schaeffer plays a mix of world and electronic rhythm and beats for this event.

COST:\$5 Wear comfortable clothes that allow your body to move without restriction and comfortable shoes that allow your feet to move on a smooth concrete floor.

All ages welcome. (Children must be accompanied by an adult if they are in attendance.) RSVP:souwesterfrontdesk@gmail.com or 360-642-2542. The Sou'wester Lodge at 3728 J Place, Seaview, WA 98644

TWERKSHOP! Get Your Rear in Gear with Ashlee!!!

2 workshops **AUGUST 10TH**, 5:30 to 7pm: Bootay Dance/Twerk Basics. 7:15 to 8:45pm: Sensual Movement/Lap Dance Fundamentals. venom@kittenscratch.com to secure your spot. Cahs/card on door. \$20 per workshop- all levels welcome. Come as you are!



HIP HOP WORKSHOP with Nate!!! Tuesday **AUGUST 21ST**, 6:30- 8pm. \$15 Everyone welcome!! **Astoria Arts & Movement Center. 342 10th st. (2nd floor).** astoriaartsandmovementcenter.com

Relax into Meditation

Practice simple ways to heal ourselves and the planet. After a brief check in, the class contains the following:

QI GONG HEALTH EXERCISES. Practice a set of health exercises to release energy that is trapped in our bodies. This set of exercises supports to relax and to heal more efficiently.

PLANETARY HEALING AND HARMONY MEDITATION. How can you, one person, make the world a better place? One very valuable and simple way to clear discordant energies in the world and oneself is by practicing meditation for healing and harmony.

Learn these simple tools that you can do at home in your "me time" moments everyday. All levels of meditators are welcomed. Facilitator: Linda Lawson, Masters in Education, Self Mastery Coach.720-301-3993. Sundays 11am, Tolovana Hall,Cannon Beach. Donation: \$10 drop in, \$35 month

Stock Up on **ALLIUM SATIVUM** Galore! At the 4th Clatskanie Farmers Market **GARLIC FESTIVAL • Aug 18**

BY STEVEN ROUNTON



HOW does a small community farmers market become a respected source of exotic, gourmet garlic? The Clatskanie Farmers Market has a Kids Day, a Bee Education Day, a Tree Fruit Pressing Day, and a few other special events, but the garlic festival in mid-August was the first. Over the years it has grown into a significant regional celebration. Last year more than 1500 bulbs were presented. This year the festival will unleash even more bulbs on the region- 20 strains and 6 varieties.

It began four years ago as a bit of a lark. One of the vendors had grown a patch of garlic, but there really wasn't much interest. The market just wasn't feeling it. Some people might say this vendor was a bit obsessed with this allium, and that may be true, but he was convinced that if the townspeople could



Small Braid with Statice

experience local, cured garlic, well prepared, they would come around. So an article about a new "festival" was published in the local newspaper, fliers were put up and the event was on.

Most festivals are born out of necessity. A bumper crop of apples might need a celebration of all things apple to deal with the abundance, but this vendor had 119 bulbs of garlic, a few loaves of chewy artisan bread, and fortunately, unbounded enthusiasm. Surrounded by chalkboards trumpeting the numerous myths and "facts" surrounding garlic, bulbs were roasted on a grill and bread was toasted. The toast was brushed with olive oil then smeared with the creamy, pungent clove and served to anyone brave enough to partake. No charge, no come-on, nothing but pure unadulterated, savory bliss.

At the end of the day, all the garlic was gone and market attendance records had been broken. While it was really only a one vendor event, the potential of the day could not be missed. All of the vendors, as well as the local town folk, seemed to genuinely enjoy this eccentric little effort.

Year by year, the festival has grown. Other vendors have purchased the now acclimated seed stock, and have started their own crops. As it turns out, Clatskanie has the ideal environment for growing garlic. In fact, garlic fields in this community on the east face of the coast range don't need much irrigation. Most of the necessary water comes from the sky and is held a few inches below the surface in native clay. The ideal environment for healthy, large, delicious garlic has a moderate amount of rain, especially in the spring as the foliage is growing, then dryer weather in late spring / early summer so the bulbs can dry out. However, the roots must remain wet so the bulbs can size up. The ideal bed, then, has a few inches of well drained rich compost over broken up clay. The local gardeners have this inherent advantage, and their beautiful garlic proves it!

The garlic festival this year will feature several vendors selling numerous varieties and strains of garlic - Music, Mt. Hood, Italian Late, Spanish Roja, Blanak, Inchelium Red, Turk Giant, Deerfield, Vietnamese Red, Georgian Fire, and Metechi just to name a few. Some garlic geeks will be looking for Porcelain varieties. They contain the highest levels of allicin, the broad-spectrum anti-bacterial element that garlic is known for. Others know about the Rocamboles. These amazing bulbs roast up creamy with that intense classic flavor; but then others may come for the Vietnamese Red, our local chef's favorite. At least one vendor will feature braided soft neck garlic with dried flowers woven through the bulbs. Place these on a kitchen wall for the decorative effect then begin using them this winter. The meticulously cured bulbs will last until April.



Garlic labeled and curing

The Market always has fresh produce, live music, children's activities, a food cart, and numerous value added products, arts and crafts, but on this day you should come for the flavor of the season. Vendors will be offering garlic tasters all day long - roasted garlic on toasted artisan bread, gazpacho, pestos, salsas, and more!

There will be no circus events, rides, or hype. This event will not be televised and you probably won't find the sound track on CD. The biggest thrill offered is the chance to talk to someone who can distinguish between a hard neck and a soft neck garlic or who can tell you the shelf life of an artichoke variety. Go to the festival to stock up. Some varieties will last well into the spring of the following year. Go to the festival if you want to plant your own garlic patch. The growers at the festival earmark all their largest bulbs as seed stock. Go to the festival if you like garlic, garlic, and more pungent, savory garlic - still no come-on, just local cured garlic.

Visit the Clatskanie Farmers Market any Saturday during the summer, but especially on August 18th. This market just received the Innovative Market of the Year Award from the Oregon Farmers Markets Association. While the Market believes growing local produce should be the norm in all communities, they were happy to have their "innovative" efforts recognized.

Clatskanie Farmers Market - the coolest little market in Oregon!

Saturday, August 18, 10am-2pm at Cope's Park Clatskanie, OR.



40 Oregon Beers: 1 Epic Beer Fest!

Its Cannon Beach's 2nd annual beer fest, a coastal celebration of Oregon Beer. Location: Haystack Gardens, set next to the ocean, the "Rock," yet nestled into its own secret garden surrounded by evergreens, floral borders, tucked behind the main road through town.

Enjoy LIVE Music, fantastic eats by Chef Josh Archibald and his mobile smokehouse (Wayfarer Restaurant), Desserts by Ruby Jewell Ice Cream.

Doors open for VIP at 2pm, General admission 3pm. Last beer poured at 7pm.

General Admission: \$30 at the door/\$20 in Advance. Commemorative glass and lanyard, + 6 beer tokens
VIP: \$60 at door/ \$40 in advance

Early entry into event, commemorative glass and lanyard, 6 event tokens, Food and voucher and non-alcoholic beverage offerings

HAYDAY! Happy Hour from 4-5 p.m. Sat. 8/26 at HAYDAY2017! During the last hour of HAYDAY! Beer Fest, you get a growler and fill with the beer of your choice for just \$15. BONUS: if the keg blows during your fill, it's only the cost of the growler, \$5. CHA-CHING! Proceeds from the growler go to a good cause. The 'StackStock Youth Fund benefitting local and regional youth through scholarships and support of musical arts.

Get you tickets in advance and use CODE hipfish

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Britnee Kellog at HAYDAY**



Cottage & Garden Tour September 7 - 9

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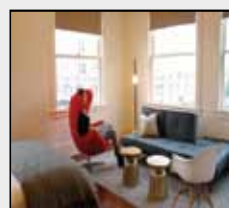
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Thur, Aug 9 • Amber Sweeney
Thur, Aug 16
Will West & The Friendly Strangers
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Thur, Aug 30 • Bombadil
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HAYDAY!
40 Oregon Beers, 1 Epic Beer Fest

Saturday, August 25
3:00pm to 7:00pm
Haystack Gardens, Mid-Town Cannon Beach

Advance Purchase: \$10 GA/ \$30 VIP
discount ends at midnight, August 24
At the Door: \$30 GA/ \$60 VIP

Purchase tickets online at
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8PM - 10PM

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FRIDAY AUGUST 10 - UMPHY
FRIDAY AUGUST 17 - BLACK TOP STRUTTERS
FRIDAY AUGUST 24 - ADAMS AND COSTELLO
SUNDAY AUGUST 26 - PHUNSTERS

SATURDAY AUGUST 25 - HAYDAY! BEER FESTIVAL
HAYSTACK GARDENS - MID TOWN CANNON BEACH
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ADAMS AND COSTELLO FROM 2 - 4 PM
BRITNEY KELLOGG FROM 4 - 7 PM

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MOVIE BEGINS PROMPTLY at 8pm

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Supporting Tolovana Arts Colony
August 9 - Wonder Woman
Supporting Coaster Theatre
August 16 - The Goonies
Supporting Fire, Life and Safety Friends of Cannon Beach

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