

September 2018 • vol 19 • issue 235

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

Downtown's Diva

DULCYE TAYLOR

*Is she Astoria's
next mayor?*

ART/PERFORMANCE:

*ART ON WAR Morrison Pierce • CIVIL WAR WOMEN Marianne Monson • TIDAL ROCK Transformation Installation
TANGO Cascadia Concert Opera debuts • OUTTAKES Susan Banyas Performance Artist • FESTIVALS Birds, Beers and Tunes*

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BRE GREGG + REDBIRD



FRIDAY SEPT 14

KALA enthusiastically welcomes Portland soul/blues songstress BRE GREGG and REDBIRD, Friday Sept 14th, at 8pm. Tickets in advance \$15, available online at libertyastoria.org.

Lead vocalist Bre Gregg combines a classically trained voice, and a degree in music with her love for bluesy, soulful tunes as she teams up with guitarist Dan Gildea. The two impeccable artists masterfully pass the lead on stage, backed by groove masters Jeff Langston on bass and Charlie Doggett on drums. Bre and Redbird have recorded two albums—deeply influenced by soul, you'll hear elements of roots, blues, rock and even a dash of jazz.

It's all there. Bre's rich, plaintive vocals take a silky cruise through the tunes, from Koko Taylor's "VooDoo Woman" to Tom Waits "Temptation," and Gregg/Gildea originals. If you love smoky/intimate, polish and sophistication, paired down to raw musical energy, Redbird delivers on record and on stage. A Portland music scene staple Dan Gildea lends his guitar prowess to numerous jazz and blues acts and teaches guitar at Portland State. Jeff Langston has worked with such luminaries as Lou Reed, Boy George and Rufus Wainwright, and drummer Charles Dogget, active with many groups and workshops

in Oregon, has played at KALA with jazz pianist Chris Parker several gigs.

This past year, Bre Gregg and longtime Portland blues/folk recording musician Ann Weiss organized the highly successful "Something To Talk About: A Tribute to Bonnie Raitt." A 9-piece ensemble of instrumentalists and vocalists performed together in the tribute that played to rave reviews in Portland, a special show on the WA Peninsula and put out a live recording available online at bregregg.com. When she's not performing on the many Northwest stages she calls musical home, Bre Gregg runs her own vocal and musician teaching studio.

"Bre Gregg is a powerful lead vocalist with a gift for phrasing and a deep feeling she is communicating right from the soul." - Robert Richter, Host of Local Roots KМУZ FM.

Friday, September 13. 8pm. (doors open 7:30pm). Tickets \$15. Available online in advance at libertyastoria.org. Will call pick-up at venue, time of show. FULL BAR. Cabaret Seating. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878.

JAZZ FLASH: Astoria Jazz Fest + KALA announce Jazz Trumpeter/Singer

ROBERT MOORE

Friday, Oct 26

Saturday Oct 27 (TBA . . . Stay Tuned for more info!)

ROBERT MOORE has evolved a sound uniquely his own, mixing his Southern roots influences of soul and gospel into his own distinct interpretations of bebop and swinging jazz. Shadings of King Pleasure, Mark Murphy, Mose Allison, & Ella are heard alongside those of Otis Redding, Roger Miller & classic blues shouters.

Whether leading with his horn into familiar standards, scatting imaginative ideas straight from the heart, blowing creative lines on the harmonica, or exposing listeners to interspersed originals, Moore cuts to the heart of a song, opening up sounds in new ways & winning fans with his frequent wry notes of humor.



2nd Saturday ART WALK

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Friday, September 7 • Brian Copeland
 Friday, September 14 • Eric John Kaiser
 Friday, September 21 • Ships to Roam
 Friday, September 28 • The Resolectrics
 7 p.m. 'til 10 p.m. • Free • All ages welcome



Halfway to St. Patrick's Day
 Saturday, September 15

The Severin Sisters (4 p.m. 'til 6:30 p.m.) • JT Wise Band (7 p.m. 'til 10 p.m.)

All day we'll be serving our lucky Irish Stout, Irish iced coffee, Irish reubens and more.

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PERFORMANCE AT KALA

OUTTAKES

Susan Banyas

Sept 21



Photo: Deborah Dombrowski

KALA welcomes performance artist Susan Banyas in OUTTAKES, an evening of stories and multi-media monologues, excerpts and outtakes from her forthcoming non-fiction book, *The Hillsboro Story*, Spuyten Duyvil Press, NYC.

The Hillsboro Story is set in Highland County, Ohio, and evolved from two original theatre works. *No Strangers Here Today* features the diary of her Quaker great-great grandmother, whose farm was a "safe house" on the Underground Railroad. *The Hillsboro Story* is a multi-voiced narrative of five African American mothers and the county engineer, who put their bodies on the line to integrate the Hillsboro schools in what became the first test case for the Brown decision in the north. She was a child witness to the protest and returned fifty years later to uncover a big American civil rights history and encounter the history directly. The story, set against the backdrop of the Cold War, then and now, is an expose of how personal and geo-political histories intersect and tests the strength of memory against an imperialist system designed to erase it.

Susan Banyas co-founded SO&SO&SO&SO in 1976 and began to develop Soul Stories and Everyday Dancing, forms that integrate movement, image, and language into physical poetry, the basis for her work as a director, teacher, and writer. She has taught in colleges and studios, created numerous full length dance-theatre works and monologues that have toured the nation, and recently collaborated with Portland based choreographers to create *Finding Soul*, *A Constellation of Stories*, performed at Coho Theatre's summer festival in Portland, Oregon. *The Hillsboro Story* is her first book. susanbanyas.com



Photo: Dorinda Holler

OUTTAKES
Friday
September 21.
7:30pm. \$10.
Doors open
7pm. KALA,
1017 Marine
Dr. Astoria.
503.338.4878

In the spring of 2018, now Astoria-based artist via Portland, Or., Banyas gave a performance at the Astor Public Library based on the Hillsboro material; utilizing stories, spoken word, imagery and environmental music in a highly compelling performance. OUTTAKES will be a new performance based on the same material, to also include minimalist movement. As performer, Banyas integrates multi-media components, and integral to her work, there is no separation between performer and narrative and the tools she uses in her craft, manifesting a whole "physical poetry" she refers to. Not to miss! - D. Urell

Without Nature Our Hearts Become Hard

TIDAL ROCK Celebration Sept 8



TIDAL ROCK PROJECT (the historic location of Tidal Rock Park-1811 anchor and high water marker for the Columbia River) at 15th and Duane in Astoria is a collaborative effort lead by artists Agnes Field, Jessica Schleif and Brenda Harper, with funding from the Precipice Fund, the Andy Warhol Foundation for the Visual Arts and the Calligram Foundation, to transform the overgrown green space and present temporary art installations. The public is invited to see the improvements in Tidal Rock Park during the Second Saturday ArtWalk and experience art and performance in the space.

Meet & Greet the artists 5PM with treats supplied by the Blue Scorcher Cafe & Bakery and temporary on-going art installations and video projections with Jessica Schleif - *Where We Lay our Hearts*; Brenda Harper-video installation; Agnes Field - *Excavation of Need*; Charissa Brock - *Lights*
6PM Chinook Nation Drumming and Smudge Ceremony
7PM Oddfellows Collective-- Marco Davis, Trixie Kerfuffle and Jessamyn Grace present a new work in progress: *Between These Two Shores*
7:30PM Seth Tichenor-On Gentrification
8PM Derek Ecklund - OR based musician, sound artist and composer-Creating an Environment--exploring the relationships between music and geography.
8:45PM Dinah Urell - *Song of the Heart*



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COVER Photo: Dinah Urell

Astoria Warming Center \$10,000 Donor Match Campaign is ON! by Kaisa Schlarb

THE ASTORIA WARMING CENTER is receiving support from an anonymous donor who has offered to match up to \$10,000 dollars in donations 3:1.

While most of Astoria clings to the final weeks of summer, the AWC is already thinking about rain and wind as it looks ahead to its 5th season providing shelter during inclement weather for Clatsop County's homeless population. They also provide dinner, breakfast, hot showers and referral services.

Located in the basement of the United Methodist Church at 11th and Franklin Ave, the AWC received the extension on last season's "Conditional Use Permit" it needed to ensure that they will open this winter.

Dan Parkinson, President of the AWC board, says it takes takes 41K each year for the warming center to operate. Most of these funds are brought in through grants and donations.

"We operate on a shoe string," says Parkinson. "But in terms of the value we provide, if we use global numbers around what a meal is worth or what an overnight stay is worth-- we provided 1/3 million dollar services to Astoria last winter."

Donations often come in the way of meals provided by local businesses. Astoria Coffee House and Bistro, Fulios, Fort George & Blue Scorcher and 3 Cups Coffee, all help to support AWC to provide nourishment and revitalization to people without shelter.

The center also relies on volunteers to keep the facility open. Each night, the AWC is run by a staff/volunteer pair. By state law, there must be two people on for every shift.

Due to a lack of volunteer availability, last season there were nights when the Warming Center simply could not open. On these nights, Parkinson says, "We turn 30, hungry, unprepared for the weather people loose in downtown Astoria, and they're searching for an alcove and they're searching for a meal, because we announced that we would be open [and couldn't.] It's really desperate people who thought they had their night covered."

Parkinson laments the heartbreak he feels when turning away people on some of Astoria's most treacherous evening, and the risks. "It's not that its super cold," he says. "It's when the wind drives the rain and you get wet and hypothermia sets in. People die on the street every year."

Last year, the AWC served approximately 5,000 meals and provided 3100 overnight stays.

The donor match campaign will run through the end of the year, and the simplest way to donate is through the center's Facebook page: <https://www.facebook.com/astoriawarmingcenter/>. The AWC also has a booth at the Astoria Sunday Market, where they take donations as well as sign people up to volunteer.



AWC Winter Coat Donations always welcomed.



David Barsamian • Oct 5 at The PAC • Astoria

INVESTIGATIVE JOURNALIST DAVID BARSAMIAN, host of the public radio show "Alternative Radio," will give a talk on Friday, October 5th, at 7pm at the Astoria Performing Arts Center. This event is sponsored by KMUN/Coast Community Radio, and is free to the public. Donations at the door will be gratefully accepted.

"Alternative Radio," which airs on Coast Community Radio every Thursday at 3 pm, is now in its 32th year. Barsamian lectures nationally on world affairs, imperialism, capitalism, propaganda and the media. He has co-authored numerous books with authors such as Noam Chomsky and Howard Zinn. His forthcoming book with Noam Chomsky is Global Discontents: Conversations on the Rising Threats to Democracy.

David Barsamian is the winner of the Media Education Award, the ACLU's Upton Sinclair Award for independent journalism, and the Cultural Freedom Fellowship from the Lannan Foundation. He is the recipient of Lifetime Achievement Awards from the Rocky Mountain Peace and Justice Center and the South Asian Network for Secularism and Democracy.

AAUW Candidate Forum

ON WEDNESDAY, OCTOBER 3RD, The American Association of University Women (AAUW) Astoria Branch, in conjunction with The Daily Astorian is presenting the AAUW's annual Candidates' Forum for the primary November elections. Coast Community Radio will record a podcast to be broadcast at a later date.

Candidates for governor, state representative for District 32, county commissioners, Astoria City councilors and Astoria mayor have been invited. Each candidate will give a brief opening statements (about 2 minutes), followed by answering written questions from the audience. Trish Garner, AAUW's State Policy Chair, will be the moderator.

The Forum will begin at 7:00 p.m. and end at 9:30 p.m. in the auditorium of the Astoria High School on 1001 W. Marine Drive, Astoria. For more information contact Sara Meyer at 503-325-7969 or chuck555sara@gmail.com.



Rep. Suzanne Bonamici Town Hall Meeting

THIS SEPTEMBER Representative 1st District, Suzanne Bonamici holds 6 Town Hall Meetings. In a news brief Bonamici states, "Many Oregonians have contacted me about protecting the environment, preventing gun violence, improving access to health care, strengthening retirement security, ending family separation, 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
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STEPHEN BERK

It's **STILL** all about **OIL**

ONCE AGAIN, as with the Bushes, we have a presidency that is saturated in oil. Making America great again, the Trump campaign slogan, is all about using American shale oil to displace Saudi and Russian crude sweet oil and Venezuelan heavy oil as leading world producer and seller. It is also behind reinstating the sanctions against Iran, i.e. to cripple one of the world's chief oil exporters. The plutocrats behind the plutocrat president are the shale interests and the big banks that fund them. Like everything else in US policy, foreign and domestic, it is to make the rich richer and not to benefit anyone else, least of all the earth itself. Prices are now going up at the pump and slated to go higher. Most of the shale oil will be sold abroad. Trump is merely the one putting these Big Oil First (hardly "America First") policies into action, with cooperation from a Congress severely compromised by fossil fuel lobbies. Like John D. Rockefeller's Gilded Age and the oil soaked Harding /Coolidge policies of the 1920s, our era is again dominated by fossil fuel interests.

What is most disturbing about such national policy is its total addiction to greed and complete lack of concern for an increasingly fragile, collapsing environment, caused by accelerating climate change due to the oil economy. The oil plutocrats are so ensnared by their wealth that they use the power it buys to keep us from moving to a more sustainable energy base. President Trump irrationally seeks to save his golf course in Scotland from rising sea water, while ignoring the coming devastation to coastal and low lying areas due to rising sea levels, ever spreading drought in the West and other extreme weather challenges. Ironically, two of the most at risk areas are the iconic Wall Street and Manhattan, where the one per cent invests and works, together with much of Florida, long one of their playgrounds and home to Trump's Mara Lago estate.

As I write this, the ever drier West is largely on fire, with conflagrations

engulfing much of California. The makers of public policy in the executive and legislative branches of the federal government have never been more self-enclosed, and they now have a Supreme Court, with Trump's two reactionary appointments creating a majority, that will do nothing but rubber stamp such destructive policy. Furthering the interests of an economy that will cause world destruction is hardly conservatism. It wastes, never conserves,



our country and the world at large. A genuine conservatism, if we had it, would be interested in preserving our great national treasures in the public lands and seeking alternative clean fuels, so as to mitigate worldwide climate based disaster. But rather than being preserved, our public lands are now being more rapidly privatized than ever. Shale drilling, with its vast overuse of scarce water resources and injection of toxic chemicals deep into the earth is essentially laying waste to the greatest American heritage, our land itself.

What the Populists of the 1890s called "the money power" is again very much in the driver's seat. And as the public lands were increasingly turned over to the powerful beef industry and the cattlemen, much of them are now becoming the private preserve of one of the most ecologically destructive

interests, the shale oil industry. Privatizing and exploiting America's public lands has been a policy very much in place since the Reagan years, when the decision was made to reverse an established conservationist/preservationist agenda put in place as far back as the Teddy Roosevelt presidency at the beginning of the twentieth century. Wild horses and burros, formerly protected by public law, have been rounded up with helicopters and slaughtered. The public lands they had thrived on and kept ecologically intact were deeded over to the cattle industry, now being partially displaced by the lethal mining practices of shale oil, which among other things, destroys precious water aquifers.

Despite the lethality of fossil fueled technological society, there is not the will among our politicians to alter it. A carbon tax is talked about, and a few states may well enact one, but don't hold your breath for Congress to enact it on the federal level. Big Oil is much too powerful.

What is needed is a people's movement large enough to challenge the power of the monied elite's death grip on our economy. The leadership of such a movement must include scientists and engineers with expertise in fuels and the capacity to propose specific changes that would move us to a cleaner energy base. As our prophetic social critics like the late anarchist, Ivan Illich, and ecological writers like Derek Jensen, Richard Heinberg, Wendell Berry and others of the Green American tradition, which goes back to Henry David Thoreau, have repeatedly said, we must recognize that a simple, clean, much less energy intensive way of life is the only sustainable one. Economist E. F. Schumacher in "Small is Beautiful," pointed out that modern, centralized technological society "consumes the very basis on which it has been erected." Since he said that in 1973, the fossil fuel oligarchs and the banks that fund them have only intensified the destruction.

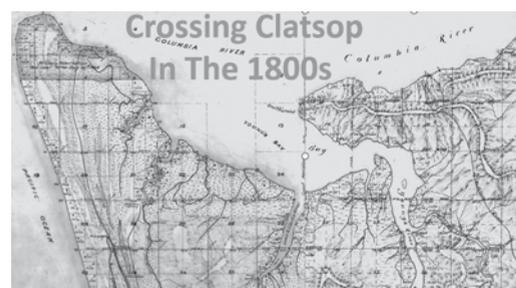
NATURE NEWS

In Their Footsteps Jerry Sutherland

Crossing Clatsop in the 1800s

LEWIS AND CLARK National Historical Park, Fort Clatsop welcomes the return of Jerry Sutherland for its next In Their Footsteps free speaker series event. On Sunday, September 16, at 1pm he will present Crossing Clatsop in the 1800s.

Historical researcher/writer Jerry Sutherland first researched early Clatsop transportation routes while writing Calvin Tibbets: Oregon's First Pioneer (2016). In the 1840s, the route that eventually became US 101 bisected Tibbets' provisional land claim just north of the Clatsop Plains Presbyterian Church, which was first built on five acres he contributed to the church just before his death in 1849. Now, as then, Sutherland followed "in their footsteps" to get a sense of the challenges early Americans faced crossing Clatsop (Ridge and Plains).



After building Fort Clatsop on the west bank of the Lewis and Clark River in December 1805, William Clark and his salt-craving men blazed a trail across Clatsop to the ocean searching for a good place to boil sea water, a trip commemorated by the Fort to Sea Trail in 2005. In the process of determining the trail's original route and its relationship to modern Perkins Lane, Sutherland learned of involvements by Clatsop Indians as well as summer vacationers taking wagons to Seaside

after arriving at Clatsop Landing on sternwheelers. He was fascinated that the Neacoxie River's 1806 outlet into the sea, filled in soon after that by sand and diverted to the Necanicum, had been pinpointed by geologists in 2004. Sutherland will share all this using images of maps and original manuscripts. He will sign copies of his book and answer questions after the presentation.

Old World Fall Botanical Drawing Class FREE! With Artist Dorota Haber-Lehigh

SEASIDE PUBLIC LIBRARY will offer an Old World Fall Botanical Drawing Class with local artist and illustrator Dorota Haber-Lehigh on Saturday, Sept. 29. The workshop takes place 1pm and is sponsored by The Friends of the Seaside Library. Sign-up is required for this class and you can do so at the circulation desk or by phone. The class is FREE, and all materials will be provided.

At this workshop Haber-Lehigh participants will learn how to create a miniature botanical drawing using colored pencils on walnut ink-stained paper, which will create the antiqued look of old-world documents. Each walnut ink-stained paper is unique, and will provide an amazing background for your drawing, recalling the antiqued look of old-world documents or old herbal books. Dorota created this surface to be reminiscent of real calfskin vellum, which was the original surface used for botanical paintings.

The class will draw from observation and everyone is encouraged to bring a fall leaf, a small seed pod or a small decorative gourd. Dorota will focus on simple colored pencil techniques for blending and layering colors, and will describe how to achieve form when balancing light and dark tones.

Dorota Haber-Lehigh received a Bachelor of Arts degree from Pacific University, with a focus on printmaking and art history. She designed, illustrated and published the coloring books "ABC of Native Plants of the Coastal Pacific Northwest," "Native Berries of the Pacific Northwest," and "Creatures of Haystack Rock."

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



WINGS OVER WILLAPA Birding Fest Debut On Washington's Long Beach Peninsula

A new fall festival will celebrate the region's world-class birding opportunities with boat, bike and walking excursions, workshops, and more!

The Long Beach Peninsula will be host to a new festival showcasing the extraordinary birding opportunities in and around this 28-mile long finger of land. Slated for SATURDAY, SEPT.

29, "Wings Over Willapa" will celebrate the region's birds and nature, as well as the art they inspire with classes, workshops, guided tours and more.

"Explore the northern tip of Long Beach and spot snowy plovers and thousands of waterfowl, cross to Long Island and walk through a native, old growth cedar forest, and head out to sea for possible sightings of albatross," says David Ryan, event organizer. "Whether you're an experienced birder or getting acquainted with the outdoors, nature lovers of all ages are sure to find plenty to do."

The event is timed to the start of fall migration in this key migration area along the Pacific Flyway.

Among the many tours offered will be an East Sand Island kayak trip, a bird walk at Cape Disappointment State Park, a pelagic trip departing from Ilwaco, "Beach Birding by Bicycle," two barge trips into Willapa Bay, as well as self-guided tours at Tarratt, Teal and Greenhead sloughs. Guided tours of



the Leadbetter Unit of the Willapa National Wildlife Refuge will include one of the beach and dunes and another with an animal tracking specialist of the bay and forest side.

Presentations will include beginning birding, nature photography, shorebirds, pelagic birds, eBird, among others. Bird box building, a decoy carving demonstration, beach baskets, feather raku pottery, stationary making, and a paint and sip class are some of the indoor offerings. Capping off the day will be a gathering with a keynote speaker, food and drink, and a silent auction at the Columbia Pacific Heritage Museum, the event headquarters.

Hosted by the Friends of the Willapa National Wildlife Refuge, space is limited, and registration is required for each of the events. For more information, please access <https://friendsofwillaparefuge.org/wings-over-willapa/> or email wingsoverwillapa@gmail.com.

Hike The McKenzie Head Trail • Angora Hiking Club



WASHINGTON PARK RANGER, Stephen Wood will lead an Angora Hike at McKenzie Head Trail/ Cape Disappointment State Park, Washington on SATURDAY OCTOBER 06, '18.

The hike will include excellent viewpoints of freshwater wetlands, Waikiki Beach, Cape Disappointment lighthouse, North Jetty, Columbia River and Pacific Ocean. Additionally, the hike will include a guided tour of Battery 247, a former gun battery at Fort Canby. Battery 247 has no interior lighting, and is dark. Attendees are encouraged to bring their own flashlight!

Hikers will meet at the McKenzie Head Trail parking lot in Cape Disappointment State Park. McKenzie Head is located through the main campground entrance of the park. Parking at the site is very limited and carpooling is greatly appreciated. All vehicles are required to have a Washington State Parks Discover Pass. Restrooms are not available at McKenzie Head--the nearest restrooms are located at the Waikiki Beach parking lot, which is on the way to McKenzie Head. The hike is 1/2 mile round trip including steep elevations in sections.

A LITTLE HISTORY. McKenzie Head was the site of William Clark's encampment at Cape Disappointment in November, 1805. With 11 Corps of

Discovery members, Capt. Clark explored Cape Disappointment and the long sandy beach to the north. Prior to the construction of the Columbia River Jetty system, McKenzie Head was ocean front property, and would have afforded Clark and his men with the first opportunity to truly stand on the shores of the Pacific Ocean. After completion of the North Jetty in 1917, McKenzie Head would become landlocked as sand was deposited at its base and accreted lands grew. During the Depression-era, the Civilian Conservation Corps at Camp Canby cleared the original road up the headland in addition to other area projects. In 1943 during the height of World War 2, McKenzie Head was armed with two, rapid-fire six-inch guns. Associated buildings were also built on site to support the wartime effort of Fort Canby. Since the decommissioning of Fort Canby in 1947, the headland has reverted to a natural state as increasing vegetation crowds-out the coast artillery structures. The headland that William Clark described as, "...a high open hill projecting into the ocean...which is covered with high coarse grass," is now a forested retreat in the heart of Cape Disappointment State Park.

Participating hikers will meet at 9am at the parking lot on Marine Drive, Astoria, between 6th and 7th across from McDonalds. Carpooling will be arranged there to Cape Disappointment. Others may meet at 9:45 AM at the Trail Head, call 360 642-3029 for information.

For safety reasons, dogs are not allowed on hikes. Membership is not required to participate in Angora Hiking Club hikes, but annual dues are only \$10.00. Leader is Kathleen Hudson, if interested in joining this hike please call 503 861-2802. The clubs' full list of hikes/walks is on its website angorahikingclub.org.

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Lower Columbia Q Center
Astoria Armory - 1636 Exchange Street Astoria

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

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

Support Groups/Ongoing

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

Lower Columbia Gender Alliance/Trans Support

The Lower Columbia Gender Alliance holds peer support group meetings on the third Thursday of each month. Meetings are open to transgender, gender queer, questioning and family members or partners. Meetings will be at 6:30pm - 8pm at the Q center. For Information call Tessa James at 503 545-5311.

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 Hubert in Newport.
- 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.

To connect with Oregon Central Coast Chapter of PFLAG, call (541)265-7194, email: pflagocc@gmail.com

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.



Q Center Seeks Stories: LCQC is looking for testimonials from parents, students and anyone with a story for an upcoming event. Your story will be anonymous and will be about your experience as a child growing up and being bullied in the k-12 school system. Should anyone be interested in learning more please feel free to reach out to the Lower Columbia Q Center via email: info@lcqcastoria.org

Central Coast PFLAG Honors Heroes

ON SEPTEMBER 12 Central Oregon Coast PFLAG meeting will honor Claire Hall and Rhonda Jantzen as PFLAG Heroes for their persistence and courage in becoming their real selves later in life. Friends and family members are invited to briefly honor the Heroes with memories and examples of their impact.

The meeting will also celebrate the tenth anniversary of the PFLAG chapter on the Central Oregon Coast. People are invited to share memories, stories, and photos of those who have stood together for marriage equality and in resistance to the dangerous moves of the current administration.

Join us to celebrate ten years of PFLAG's Support, Education, and Advocacy for the LGBTQ community.

The Sept. 12 PFLAG meeting will be held from 6-7:30 pm at St. Stephen's Episcopal Church at SW 9th & Hubert, just downhill from the Kite Shop.

PFLAG is a national organization established to support gays, their families and friends through its mission of Education, Support and Advocacy. Research shows that LGBT students who receive support from their families, schools and communities are able to survive the stress and challenges far better than students who don't have that support.

PFLAG provides factual and helpful information and personal connections for families whose children or teens believe they may be among the minority in gender identity or sexual orientation. For more information, call 541-265-1904.

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.

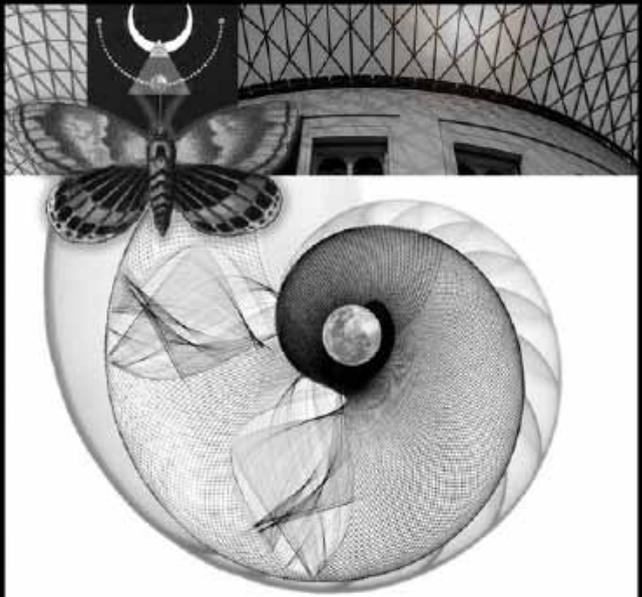
New members are always welcome. Come and join in at 6pm, 3rd Thursdays at the Blue Scorcher. August/No Meet Up! Next meeting Sept 20.

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Clatsop County Historical Society hosts 3 days of Flavel Fun featuring the “Other” Flavel House and Historian John Goodenberger



TOUR THE OTHER FLAVEL HOUSE!

THREE YEARS AGO, Greg Newenhof purchased the long-neglected Captain George Conrad Flavel residence with the intention of restoring it. When Greg passed away in January, his brother Jeff conceived a project dedicated to the memory of his brother: a book detailing the history of the Flavel family.

The Newenhof Family and City Lumber Company, in collaboration with the Clatsop County Historical Society (CCHS), is sponsoring three consecutive events to raise money for that project.

THURSDAY, SEPT. 20 – Historian John Goodenberger will present his popular lecture, “A Family Residence in Decline,” at 7pm in the Columbian Theater, 1102 Marine Dr. The lecture will trace the lives of George Flavel’s descendants: reclusive and mysterious, and fodder for endless gossip. “A lot of people run amok with the facts regarding the Flavels,” noted Goodenberger. “There’s no need to embellish this story.” The evening will also feature a few minutes of Flavel home movies. Tickets are \$10 and sold only at the door.

FRIDAY, SEPT 21 - a special reception will be held at the Captain George Conrad Flavel residence, 627 15th St., at 7pm Attendees will view newly donated, never seen publicly before, Flavel family home movies. . Spanning the 1930s, 40s and 50s, the films capture the family at home and on world travels. Tickets for the evening are \$75 per person. Space is limited. Attendees will enjoy cocktails and hors d’oeuvres. In addition, attendees will be able to bid for this once in a lifetime event—Wine at the Captain George Conrad Flavel home, and a catered dinner at the Captain George Flavel House Museum.

SATURDAY, SEPT 22ND, the Captain George Conrad Flavel residence will be open for self-guided tours from 10:00 a.m. – 4:00 p.m. The public will be able to see work accomplished in the on-going restoration. Tickets are \$10 for CCHS members and \$25 for non-members.

Memberships start at just \$35 for individuals and \$55 for a family. Members get discounts on events like this, free admission to the Historical Society museums, a subscription to Cumtux, and discounts in the CCHS gift shops.

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

Cannon Beach duo **ADAM’S & COSTELLO** just released **MEET THE WORLD**, with their first soul-rock full band sound.

THE BEATNIKS are a high-energy 60’s-70’s cover band from Seattle, playing amazing Beatle’s covers, The Stones, etc .. and are in demand for high profile gigs, such as post Mariner games, and gala events every where from Caesar’s Palace plus being the winning band on the world premier of the nationally televised VH-1 Show “Cover Wars” hosted by Paul Schaffer of Letterman fame.



Cannon Beach Music Festival Kick-off Event

PLANS for a Cannon Beach music festival are in the works for 2019 (think Woodstock, paired down). The Cannon Beach Music Festival Kickoff Fundraiser takes place Saturday, September 29 at 5pm at the Bandstand in the CB City Park. The music features Seattle band the Beatniks with local Cannon Beach artists Adams and Costello opening. The fundraiser will be raising money for the first annual Cannon Beach Music Festival and Cannon Beach Arts Association Education Programs. The goal is to raise enough money to have three days of music and events in 2019. The initial goal is to raise \$10,000!

This event is FREE AND OPEN to the public with an ask for donations to the cause! Plus a ticket gets you 1 glass of wine and some fantastic food at the chamber of commerce so there’s no beating that. All proceeds benefit the Cannon Beach Arts Association, a 501(c)3 nonprofit dedicated to supporting the diversity of arts and artists in and around Cannon Beach through exhibits, education, and events.

The music starts at 5pm PLUS a silent art auction at 1:30pm at the CB Chamber of Commerce and a free screening of Loving Vincent at the Chamber of Commerce at 3pm.

NC Chorale WANTS YOU!

MOST RESIDENTS are aware of the multitude of ways in which one can participate in the arts here on the north Oregon and south Washington coast. From drama to art shows to musical performances, one can either sit back and enjoy or take an active part.

This is an invitation to all those who love to sing to join North Coast Chorale (NCC), a community chorus whose fall program begins Tuesday, Sept. 11th at the Performing Arts Center (PAC) at 6:45 p.m. This season will include singing with the Cascadia Chamber Opera in their performance of “Tango of the White Gardenia” on Sept 29th, the Annual Messiah Sing-Along to raise funds and food for the CCA Regional Food Bank on Nov. 25th, the NCC Winter concert, which will focus on songs about Mary, on the weekend of Dec 7th, 8th & 9th and a trip to Portland for a concert at the Grotto, Festival of Lights. Other opportunities include: singing at the Scandinavian Sancta Lucia Festival, caroling on Commercial Street to open the Christmas season, and singing with the North Coast Symphonic Band at their holiday concert.

Sound interesting? Mark your calendars now for the performances you don’t want to miss!

Want to join the fun? All voice ranges and all ages are welcome (6th Graders to Senior Citizens). No auditions required. Contact either Cheryl Capellen at 503-791-5681, Cindy V at 503-440-3486 or Denise Reed at 503-338-8403; OR just come on down, get acquainted and start singing with us at the PAC on September 11, 2018.



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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

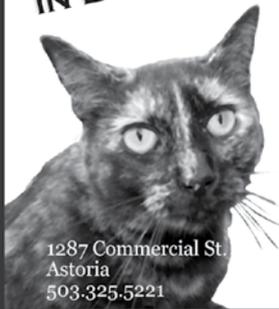


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INCO NEW INDIVISIBLE North Coast Oregon

INCO EVENTS SEPT

INCO Astoria Community Group
Saturday, September 8, 8 am
Street 14 Café, Astoria

INCO Seaside-Gearhart
Tuesday, Sept. 11, 6:30 – 8 pm
Email incoregon@gmail.com for location

INCO Under 40s Group Meeting, Postcard Party + "Wine & Whine" Happy Hour
Friday, September 14th, 2018 5:00 - 7:30 PM
Seaside - email beebashcroft@gmail.com for location

Rep. Suzanne Bonamici Town Hall
Saturday, Sept. 15, 1 pm
Seaside Heights Elementary

INCO Vote the Future Team
Wednesday, Sept. 19, 6:30 – 8 pm
Seaside Library Board Room

INCO Book Club
Wednesday, Sept. 19, 6:30 pm
The Age of American Unreason
Email incoregon@gmail.com for directions

Seaside AAUW Candidates Forum
Wednesday, Sept. 19, 7 pm
Seaside City Hall

Voter Registration/
National Voter Registration Day*
Tuesday, Sept. 25, 10 am – 2 pm
Clatsop Community College, Towler Hall, 3rd floor

INCO Warrenton Community Group Meeting
Saturdays, 11 am
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

*Indivisible member Beeb is celebrating her 35th birthday on September 25, which also happens to be National Voter Registration Day. To celebrate, she and her husband are hosting a voter registration drive at Clatsop Community College from 10 am to 2 pm. Beeb hopes to get 35 new voters registered for her 35th birthday! She will be serving free birthday cake to everyone, so stop by and say hi.

Vote NO on Measure 105

by Monica Pearson

OREGON'S so-called sanctuary law prevents local and state governments from having to divert resources to enforce federal immigration statutes. Now this law is under attack, and it will be up to voters to defend it this November.

In 1987, by a vote of 29 to 1 in the Senate and 58 to 1 in the House, Oregon legislators passed this law, which prohibits use of state and local resources to detect or apprehend persons whose only violation involves their immigration status. In addition to safeguarding resources, this statute discourages racial profiling and encourages immigrant communities to cooperate with local law enforcement.

On the ballot this November, Measure 105 would rescind Oregon's sanctuary law and align our state with the racist policies of the Trump administration. The ballot measure intentionally uses language that preys on fear and plays on the narrative that immigrant equals criminal.

Measure 105 is backed by Oregonians for Immigration Reform (OFIR), identified by Southern Poverty Law Center as one of eighteen hate groups in Oregon. Their messaging is consistent with the Trump administration's false narrative that sanctuary laws hinder criminals and that immigrants are somehow a drain on state economies.

Beyond Oregon, passage of Measure 105 could have implications on a national level. If there is success here, it will open the door to hate groups across the nation to petition for similar measures.

In likeminded messaging, law enforcement, political officials, and community leaders from all over Oregon are speaking out against Measure 105. They point out



how passage of this measure would divert resources from our local communities to do the job of federal law enforcement, straining budgets that are already tight. They agree that passage of the measure would further isolate immigrant communities and compromise the safety of us all.

Locally, Indivisible North Coast Oregon (INCO) and La Voz de la Comunidad, the community group of Lower Columbia Hispanic Council, have partnered to speak out against Measure 105. They held a kick-off rally in July and have begun canvassing to get the word out that Measure 105 is not acceptable here on the North Coast. They urge everyone to contact local leaders to publicly take a position of No on Measure 105.

If you want to get involved in the efforts for No on Measure 105, please reach out to INCO at incoregon@gmail.com.

Monica Pearson co-leads INCO Astoria and is a primary advocate for the group's efforts to oppose bigotry. She lives in Astoria.

HISPANIC HERITAGE CELEBRATION! • SEPT 15

SEPTEMBER 15TH thru October 15th is National Hispanic Heritage Month and the Lower Columbia Hispanic Council CONSEJO HISPANO DEL invites you to its yearly Hispanic Heritage Celebration. The event is held at the St. Mary's Star of the Sea, 1465 Grand Ave in Astoria from 3-8pm. Entry is FREE!

Activities & Entertainment:

- Musical Trio: Alma Sureña
- Traditional Mexican Folk dance presented by the group "Mi Cultura"
- Free interactive Zumba demonstration by Astoria Movement Center
- Explore traditional cultural items and historical content from many Latin American countries
- Various Hispanic dishes for sale from local restaurants and food vendors
- Beverages and food will be available for sale by the Hispanic Council
- Piñata, raffle, and more activities for the whole family!

SALSA COMPETITION: LCHC kicks off the event with a salsa-making competition with two categories:

- Businesses- Restaurant-Salsa Competition Rules 2018 Entry fee is \$50.00, which should be turned in with registration form no later than August 31st. If business has donated food to event, fee will be waived. Prize: 1st place winner will receive a "Best Salsa 2018" plaque for their business!

- Amateurs- Amateur-Salsa Competition Rules 2018 There is NO entry fee and anyone can join. A registration form must be submitted to be in the competition. Prizes: \$100 for 1st place, \$50 for 2nd place, and \$25 for 3rd place

- Contact 503-325-4547 for more information about the event or if you are interested in volunteering!
- All proceeds will go towards continuing funding for services and programs!



By KAISA
SCHLARB



Assuredly throwing the first hat in the ring, ADHDA Pres. DULCYE TAYLOR is more than ready to be Astoria's next mayor

PHOTO: Dinah Urell

Astoria mayoral candidate Dulcye Taylor was drawn to Astoria by the same “magical mysterious whatever” which she says brings many people here.

“I’d been traveling through Astoria forever,” she states. Her “forever” began in the 90s. Folks would meet at a friend’s house on Grand for “family home vacations,” she called them.

“We’d go to the Old Safeway, and the Columbian Cafe. Those were the only two places; we’d gather supplies and go back up the hill.”

Thus, the beginning of Taylor’s relationship to downtown Astoria.

Originally from Boise, ID, where she studied fine art and graphic design, she went back to school for computer design in Seattle, and then went to work for Microsoft. She was the Design/Animation Lead for 8 years and Project Manager for 2 in the E_Learning Department.

After traveling from Seattle to Astoria socially for years, she eventually began a relationship with her now wife, Maggie Shumaker, a school psychologist serving the Astoria School District.

When the time came for them to decide who would be the one to move, the north coast was the obvious choice.

“Seattle is a shell of what I knew,” mused Taylor.

In 2006, she moved to Astoria and purchased The Old Town Framing Company in downtown, and continues as its manager. In the subsequent years, she has made a name for herself as a leader in strengthening business and economic interests of the downtown core as the president of the Astoria Downtown Historic District Association. Currently, she is completing her third, three year term.

Long known for her candor and charm, “I made up my own rules of how to walk in a small community,” says Taylor of her early days in Astoria and with the ADHDA. “I just started talking to people and meeting people. I became more community-minded. I never did any of this in Seattle.”

“The first time I walked the streets asking for money was about getting a RARE [Resource Assistance for Rural Environments] volunteer. “It was hard, it was 2009,” says Taylor, referring to the recession.

RARE, an Americorp program administered by the University of Oregon, provides an 11 month volunteer to supporting communities to aid in technical assistance and planning.

“I’d say [to business owners], give me 5 dollars. I just want to put you on this list of people that says, ‘We support downtown.’ And I made like 19,000 dollars.” The ADHDA supported two RARE volunteers over a three year period.

Early on, Taylor and the ADHDA had a vision for downtown Astoria, “Business recruitment. In those days, we wanted to bring tourist’s to town, we wanted to be a year round destination, and we wanted something for kids to do.”

Nearly a decade later, the ADHDA is now supports a full-time exec. director (currently Sarah Lu Heath), and produces two annual association fundraisers, The Pacific Northwest Brewcup and The Jane Barnes Review. Heath and ADHDA in 2017, secured \$153,000 in grant monies for two landmark downtown buildings in 2017, Astoria being one of only two cities in the state to receive more than one grant award.

While talking about the accomplishments of the ADHDA, Taylor says, “We never tooted our own horn, but the organization did a lot of work. The new benches and new trash cans on the street, the new bus stations and bike lockers, the new street signs that you can actually read and are clean and upright-- that was our group.”

In 2015, as Volunteer of the Year, Taylor received an Oregon Main Street Association Award for “Excellence in Downtown Revitalization.” She was also chosen as a Lady Liberty 2017 honoree saluting women of achievement on the North Coast.

In addition to the ADHDA, Taylor is on the Board of Directors for the Astoria Ferry Group, formerly sat on the Astoria Music Festival board and she also participated in the Citizen Advisory Committees for both the Parks Master Plan and the Garden of Surging Waves.

“I did agree to be the Ambassador and that’s probably the most visibility I’ve ever had as a “Q” in Astoria. I’m proud that our town can accept Pride.”

“I proudly say I was part of the Garden of Surging Waves promotion and project. I think it’s a beautiful park. I know a lot of Astorians think it was a money suck,” she says candidly. “But it is unique to any small-town-USA to have a garden that commemorates anybody, let alone the efforts of the Chinese. It is beautiful, open.”

Her supporters attest to her leadership skills and ability to bring people together. Longtime former Managing Director of the Astor St. Opry Co. Judith Niland, who will host a meet n’ greet for the candidate, says “Taylor is strong in her ability to navigate people with different needs, different dreams and desires. She pulls you into a cohesive working group, accomplishing projects, having fun and being effective at the same time.”

Taylor acknowledges that her critics would say she doesn’t have the political experience to be mayor, but she believes having worked closely with the City on ADHDA projects is a strong asset as a mayoral candidate.

“Have I sat up in that desk and had to talk about stuff? No. Have I been on the other side of it? Yes. Have I worked with the city a multitude of times on projects and brilliant things that bring goodness and money? Yea.”

In Taylor’s vision, the mayor is the big ambassador for the city, “You represent all organizations, small businesses, industries, politicians—the best interests of Astoria and Astorians. A mayor should be hyper-focused on their community, with open eyes and ears—a critical thinker with big heart and even a helping hand when needed. I know this might sound a bit hokey but it’s worked on a much smaller scale within the downtown core and I truly believe it will work city-wide.”

With critical issues around affordable housing and a crisis of homelessness sure to dominate the next Mayor’s tenure, another criticism is

that her downtown-centric view of Astoria is somewhat myopic.

Taylor addresses housing and homelessness by saying, “Let’s look at unique ways to, not solve housing, because we’re never going to solve it. I think it’s two things: There’s the working people that can’t find some place to live. Then there’s the people who are on the streets with mental illness, travelers, people who want to be there. I don’t really know what to do about that second group. I know the state of Oregon used to have more participation in the care of people with mental illness. A town of 10,000 people with our resources cannot solve the mental health challenge. But how can we help our citizens who are busting their butt? Lets look at our zoning to see how we can allow more housing in this sector of our community.” In her campaign materials she proposes looking to successful examples from communities around the US to find new ways to address homelessness.

If elected, Taylor will be the first openly gay mayor of Astoria and the north coast of Oregon. While she states, “I’m not the person who marches on the streets and says ‘give me my rights,’” and that she “doesn’t walk around with an ‘L’ on her forehead, she did participate in Astoria’s 2018 Annual Pride Festival as one of “Astoria’s Queer Ambassadors.”

“I did agree to be the Ambassador and that is probably the most visibility I’ve ever had as a “Q” in Astoria,” she says. “I’m proud that our town can accept Pride.” This year, the city of Astoria formally declared June “Pride Month,” signaling growing acceptance and visibility for the LGBTQ community.

“I have not experienced any backlash or evilness for being a lesbian in Astoria.”

Even as her LGBTQ status is not front and center to her campaign, it is still politically significant in this election cycle.

Annisie Parker, CEO of the Victory Fund, an LGBTQ political action committee told NBC News, “The 2018 election cycle is shaping up to be a historic one for our community — with more openly LGBTQ people running for office in more places.”

The Victory Fund expects to endorse more than 150 LGBTQ candidates this cycle, making it the biggest endorsement slate in the organization’s 26-year history. “We have the opportunity to dramatically increase LGBTQ representation in local governments, state legislatures and the U.S. Congress.”

In Oregon, Kate Brown is the first openly bisexual governor in the country. The state is home to the nation’s first openly gay mayor of a top-30 city (Sam Adams, Portland); the first openly transgender mayor (Stu Rasmussen, Silverton); and the first openly LGBTQ Speaker of the House (Tina Kotek).

For her own campaign, Taylor she sees herself as having “passions” rather than an agenda.



ORIGINALLY meant to celebrate Jane Barnes, the first European woman of Astoria, as part of Astoria’s bicentennial celebrations in 2011, the **JANE BARNES REVUE** took off on a life of its own, turning into ADHDA’s second largest fundraiser. Now in its 8th year, MC Taylor, initially “manned” the show herself, but as the Gentlemen Janes (business guys decked out in drag) were itching to get on stage, collecting tips, and lots of ‘em on a 25ft runway, soon community organizer Norma Hernandez took up the “slacks” establishing a comedy duo hell bent on raising dough. First year Net \$5000, this year Net \$23,000.

This is how Astoria rolls, and Taylor’s, albeit risky intuition, has certainly paid off! The show roster has expanded to include females, Dragalution Dancers and more, firmly establishing ever-lasting life as one of Astoria’s yearly entertainment extravaganzas.

(photo: Dulcyce Taylor, Norma Hernandez and Tiffany Butler).

One is to see the Riverfront Vision Plan completed. “I’ve been pushing for that for years,” she says. Also, to support the revitalization of the entrances to Astoria, both Uniontown and Uppertown, she asks, “How can we encourage business and how can we support the prosperity of the businesses in those areas?”

Her most tangible goal: “Fill the damn hole.” She’s referring to Heritage Square, the site of the old Safeway, which sits vacant since the store was torn down in 2005.

If elected and if Taylor’s track record is any indication, it will probably happen. As Judith Niland says, “Her skills as a leader have a lot to offer Astoria. She has an innate talent to harness “the power of the group,” and that includes a diversity of peoples.”

Taylor puts it a little bit more bluntly, “I’ve been accused of twisting arms to get things done. I’m just trying to get things done.”

From her perspective, she’s playing smart. “I know people think there is this closed ‘old boy’ network that runs Astoria. I’ve been endorsed by Willis Van Dusen, former mayor of Astoria, who is the biggest boy in the big boy network. Are there a bunch of people that grew up in Astoria and get together and talk about what they can do? Yes. I’m sure that’s true. Is there an old boys network? Well we’ve been fighting that for years as women. I grew up with that in Boise, so, what does that mean exactly? If I can have them on my team to get that damn Heritage

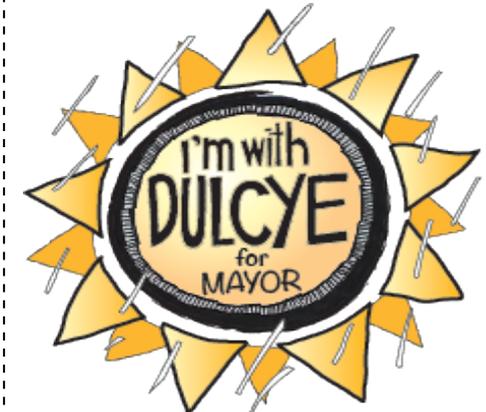
Square completed, I’m totally there, I’m sorry. Put me in the old boys club.”

Taylor’s campaign website can be found at <http://dulcyceformayor.com/>.

“Really my life is pretty much an open book. If people are interested, I walk the streets a lot. You can find me at my store on Saturdays.”

Taylor says she wants what is best for Astoria—and after devoting ten dynamic years to the downtown core—hopes for the opportunity to take that desire (and dynamism) to the platform of city mayor.

“Astoria is mutating and changing all the time, we have to manage how we change,” she says, “Manage the wild pony.”



Campaign Button by artist Dulcyce Taylor

Local author Marianne Monson draws parallels between the Civil War era and today

By Alyssa Graybeal

IN *WOMEN OF THE BLUE AND GRAY: True Civil War Stories of Mothers, Medics, Soldiers, and Spies*, Marianne Monson uncovers women's forgotten contributions to the war. Join her at 7pm on Thursday, Sept. 13 at KALA for the launch.

The book is an engaging read. Notably, Monson includes women's stories from both the North and South, as well as slaves, former slaves, slave owners, immigrants, and First Nations, thereby generating a much more complex picture of the war than that of any single dominant narrative.

Monson's research trip covered seven cities in three weeks—including the Antietam National Battlefield, the site of the bloodiest day of the war, and Lacy House, where nurse Clara Barton and Dr. Mary Walker worked—and ended with a tour of Appomattox, where the surrender was signed. Monson moved to Astoria when she'd nearly finished writing the book and was thrilled to find an incredible Civil War archive in the basement of the Astoria Public Library. "It was like a treasure hunt," Monson says of the research process, "and I absolutely loved it."

To include such diverse perspectives in a book on the Civil War is uncommon. In fact, while conducting research in the South, Monson was often asked, not without anxiety, which side she would write for. One historical society volunteer told her that when the Yankees came through town, they tried to burn down his grandmother's house. "They have very deep personal connections to the conflict and the era," Monson says.

Monson emphasizes that while race and slavery can't be ignored in discussions of the Civil War, the Confederate side raised some legitimate arguments about Union hypocrisy. Industrial mills in the North, for example, processed slave-produced material and



employed small children for starvation wages. "It was a far more interconnected economy than people believe, and a lot of people in the North were getting rich off slave labor too."

As such, Monson shows how the historical truth about any ideology or extended conflict is usually far more complex than we're initially led to believe. "They say the winners of war write the history, and I think that's very true," she says.

Likewise, women in the war did more than nursing and knitting socks, not to discount those contributions in and of themselves. Monson includes several stories about female spies, strategists, and advisors. Mary Bowser, for example, was a remarkably effective Union spy. Assumed to be an illiterate slave, doubly underestimated due to both her race and gender, Bowser was allowed unfettered access to meeting rooms, battle plans, and correspondence.

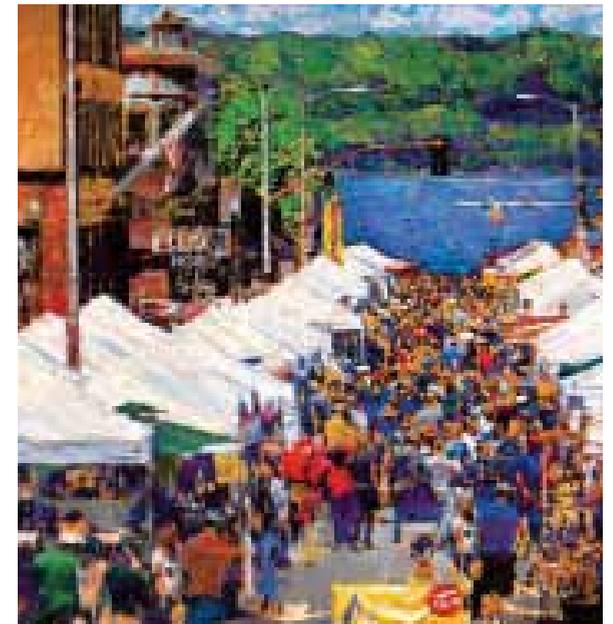
"And I love that," Monson adds. "It's the ultimate subversive act." At a historical society in Virginia, Monson found unpublished documentation about female soldiers, an estimated 700 of whom served in the war (disguised as men), with motivations as diverse as their brothers'. While it was well known at the time of the Civil War that female soldiers served, that fact became obscured in subsequent generations. None of the big battlefield museums memorialize female soldiers, for example.

During the chaos of war, gender expectations shuffle; when the Civil War ended, some wanted to hold onto those changes and others didn't. Sadly, many female soldiers and spies were uncompensated for their work, left without pensions, and had medals of honor rescinded after the chaos of war receded, not to mention having their contributions all but forgotten.

Luckily, even for women who have entered into public memory, Monson includes little-known aspects of their stories. Nurse Clara Barton, for example, established the Missing Soldiers Office after the war and located thousands who'd been buried in unmarked graves. Harriet Tubman, well-known for her Underground Railroad, also did important spy and espionage work.

Women of the Blue and Gray is available locally at both Lucy's and Godfather's Books. Even those who aren't usually inclined to pick up a book on the Civil War might want to consider it. Monson adds, "The Civil War is incredibly relevant to our current political climate and the divisions in our county, and I included a lot more than diehard history."

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.

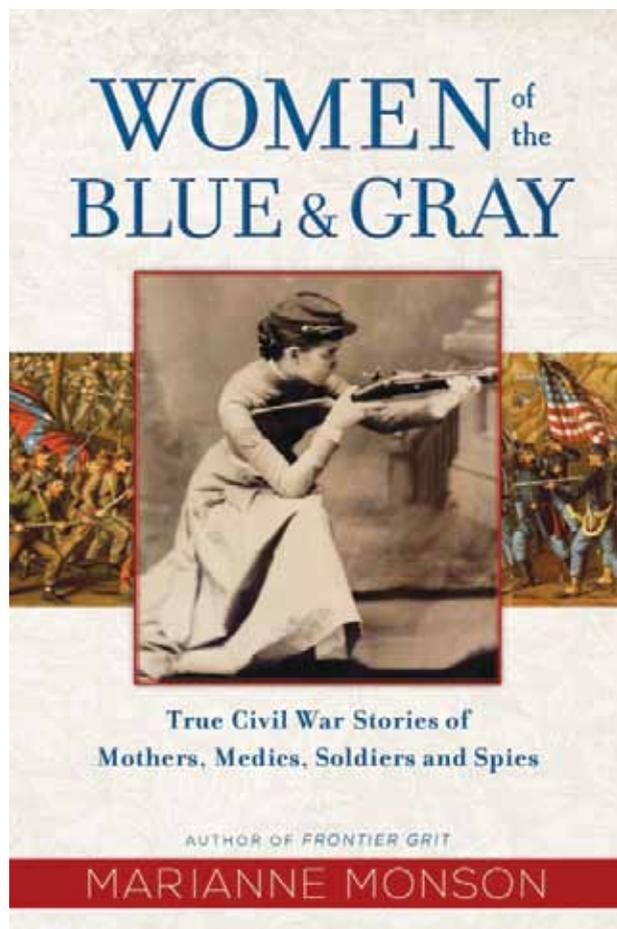


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AMERICA IS BEAUTIFUL

paintings and installation illustrate the tragedy of war

Morrison Pierce at McVarish Gallery

THIS MONTH McVarish gallery will host "America is Beautiful", a provocative series of paintings and installation by Astoria artist, Morrison Pierce. The 30 piece show looks back at World War II to illustrate the tragedy of war, drawing imagery from photos of real people and children who lived and died in effects of the biggest and bloodiest conflict in history.

Morrison painted this series of scenes in his unique expressionist style, playing ironically with candy colors associated with childhood and innocence, while capturing the sadness and devastation of war. Within the show is a story of two brothers for whom a sad fate is determined when one is sent to war. Works starting on the left entrance area of the gallery represent innocence and childhood under the foreshadow of the imminent war leading into the main exhibit room where the imagery becomes far more devastating as the conflict rages. He juxtaposes innocence and the presence of evil in a thought provoking way. It's a theme he's been returning to in various mediums over 20 years. While it's a reflection on the past it's also meant to reflect the potential for history to repeat itself in our present political climate.

In Morrison's words, "'America is Beautiful' is a return to the past events in history that can remind us of how far we have come as a society, or how quickly we could find ourselves right back where we started. It's a sad reminder of where we have been and how families can be ripped apart just for the color of skin... Love defeats hate and these paintings, although dark in content, seem to show there is light at the end of the tunnel"

It's certainly not an easy subject, but a noble one to undertake. "How to uncover evil with a mirror for all to see is never an easy task, but one worth the time, if anything is going to change," says Morrison.

Morrison has been painting and travelling for over twenty years and it shows in his fluidity of ideas and execution. Originally a film major, the cinematic element is still very present in his work and presentation. It can be seen in the way his show is designed to tell a story, even bringing back certain characters in more than one piece. Another unusual characteristic is the linear order of the show. The story begins on the left side of the gallery and then walks the viewer through the scenes. The final piece attempts to show light through darkness, bringing not a happy ending, but maybe an optimistic one. Then adding more drama to the spectacle, the show will also include an installation fraught with morbid symbolism.

His decision to come to Astoria in 2017 was based on a coin flip. Having travelled to most other cities in the US, this was one he had not seen yet. This will be his first show in Astoria, which he now calls home. "I like the tight knit community of working artists, musicians and free thinkers... and the moody rainy winters." He brings an interesting and vibrant addition to the wealth of art here and has more theateric shows planned at McVarish Gallery in the future.

"America is Beautiful" opens with a reception from 5:00- 8:30pm Sat. September 8th and runs until November 11th at McVarish Gallery 160 Tenth Street. mcvarishgallery.com



Boy with Flag



Gasmask Lovers



Street

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.

A Compelling New Chamber Opera



Tango of the White Gardenia

IN CELEBRATION OF ITS 10TH SEASON, Cascadia Concert Opera based in Eugene, OR premieres and commissions an original work by *ETHAN GANS-MORSE* and libretto by *TIZIANA DELLAROVERE*. *Tango of the White Gardenia*, a compelling new chamber opera in English, weaves together humor, emotional depth, and timely messages through the riveting music and dance of Argentine Tango.

At its core, it's a contemporary story told through a new kind of opera that offers fun winks and nods to the commedia dell'arte style of centuries past. But this opera also



features urgent themes for today's audiences, such as how enduring love and staying true to one's heart are more precious than winning external recognition, how the consequences of parents' mistakes cast a shadow on their children's lives, and how bullies are made, not born. Specifically, it reveals how parental abandonment of a child often creates emotional insecurity and a sense of not being worthy of love, and many times the absence of care-giving parents creates a compulsion to compete, seduce, and win worldly recognition at any cost.

All of this drama unfolds against the background of Argentine Tango, which permeates both the musical score and the choreography of the six dancers (Ballet Fantastique of Eugene) who mirror

each of the six vocalists, along with a tango "banda" (piano, violin, bass, accordion). In this context, the Tango becomes a metaphor for life and a perfect canvas for the expression of intense passion, deep connections, strident conflicts, and powerful reconciliation, all in operatic proportions!

Directed by Karen Esquivel, with CCO Music Directors, Astoria's Vincent Centeno, and Gustav Castro of Eugene. CCO Artistic Director is Astoria's Bereniece Jones-Centeno.

The composer, Ethan Gans-Morse, and librettist, Tiziana DellaRovere, based in Southern Oregon, drew widespread praise for their last collaboration, "The Canticle of the Black Madonna" in 2014. *The Oregonian* hailed "Canticle," which chronicles a soldier's journey from the desolation of war to the healing embrace of love, "a huge achievement... generous, carefully crafted and supremely compassionate." *Oregon ArtsWatch* hailed the work as "one of the most exciting developments of the arts season." *Tango of the White Gardenia* makes its premiere at the Lincoln City Cultural Center, Sept 8-9, and presents an educational event in conjunction, featuring the artists on Oct. 13. The opera on regional tour will perform in Florence, Bend, Eugene, Medford, Portland and Astoria. FMI: cascadiaconcertopera.org

IN ASTORIA: Saturday, September 29 at 4pm at The PAC. Tickets are \$20 at the door. 588 16th Street on the corner of 16th and Franklin Streets in Astoria. Advance tickets available at brownpapertickets.com

September Calendar

Friday 7

MUSIC

RJ Marx Quartet. 6pm at the Cannon Beach History Center and Museum.

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

Piano Arts Concert. Free, 7:30 – 9:30pm at the Netarts/Oceanside Firehouse.

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

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

HAPPENING

Rod Run to the End of the World. At Wilson Field in Ocean Park and other locations on the Long Beach Peninsula. beachbarons.com

Seaside Wheels and Waves Car Show. In downtown Seaside. FMI and to register, visit eventbrite.com

Saturday 8

MUSIC

Two Crows Joy. 7pm at WineKraft in Astoria.

Tango of the White Gardenia. Opera. 7pm at the Lincoln City Cultural Center.

John O'Hurley. A Man with Standards. \$75, 7:30 – 9:30pm at the Coaster Theater in Cannon Beach.

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

A Night of Experimental and Devotional Tunes. With Caspar Sonnet, The Enchanted, Rude Wife, and Empty V. 8pm at the Labor Temple in Astoria.

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

Paradox. \$5 cover charge, 9pm at the San Dune Pub in Manzanita.

ART

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

Tidal Rock Project. Art Installations, live music, performances, and more. Starting at 5pm at Tidal Rock Park, 15th and Duane in Astoria.

Opening Reception. Elaine Norberg New Paintings. After and Before. Reception 3 to 5pm at the Pioneer Museum in Tillamook.

HAPPENING

Rod Run to the End of the World. At Wilson Field in Ocean Park and other locations on the Long Beach Peninsula. beachbarons.com

Old-Fashioned Fun and Games. Games, activities, demonstrations and more. 11am – 4pm at the Flavel House Museum in Astoria.

Conference on Extraordinary Living. This year's conference will feature 12 informative presentations in three breakout sessions and a keynote address. \$10, 9am – 1:30pm in Columbia Hall at CCC in Astoria. Call 503-338-2566 to register.

Sea Scout Fund Raiser Garage Sale. 8:30am – 4:30pm at Hal's House in Warrenton.

Seaside Wheels and Waves Car Show. In downtown Seaside. FMI and to register, visit eventbrite.com

Cannon Beach Cottage and Garden Tour. Tickets are \$35 and include an evening jazz concert. 1 – 4pm at Cannon Beach. Get tickets and map at the Cannon Beach History Center and Museum.

Muttzanita Festival. A block party, local businesses and vendor booths, games and contests, and many more activities. At the Manzanita Visitor Center. muttzanita.com

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

LECTURE

Patch to Plate: Wild Mushroom Hunting. With Langdon Cook. 1pm in the Community Room at the Seaside Library.

LITERARY

NW Author Series. Special guest author Holly Lorincz will talk about the interesting world of being a collaborative writer and read from her upcoming publications. 2 – 3pm at the Cannon Beach Library.

FOOD & DRINK

Friends of Skamokawa Annual Wine Tasting Auction Benefit. \$15, 6:30 – 10pm at Skamokawa Grange.

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

Sunday 9

MUSIC

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

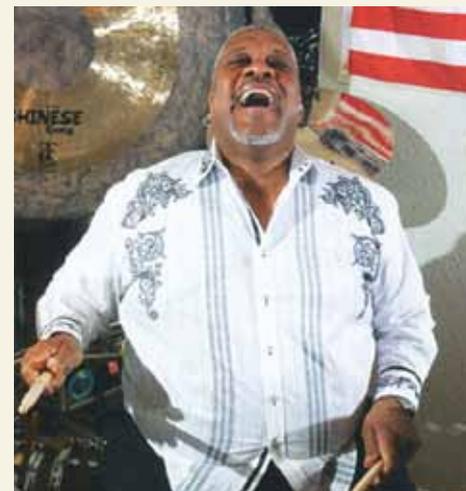
Ladies Musical Club of Seattle. Free, 2pm at the Historic Raymond Theater in Raymond.

Manzanita Music Festival September 14th-15th

Presented by San Dune Pub, the two day music festival takes place at the San Dune, Mighty Thai, and MacGregor's Whiskey Bar, Friday and Saturday, September 14th and 15th

The 3rd annual Manzanita Music Festival will benefit the Neahkahnie School District Music Program. The festival has helped get music in the local schools for the past three years. see schedule: Manzanita-musicfestival.org

Special guest Blues/RB Drummer Tony Coleman



Topsy Turvey TIME Shanghaied at ASOC

If it wasn't all crazy enough all ready, Shanghaied's lovable thespians exchange costumes and genders for a coupla nights. What a hoot! Don't miss this annual melodrama spoof! Sept 14 - 15. \$15 - \$20, 7pm at ASOC PLAYHOUSE in Uniotown Astoria.

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

Tango of the White Gardenia. Opera. 7pm at the Lincoln City Cultural Center.

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

ART

Opening Reception. The Textiles of Timberline Lodge. Open House and Reception at Latimer Quilt and Textile Center, noon - 4pm, Tillamook.

HAPPENING

Rod Run to the End of the World. At Wilson Field in Ocean Park and other locations on the Long Beach Peninsula. beachbarons.com

Old-Fashioned Fun and Games. Games, activities, demonstrations and more. 11am – 4pm at the Flavel House Museum in Astoria.

Seaside Wheels and Waves Car Show. In downtown Seaside. FMI and to register, visit eventbrite.com

Welcome the Salmon Home. Celebrate the return of Chinook and Coho on the Salmon River with boat tours, gyotaku printmaking, citizen science demonstrations and an open-fire salmon bake. Suggested \$10 donation. At Camp Westwind, near Otis.

Monday 10

MUSIC

President's Cabaret. 7pm at First Christian Church in Tillamook.

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

LECTURE

Brain Health: Preventing Alzheimer's Disease. Learn the key factors for preserving brain health and the latest research on the causes and prevention of Alzheimer's disease. You will learn 11 practical steps for building brain health. Free, 6:30 – 8pm at the Tillamook Adventist Church.

Tuesday 11

MUSIC

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

HAPPENING

Public Meeting Scandinavian Heritage Park. Interested members of the public are invited to an interactive forum to explore two possible designs for the park. After the presentation, there will be time for questions and answers and comments. Light refreshments will be served. 6:30 – 8pm in Room 310, Towler Hall, at CCC in Astoria. For more information on the park, visit www.astoriascanpark.org

Wednesday 12

MUSIC

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

HAPPENING

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

Thursday 13

MUSIC

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

Stages: Songs from Broadway. \$12, 7pm at the NCRD Performing Arts Center in Nehalem.

ART

Paint & Sip. Relax and create a unique painting with step-by-step instruction.

All levels welcome, no painting experience is necessary. \$35, at the Astoria Golf & Country Club. Tickets and more information can be found at proofinpainting.com

LITERARY

Marianne Monson Book Release Celebration. "Women of the Blue and Gray: True Civil War Stories of Mothers, Medics, Soldiers, and Spies." Author reading, book sales/signing and complimentary Pie Social. \$8. Doors open 7pm. Reading 7:30pm. At KALA in Astoria.

Friday 14

MUSIC

Manzanita Music Festival. A variety of bands and musical genres at two venues. \$50. At The San Dune Pub and A Mighty Thai in Manzanita. manzanitamusicfestival.org

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

Bre Gregg and Redbird. Soul/Blues Portland lead vocalist Bre Gregg and band Redbird perform at 8pm at KALA in Astoria. \$15 at the door, or tickets in advance at libertyastoria.org.



PORTLAND CHAMBER ORCHESTRA
Yaacov Bergman, Music Director
September 22nd, 7:00pm

THE LIBERTY presents
its 2nd year of
classical
performances and
school workshops,
reaching six area
schools for 2018/19.

"THE EIGHT SEASONS"
Vivaldi.....
Four Seasons,
Piazzolla...The Four
Seasons of Buenos
Aires, featuring
Tomas Cotic, violin

STAGES/SONGS FROM BROADWAY
MIKE ARSENEAULT • SEPT 13



ENJOY an evening of songs from Broadway STAGES (past and present) featuring award-winning theatre performer and tenor Mike Arseneault from Rockaway Beach as he shares songs and anecdotes from his twenty-five plus years on stages in Toronto (Canada), Portland, and now Nehalem.

This intimate evening of songs and stories will be a mix of favorite showtunes from well-loved musicals, to gorgeous songs from new composers and even anthems from award-winning musicals still playing on the Broadway stages.

Performer Mike Arseneault will be supported by talented local musicians Brenna Sage (from Hebo) on piano, Tim Berthelsen (from Tillamook) on violin, and Carlotta Roddy (from Rockaway Beach) on cello.

Arseneault has been performing on stage for more than twenty-five years, primarily in Toronto (Canada) and recently in Portland, Oregon. He now lives in Rockaway Beach permanently and is focused on bringing more of the incredible music from Broadway to this little part of the Oregon Coast.

He has developed, produced and performed in several musical revues which have been mounted in Toronto and Portland including Auditions – The Musical, It Takes Two, Two and Two and has served on the Board of Stumptown Stages and directed the Stumptown Stages Troupe for 2+ years. He is also a founding Board member and current adviser to the Bridgetown Conservatory of Musical Theater in Portland. Locally, Mike produced Music and Art At The Rocks and has performed in several local revues from Tillamook to Nehalem and recently directed and performed in the play Love Letters by A.R. Gurney for Riverbend Players at the NCRD Performing Arts Center in Nehalem. He is also the founder of RecreateNow, a marketing, branding and design service and consultancy serving Tillamook County, that also produces cultural events.

Thursday Sept. 13 at 7pm at the NCRD Performing Arts Center in Nehalem. Tickets are \$13.50 and available on eventbrite.com

THE SHIFTY SAILORS
to Sing in
Coastal Oregon!

OREGONIANS . . . get ready for a treat! The Shifty Sailors will be performing fundraisers in Astoria and Newport from September 18th to the 22nd. The sailors will be singing, "touristing" and partying their way down the Oregon Coast.

This is the culmination of another music-filled performance season, having sung at such venues as Coupeville's MusselFest, Penn Cove Water Festival, Anacortes Waterfront Festival, Whidbey Island Fair, Port Townsend's Wooden Boat Festival, and Fishermen's Fall Festival in Seattle.

The Shifty Sailors have chosen to celebrate Thomas Jefferson's vision of exploring the Oregon Territory (including what is now Washington and Oregon) at the northwestern edge of the Louisiana Purchase. It also includes honoring not only those who discovered this area by sea, but the many who have labored here as sailors and fishers.

Singing together now for 25 years, the Shifty Sailors, hailing from Whidbey Island (famed and framed in Puget Sound, just northwest of Seattle), have followed Tall Ship Festivals throughout Europe, performing in Norway, Estonia, Latvia, Lithuania, Poland, Germany, Denmark, Ireland, Wales, England, France and, most recently, in the Czech Republic. They've sung at a Whale Festival in Hawaii, a Tall Ship Festival in Newport, Rhode



Island while touring seaports of New England, and Pacific seaports on the West Coast from Washington to California.

Astoria Performances: TUE SEPTEMBER 18, at the Clatsop County Community College Performing Arts Center at 7:30pm. On Wednesday they'll sing twice in the afternoon at the COLUMBIA RIVER MARITIME MUSEUM.

\$15. Available on www.brownpapertickets.com

Thursday, September 20, they perform a fundraiser for the Maritime Heritage Museum at the Newport Performing Arts Center, 7pm.

Check out these Shifty Sailors on youtube for a sample of their robust choral style and difinitively charmed performances celebrating the songs and folklore of the sea!

Upcoming Shows

God of Carnage at TAPA

THE TILLAMOOK Association for the Performing Arts (TAPA) presents "God of Carnage" written in French by Yasmina Reza and translated by Christopher Hampton. This seriously funny comedy finds Michael & Veronica Novak (played by Chris Chiola & Robyn Eley) hosting a meeting with Alan & Annette Raleigh (played by Chad Clemmer & Lora Ressler). In this one-act play, the two couples are meeting for the first time at the Novak's apartment in Brooklyn due to a scuffle involving each of their 11-year old sons. Benjamin Raleigh has injured Henry Novak and now there's the matter of a dental bill to discuss, as well as bullying, and owning one's responsibility. What begins as civilized "grown-up" behavior quickly mirrors playground antics. "How many parents standing up for their children become infantile themselves" asks Annette, moments before the afternoon takes a hilarious spiral downhill. Parents, be advised that this play contains adult language.

A tenth directing stint for Robert Buckingham for TAPA since his first production in 2008, he says, "I believe audiences will recognize pieces of themselves and others in these four characters and that's okay, because if we can't laugh at ourselves then how can we laugh at anyone else." He continued "I'm so proud of my cast and production team. Their range of theatrical experience varies from newcomer to well-seasoned and they are all working so well together. They're creating something I know audiences will enjoy".

Join TAPA September 14 for the Opening Night Gala Celebration. Complimentary appetizers as well as a free beverage of choice, with ticket purchase. "God of Carnage" runs September 14 – September 30. Fri/Sat shows begin at 7pm. Sunday matinees 2pm Sept 23 and 30. Tickets \$15/person avail at Diamond Art Jewelers, 503-842-7940, or at the door. FMI: info@tillamooktheater.com, or find TAPA on Facebook. TAPA's Barn Community Playhouse is located at 1204 Ivy St, on the corner of 12th and Ivy, adjacent to Les Schwab Tires.

AAUW Dessert Theater
Tragedy and farce in
THE FATHER

AAUW The American Association of University Women Astoria will present a staged reading of Florian Zeller's The Father. The performance is a scholarship benefit. This tragic farce is about a father, Andre, battling dementia and his daughter Anne's efforts balancing caring for him with the demands of her personal and professional life. Andre's world has grown progressively befuddling: his watch and furniture have

gone missing, strangers are in his apartment, and why is he wearing pajamas in the afternoon. The Father is about relationships and life while facing the effects of dementia.

Edward James is the director; Susi Brown is the stage agent. The actors are Edward James (Andre), Rhonda Alderman (Anne), Emily Ann Geddes (Laura), Daric Moore (Pierre), William Ham (Man) and Gigi Chadwick (Woman).

Performances are Friday, September 21st and Saturday, September 22nd, 7:00 p.m. at the Presbyterian Fellowship Hall, 11th & Harrison in Astoria. Tickets can be purchased at the door on Friday. Although a few tickets will be available on Saturday for purchase, the majority will be available from either AAUW members or call Jan Horning at 503-325-1832. Homemade cookies will be served on Friday and an array of desserts will be served on Saturday. Tickets are \$15 per person. Doors open at 6:15 pm.

Bonus Lecture:

ON TUESDAY, September 18, AAUW Astoria will present a program on the physical and emotional aspects of dementia. A panel consisting of Dr. Tom Duncan, a physician and surgeon in Astoria for 30 years; a care manager; a physician who works in physical and occupational therapy; and Mindy Stokes, a former administrator of a care facility, will discuss their expertise on dementia. This program will be held at the Flag Room in the Astor Library located at 450 10th Street. It is free and open to the public. Light refreshments will be served FMI: Jan Nybakke at 503-325-4592.

DEATHTRAP at the Coaster
Opens Sept 21

SEEMINGLY comfortably ensconced in his charming Connecticut home, Sidney Bruhl, a successful writer of Broadway thrillers, is struggling to overcome a dry spell which has resulted in a string of failures and a shortage of funds. A possible break in his fortunes occurs when he receives a script from a student in the seminar he has been conducting at a nearby college—a thriller which Sidney recognizes immediately as a potential Broadway hit. Sidney's plan, which he devises with his wife's help, is to offer collaboration to the student, an idea which the younger man quickly accepts. Thereafter suspense mounts steadily as the plot begins to twist and turn with devilish cleverness, and with such an abundance of thrills and laughter, that audiences will be held enthralled until the final, startling moments of the play.

CAST: Frank Jagodnik, Sue Neuer, Bennett Hunter, Ann Bronson, David Sweeney. Directed by Ryan Hull.

Painting & Mixed Media Opens at RiverSea

RIVERSEA GALLERY opens two art shows and hosts a book signing on Saturday, September 8, 5:00 to 8:00, during Astoria's Second Saturday Artwalk. Meet the artists at the reception featuring catered refreshments, and enjoy original music by Ta Ta Ta, composed and performed by Raymond Martin and Mary de la Salandra. Both art exhibitions will remain on display through October 9, 2018.

From the *Source to the Sea* features new paintings by Washington state artist Barbara Szkutnik, a retired international airline pilot who explores the ineffable point where water transitions into sky in these mostly aerial landscapes. The artist paints from her memories of flying through clouds, over oceans and snowfields in the northern hemisphere. Blue is the unifying element in these meditative works that trace the cycle of water, from solid to liquid to gas and back again, from the source to the sea.

IN THE ALCOVE, Oregon artists Stephanie Brockway and Dayna Collins present *Scrounged Beauty*, a collaborative installation and show of mixed media artwork from salvaged components. Brockway is noted for her folk-art carvings on wood assemblages, usually incorporating parts of vintage furniture, household implements and other discards from the past century as a base for her artwork. Her trademark carved and painted faces lend an enigmatic personality to many of her pieces. Collins works in many mediums, and in this show she presents a series of collaged and assembled works made from deconstructed book parts and incorporating delightful word play.

Local author Marianne Monson will be on hand to sign her latest book about women in American history, *Women of the Blue and Gray*, tales from the Civil War years. This collection of true stories featuring women thrust into dire and difficult situations is a companion volume to her popular, *Frontier Grit*, released last year. Both books will remain available at the gallery.

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



Szkutnik *Hours Went By* pastel mixed media 22x30



Where The Time Goes oil on canvas 30x30

also studied at the San Francisco Art Institute as well as the Vermont Studio Center. Having lived in all four corners of the country, Kingzett has taken inspiration from her experiences and utilized that towards the development of her work as a painter.

Diane Kingzett *Time Spent* at IMOGEN

FOR HER THIRD SOLO exhibition at Imogen, Diane Kingzett of Portland, brings a new series of oil and mixed media paintings exploring the continuation of time and what that brings to an individual. Within this series, *Time Spent* her work conveys in sublime metaphor, content echoing her own response to moving through stages of life. Considering distinct characteristics that we all share in the process of moving through life changes with each passing day, month, year or decade, she portrays through abstraction her own personal journey of reaching middle age and the shift in perspective of life roles that come with that. The exhibition opens for Astoria's Second Saturday Artwalk, September 8th 5 – 8 pm with a reception for the artist. Kingzett will be present and available to answer questions about her work. The exhibition will remain on view through October 9th.

Kingzett, who has painted for over 30 years earned her BFA at West Virginia University and

Imogen Gallery is located at 240 11th Street, Open Mon-Sat, 11- 5, 11- 4 each Sunday, closed Wed. 503.468. www.imogengallery.com .

The Textiles of Timberline Lodge Latimer Quilt & Textile Center

A NATIONAL Historic Landmark, Timberline Lodge is one of Oregon's most popular tourist attractions, drawing nearly two million visitors every year. In 1975 an effort was begun by Friends of Timberline (FOT) to reproduce the original 1937 hand-made textiles including bedspreads, curtains, rugs, and upholstery. This exhibit shows examples of Timberline Lodge hand-made textiles from the past 40 years.

Open House and Reception Sunday Sept 9, noon – 4pm. Light refreshments. Latimer Quilt Center, 2105 Wilson River Loop, Tillamook, OR



Christopher Mathie *Seeking Balance* At White Bird

THIS NEW exhibition reflects the search for balance and truth within a commerce-driven world by moving past fear-based decision-making. Washington-state painter Christopher Mathie has developed a high-energy painting style that oscillates between bold abstractions, expressive coastal landscapes and a language of symbolic forms. His emotional canvases are based on intuitive mark making, intimate dialogues and a free flowing thought process that stems from surrendering to trust and letting go from the constraints of fear.

In his new paintings, images of bird spirits, portal shapes and boats navigating uncharted territory act as allegories for a path that is guided by instinct. The artist creates a personal discourse in each canvas that comes from an uninhibited stream of consciousness. Reaching deeper into psychological and emotional states that arise from overcoming hardship, Mathie seeks an experience of purity within the creative realm.

Christopher Mathie is a vibrant Pacific Northwest painter well known for his dynamic abstractions. He has exhibited his work for 26 years, drawing on various interests in philosophy, metaphysics and observations of the natural world. Mathie was nominated for the 2016 James W. Ray Distinguished Artist Award, given by Frye Art Museum / Artist Trust Consortium, his paintings are included in private and corporate collections nationally and internationally.

Artist Talk: Join Christopher Mathie for a talk on Saturday Sept. 15, 4-6pm.

White Bird Gallery is located at 251 N. Hemlock in Cannon Beach. whitebirdgallery.com Seeking Balance shows thru October 20.



Were Here to Heal Each Other 80x60 triptych

TERRIE REMINGTON at Luminari Art

A JOURNEY into human/nature by Terrie Remington will show at Luminari Arts Gallery from September 8 to October 8, 2018. Meet the artist during the September 8th Art Walk.

Terrie's inspiration for the show comes from the belief that it has never been so important for us to realize that we are part of nature and nature is a part of us. We see our images in the clouds, the moon, in trees and rocks, swim into the sea with dolphins, and fly into space with the birds. We persuade the animal kingdom to love our lifestyle, and at times we are swayed to theirs. Our innate wisdom tell us we are all of the same stardust.

Terrie has developed her creativity and unique style of sculpture painting from the many places she has lived, along with formal education. Her artwork appears in many places worldwide including in murals. See her website at TerrieRemington.com or experience the real thing.

Luminari Arts Gallery is located at 1133 Commercial in Astoria. Studio visits of Terrie's work are available by appointment 503-325-9580.



THE PORTFOLIOS at LightBox

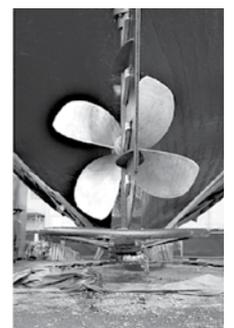
LIGHTBOX Photographic Gallery will host the artists' opening reception for "The Portfolios" on Saturday, September 8th, from 5-8 pm. The Portfolios presents the work of 15 Photographers who were selected for the uniqueness and excellence of their submitted portfolios. The exhibit intends to reward the photographers for their photographic effort and to open the opportunity to share their vision with the public via the gallery walls. Each of the fifteen will present 4 works on the walls of the gallery.

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

Elaine Norberg *After and Before* Tillamook Pioneer Museum

THE TILLAMOOK County Pioneer Museum welcomes local artist Elaine Norberg and a selection of her latest paintings called "After and Before." The artist has lived on the North Oregon Coast and in Tillamook for over 50 years, painting the beautiful environment that is Oregon. Norberg explained, "I have a strong inclination to pull imagery and motifs from my surroundings. I try to convey the somewhat mythic and timeless aspects of the environment I live in."

The exhibit will be on display until November 25, 2018. The public is invited to the artist reception on September 8 in the Pioneer Museum from 3 to 5 PM. FMI: at www.tcpm.org or call 503.842.4553.



Kim Rose Adams

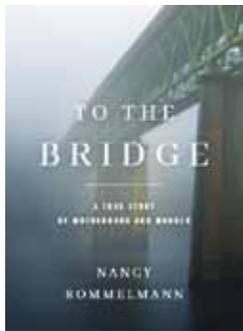


WORD.

To the Bridge: A True Story of Motherhood and Murder Nancy Rommelmann Reads

NANCY ROMMELMANN will read from her book *To the Bridge: A True Story of Motherhood and Murder* at 7pm at the Hoffman Center for the Arts in Manzanita on Saturday September 15, 2018.

The case was closed, but for journalist Nancy Rommelmann, the mystery re-mained: What made a mother want to murder her own children?



On May 23, 2009, Amanda Stott-Smith drove to the Sellwood Bridge in Portland, Oregon, and dropped her two children into the Willamette River. One child died, one lived. Amanda was arrested, convicted, and sentenced to thirty-five years in prison.

Embarking on a seven-year quest for the truth, Rommelmann traced the roots of Amanda's fury and desperation via thousands of pages of records, meetings with lawyers and convicts, and interviews with friends and family who felt shocked, confused, and emotionally swindled by a woman whose life was now defined by an unspeakable crime.

"To the Bridge is a tour-de-force of both journalism and compassion, in the lineage of such masterpieces *In Cold Blood* and *The Executioner's Song*. Word by word, sentence by sentence, Rommelmann's writing is that good. And so is her heart." - Nick Flynn, author of *Another Bullshit Night in Suck City*

Beach Bum: A Life in Pieces Robert "Butch" Freedman Reading in Cape Meares Oct 7

BEACH BUM: A Life in Pieces looks at the many paths and people that go into the making of a life. It is a pessimist's endorsement of hope and keeping on. In a series of personal essays, both humorous and deadly serious, Freedman traces his attempts to live a meaningful life. He writes about issues ranging from his rejection and later embrace of Judaism to dealing with hepatitis C to a return to surfing at the age of 70. Freedman's stories try to answer the existential questions that present themselves at every turn: Why this family? Where is home? What is it you truly want and why is it so hard to find peace of mind. And why ever stray away from the beach? And perhaps, in the end, he accepts that there are no answers other than taking the journey and remembering the people and the stories along the way.

A long-time writer and teacher Robert "Butch" Freedman lives in Cape Meares, Oregon with his wife, Beverly Stein. Originally from Philadelphia, he has finally fully acclimated to life in the Great Northwest. He still roots for the Phillies, though. Butch published the autobiographical novel "Fancypants - A Bar Mitzvah Tale" in 2008. His short prose works have appeared in numerous publications, including: Purple Clover, Drash, Tikkun, Philadelphia Stories, Still Crazy, Under The Gum Tree, Northwest Squid, and Portland Magazine. One of his short stories was nominated for a Pushcart Prize. He has facilitated many writing workshops including for Write Around Portland, Havurah Shalom and the Multnomah Arts Center.



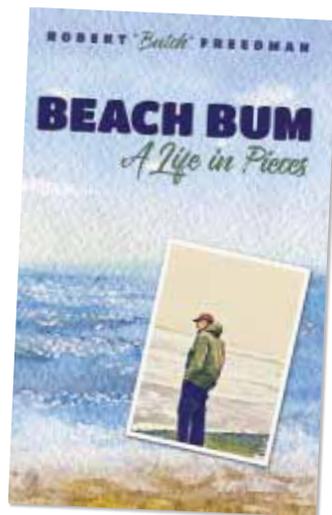
You won't be able to look away—nor should any of us. - Robert Kolker, author of *Lost Girls*
A remarkable work: not a whodunit but an inquiry into why. Rommelmann doesn't find an easy solution, but neither does she settle for platitudes about the unknowability of the human heart. - *Willamette Week*

Rommelmann is also the author of the novel *The Bad Mother*, and the story collection *Transportation and Destination Gacy*, about a cross-country journey to interview serial killer John Wayne Gacy shortly before his execution. The *Queens of Montague Street*, a memoir of growing up in 1970s Brooklyn Heights, was excerpted as a NYT Magazine Lives column.

She has written articles for the LA Weekly, the New York Times, the Wall Street Journal and other publications.

Following Rommelmann's reading and Q&A the popular Open Mic welcomes up to nine local or visiting writers to read 5 minutes of their original work. The suggested (not required) theme for the evening's Open Mic is "I Don't Understand You."

Admission for the evening reading is \$7. Doors open at 630. At the Hoffman Center (across from Manzanita Library at 594 Laneda Avenue.) hoffmanblog.org



October 7, 2 pm at the Cape Meares Community Center, 5690 4th St NW. 50% of book sales will go to the Surfrider Foundation that is dedicated to the protection and enjoyment of the world's oceans, waves, and beaches.

CAN YOU LEARN TO BE A POET? A Writing Workshop with Nick Jaina Sept 12

IS THE ABILITY to write poetry something you are born with, or can you cultivate it?

Naomi Shihab Nye says, "Your life is a poem."

What if we don't see it in ourselves? What if our life feels mundane and unpoetic?

Most academic approaches to writing poetry stress an intellectual understanding of the mechanics, and discuss the great canon of poetry that already exists.

This approach is important but incomplete. Nick Jaina believes that poetry also comes from having a reverence for the world. The best way to do that is not intellectual, but actually physical.

Nick will lead a poetry writing workshop that entails a short guided meditation, some light movement, a meditation walk, and writing exercises. It will culminate with students reading poetry aloud while Nick provides a musical soundtrack.

Poetry was meant to be read lovingly to someone else, but it is rare that we get a chance to do this in an environment where we feel reverence for ourselves and the world.

When you read poetry over music, it gives you the reader more confidence to slow down, leave space, and bring the truth out of every word. The way those words feel vibrating in your body, the way they feel in the air, the way the people in the room react to them, all of those sensations are part of the poem. Poetry is a living thing that needs to be let loose. We can never know it just from its domesticated form, watching it pace around in a cage.

The world can use more poets, precisely because it is a job that pays nothing. It aims to bring a heightened focus on true things. Come join Nick in learning how to be a poet.

WEDNESDAY Sept 12, 6-9pm. COST: \$40 BRING: Bring pen and paper. Please no laptops. Coffee, tea and water provided. This workshop is for students age 13 years old and up. 15 students max. RSVP: souwesterfrontdesk@gmail.com or 360-642-2542



PHILOSOFARIAN Kick-Off WHAT IS EDUCATION FOR?

Why does education exist – economics, politics, human culture, knowledge, self-discovery? What is successful education and who gets to decide?

Join Speaker Seth Tichenor for the opening philosophy talk of the 2018-19 "Wit & Wisdom" lecture series - 7pm in the Lovell Showroom at Fort George.

Seth Tichenor, has taught philosophy for 23 years and is currently the Philosophy instructor at Clatsop Community College. In January of 2018, Tichenor was invited to speak at TEDxSalem, Salem's official annual TEDx event. You can view his talk on the TEDxSalem website.

Thursday, Sept. 27th at 7pm at Fort George in Astoria. FREE.

THE ASTORIA WRITER'S GUILD presents fall workshop schedule:

September 22nd 10am-1pm. Tarot cards as writing prompts with Kate Deeks. \$65, Guild member discount. Register at www.thewritersguild.org/workshops. Tarot cards can be powerful tools to harness our subconscious. Join local Astoria author Kate Deeks for this workshop on using the cards to inform and inspire our writing.

October 13th, 10am-1pm Poetry of Place with John Sibley Williams. Location TBA \$65, Guild member discount. Register at www.thewritersguild.org/workshops. Poetry of place focuses on the landscapes we know, have traveled to, or imagine. Award winning poet John Sibley Williams will focus on ways both the mundane and the sublime impact and inform our writing through prompts, exercises, and discussion.

November 3, 7-10pm. A Dark and Stormy Night: Dress up as your favorite book character and join us for music, wine, and wordplay at RiverSea Art Gallery 1160 Commercial Street in Astoria. All proceeds will benefit the work of the Writer's Guild to promote literacy in the Astoria area.

RIC'S POETRY MIC 1st Tues @ Winecraft

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

WRITE ASTORIA

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

Sami Rouissi. 8pm at Public Coast Brewing Co. in Cannon Beach.

UB40. \$50 - \$65, 8pm at Chinook Winds in Lincoln City.

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

ART
Casbah 30th Anniversary Show. The Casbah is a group of artists with a long history of putting on art shows that are designed to fill the senses, with visual art as well as music, poetry and theater. Opening Reception 5 - 7pm at the Lincoln City Cultural Center.

HAPPENING
Cache-Dash-Splash. Rails and Trails. A Three-day geocaching event on the Long Beach Peninsula. cachedashsplash.com/

OUTSIDE
CoastWalk Oregon. Two capes, two bays, three days. Picture yourself spending three days walking down the magnificent Oregon Coast—along beaches and down sand spits, over headlands and through salt spray meadows, with views that stretch to forever—with all the logistics taken care of for you. \$349. Starts at Nehalem Bay, ends at Cape Lookout. CoastWalkOregon.org

THEATER
Shanghaied Topsy Turvey. Cross-dressing Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

God of Carnage. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Saturday 15

MUSIC
Manzanita Music Festival. A variety of bands and musical genres at two venues. \$50. At The San Dune Pub and A Mighty Thai in Manzanita. manzanitamusicfestival.org

John Nilsen in Concert. \$10, 2:30pm at the Nehalem Bay Methodist Church in Nehalem.

Bre Gregg + Redbird. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Sean Koreski. Classical Pan Flute and Chamber Organ Concert. \$15, 7pm at the PAC in Astoria.

Eric John Kaiser. 8pm at Public Coast Brewing Co. in Cannon Beach.

UB40. \$50 - \$65, 8pm at Chinook Winds in Lincoln City.

Dan & Dani. No cover, 9pm at the Manzanita Lighthouse Pub.

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

ART
Christopher Mathie Artist Talk. Pacific Northwest artist Christopher Mathie presents a talk on his work. 4-6pm at WhiteBird Gallery in Cannon Beach.

FOOD & DRINK
Wine Tasting. End of Summer Surprise. 1 - 4pm at the Cellar on 10th in Astoria.

HAPPENING
Cache-Dash-Splash. Rails and Trails. A Three-day geocaching event on the Long Beach Peninsula. cachedashsplash.com/

Native American Style Salmon Bake. Entertainment and a full salmon dinner. \$25, 11am - 4pm at Depoe Bay City Park.

Crusin' the Bay Car Show. 8am - 3pm in the parking lot of the Bay House Restaurant in Lincoln City.

LITERARY
Manzanita Writers Series. Nancy Rommelmann will read from her book *To the Bridge: A True Story of Motherhood and Murder* at 7pm at the Hoffman Center for the Arts in Manzanita on Saturday September 15, 2018

Grant's Getaways & History of Terrible Tilly. 2 presentations and 2 book signings on 1 special day! Award winning Author, Brian D. Ratty will present his newest release, "Tillamook Rock Lighthouse, History & Tales of Terrible Tilly". Following, is Emmy Winning Grant McOmie with his presentation on Grant's Getaways, "Oregon Adventures with Kids". 11am - 2pm at the Garibaldi Museum.

THEATER
Shanghaied Topsy Turvey. Cross-dressing Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

God of Carnage. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Sunday 16

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

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

Mission Spotlight. Lonely Twang/Bar Rock. No cover. 8pm at Fort George Brewery & Public House in Astoria.

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

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

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

HAPPENING
Cache-Dash-Splash. Rails and Trails. A Three-day geocaching event on the Long Beach Peninsula. cachedashsplash.com/

LECTURE
In Their Footsteps Speaker Series. Crossing Clatsop in the 1800s. With Jery Sutherland. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Astoria.

THEATER
God of Carnage. Comedy. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Monday 17

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

Tuesday 18

MUSIC
Shifty Sailors Sing Sea Shanties. \$15, 7:30pm at the PAC in Astoria.

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

Wednesday 19

MUSIC
Tunes in the Dunes Ukulele All-Star Concert. 7pm at the Lincoln City Cultural Center.

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

HAPPENING
AAUW and Signal Candidates Forum. 7 - 8:30pm at the Seaside City Hall.

Thursday 20

MUSIC

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

LECTURE
Three Days of Flavel. A Family Residence in Decline. With John Goodenberger. \$10, 7pm at the Columbian Theater in Astoria.

Friday 21

MUSIC
Ships to Roam. No cover, 7pm at the Sand Trap Pub in Gearhart.

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

HAPPENING
Three Days of Flavel Reception. Attendees will view newly donated, never seen publicly before, Flavel family home movies. Spanning the 1930s, 40s and 50s, the films capture the family at home and on world travels. \$75, includes food & drink. 7pm at the Captain George Conrad Flavel residence, 627 15th St. Astoria.

THEATER
God of Carnage. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

AAUW Reader's Theater. The Father by Florian Zeller. Scholarship benefit. Co-directed by Susi Brown and Edward James. Tickets at the door or by calling 503.325.1832. 7pm at the Presbyterian Fellowship Hall, 11th & Harrison in Astoria. Doors at 6:15pm.

Deathtrap. A killer comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 22

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

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

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

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

ART
Tillamook Downtown District Artwalk. 1 - 3pm, in downtown Tillamook.

FOOD & DRINK
Wine Tasting. Oregon Pinot Noir #4. 1 - 4pm at the Cellar on 10th in Astoria.

HAPPENING
Three Days of Flavel. the Captain George Conrad Flavel residence will be open for self-guided tours 10am - 4pm. \$25.

THEATER
God of Carnage. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

AAUW Reader's Theater. The Father by Florian Zeller. Scholarship benefit. Co-directed by Susi Brown and Edward James. Tickets at the door or by calling 503.325.1832. 7pm at the Presbyterian Fellowship Hall, 11th & Harrison in Astoria. Doors at 6:15pm.

Deathtrap. A killer comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 23

MUSIC
Two Crows Joy. 10am - 3pm at the Astoria Sunday Market.

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

Dusty Santamaria + Moira Ichiban



Former Portland, Oregon itinerant art rockers Dusty Santamaria + Moira Ichiban have returned from their first European tour and are hitting the road again in September for a string of West Coast dates. The Avant-Garage VooDoo-Wop duo will be touring in support of the vinyl release of their debut album, *Love Under Will*.

They perform at NCRD in Nehalem on September 22nd, 7pm, for the Blue Dirt of Paradise Album Release.

Germany's RoadTracks Magazine calls *Love Under Will*, "a small masterpiece of Gothic Americana, which could easily serve as the soundtrack for a David Lynch film." Drawing influence from Mid-Century R&B, Gospel, Doo-Wop, Country, and Punk, the couple create minimalist dream scapes ablaze with shouts, shudders and symbolism. Ichiban's dynamic yet primitive drum style and Santamaria's swamp water guitars serve as a backdrop for vivid, impressionistic lyrics that resonate with our times. Their music has been compared to The Velvet Underground, PJ Harvey, The Cramps, and Leonard Cohen.

D Pel & The Strange Attractions. Lonely Twang/Bar Rock. No cover. 8pm at Fort George Brewery & Public House in Astoria.

Monday 24

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

Tuesday 25

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

Wednesday 26

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

HAPPENING
Repair Café. 6 - 8pm at 1010 Duane St, Astoria.
Annual Celebration of Honor. An event to honor active duty personnel and military veterans. Includes the Oregon KIA Memorial Wall, Military Uniform & History Weapons Display, Run for Honor 5K, and more. Includes free special events for active duty personnel and military veterans. Presented by Chinook Winds Casino Resort on the beach in Lincoln City.

Thursday 27

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

HAPPENING
Annual Celebration of Honor. An event to honor active duty personnel and military veterans. I Pres-

ented by Chinook Winds Casino Resort on the beach in Lincoln City.

Friday 28

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

Nate Botsfrd. 8pm at Public Coast Brewing Co. in Cannon Beach.

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

FOOD & DRINK
Pacific Northwest Brew Cup. Featuring 35 northwest Craft beers on tap plus wine and cider. Live music, food vendors, and family activities. Admission is FREE. To taste beer you'll need a souvenir mug (\$12 each) and tokens (\$1 each). Noon - 10pm on the Astoria waterfront next to the Columbia River Maritime Museum.

HAPPENING
Annual Celebration of Honor. An event to honor active duty personnel and military veterans. Presented by Chinook Winds Casino Resort on the beach in Lincoln City.

Comedy on the Coast. With Lace Larabee, Andy Hendrickson, and Kevin Jordan. \$15, 8pm at Chinook Winds in Lincoln City.

THEATER
God of Carnage. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Deathtrap. A killer comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

cont. p20



SMOKEY BRIGHTS DUO

Sept 30 • 8pm
Fort George Astoria

A stoney blend of Northwest rock & roll and razor-sharp disco grooves that *Impose Magazine* has called "a modern bit of AM radio gold."

Saturday 29

MUSIC

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

Tango of the White Gardenia. a compelling new chamber opera in English, weaves together humor, emotional depth, and timely messages through the riveting music and dance of Argentine tango. At the PAC, 4pm, Tickets \$20. 588 16th Street on the corner of 16th and Franklin Streets in Astoria

Ekizabath Nicholson and Bob Soper. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Cannon Beach Music Festival. The Beatniks + Adams & Costello. Donation. 5-9pm at the CB City Park.

Steinway Piano Concert Series. With Staphen Beus. \$10, 7pm at Cannon Beach Community Church.

Doug Smith and Bruce Thomas Smith. \$25, 7:30pm at the Liberty Theater in Astoria.

Kate & The Crocodiles present L'Alchimie Musicale. \$20 - \$25, 7:30pm at the NCRD Performing Arts Center in Nehalem.

Anna Gilbert. 8pm at Public Coast Brewing Co. in Cannon Beach.

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

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

FOOD & DRINK

Pacific Northwest Brew Cup. Featuring 35 northwest Craft beers on tap plus wine and cider. Live music, food vendors, and family activities. Admission is FREE. To taste beer you'll need a souvenir mug (\$12 each) and tokens (\$1 each). 11am - 10pm on the Astoria waterfront next to the Columbia River Maritime Museum.

Crave the Coast. Coast to Table Food Festival. Crave the Coast celebrates the seafood, cheese, produce, meats, beer, wine, spirits, experiences and people of Oregon's north coast. \$6 - \$30, Noon - 6pm in a special event tent in Garibaldi.

Wine Tasting. Northwest Favorites #2. 1 - 4pm at the Cellar on 10th in Astoria.

HAPPENING

Oktoberfest Chinook-style. Fundraiser dinner, silent and live auctions, and more. \$25, 5 - 9pm at the Historic Chinook School Event Center in Chinook.

Winterizing Your Garden. A seminar focusing on Fall pruning and general plant health care. Lectures, demonstrations, plant sale, pH soil testing, garden and home treasure sale, silent auction, and more. Free admission. 10am - 3pm at the Clatsop County Fairgrounds, Astoria.

Annual Celebration of Honor. An event to honor active duty personnel and military veterans. Presented by Chinook Winds Casino Resort on the beach in Lincoln City.

Comedy on the Coast. With Lace Larabee, Andy Hendrickson, and Kevin Jordan. \$15, 8pm at Chinook Winds in Lincoln City.

OUTSIDE

SOLVE Beach and Riverside Cleanup. On beaches in Oregon. Register at solveoregon.org

THEATER

God of Carnage. Comedy. \$15, 7pm at the Barn Community Playhouse in Tillamook.

Deathtrap. A killer comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 30

MUSIC

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

Stephanie & Paolo. \$15, 2pm at the Historic Raymond Theater in Raymond.

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

Smokey Brights Duo. Sweet Pop from Seattle. No cover. 8pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

Pacific Northwest Brew Cup. Featuring 35 northwest Craft beers on tap plus wine and cider. Live music, food vendors, and family activities. Admission is FREE. To taste beer you'll need a souvenir mug (\$12 each) and tokens (\$1 each). 11am - 4pm on the Astoria waterfront next to the Columbia River Maritime Museum.

THEATER

God of Carnage. Comedy. \$15, 2pm at the Barn Community Playhouse in Tillamook.

Deathtrap. A killer comedy. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Monday 1

MUSIC

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

Wednesday 3

MUSIC

Clon von Fitz and Ron Barnes. \$15, 7pm at the Peninsula Arts Center in Long Beach.

HAPPENING

AAUW Annual Candidate's Forum. 7pm in the Astoria High School Auditorium.

Thursday 4

MUSIC

Andreas Klein. Dancing Through Time piano concert. \$15, 7:30pm at the PAC in Astoria.

FLASH CUTS

MOVIES & MUSINGS

Previews

FILM.

THE PREDATOR (SEPT. 14)

Shane Black, who played Hawkins in the original 1987 movie, returns to the series as writer/director after a successful screenwriting career. Jacob Tremblay (*Room*) plays a young boy who inadvertently sets off an alert that brings the Predators back to Earth. Instead of the original jungle setting, film is set in the suburbs. Synopsis: From the outer reaches of space to the small-town streets of suburbia, the hunt comes home. The universe's most lethal hunters are stronger, smarter and deadlier than ever before, having genetically upgraded themselves with DNA from other species. When a boy accidentally triggers their return to Earth, only a ragtag crew of ex-soldiers and a disgruntled science teacher can prevent the end of the human race.

WHITE BOY RICK (SEPT. 14)

Movie tells the true story of Rick Wershe, Jr., who at 14 became the youngest FBI informant ever. It's 1984 in Detroit, and crack cocaine is ravaging the inner city. The Reagan-era War on Drugs is in full flight, with police, politicians and citizens convinced that drugs were the #1 scourge of society. Matthew McConaughey plays Rick, Sr. a single father struggling to bring up two teenagers. Senior sells guns illegally. Federal agents approach Junior (Richie Merritt) with an offer: infiltrate local drug gangs in exchange for saving his father from doing time. Having no real choice, Junior complies, joining the Curry Crew, an African-American gang where he is given the nickname "White Boy Rick." As usually happens in undercover stories, Junior gets in too deep, starts identifying with the criminal lifestyle. He fathers a child with one of the crew's members, starts dealing himself and eventually brings his father into the business - with disastrous results. With Bruce Dern and Piper Laurie as Senior's parents. Jennifer Jason Leigh and Rory Cochrane play FBI agents.

THE HOUSE WITH A CLOCK IN ITS WALLS (Sept. 21) Horror



director Eli Roth steps away from the genre to direct this children's fantasy based on the John Bellairs book. Synopsis: When Lewis Barnavelt, an orphan, comes to stay with his uncle Jonathan, he expects to meet an ordinary person. But he is wrong. Uncle Jonathan and his next-door neighbor, Mrs. Zimmerman, are both magicians! Lewis is thrilled. At first, watching magic is enough. Then Lewis experiments with magic itself and unknowingly resurrects the former owner of the house: a woman named Serenna Izzard. It seems that Serenna and her husband built a timepiece into the walls - a clock that could obliterate humankind. And only the Barnavelts can stop it! With Owen Vaccaro as Lewis Barnavelt, Jack Black as Jonathan Barnavelt and Cate Blanchett as Mrs. Zimmerman.

A STAR IS BORN (OCT. 5)

Bradley Cooper and Lady Gaga star in the fourth iteration of the classic showbiz romance/tragedy story. Cooper plays grizzled, hard-drinking country singer Jackson Maine, who is deep into his career and basically going through the motions. After a show, Jackson visits a local bar on what happens to be drag karaoke night. The one non-drag performer is Ally (Lady Gaga), who performs a scorching version of "La Vie En Rose" which piques Jack's interest, both personally and professionally. Jack sends her for a loop by flying her to his next concert and pulling her

onstage to perform one of her songs with him. After a video of Ally's performance goes viral, a smooth-talking British manager, Dex (Rafi Gavron) approaches Ally with promises to make her a star - which he does, but not as an old-school rocker like Jackson. Rather, Ally gets remade as a contemporary pop queen with red hair, a flashy wardrobe and back up dancers. Not unlike Lady Gaga herself. Now married, Ally's rise as a star coincides with Jack's decline, fueled by his drinking. Despite professional jealousy, personal tensions and a shocking moment at the Grammy Awards, *A Star Is Born*, like all the other version is at its core the story of a relationship.



VENOM (OCT. 5) Tom Hardy plays Eddie Brock, an investigative journalist who becomes infected with an alien symbiote, which fuses with him and gives him enormous powers as his alter ego Venom. Brock investigates the Life Foundation, headed by Carlton Drake (Riz Ahmed), an inventor who is convinced mankind and life on Earth is done when he discovers the alien symbiote and uses it to experiment on human subjects. Eventually, Drake becomes infected and becomes a larger, stronger version of Venom called Riot. Unlike Brock/Venom, who are at odds over using the horrific powers Venom possesses, Riot has no such problem. With Michelle Williams and Woody Harrelson.

FREE WILL ASTROLOGY

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♈ 11° 6' 27" ♀ 7' 15" 54' 0" ♃ 48'

SEPTEMBER

ARIES (March 21-April 19): In *Alice's Adventures in Wonderland*, our heroine encounters a talking caterpillar as he smokes a hookah on top of a tall mushroom. "Who are you?" he asks her. Alice is honest: "I know who I was when I got up this morning, but I think I must have been changed several times since then." She says this with uneasiness. In the last few hours, she has twice been shrunken down to a tiny size and twice grown as big as a giant. All these transformations have unnerved her. In contrast to Alice, I'm hoping you'll have a positive attitude about your upcoming shifts and mutations, Aries. From what I can tell, your journey through the Season of Metamorphosis should be mostly fun and educational.

TAURUS (April 20-May 20): Juan Villarino has hitchhiked over 2,350 times in 90 countries. His free rides have carried him over 100,000 miles. He has kept detailed records, so he's able to say with confidence that Iraq is the best place to catch a lift. Average wait time there is seven minutes. Jordan and Romania are good, too, with nine- and twelve-minute waits, respectively. In telling you about his success, I don't mean to suggest that now is a favorable time to hitchhike. But I do want you to know that the coming weeks will be prime time to solicit favors, garner gifts, and make yourself available for metaphorical equivalents of free rides. You're extra magnetic and attractive. How could anyone resist providing you with the blessings you need and deserve?

GEMINI (May 21-June 20): One of the big stories of 2018 concerns your effort to escape from a star-crossed trick of fate—to fix a long-running tweak that has subtly undermined your lust for life. How successful will you be in this heroic quest? That will hinge in part on your faith in the new power you've been developing. Another factor that will determine the outcome is your ability to identify and gain access to a resource that is virtually magical even though it appears nondescript. I bring this to your attention, Gemini, because I suspect that a key plot twist in this story will soon unfold.

CANCER (June 21-July 22): Potential new allies are seeking entrance to your domain. Existing allies aspire to be closer to you. I'm worried you may be a bit overwhelmed; that you might not exercise sufficient discrimination. I therefore urge you to ask yourself these questions about each candidate. 1. Does this person understand what it means to respect your boundaries? 2. What are his or her motivations for wanting contact with you? 3. Do you truly value and need the gifts each person has to give you? 4. Everyone in the world has a dark side. Can you intuit the nature of each person's dark side? Is it tolerable? Is it interesting?

LEO (July 23-Aug. 22): While a young man, the future Roman leader Julius Caesar was kidnapped by Sicilian pirates. They proposed a ransom of 620 kilograms of silver. Caesar was incensed at the small size of the ransom—he believed he was worth more—and demanded that his captors raise the sum to 1,550 kilograms. I'd love to see you unleash that kind of bravado in the coming weeks, Leo—preferably without getting yourself kidnapped. In my opinion, it's crucial that you know how valuable you are, and make sure everyone else knows, as well.

VIRGO (Aug. 23-Sept. 22): Romanian philosopher Emil Cioran loved the music of Johann Sebastian Bach. "Without Bach, God would be a complete second-rate figure," he testified, adding, "Bach's music is the only argument proving the creation of the Universe cannot be regarded as a complete failure." I invite you to emulate Cioran's passionate clarity, Virgo. From an astrological perspective, now is an excellent time to identify people and things that consistently invigorate your excitement about your destiny. Maybe you have just one shining exemplar, like Cioran, or maybe you have more. Home in on the phenomena that in your mind embody the glory of creation.

LIBRA (Sept. 23-Oct. 22): I foresee the withering of a hope or the disappearance of a prop or the loss of leverage. This ending may initially make you feel melancholy, but I bet it will ultimately prove beneficent—and maybe lead you to resources that were previously unavailable. Here are rituals you could perform that may help you catalyze the specific kind of relief and release you need: 1. Wander around a graveyard and sing songs you love. 2. Tie one end of a string around your ankle and the other end around an object that symbolizes an influence you want to banish from your life. Then cut the string and bury the object. 3. Say this ten times: "The end makes the beginning possible."

SCORPIO (Oct. 23-Nov. 21): "If a man treats a life artistically, his brain is his heart," wrote Oscar Wilde. I'll translate that into a more complete version: "If a person of any gender treats life artistically, their brain is their heart." This truth will be especially applicable for you in the coming weeks. You'll be wise to treat your life artistically. You'll thrive by using your heart as your brain. So I advise you to wield your intelligence with love. Understand that your most incisive insights will come when you're feeling empathy and seeking intimacy. As you crystallize clear visions about the future, make sure they are generously suffused with ideas about how you and your people can enhance your *joie de vivre*.

SAGITTARIUS (Nov. 22-Dec. 21): "My tastes are simple," testified Sagittarian politician Winston Churchill. "I am easily satisfied with the best." I propose that we make that your motto for now. While it may not be a sound idea to demand only the finest of everything all the time, I think it will be wise for you to do so during the next three weeks. You will have a mandate to resist trifles and insist on excellence. Luckily, this should motivate you to raise your own standards and expect the very best from yourself.

CAPRICORN (Dec. 22-Jan. 19): Russian playwright Anton Chekhov articulated a principle he felt was essential to telling a good story: If you say early in your tale that there's a rifle hanging on the wall, that rifle must eventually be used. "If it's not going to be fired, it shouldn't be hanging there," declared Chekhov. We might wish that real life unfolded with such clear dramatic purpose. To have our future so well-foreshadowed would make it easier to plan our actions. But that's not often the case. Many elements pop up in our personal stories that ultimately serve no purpose. Except now, that is, for you Capricorns. I suspect that in the next six weeks, plot twists will be telegraphed in advance.

AQUARIUS (Jan. 20-Feb. 18): Would it be fun to roast marshmallows on long sticks over scorching volcanic vents? I suppose. Would it be safe? No! Aside from the possibility that you could get burned, the sulfuric acid in the vapors would make the cooked marshmallows taste terrible, and might cause them to explode. So I advise you to refrain from adventures like that. On the other hand, I will love it if you cultivate a playful spirit as you contemplate serious decisions. I'm in favor of you keeping a blithe attitude as you navigate your way through tricky maneuvers. I hope you'll be jaunty in the midst of rumbling commotions.

PISCES (Feb. 19-March 20): People will be thinking about you more than usual, and with greater intensity. Allies and acquaintances will be revising their opinions and understandings about you, mostly in favorable ways, although not always. Loved ones and not-so-loved ones will also be reworking their images of you, coming to altered conclusions about what you mean to them and what your purpose is. Given these developments, I suggest that you be proactive about expressing your best intentions and displaying your finest attributes.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammit-McDonald

Cross-Cultural Cycling

AS MY DAUGHTER Luthien and I skipped down the sidewalk together, I spotted three cyclists approaching us and coaxed Luthien to step aside. As if to chide us for getting over too slowly, they rang their bells at us. This wasn't the first time I've encountered cyclists using a sidewalk despite the presence of a bike lane. But these weren't the usual "suspects" (teens on trick bikes or casual riders)—they were elders wearing freshly pressed trousers. This pedestrian-cyclist interaction got me thinking about generational and cultural differences in cycling style and etiquette.

In regions where users of different vehicles (and savvy, assertive pedestrians) jockey for position on crowded roads, the overall approach is "whatever works." This may mean hopping from sidewalk to bike lane to car lane whenever an opportunity presents itself. The one who reaches their destination fastest is the one who thinks on their feet (and wheels) the best, not the one to whom some traffic law grants the right of way. In this free-for-all scrum, riding against traffic makes sense: it lets you get a good look at the enemy.

One advantage to riding in places where a greater, more diverse cross-section of the population rides is that drivers expect us to be there. They might honk, yell, or gesticulate when a cyclist maneuvers dangerously, but they don't question the rider's right to be on the road. How often do these riders hear a driver protesting, "But I didn't see you?" (True, some riders eschew reflective clothing and lights, but sometimes we don't see what we don't expect to see.) How often do they get "doored" by someone who doesn't look before stepping out of their car into the street, or get "right-hooked" by someone who passes them, only to put on the brakes and make a right turn without giving the cyclist enough time to stop or swerve?

Alas, my attempts at discovering riding customs around the world didn't turn up handy trivia of the "in Antarctica, riders waggle their gloved hands with fingers pointing down to indicate a penguin up ahead" variety. I did learn that in Europe, riders point right to signal a right turn and left to signal a left turn. In the United States, drivers of early motor vehicles (the turn-signal light hadn't been invented) pioneered the bike signals we know and love. Since



the driver was seated on the left, they'd need a very long arm to reach out the car window and point right; hence, they made both signals with the left arm. This cultural difference may lead to everything from confusion to challenge to collisions when North American riders give their customary right-turn signal to fellow road users in Europe.

My online attempts and learn about cycling customs in non-European countries ended with...zilch. This reflects a Eurocentric bias on the Internet that parallels the North American car-centricity described above. Other than cool pictures of people carrying huge loads on bikes, information about riding around in Asia, Africa, and Central and South America remains scanty. Yet I know, from students and colleagues who hail from these continents, that bikes are ubiquitous for both personal transportation and load-carrying, a.k.a. logistics, and more people ride—from young to old, from poor to rich.

It's still annoying (and sometimes dangerous) when other cyclists ride unpredictably, but cross-generational and —cultural awareness provides both understanding and the chance to anticipate the unexpected, for a safer and more pleasant experience for everyone who shares the road...or sidewalk.

Physician, writer and writing instructor, visit [Margaret Hammit - McDonald's blog/website Valor and Compassion](http://MargaretHammit-McDonalds.com), where she focuses on writing topics www.valorandcompassion.com.

WORKSHOPS/CLASSES

SIMPLE HERBAL MEDICINE. September 15. With Kestrel Gates. An introduction to common garden plants for common ailments. \$27, 4 – 6pm at the HiiH Art Barn Astoria. Register at HiiHLights.com

PAINT YOUR PET PAINTING WORKSHOP. September 19 or 20. With Cindy Geffel. Paint a 16x20 canvas of your pet (or favorite animal) with acrylic paint. No experience needed! Instructor will guide you step by step to create a beautiful and original portrait of your "best friend." All materials, including paint, canvas, and easels are provided. Bring a 8" X 11" printed photo of your pet. \$30 + \$8 materials fee. 11am – 3pm at the Sou'wester Lodge in Seaview. Call 360-642-2542 to register.

FABULOUS FISH COOKING CLASS. September 19. With Merianne Myers. Learn several ways to cook fish as well as the how-to's of buying, storing, and substituting one fish for another. Everyone will go home with a local fish-buying guide that details the current "best choices" to the "avoid" lists. \$65, 5:30 – 8pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

SOUTHERN BISCUIT MAKING COOKING CLASS. September 22. With Brian McFord. Brian will share the secrets to creating a tall and flaky buttermilk biscuit. Learn how to make the perfect accompaniment to a southern biscuit....pork sausage gravy. \$45, 10am – 12:30pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

DANCE THERAPY/HEALING THROUGH MOVEMENT Practice and Creation Class. September 29. With Sarah Brahim. This workshop will help you discover deeper connection to your own body and the way you move, no matter your current level. We will explore dancing through memories and personal experiences working to continue intentional dance and movement relationships between our body and mind. We will also have fun and practice dancing to just feel good, release tension, and let go. \$40, 11am – 3pm at the Sou'wester Lodge in Seaview. Call 360-642-2542 to register.

OLD WORLD FALL BOTANICAL DRAWING CLASS. September 29. With Dorota Haber-Lehigh. Participants will learn how to create a miniature botanical drawing using colored pencils on walnut ink-stained paper, which will create the antiqued look of old-world documents. Free, all materials provided. 1pm at the Seaside Library. Register by calling 503-738-6742.

BODY WORK-YOGA-FITNESS

SEPTEMBER ANGORA HIKING CLUB. Radar Ridge in Washington. SEPT 22- At 9am meet on Marine Drive, between 6th & 7th, across from McDonalds. Radar Hill, was a Naval Air Station. It gives panoramic views of the Naselle Valley. Including Long Beach Peninsula, Willapa Bay, and the Pacific. Snag, and Western Lakes are also called Radar Hill ponds with elevations of 1100 feet. This is an easy walk around both lakes with a trail between. It is approximately 2 miles. Washington State Park pass is required for each automobile. Leader is Linda Dugan 503 440-3909. SEPT 29-Oswald West on Hwy. 101, 9am on Marine Drive, (above) or at the restrooms at Oswald State Park at 9:50am, then car shuttle between Arch Cape and Falcom Cove. The Oswald West hike is a short section of the Oregon Coast Trail which includes a suspension bridge. Leader is June Baumber 503 368-4323. Kathleen Hudson, President, Angora Hiking Club 503 861-2802.

QIGONG WALKING AND FORMS. Mondays, starting January 23. With Donna Quinn. Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing

and increasing vitality. Free community class, 7:30am at RiversZen Yoga in Astoria.

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

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

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



September Hikes with the Angora Hiking Club

See Bodywork • Yoga • Fitness in NETWORK angorahikingclub.org

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
6:15 - 7pm: Gentle Yoga with Jude MatulichHall
7:30 - 8:30pm Modern with Marco Davis
• **TUESDAY** 8:30-9:30am: Zumba with Joy Sigler
6:30 - 7pm Beg. Tap w/Marco Davis
7 - 8pm Inter. Tap w/Marco Davis

• **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

Save the Date: Hip Hop Workshop with Nate!!! Tuesday Sept 11th, 6:30- 8pm. \$15 Everyone welcome!!!

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 astoriachessclub@gmail.com or visit our Facebook page."

• **THURSDAY**
8:30-9:30am Zumba with Joy Sigler
5:30 - 6:30pm SloFloPower Yoga 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 - 10:45am: Gentle Yoga with Terrie Powers
6:30-8:30pm Wise Women Gatherings with Melissa Henige (4th Fridays)
7-10pm Contra Dance

• **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
6-8pm Burlesque (private)

NORTH COAST LA LECHE LEAGUE. Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. Astoria: 1st Tuesdays 5:30-7pm. Blue Scorcher Bakery 1493 Duane St, Astoria. Seaside: 3rd Thursdays 10-12. Seaside Public Library, 1131 Broadway St, Seaside. Call or text LLL Leader Megan Oien for breastfeeding support at 503-440-4942 or LLL leader Kestrel Gates at 503-453-3777.



**Messages
Sonja Grace**
mystic healer

The Journey of the Soul

AS INFINITE BEINGS we spend a lifetime searching for our purpose on Earth. We become mothers, fathers, teachers, technicians, scientists, scholars and more. We are often consumed by daily life and survival in the 21st century, unable to connect with what our true purpose is. Thousands of years ago that's all we did, find food, move the camp, avoid the enemy and survive. Today many are homeless, while others are hard pressed to have a job and the ability to care for their family. It has become more common for people to live in their cars, unable to afford rent. This fight or flight state of mind leaves very little room for the spiritually minded to ponder... what is my purpose in life.

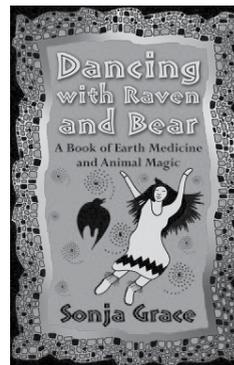
What is my purpose? This is the daily question I am asked by spiritually minded people. To understand purpose, we must recognize where the ego might want to intervene and create a picture that is not aligned with our karma. The ego is an incredible fire wall that protects us. This front-line defense will create a false persona in order to cope with feelings of shame, blame and guilt. From the time we are in the womb to three years old, we imprint our parents' psychology, adapting their insecurities as much as their strengths. The ego doesn't know the difference, it wants to protect us from feeling less than, unimportant, shamed, blamed and guilty. We have the job of wading through our

emotional wounds to find our purpose. We know our purpose when we are children.

First and foremost, we are the caretakers of this planet. Secondly, we are meant to love at the deepest level of our being. This is a full-time job. Beyond that, purpose can be as simple as just being yourself. If your ego protests and says well that is not enough - think again! Who you are at the core of your being is incredible and meant to be shared with the people around you, your family and community. When we can recognize that the soul body carries our karmic imprint from lifetimes, then we can settle into a more productive purpose - clearing our karma. We are at the end of a phase of humanity which is why we are trying to 'feel' our purpose and connect with higher consciousness. For most adults this is the last time we will incarnate here on Earth. Our grandchildren will inherit this planet and carry the torch into the next phase of humanity. What we leave for them should be the most important purpose of all.

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.sonjagrace.com



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

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



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

wordwisdom

By Tobi Nason

NEXT

- THE END OF SUMMER is here, and I'm looking forward to Fall. While I love Summer, after a while I yearn for Fall. Hmm.
- Kind of like some relationships....

Let's take a quick look at relationships. A lovely one, we want it to last forever. Somehow a wrong note gets struck, or a recurring annoyance that suddenly looms large and there's a strange thought of moving on. Next....

I'm not going to dare suggest ways to enhance, salvage or preserve a relationship. That's a book. I do know that sad sense of loss when someone moves ever so slightly out of your world, and you can envision him/her not in the picture at all.

NEXT. I think relationships have a life span that's predestined—not much to do except move on. Well, you could hang out with miserable feelings and poignant memories, but does that sound like a whole lot of fun? No, not to me either.

Next. There's always a next. A next love interest. A next flirtation. New relationship. Next could be synonymous with hope. If you believe in the

idea of "Next," then you are working on "Hope." That bleak and empty time just after a relationship dissipates is what most of us want to avoid. There's the loneliness and the recriminations, self-blame and what-ifs. A time to remember "Next." It's hard not to roll the memory tape again and see what happened, what could have been different. Go ahead—do it once, then work on moving on.

Tips for moving on:

Don't dwell on whether the relationship is salvageable. It takes two to salvage, so all your imaginations of reuniting would be a one-sided affair, unless the other party gives some indication, no matter how subtle, that he/she is on the same thought wave.

Take care of yourself. In many ways a lost relationship can make you feel like you've been mowed down by a bus. It hurts. No way around that, except to treat your self as you would if you had been mowed down by a bus. Take aspirin. Go to bed early. Talk to a special

friend. Be careful—you don't want the friend who points out how you are so much better off now without the relationship. Skip that friend. You want the one who says little and gets it on an intuitive level.

NEXT. Try to imagine a better day. This may be the hard part. I find myself searching for optimism in magazines and books. Part of it may be distraction but getting inspired to knit a new sweater or send away for a subscription to the magazine in hand is a part of getting to "Next."

NEXT. You will meet people and hopefully you will have a receptive heart. Don't let a failed or dissolved relationship harden your heart. All of this stuff is learning material, transient, and meant to give you some insight towards a better life for you.

'Til Next time....

Tobi Nason, M.A., is a counselor located in Warrenton. (503)440-0587. She's had her share of "next" moments.



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bodies in balance

By Tracy Erfling, N.D.

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



THE THYROID

A Little Gland with A Lot of Power

THE THYROID GLAND lies across the throat, below the Adam's apple, measures 2 inches across, and releases hormones that control the speed of cellular metabolism throughout the entire body. The thyroid is part of our elaborate endocrine system, and as with all other endocrine glands, it does not act alone. Our environment, lifestyles and diets can each influence this gland, and it seems an office visit rarely goes by without the thyroid being under suspicion.

As with most other endocrine glands, the thyroid is at the bottom of a complex chain originating within the brain at the hypothalamus. The hypothalamus tells the pituitary (also in the brain) to tell the thyroid to tell the body tissues what to do. Each member of the endocrine chain releases a hormone which communicates to the next gland to release another hormone which then feeds back to the previous chain member letting them know the job has been done. These intricate feedback loops are the central theme of the endocrine system, it's a stunning example of our body's complexity. If you're lost already, you're not alone...it's truly elaborate. This internal system of communication is another one of those checks and balances our bodies are constantly negotiating in order to keep us healthy...just WOW!

From eyeball cells to liver cells to bone marrow...literally every cell throughout the body is getting thyroid's important hormonal messages. Hypothyroidism is the most common condition associated with thyroid dysfunction. This is an underactive condition where too little hormone is produced. Since thyroid hormones act throughout the body, this condition can cause a wide range of symptoms. Most people complain about fatigue, trouble losing weight, low body temperatures, depression, coarse dry hair and skin, constipation, trouble thinking and concentrating, etc. When the functioning of this gland is significantly low one may experience a puffy face, or have a goiter, which is an enlargement of the gland causing a noticeable lump at the base of the throat, hoarseness and trouble swallowing. Hyperthyroidism is where the thyroid is overactive, producing too much hormone.

This is a much less common condition but is hallmarked by hyperactivity, anxiety, high heart rate, bulging eyes, weight

loss, etc.; all things that would make you think overactive metabolism. If any of the above symptoms are familiar to you and have been on-going for more than 3 months, time to investigate thyroid function.

When the system goes awry and some of the above problems begin to



occur there is testing. Thankfully thyroid testing is common and simple. TSH (thyroid stimulating hormone) is where screening most often begins. This, however is a pituitary hormone...the one telling the thyroid how much hormone to produce. The two primary thyroid hormones are thyroxine (T4) and triiodothyronine (T3), which are made from amino acids and iodine. T4 which is approximately 80% of what the thyroid produces, is relatively inactive in the body. After production, T4 binds to a protein molecule TBG (thyroid binding globulin) to be transported elsewhere. The thyroid also produces about 20% T3 which is the active hormone in the tissues. Most T4 to T3 conversion happens in the liver where an iodine molecule is removed and recycled to the thyroid. When gauging thyroid function it is important to get a look at these two hormones as well as the TSH. All these hormones can be measured with a simple blood test. All too often, however, only the TSH is measured and this test alone cannot give a complete picture of thyroid function.

Another easy home test an alternative practitioner may suggest is basal body temperature. As body temperature maintenance is one of the responsibilities of the thyroid, it can give insight into

the functioning of this gland. To perform this test one should take the first morning temperature in a consistent location (mouth or under arm). If the temperature is consistently below 97.6°F then the thyroid may warrant further evaluation.

The causes of thyroid dysfunction are broad, and there are many factors which contribute to its function. Thyroid function is influenced by our vitamin D levels for example, therefore those of us here in the Pacific NW should pay extra attention to this important nutrient as it is often quite low. Adrenal function is also an important thyroid influence as adrenals are key in setting the metabolic point that the thyroid maintains. All the important stress management tips I've laid out again and again about eating well, movement, rest, relaxation will influence the health of the thyroid too. Our environment harbors many chemicals which are considered endocrine disruptors; they gum up this network which slows or outright stops these communications from gland to gland or from gland to cells. And of course the nutrition necessary to build hormone

is also subject to deficiency. There is for instance a long history of iodine deficiency which is why it is added to basic table salt. Of course we are lucky here on the North Oregon Coast to be next to the ocean which provides a rich source of iodine in seafoods and seaweeds...YUM!

Finally it should be mentioned that autoimmune conditions including Graves disease or Hashimoto's are also common causes of thyroid dysfunction. Autoimmune conditions are a growing complexity in human health. Their rising incidence remains a mystery full of theory and many individualized aspects making it hard to draw straight lines from cause to effect. Again there are some simple blood tests to assist in determining if this is the case for your specific thyroid condition.

Thyroid...now you know its superpower. Take a moment to recognize the fabulous work our bodies do each day and join me in awe at the influence a small gland and it's even smaller hormone can create. Thanks Thyroid!

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



**THE BEE'S KNEES
CHILI-HONEY**

YOU KNOW HOW you can repeat the same task umpteen times knowing exactly how it will turn out but it never does because you forgot to factor in your tendency to run amok when given the chance? Me, too!

Case in point: I occasionally go to my local wine and gourmet foods shop with a longish list of beverage needs. Strictly for non-profit fundraising events, of course. Experience has taught me that the knowledgeable shopkeeper will walk me through the racks and help pick out the bottles I need. Then, I will have time to kill while they are rung up and packed into boxes. I know this. It always works this way. The other thing that always works this way is the moment of surprise when I find I have amassed a sizable pile of luxuries unnecessary in any reasonable kitchen. Because given time and opportunity, I will, without exception, convince myself that I absolutely need that tiny tin of Sicilian olive oil, that exquisite jar of Portuguese anchovies, just one more cookbook, etc., etc., etc.

I am at once dismayed by my perpetual gullibility and impressed by my capacity to be amazed by the completely predictable. You may have an angel on one shoulder and a devil on the other to duke it out over decisions big and small. Mine moved inside my head years ago and took up residence. They have worked out a system whereby they take turns being at the wheel and being amused by the results.

The upside of this eternal exercise in self deception/gratification is that sometimes the thing I bring home is completely justifiable. Like chili-honey. Every time and in every way that I have used it, my guests have loved it. By the third jar, it dawned on me that I could make this nectar. And so can you. The original was honey infused with crushed, dried Arbol chilies. The chilies impart a heavenly tawny amber color as well as the grace note that elevates the honey from merely delicious to undeniably delectable.

I blend a generous dollop into softened, salted butter for use on toast, muffins, banana bread, nut butter sandwiches. A drizzle of chili-honey over a scoop of chèvre or Roquefort or spread on a cracker and topped with pretty much any good cheese is just plain perfect. Steamed or roasted carrots, squash or any root vegetable glazed with a bit of melted butter and some chili-honey = "Please Sir, I want some more." Glaze a pork chop, bump up the BBQ sauce. Top your favorite ice cream or gelato with a soupçon of chili-honey. Mix it in cream cheese, add it to a smoothie, enhance your hot cereal. Anything honey can do, chili-honey can do better.

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.

You could start with a half-pint jar (8 oz.) then graduate to a full pint for the next batch when you realize that life is not worth living without this stuff on the pantry shelf. But, any jar with a good lid will do. The store bought variety I started with was a 12 ounce jar that contained an estimated 2 teaspoons of minced, dried Arbol chilies. Add as much honey as you like or fill to within an inch of the top. Add dried red chilies of choice. If you started with whole chilies, fine dice them before adding. You could also use dried red chili flakes like the kind you would sprinkle on pizza. The kind of chili you use will impart a particular flavor and heat to the honey. Let the mixture soak for a week or so until the honey has picked up some of the color of the chilies. Stir occasionally as the chilies will float to the top of the mix given the chance.

Along the way, you will discover just what combo you like best. But I promise, the journey is luscious.

Eat them right out of the garden and think about how you will prepare them if there are any left.

The coastal northwest may seldom see many truly hot days and we are decidedly missing a bonafide city, but it's summer all the same. Take a big bite.



BEACH DANCE OREGON

Free Form Dance Opportunity



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. **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**

FREE Community Ballet Class! ENCORE

Encore believes that everyone should have the opportunity to dance! So they've partnered with the Encore Performing Arts Foundation to offer a FREE community ballet class! The class is taught by Trixie Leone, and focuses on a classical education in ballet for all abilities and backgrounds, including some instruction on muscles and parts of the body involved in dance. Trixie's experience includes a Masters of Science in Education, Instruction, & Curriculum along with 20+ years of training in the Classical Cecchetti Ballet method.

Sessions are 8 weeks long, and are sponsored by businesses and members of the community. Tuition: FREE Registration: \$10 Ages: 13 years to Adults. Attire: Movable clothing to dance in Next session dates: September 10th-October 29th Mondays from 7:15-8:15pm Encore Dance Studio - Warrenton location.

Pre-registration is required. To register or sponsor call or email Encore's Gearhart office at getyou dancing@gmail.com or 503-717-1637."

HIP HOP WORKSHOP with Nate!!!

Tuesday Sept 11th, 6:30- 8pm. \$15 Everyone welcome!
Astoria Arts & Movement Center. 342 10th st. (2nd floor).
astoriaartsandmovementcenter.com

Trigger Point Release Class

HOW TO RELEASE a tight muscle in 30 seconds or less! A FREE class at Graceful Waves Chiropractic in Wheeler offers this to the community, Mon. Oct 8, 6:15 to 7:15pm. Bring a friend to be your "massage partner" for this hour where you will learn how to release a tight muscle with a quick and gently technique. The conclusion of the class includes a brief DEMO of Graceful Waves unique care services, and an opportunity to schedule a specially discounted evaluation to discover if we can help you.

Graceful Waves Chiropractic is located at 278 Rowe St. #210 in Wheeler. 503.368.WELL(9355). gracefulwaveschiropractic.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



Clatsop Co Master Gardeners present
WINTERIZING YOUR GARDEN
 Saturday, Sept. 29
 10am – 3pm, Clatsop Co Fairgrounds
 FREE Admission

SUMMER MAY BE OVER but our gardens still need attention. Preparation for Winter promises more beauty and bounty for the next growing season. Clatsop County Master Gardeners teach home gardeners how to best prepare for winter. This year "Winterizing Your Garden" will focus on Fall Pruning and General Plant Health Care. Those pesky deer will be dealt with and a demonstration on dividing Iris and Daylilies is also on the agenda. A Plant Sale leads the day off PLUS fun garden activities for kids.

Here's the Line Up:

10am Opening with a small Plant Sale - Plants known to thrive in our coastal micro-climates are from Master Gardeners private gardens and are ground ready for fall planting. Master Gardeners will assist in identifying the right plants for your garden's growing conditions.

11am – 12:30pm "Fall Pruning and General Plant Health Care" with Austin Wienecke and Luke Colvin of Arbor Care NW, a Clatsop County full service tree care firm dedicated to using environmentally friendly practices. Luke Colvin, owner of Arbor Care and a certified Arborist, is passionate about the stewardship of trees as a natural resource, Austin Wienecke is a credentialed Urban Forester who specializes in diagnosing tree health and providing treatment solutions. Home Gardeners will learn what and when to prune from big trees to shrubs. Disease and Pest Control, Mulching and Organic Fertilizer will also be discussed. A question and answer

period will address individual home garden concerns.

1pm "Gardening with Deer on the Coast" Joanie Chapel, certified Master Gardener, provides solutions for controlling the hungry deer dining on our gardens. What to plant and other methods for deterring deer will be the focus.

pH Soil Testing – all day. The proper soil pH level is important because it affects soil nutrient availability. Use this information to rebuild your soil over the winter. Bring 1 cup garden soil in a plastic bag – Master Gardeners will test your soil and advise on remedies for proper pH levels.

Dividing Iris and Daylilies The correct method for dividing Day Lilies and Iris will be demonstrated. This is best done in the Fall. Divided Iris and Daylilies will be sold following the demonstration.

Garden and Home Treasure Sale Always a surprise what Master Gardeners find in their sheds. Gently used tools, pots, books, wood boxes, Halloween decorations, Art and it's always a surprise.

Silent Auction - Chances are good you'll win something wonderful while at the same time supporting Clatsop County Master Gardener projects.

Tune into Coast Community Radio, 91.9 fm, "In the Season" with Teresa Retzlaff, Tues. Sept 18, 9:30am, for a full discussion on Winterizing your Garden.

**Patch To Plate:
 Wild Mushroom Hunting With Author Langdon Cook**

ON SEPTEMBER 8, join Seaside Libray for an in depth look at our delicious friends of the Basidiomycota Agaricomycetes family, featuring the slide show from "Patch to Plate: Wild Mushroom Hunting" with author Langdon Cook. The event will take place in the Community Room at 1:00 p.m. and is sponsored by the Friends of the Seaside Library.

Within the dark corners of America's forests grow culinary treasures. Chefs pay top dollar to showcase these elusive and beguiling ingredients on their menus. Whether dressing up a filet mignon with smoky morels or shaving luxurious white truffles over pasta, these elegant fungi are prized by home cooks and restaurants across the country.

Explore the Pacific Northwest, via Langdon's adventures in foraging wild mushrooms, and discover a regional stew of delicious edibles. Cook feels that foraging is not just a throwback to our hunter-gatherer past; but it's a way to reconnect with the culinary landscape of the beautiful North Coast.

Langdon Cook was a senior book editor at Amazon.com until, in 2004, he left the corporate world to live in a cabin off the grid with his wife and son. Now a freelance writer and editor, Langdon has written for the San Francisco Bay Guardian, Outside, Gray's Sporting Journal, Fly Fisherman, the Stranger, Seattle Metropolitan, and Conservation Magazine.

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



**Pacific Northwest Brew Cup
 Serving Hot Tunes and Cold Beer**



NOW IN ITS 17TH YEAR, the Pacific Northwest Brew Cup will be hosted in its 'home' location at the Barbey Maritime Center. Over three dozen craft beverages will be on tap for Brew Cup from IPAs to porters to ciders. Revelers will enjoy views of the Columbia River and live music all weekend.

The all-ages festival takes place Friday, September 28 through Sunday, September 28.

Brew Cup offers perfect beer and music pairings. Hillstomp out of Portland, OR will headline the Pacific Power music stage on Friday night. Live music will continue all day Saturday with KMUN's beloved Troll Radio Review starting the festival at 11am. Saturday night will be headlined by Holiday Friends and the festivities will close out with local favorite The Brownsmead Flats on Sunday afternoon. For the complete lineup visit: <http://pacificnorthwestbrewcup.com/music/>

Beer tasters will revel in 36 selections from breweries from the likes of pFriem Family Brewers, Ecliptic Brewing, and Double Mountain Brewing as well as local favorites Fort George Brewing and Buoy Beer.

Sunday FunDay offers a Corn Hole Tournament with first, second, and third place prizes presented by Northwest Lending Group. The Columbia River Maritime Museum's education staff will be on-site helping you create one-of-a-kind fish print shirts - just bring a shirt or buy one for \$5. And of course, our Growler Fill Sunday tradition continues! Bring your growler and fill it for just \$10!

While tasting craft beer is the showcase, local wineries and distilleries will be offering tipples as well. Accompaniments will be offered from a selection of Astoria's favorite food trucks: The Good Bowl, Monte Alban, The Hot Box BBQ, and Boomer's All American, and Frite & Scoop's mobile ice cream cart.



IT'S TWO WEEKS LATE, nowhere near Germany, and so, so tiny. If you're exhausted from hoisting those massive steins (giant beer mugs are the WURST!), come get small and cozy at TinyToberfest with Fort George.

Ticket holders to this four-hour festival will receive a tiny festival stein, tiny pseudo-authentic Bavarian snacks, loads of tiny entertainment, and access to the special TinyToberfest taps in the Fort George Garden.

Fort George The Meadow • pFriem Festbier • Occidental Festbier • Andechs Festbier Aecht Schlenkerla Rauchbier And More TBA

Only a tiny number of tickets are available. Take a short moment to reserve yours at tinytoberfest.com. And remember: there are no small Oktoberfests, except for TinyToberfest. O'zapft is!

**Saturday, October 13th -- 2pm to 6pm. Fort George Brewery
 1483 Duane Street, Astoria. tinytoberfest.com**

FOODGROOVE

Friday, September 28th

- 1pm – Live DJ Set
- 3pm – DJ Joey Altruda
- 5pm – Gus Clark and the Least of His Problems
NW Country
- 7pm– Hillstomp
Hill Country Disco Folk

Saturday, September 29th

- 11am – KMUN's Troll Radio Review
- 12:00 – The Hackles
Nice Folk from Astoria
- 1:30 – Benyaro
Acoustic Roots/Soul
- 3pm – Countryside Ride
Honky Tonk via Portland
- 4:30 – Jenny Don't and the Spurs
Western Outlaw Garage
- 6pm – Korgy and Bass
Hip Hop Beats
- 7:30 – Holiday Friends
Rock/Pop from Astoria

Sunday, September 30th

- 11am – KMUN 91.9fm
Gospel Train
Live Broadcast
- 12:00 – KMUN 91.9fm
Classic Rock and Roll
Live Radio Broadcast
- 3pm– The Brownsmead Flats

Over 200 VOLUNTEERS make up the Suds Squad to help put on the festival. If you're interested in volunteering, please email ADHDA at office@astoriadowntown.com or visit: www.pacificnorthwestbrewcup.com

The Pacific Northwest Brew Cup is an annual fundraiser for the Astoria Downtown Historic District Association which aims to encourage community involvement and investment in preserving the character of historic downtown Astoria while promoting its health and future.



FORT GEORGE

TinyTobertfest

SATURDAY, OCTOBER 13th, 2-6pm
FORT GEORGE BREWERY - 1483 DUANE ST, ASTORIA, OR
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KMUN 91.9, 88.9, 91.3, 104.3

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KTCB 89.5

KTCB broadcasts 4400 watts of power from Cape Mears, serving Tillamook county.

KCPB 90.9

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

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Tango OF THE *White Gardenia*

A production of...
Cascadia
Chamber Opera

A new tango opera in English by
Ethan Gans-Morse and Tiziana DellaRovere.

Featuring Dancers from Ballet Fantastique of Eugene, Singers: David Gustafson, Karen Esquivel, Zachary Lenox, Kari Burgess, Steven Evans-Renteria, Timothy McCoy, Hannah Penn, and Jocelyn Claire Thomas, and Instrumentalists: Nathalie Fortin, Andrew Pham, Sergei Teleshev, Sean Peterson, and Yvonne Hsueh. Conductors Vincent D. Centeno and Gustavo Castro. Director Karen Esquivel.

Saturday, September 29
4pm at The PAC
588 16th St. Astoria, OR
\$20 General Admission
\$9 Active Military and Students with valid ID

Advance Tickets
www.brownpapertickets.com



Tales from
the Celtic
Otherworld



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**William Kennedy
Hornyak**
casts a spell with
haunting
traditional myths,
legends, poems,
songs and lore from
Ireland and Scotland
in honor of the
Celtic New Year of
Samhain (Halloween)
For mature audiences only.

Oct. 18 7:30pm
at KALA
Tickets on Sale soon!!!!



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JONES**
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