

May 2019 • vol 20 • issue 243

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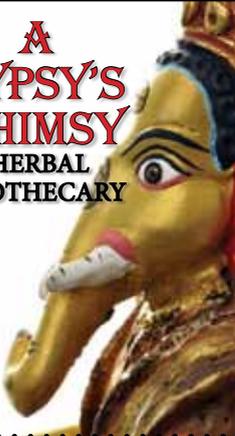
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ON MAY 24, 2019 BOB DYLAN WILL BE 78! Since the mid-80's he's toured steadily, on what was once dubbed "the Never Ending Tour." Although Dylan himself is dismissive of the term, since June 7, 1988, he played his 3000th show this April 19, in Innsbruck, Austria.

Whether you're a singer/songwriter, activist, a gen x or septuagenarian, the artist who wrote "The Times They Are a-Changin'," has played a part in the changing of peoples lives through his poetic expressions in American song, since he came on the revolutionary folk scene 60 years ago, and for which in 2016 was awarded the Nobel Prize in Literature.

When I was 13 years old (1971) I ordered the newly released Bob Dylan's Greatest Hits Volume II, from Columbia House Records. I remember that order also



Adams & Costello

included Steppenwolf, Chicago, James Taylor and Carole King. (You could order 6 albums for a penny, as long as you kept up the buying, and you would have to agree to receive choices that every month the company would send you. Unfortunately my lawn cutting jobs couldn't quite cut the Columbia House mustard). Anyways, by that time, Dylan had already racked up 11 albums, and had long-shocked the world by going electric. However, in a rural fishing and logging town on the coast of Oregon, local radio stations didn't play songs off of albums, unless they were a number 1 hit, and the boundary breaking 6 minute single "Like a Rolling Stone," probably didn't get much airplay here on KAST radio.

But this double-hits album allowed me to discover Dylan. His lyrics, and nasal-toned voice grew on me like moss. I was memorizing the lyrics, my favorite Maggie's Farm, and knew I had discovered a brother, a soul-mate, a guide, that would synergize, finalize, and categorize . . . a deep connection to my feelings about war and the misuse of power in our world. I also bought myself a harmonica.

In 1976 Dylan's "Desire" album was a big departure...a darker, strange, yet beautiful collaboration of gypsy-esque story songs, and featured a duet with Emmylou Harris on the stand-out "One More Cup of Coffee" and Scarlet Rivera on violin. With friends we'd sing it at the top of our lungs, and play it, play it, play it. And it's one of Dylan's best-selling studio albums. Dylan has proved highly successful in his myriad progression through musical genres.

It was music duo TATATA that proposed some months back, we do a Dylan Tribute at KALA. With some 400 to 600 songs to choose from, there surely wouldn't be a problem with who could play what. Raymond Martin and Mary De La Salandra, are TATATA. A prolific lyricist, De La Salandra is the vocals, and Martin, a rock guitarist with experimental leanings, or it may be the other way around. The

BOB DYLAN BIRTHDAY TRIBUTE

MC Liam Dunn
House Band:
Raymond Martin
Graham Nystrom
Flint Rice
Rebecca Newman

Doors open 8pm
Show @ 8:30pm

May 24 & 25 @ KALA • Astoria
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two met in Portland, when Martin auditioned for De La Salandra's then up and coming band NEMO (cover of Willamette Week '92, as "breaking the mold"). Three original albums later and 15 years in Europe, they now call Astoria they're home. However, they're last performance abroad was dedicated to Dylan songs, the only covers De La Salandra claims to have ever sung. TATATA have been heard performing at art openings, and recently at Carruther's with the inclusion of new bassist in town, Joey Altruda.

What can you expect from this Dylan Tribute? Nine acts have chosen their own tunes, there has not been any duplication – which speaks to the eclectic possibilities the local music scene and artists, have to offer. You'll hear familiar and lesser-known songs. The Hackles are known for their eloquent and understated folk renderings, Adams and Costello, their rootsy-spirited rock, special Portland guests, Joen Moen and Jonathan Drews of the Decemberists/Eyelids, today's inventive indie rock pop. The concept of course ... to hear each artist's own take on the tunes.

The evening culminates with a house electric band, sing-a-longs, and in between, one Astoria rock icon and KMUN DJ, Liam Dunn will keep the night rolling as MC. Anything could happen!!!! We're going to give a TWEET to Bob . . . there will be cake!

- Dinah Urell KALA/hipfishmonthly



The Hackles

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Astoria Sunday Market Coming Soon!!!!



Bill Dodge, Klub-Oingo-Boingo

AMONG THE FIRST SIGNS OF SUMMER is opening day of Astoria Sunday Market. Locals and visitors alike celebrate the return of colorful flower bouquets, aromatic kettle corn and roasted nuts, and the festive sight of tents sprouting along

12th Street each Mother's Day.

Astoria Sunday Market is a growers and makers market offering a wide range of goods from finely crafted wood products to carefully cultivated produce and plants. The Market is open 10 am to 3 pm every Sunday May 12 through October 13. The Market encompasses three blocks of vendors, a food court behind Wells Fargo bank with regional bands performing original music and another parking lot between Duane and Exchange offering more produce, plants, art, and hand-crafted items. Located in the heart of downtown Astoria, the Market is within an easy stroll to shops, restaurants, the River Walk and museums.

Returning vendors include **ARTIST BILL DODGE** who has failed at retirement three times and in his mid-80s is back full time at Astoria Sunday Market; wildlife artist Dave Bartholet; and after a long hiatus, Anne McBride with her fabulous **TIDE GUIDE CLOCKS** returns part-time for 2019. Also returning are Packer Orchards from Hood River, kettle corn from Jo's Country Market who also returns with their produce stand and Hermiston watermelons; Kingfisher, DeAsis and Spring Up Farms; Table 360 Bakery with their weekly specials; Nehalem Bay and Buddha Cat wineries and Pilot House Distillery along with many other familiar faces!

The Market is a "foodie" playground where grocery shopping is as delightful as the meal itself. Fresh produce, baked goods, custom vinegars, cheeses and jams along with an assortment of other treats are complemented by wine and distilled spirits available at the Market.

Astoria Sunday Market is also a makers place and a painters space with a wide range of products sold directly from the maker and artist to the buyer. There are textiles offering clothing, canvas bags, custom t-shirts, and a variety of kitchen and home products; artists and photographers selling original works and ancillary products with their images; finely crafted wood products including furniture, carvings, bread boards, wood-handled knives, bird houses and other outdoor garden and home products; practical and decorative ceramics; and jewelry – from upscale silver and copper metal-smithing, porcelain pieces and hand-sculpted glass beads to leather, fabric, beaded and inspirational jewelry. The Market also has a number of vendors selling soaps, lotions, balms and other body care items including CBD products.

There are currently about 30 new vendors this season. Among the new products include **GONGS FOR THE WIND**

– truly unique outdoor patio and garden gongs; Scratch meats bringing their flavorful craft sausages; and Silagy Sauce – hot sauce slow roasted in small batches. Also new is Ex Libris Anonymous with his journals made from book covers. Owner Jacob Storm Deatherage moved his studio to Marine Drive near 12th and his vendor booth will be handily nearby.



DANCERS UNITE!

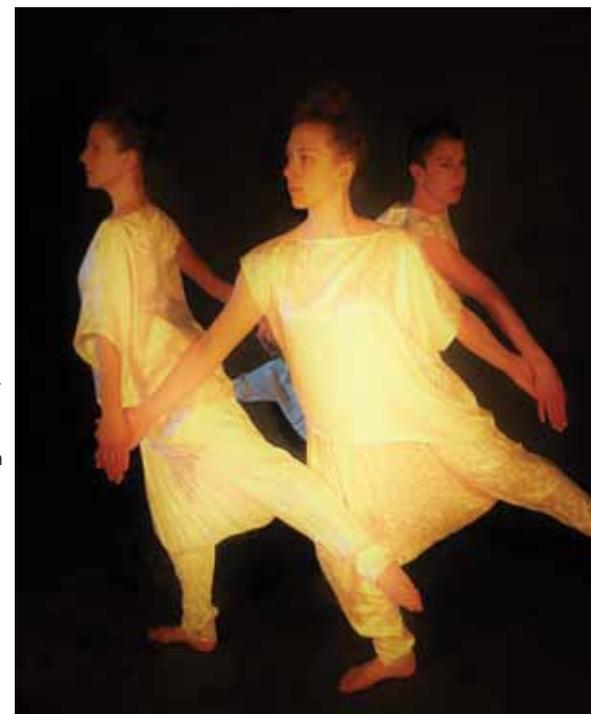
ON FRIDAY MAY 24 AND SATURDAY MAY 25 at 7pm Pier Pressure Productions, 1015 Commercial st, Astoria, will present DANCERS UNITE as a fundraiser to continue construction of the theater and performance space. \$10 admission.

Dancers Unite will be showcasing the many talented dancers and choreographers located in our community. The arts have to stick together and support one another to survive, and this performance is about dancers uniting to help their fellow artists at Pier Pressure with the construction of the black box theater. Over fifteen dance works will be performed encompassing a variety of music, dance genres and age levels. The show will include performances by Sparrow Dance Company, thE company, The Spirit Moves Dance Company, Coast Fusion Belly Dance, Dream Circles Ecstatic Dance, Tribal Fusion Belly Dance, Astoria Argentine Tango, Astoria School of Ballet, Trixie and the Kerfuffles, and Triple Moon Belly Dance Group.

Dance is the language with no words, where the body is the vessel of communication. Dance can bring a rich and transformative experience to the mind and body. It is the mission that the performance brings public exposure to the various studios and programs offered on the coast, and support the idea that dance in its many forms is an art for people of all ages and stages of life.

Pier Pressure Productions is building out a new Black Box theater for performance in Astoria. A black box is so called for its design, its painted black for purposes of lighting. They're also known for multipurpose use. The stage and seating can be moved and situated to contain a variety of shows. While PPP will focus primarily on plays, between shows and during the week they will offer performance art including dance and music.

Dancers Unite is a perfect example of what the community can expect from this space. PPP is a non-profit so all donations are tax deductible.





Inside the Month:

Where the waters run . . . p9 McDonald

Songs of the Eath . . . p11 Lacaze

Nature News . . . p7

TENSEGRITY . . . p12 Schlarb

INCO NEWS . . . p10

Astoria Freak Show . . . p13 Lacaze

FILM: Art & Mind. . . p13

Qfolk

MOntly LGBTQ eVenTs, +
political groups/organizations... p8

COLUMNS

STEVE BERK . . . 6

THEATER . . . 16

ART HAPPENS . . . 17

WORD/Literary EVents . . . 18

FLASHCUTS KANEKUNI 20

BIKE MADAME . . . HAMMITT-MCDONALD . . . 21

FREE WILL ASTROLOGY . . . BREZNY 21

NETWORK COMMUNITY LISTINGS . . . 22

S. GRACE MESSAGES/ 5TH DIMENSION . . . 23

WHOLE PLANET HEALTH. . . . HAMMIT-MCDONALD 23

WORD & WISDOM . . . NASON 23

FOODGROOVE NEWS . . . 26

CHEW ON THIS . . . MYERS 25

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Garibaldi Historic U.S. Coast Guard Boathouse And Gallery Opens May 25 For The Summer Volunteer Meet & Greet May 9

There have been many developments at Pier's End in Garibaldi and the newly branded Historic U.S. Coast Guard Boathouse over the past year. The Historic U.S. Coast Guard Boathouse will be opening for the season on May 25, 2019, at 12pm. This year, the Historic Boathouse, located at 1209 Bay Lane in Garibaldi, will be open to the public on Saturdays and Sundays 12-4 pm from Memorial Day weekend through Labor Day weekend. Suggested admission for this on-going preservation project is \$5 for adults and free to active and retired Coast Guard and children twelve and under. The permanent Boathouse Gallery is being refreshed with new gallery exhibition **My Stories | Beautiful Mysteries of Tillamook Bay**.

In preparation for the upcoming season, the Garibaldi Cultural Heritage Initiative (GCHI), the non-profit leading preservation efforts and programming at the Boathouse will be hosting a **Volunteer Meet & Greet / Docent Orientation at the Boathouse on May 9th at 5 -7 pm**.

GCHI is seeking volunteer docents, event hosts, carpenters, painters, cleaners and general all-around handy folk who LOVE the Historic Boathouse and want to help out this upcoming season! This will also be a training session for new and returning volunteers and a chance to meet other members of the team.

If you are enthusiastic about the opportunity to join the volunteer team of passionate Boathouse devotees, want to RSVP, or have any questions, please email or contact Chris Berrie, GCHI Volunteer Coordinator, by phone or text at 503-704-0271.

For more information on the Historic U.S. Coast Guard Boathouse and this on-going preservation project, visit savegaribaldipier.org and follow on Facebook: <https://www.facebook.com/groups/GaribaldiHistoricCoastGuardBoathouse/>

Candidate's Forum on May 4 features Community College and Port races

CANDIDATES vying for seats on the Clatsop Community College Board and the Astoria Port Commission will be questioned during a forum on Saturday, May 4 in Seaside. The forum provides the public an opportunity to hear from candidates running for positions on these two important governing bodies. Questions will also be taken from the audience.

The Candidate's Forum will begin at 1 p.m. at the Bob Chisholm Community Center, 1225 Avenue A, Seaside, Oregon. The forum is sponsored by the Clatsop County Democratic Party.

The first panel will feature Andrea Mazzarella and Sara Meyer, candidates for the Zone 2, Position

2 seat on the Clatsop Community College Board. The second panel is Bill Hunsinger and Scott McClaine, candidates for Position 3 on the Astoria Port Commission.

These races are two of the dozens of special district positions on the May 21 ballot. While the positions on the ballot are all non-partisan, the Democratic Party is sponsoring this forum as a way of encouraging voters to vote in off-year elections. Ballots must be in the hands of the Clatsop County Clerk's office by 8 p.m. May 21.

For more information about the Clatsop County Democratic Party, go to www.clatsopdems.org or the party's Facebook page at www.facebook.com/clatsopdemocrats.

Private Forests, Public Waters: How and Why Oregon is Failing its Forest Streams

Mary Scurlock
May 14

On Tuesday, May 14, Mary Scurlock of the Oregon Stream Protection Coalition will discuss the science, policy and political reasons why current state and private forest policies are failing to protect the public's interest in clean water and wildlife.



Scurlock's presentation is another in the series, "Speaking Truth to Power" presented by the North Coast Citizens for Watershed Protection, formerly known as Rockaway Beach Citizens for Watershed Protection. The events, always free and open to the public, take place the second Tuesday of every month at 6:00 p.m. at NCRD 36155 9th St. in Nehalem.

Scurlock's presentation will review harmful logging and road impacts on water quality and aquatic habitat in Oregon, compare Oregon's water protection requirements with those in other states, and describe barriers to and opportunities for change through citizen action.

Scurlock is the coordinator of the Oregon Stream Protection Coalition, a 28-member ad hoc group of conservation and fishing industry organizations formed in 2012 to advocate for stronger baseline regulations under the Oregon Forest Practices Act.

Scurlock has extensive experience on forest-water issues in the West, much of it gained during her 25 years as an advocate at Pacific Rivers Council. Her work has included development of expert science reviews of numerous state and federal forest policies and multi-species aquatic conservation habitat conservation plans as well as coordination of Endangered Species Act litigation against the Oregon Board of Forestry.

Other projects included co-authorship of "Entering the Watershed" (Island Press, 1993), watershed protection rule language for the national forests planning rule, federal watershed restoration funding proposals and appropriations, and evaluation of federal forest salvage and riparian thinning practices. Scurlock also spent over five years representing the Forests and Fish Conservation Caucus in stakeholder processes under Washington State's unique forest practices program.

Born in Washington DC but an Oregon resident since 1989, Scurlock was educated at Duke University (BA, 1985) and Boston University School of Law (JD, 1989).

Energy Efficiency & Historic Preservation Presentation • May 10

It has been said that the greenest building is the one already built. Forest Visions Project will sponsor a presentation on Energy Efficiency and Historic Preservation, with John Goodenberger and Lucien Swerdloff on Friday, May 10 at 6pm, CCC Columbia Hall, Rm 219. This presentation will focus on the energy use of buildings and the inherent sustainability of historic buildings.

Goodenberger is a preservationist and instructor in the Historic Preservation Program at CCC. Swerdloff is the program coordinator, and instructor in Historic Preservation and Computer Aided Design program at CCC. Both presenters have an extensive background in architecture and the preservation movement.

The presentation will include: Historic emphasis on energy efficiency for buildings, How preservation of these buildings can- reduce energy use- conserve materials and embodied energy - support local economies. Methods and case studies will be presented.

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Most Americans Reject Trump's "America First" Policy

AS PRESIDENT, Donald Trump has leaned heavily upon what he has called an "America First" policy. This nationalist approach involves walking away from cooperative agreements with other nations and relying, instead, upon a dominant role for the United States, undergirded by military might, in world affairs.

Nevertheless, as numerous recent opinion polls reveal, most Americans don't support this policy.

The reaction of the American public to Trump's withdrawal of the United States from key international agreements has been hostile. According to a Reuters/Ipsos opinion poll conducted in early May 2018, shortly before Trump announced a pullout from the Iran nuclear agreement, 54 percent of respondents backed the agreement. Only 29 percent favored a pullout. In July 2018, when the Chicago Council on Global Affairs surveyed Americans about their reaction to Trump's withdrawal from the Iran nuclear agreement and the Paris climate agreement, it found that 66 favored remaining within the Iran accord, while 68 percent favored remaining within the Paris accord - an increase of six percent in support for each of these agreements over the preceding year.

Most Americans also rejected Trump's 2019 withdrawal of the United States from the Intermediate-Range Nuclear Forces (INF) Treaty with Russia. A survey that February by the Chicago Council on Global Affairs reported that 54 percent of Americans opposed withdrawal from this nuclear arms control treaty and only 41 percent favored it. Furthermore, when pollsters presented arguments for and against withdrawal from the treaty to Americans before asking for their opinion, 66 percent opposed withdrawal.

In addition, despite Trump's sharp criticism of U.S. allies, most Americans expressed their support for a cooperative relationship with them. The Chicago Council's July 2018 survey found that 66 percent of Americans agreed that the United States should make decisions with its allies, even if it meant that the U.S. government would have to go along with a policy other than its own. Only 32 percent disagreed. Similarly, a March 2019 Pew Research poll found that 54 percent of American respondents wanted the U.S. government to take into account the interests of its allies, even if that meant compromising with them,

while only 40 percent said the U.S. government should follow its national interests when its allies strongly disagreed.

Moreover, despite the Trump administration's attacks upon the United Nations and other international human rights entities - including pulling out of the UN Human Rights Council, withdrawing from UNESCO, defunding UN relief efforts for Palestinians, and threatening to prosecute the judges of the International Criminal Court - public support for international institutions remained strong. In July 2018, 64 percent of Americans surveyed told the Chicago Council's pollsters that the United States should be more willing to make decisions within the framework of the UN, even if that meant going along with a policy other than its own. This was the highest level of agreement on this question since 2004, when it was first asked. In February 2019, 66 percent of U.S. respondents to a Gallup survey declared that the UN played "a necessary role in the world today."

But what about expanding U.S. military power? Given the Trump administration's success at fostering a massive military buildup, isn't there widespread enthusiasm about that?

On this point, too, the administration's priorities are strikingly out of line with the views of most Americans. A National Opinion Research Center (NORC) survey of U.S. public opinion, conducted from April through November 2018, found that only 27 percent of respondents thought that the U.S. government spent "too little" on the military, while 66 percent thought that it spent either "too much" or "about the right amount." By contrast, 77 percent said the government spent "too little" on education, 71 percent said it spent "too little" on assistance to the poor, and 70 percent said it spent "too little" on improving and protecting the nation's health.

In February 2019, shortly after Trump indicated he would seek another hefty spending increase in the U.S. military budget, bringing it to an unprecedented \$750 billion, only 25 percent of American respondents to a Gallup poll stated that the U.S. government was spending too little on the military. Another 73 percent said that the government was spending too much on it or about the right amount.

Moreover, when it comes to using U.S. military might, Americans seem considerably less hawkish than the Trump adminis-

tration. According to a July 2018 survey by the Eurasia Group Foundation, U.S. respondents asked what should be done if "Iran gets back on track with its nuclear weapons program" favored diplomatic responses over military responses by 80 percent to 12.5 percent. That same month, as the Chicago Council noted, almost three times as many Americans believed that admiration for the United States (73 percent) was more important than fear of their country (26 percent) for achieving U.S. foreign policy goals.

Unlike the president, who has boasted of U.S. weapons sales to other countries, particularly to Saudi Arabia, Americans are also rather uncomfortable about the U.S. role as the world's pre-eminent arms dealer. In November 2018, 58 percent of Americans surveyed told YouGov that they wanted the U.S. government to curtail or halt its arms sales to the Saudi Arabian government, while only 13 percent wanted to maintain or increase such sales.

Finally, an overwhelming majority of Americans continues to express its support for nuclear arms control and disarmament. In the aftermath of Trump's withdrawal of the United States from the INF treaty and announcement of plans to build new nuclear weapons, 87 percent of respondents to a February 2019 poll by Chicago Council said they wanted the United States and Russia to come to an agreement to limit nuclear arms.

The real question is not whether most Americans disagree with Trump's "America First" national security policy but, rather, what they are willing to do about it.

Dr. Lawrence Wittner, syndicated by PeaceVoice, is Professor of History emeritus at SUNY/Albany. He is the author of Confronting the Bomb (Stanford University Press). Columnist Steve Berk is on hiatus.

PeaceVoice is a program of the Oregon Peace Institute. We are devoted to changing U.S. national conversation about the possibilities of peace and justice and the inadvisability of war and injustice. We believe that nonviolent conflict transformation from destructive to constructive —peace and justice by peaceable means—can help shape public discourse and thus, ultimately, public policy.

The Broom is in bloom: must be Broom Buster Month



Broom-busting volunteers pose with their tools at NCLC's Reed Ranch Habitat Reserve in Warrenton in 2017.

EACH MAY staff and volunteers with North Coast Land Conservancy focus on removing invasive Scotch broom on our properties: calling it Broom Buster Month. On Saturday, May 11, NCLC staff and volunteers will be busting broom at Surf Pines Prairie Habitat Reserve, which the Conservancy had been managing for conservation for several years and which it acquired in 2018. It is located off US 101 just north of Gearhart. Volunteers will also get a look at blooming

early blue violets and other native prairie species as they work on eradicating the Scotch broom.

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

Coastal property owners are encouraged to remove Scotch broom and other invasive plants from their own properties during Broom Buster Month as well;

visit NCLCtrust.org/bust-broom-in-your-backyard for more information and tips. Widely planted and admired in the early 20th century for its bright yellow blossoms, Scotch broom out-competes native plants and is turning our open coastal prairies into a monoculture of dense, weedy shrubs, destroying the habitat that many coastal animals need to survive.

Nudibranch Safari at Haystack Rock



HAVE YOU SEEN THE LEOPARDS at Haystack Rock? Leopard nudibranchs that is! The Haystack Rock Awareness Program (HRAP) invites everyone to join them as they embark

upon their second annual nudibranch safari. Join the expedition as explorers of all ages trek through the intertidal, on a search for the elusive nudibranch.

Leopard, Opalescent, Shaggy Mouse, Clown, Rufus Tipped, and at least eleven other nudibranch species live in the Marine Garden at Haystack Rock, and all are only seen at low-tide. Nudibranchs, also known as sea slugs, are a group of soft-bodied marine mollusks that shed their shells after their larval stage. There are over 3,000 species worldwide, and over 50 species that can be found in Pacific Northwest waters. The variety of species found at Haystack Rock range in size from less than half an inch, to no longer than four inches. Their flashy colors, distinct appearance, small size, and evasiveness make them a favorite discovery amongst tidepool enthusiasts.

THE NUDIBRANCH SAFARI HAPPENS MAY 11TH from 10:30am-12:00pm, and will be led by HRAP's own Nudibranch Queen, Lisa Habecker. It's fun for all ages and abilities as participants learn about the 16+ species of nudibranch that make Haystack Rock their home. This is a free event, but donations to the program will be accepted. Anyone interested in attending is asked to RSVP on Facebook or call or email Lisa Habecker at (503)436-8064 or habecker@ci.cannon-beach.or.us. Last minute participants, and participants that did not RSVP will of course be welcomed. A limited number of event t-shirts will be available for purchase.

FMI:www.ci.cannon-beach.or.us/HRAP or contact Lisa Habecker

Oregon's Oldest Known Shipwreck: A Spanish Galleon of 1693

IN THEIR FOOTSTEPS free speaker series event presents Oregon's Oldest Known Shipwreck: A Spanish Galleon of 1693 by Cameron La Follette, will be on **SUNDAY, MAY 19 AT 1PM.**, in the Netul River Room of Fort Clatsop's visitor center and are free of charge.

It has long been known that a large ship, probably Spanish, wrecked on Nehalem Spit centuries ago. Recently an archaeological team (the Beeswax Wreck Project) determined it was most likely the Santo Cristo de Burgos, which left the Philippines in 1693 bound for Acapulco, and was never seen again. Cameron La Follette and her team of independent researchers then spearheaded research into Spanish, Philippine and Mexican archival sources that revealed for the first time information about Captain Iñiguez del Bayo, the crew, the cargo, the ship, and the fabled Manila trade of which the Santo Cristo de Burgos was a part. This talk will summarize these fascinating archival findings, the Native traditions about the shipwreck, and the 150-year aftermath of treasure-hunting in the Neahkahnie area that the galleon wreck ignited.

Cameron La Follette was the lead author on most of the articles in the Summer 2018 issue of Oregon Historical Quarterly, "Oregon's Manila Galleon." She is the Director of Oregon Coast Alliance, a coastal conservation organization. She is also lead author of Sustainability and the Rights of Nature: An Introduction, published in 2017 by CRC Press. A companion volume, Sustainability and the Rights of Nature in Practice, is forthcoming in 2019.



PHOTO credit Morrissey Video Production

State grants \$600,000 for conservation projects at Tillamook Head

Project is part of North Coast Land Conservancy's 15-year effort to conserve, restore iconic headland

Salem, Ore. – The Oregon Watershed Enhancement Board approved more than \$600,000 yesterday for North Coast Land Conservancy (NCLC) to conserve and restore property at Tillamook Head, between Seaside and Cannon Beach, near Ecola State Park.

OWEB approved \$541,165 to acquire 95 acres of forest land on the north face of Tillamook Head, neighboring Feldenhemier State Natural Area. The property is in the Necanicum watershed and includes Muddy Creek, a salmon-bearing stream, plus forest and wetlands. With this purchase and others in recent years, most of Tillamook Head is now conserved for water quality and wildlife habitat. Still, more than 90 percent of the Necanicum watershed is owned by industrial timber companies.

"Chances to protect 95 acres in the Necanicum watershed with forest, wetland, and a salmon-bearing stream, are infrequent. This is a golden opportunity and fits into NCLC's strategic plan to conserve the best of what's left on the North Coast. We're grateful that Oregonians have, time and time again, supported public funding to conserve public resources like clean water and fish and wildlife habitat," said NCLC's Associate Director Jon Wickersham.

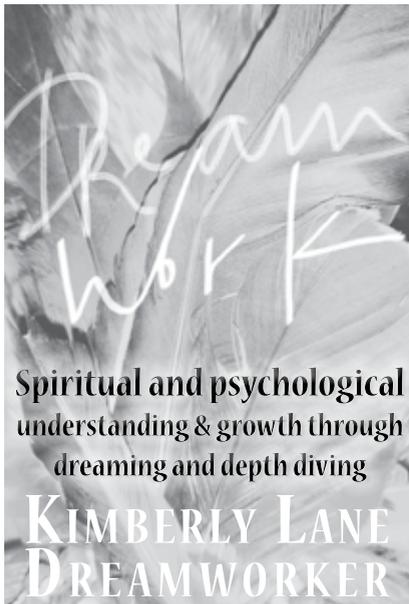
The property will be purchased from a family that has long owned the property. This 95-acre acquisition is not a stand-alone project but, rather, the next step in a 15-year effort by NCLC to conserve key lands on this iconic coastal headland.

Just to the south at NCLC's existing 340-acre Boneyard Ridge Reserve, OWEB also approved \$108,829 to help restore native forest habitat.

NCLC purchased this property in 2016, also with support from OWEB and Oregon State Parks, with the intention of allowing second-growth trees here to grow to maturity. The new funding from OWEB allows NCLC to restore a 70-acre portion of the reserve that was densely planted with hemlock and spruce trees. NCLC plans to thin out some of the hemlock and spruce, and use the material to create habitat for amphibians, songbirds, and fish; also, NCLC will plant western redcedar and bigleaf maple, restoring the forest's historic plant diversity.

"The ultimate goal of this project—to create a healthy, mature forest—takes time and will not be accomplished in our lifetimes," said NCLC Stewardship Director Melissa Reich. "In the meantime, we wanted to make sure the project contained elements to benefit wildlife as much as possible. For example, habitat piles will be created to mimic large downed trees, an important feature in older forests that support habitat and food for many organisms and play a critical role in nutrient cycling."

OWEB also voted to fund two additional projects in Clatsop County proposed by the Lower Nehalem Watershed Council. One is for \$73,319 to restore a portion of Punchbowl Creek in the Lower Nehalem watershed by adding downed logs via a grapple and cable system. The other is \$24,858 to add downed logs to a one-mile reach of Grassy Lake Creek. LNWC is partnering with Weyerhaeuser Columbia Timberlands LLC for both projects. Downed logs in a creek provide many benefits for fish, including by slowing water down to provide resting and hiding spots.



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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 Q CENTER IS OPEN on Friday Nights to Adults from 5 - 9pm, hosted by volunteers. Enjoy the Library, WiFi access, snacks, games, and a venue to share information, resources and community. Stop by to find out what's happening with the LCQC and the Q Community of the Lower Columbia Pacific Region. Use the entrance at 1636 Exchange St. Come on in out of the rain and check out your Q Center living room and offices.

Support Groups/Ongoing

- Queer Edge Sobriety Support Group: First Wednesday of the month. 6-7:30 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 RESUMES!!!!!! on January 21st, meeting every Monday 7-8:30pm. Contact LCQCAstoria@gmail.com.

-LGBTIQ+ Teen Social and Skate Night: Every Friday

Monthly LGBTQ Events in Lincoln County

- 1st Wed of ea. month, 7pm is Trans Parents Coffee Hour at the Chalet in Newport.
- 2nd Tues. ea month, 4pm is LGBT+ & Allies Happy Hour at Georgie's in Newport.
- 2nd Wed. ea month - 6pm to 7:30pm PFLAG Group at St. Stephen's at 9th and Hurbert in Newport.
- 4th Sun of ea month, 11am is OUT OR Coast Women's Coffee at Cafe Mundo in Newport.

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

"A Historic Step in the Journey to Equality:" Merkley Applauds House Committee Passage of Equality Act

WASHINGTON, D.C. – Oregon's Senator Jeff Merkley, the lead Senate sponsor of the bipartisan Equality Act, released the following statement after the House Judiciary Committee today passed the legislation out of committee by a vote of 22-10 and sent it to the floor for a vote of the full House:

"A few years ago, Jim Obergefell was my guest for the State of the Union. He talked about the incredible, life-changing impact of hearing the marriage equality verdict that bears his name – not just because his marriage to the love of his life was finally legally recognized, but because the highest Court in the land was affirming that he belongs in the American family. Today's vote is another historic step in that journey to equality.

"In 2019, it's time for the Equality Act to become law, and for the bells of freedom to finally ring across America. With today's vote, momentum is growing and this bill is on the move. I applaud Chairman Nadler, Speaker Pelosi, Representative Cicilline, and all of the equality champions in the House for championing this bill, and I look forward to seeing the Equality Act pass on the House floor soon and fighting for it in the Senate."

The Equality Act, authored by Merkley and Rep. David Cicilline, would amend existing civil rights laws to include explicit protections against discrimination for LGBTQ Americans. This legislation would ensure that LGBTQ Americans enjoy the same protections under law that all Americans already enjoy on the basis of religion, race, gender and more.

PRIDE Volunteer Registration
May 7, 2019 from 6-8:00 PM
Buoy Beer
1 8th St. Astoria, OR 97103
Come join the Astoria Pride Committee and LCQC Board Members and sign up to help with your favorite events!
1636 Exchange St. in Astoria

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

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

CREATE • May 16 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 in Astoria.

Story/Photos By Pamela Mattson McDonald

Where the waters run.

FROM THE GIT-GO, Bear Creek, has been Astoria's preferred water source. Work towards an aqueous system began in 1884. But, it took a legislative act to establish a Board of Water Commissioners, who lassoed it into shape. Challenges ensued - building 6,000 feet of wooden waterpipe in 1905, flowing, seven miles to town. Servicing the hilltop residences required pump stations. Contractors disappearing in the middle of the night leaving work and workers in the lurch. Fluoridation - or not - embroiled the community for years from 1952 to 1956. Upgrading from wooden to cement lined steel pipe had its trials. And in 1986 it was tested for radioactivity. Whew, what a cavalcade of water utility nightmares. And I haven't even gotten to mysterious Reservoir #1.

Now, the city has approximately eighty miles of pipe, including service lines and mains. Additionally, Astoria, supplies seven other water districts. From three lakes storing our liquid refreshment in the watershed; Main Lake 200,000,000 gallons, Middle Lake 52,000,000 and Wickiup Lake 59,000,000. And two well-endowed reservoirs in town hold 7,500,000 gallons for Astoria's daily use in Reservoir #2 and Reservoir #3. Astoria and the seven other districts use an average of 2,500,000 gallons a day.

Streamside health of Bear creek is hunky dory. There is no spraying within our watershed. Our 1.3 years old, Public Works Director, Jeff Harrington is turning the tables on historic timber cutting. With able Nathan Crater, Ben Hayes - forester and City compatriots, thinning previous timber company mistakes to make our watershed securely viable.

Our water is tested continually for quality and purity. Chlorine residual, pH and fluoride levels are tested daily along with turbidity tests which happen three times a day at the watershed.

Every other day bacteriological screenings occur. The quarterly statements you get at home from the water and sewer department, report on the tests done four times a year for chlorine disinfection by-products known as trihalomethanes, which is a reaction to organic matter from the surrounding forest. But is only one of the chemicals likely with many possible disinfection by-products. The difficulty could be fixed. But the machines and personnel needed would cause much more of a disturbance to the watershed than the low instances of elevated trihalomethanes in water reports.

Algae Blooms

The marine weather layer on the coast, keeps our watershed and reservoirs cooler than Eastern Oregon cities and the Willamette Valley. So blue green algae blooms don't threaten the quality of our drinking water. Which is more prevalent in the warmer inland temperatures. And speaking of eastern Oregon, their drier timber conditions are way different than the wet forests on the coast. Consequently, the forest practices differ.

Timber Cuts

At the April 1, 2019 Astoria City Council meeting bids were solicited for the planned timber sale on Fat Buck Creek at end of the Spur 1 road in our water supply. It's advertised as a thinning

to rid the forest of excess density and remove trees with Swiss needle cast.

This \$200,000 timber sale will use most of its revenue for the watershed, for Forest Management Plan activities. This includes expenses for the forester, hazardous tree removal within the forest, Forest Stewardship Council (FSC) certification-- part of our Carbon tax initiative with the Climate Trust, forest fire protection and capital improvements.

Capital improvements are undertaken, when there's a wish to increase an asset's useful function or service capacity, perform a required extension of "useful life," enhance the quality of services, reduce future operating costs, or upgrade essential parts of an asset. Our watershed forest in this case. Examples can be replanting or any other major, value-adding improvements. Actions are performed to boost the watersheds condition beyond its original or current state. A local misconception is cutting getting rid of the trees for profit. The City is rectifying past misguided actions. Increasing the diversity of the forest, re planting with Cedar, Silver Tip Fir, Spruce and Hemlock. More players on the stage of a naturally evolved forest.

Three types of forest harvest techniques are now used. Thinning, Variable Harvest Retention (VHR) and Shelterwood. Thinning is just that, selecting trees in various places and cutting them down. Now, Ben Hayes-forester, is tending to thin Douglas Fir. The VHR style mimics the natural blowdown, opening up the growing space for the trees left, and replanting with more native species. The Shelterwood method of harvesting lets selected trees remain scattered throughout the tract to provide seeds for regeneration and shelter for seedlings.

Other improvements include roads being totally disconnected from the streams by building buffers, so drainage will not go straight into any water body. And culverts don't directly connect to the creek.

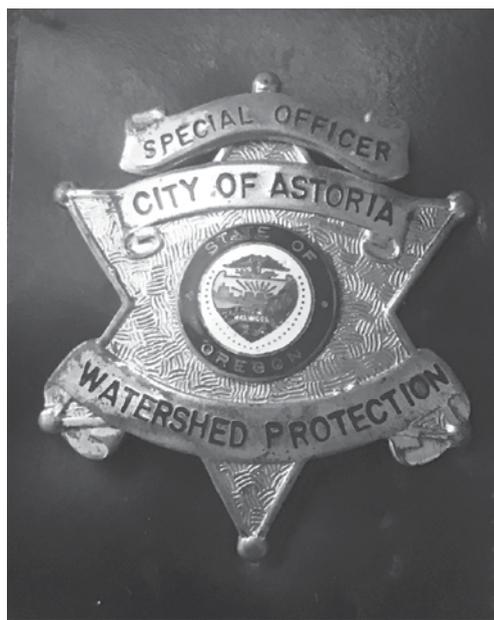
Arch Cape, Oregon and Ilwaco, Washington have emulated us in their water districts. They are buying up property so they own and manage it like we currently do.

According to the City of Astoria Budget, in 2018, the timber harvest income from the watershed totaled \$220,000. Costs for operation of the watershed included:

Employee salaries, forest management plan activities, forest fire protection, watershed road repairs and maintenance for a total of \$180,000. With \$40,000 going back to other City Departments such as Parks and Recreation.

Neighbors to the North

Austin Himes has been managing the reforestation program on the Lewis and Clark Timberlands property for Greenwood Resources since 2015. They work closely together on a case-by-case basis to ensure Astoria City officials are aware of and comfortable with their planned operations of spraying adjacent to the watershed. There is no formal agreement.



Mysterious Reservoir #1

When herbicides are aerially applied within one-hundred feet or applied from the ground within fifty feet of domestic portions of fish bearing or domestic streams, and the water use is by a community water system, the operator must notify the water system manager at least fifteen days before the operation commences.

State and federal law require herbicide applicators to abide by all restrictions set forth on product labels. This often includes but is not limited to allowable use rates, weather restrictions and buffers that may be required around water or other resources. In addition, Oregon law requires buffers of at least sixty feet for aerial application and twenty-five feet for ground-based application on aquatic areas of fish bearing and domestic waterways. Greenwood Resources uses a backpack sprayer.

Mysterious Reservoir #1

You may have noticed that Astoria has Reservoirs #2 and #3. But what happened to #1? Well... drive up 16th Street and on the west side between Harrison and Irving is a stone foundation, a vestige of this former reservoir in view. But the city engineers in the early 1900's found out the geology of the North side was "sliding ground" so built the #2 reservoir at James and 16th on the South side where firm basalt based geology reigned. Reservoir #3 is deep in the woods off Pipeline Road behind a locked gate.

For public works nerds there is a pdf document available from the Public Works department which details the history and beginnings of the Water Works of Astoria. Entertainingly written, it's a historical document going into minute detail of its beginnings and construction. All the materials used, social and political commentary, historical references and schematics. An insight into what was integral with this town's beginning. Delving into the research of our water system gave me a greater understanding of the complexity of running a city more than two hundred years old. And gratitude that a welcome change is happening at Bear Creek.

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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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INGO NEWS INDIVISIBLE North Coast Oregon

INGO EVENTS MAY 2019

INGO Advocacy Team

Wednesday, May 1, 6:30 pm
Seaside Library Board Room

INGO Warrenton Community Group

Email incoregon@gmail.com for details

INGO Astoria Community Group

Saturday, May 4, 10:30 am
Winekraft, Astoria

INGO Seaside-Gearhart Community Group

Tuesday, May 14, 6:30 - 8 pm
Email incoregon@gmail.com for location

INGO Vote the Future Team

Wednesday, May 15, 6:30 - 8 pm
Seaside Library Board Room
ELECTION REMINDER: Ballots due May 21 in Clatsop County Regular District Election. Postmarks don't count. For a link to the Voters' Pamphlet, visit incoregon.org.



VOTE NOW

by Laurie Caplan

DON'T THROW AWAY TREASURES

WE LOCK OUR DOORS, use safe deposit boxes, and have home alarm systems. We comparison-shop everything from sofas to cell phones. We want to keep our valuables safe and get the most for our money.

And yet every year or so, almost half of us throw away our most precious possession – the right to vote. Hang on to that treasured vote because this year on May 21 voters get to elect some of our most important decision-makers in Clatsop County. These are the board members of Special Districts – people who will make policies about spending our money, educating our children, and even safeguarding our communities. Who voters choose can make a big difference to you and your community.

These candidates are volunteers – willing to serve on the variety of Special District boards that keep our communities thriving. These boards guide all our school districts, our county's two health districts, rural fire protection districts, and water and sanitary districts. Three districts serve the entire county and are funded by all Clatsop County taxpayers: the Port of Astoria, Clatsop Community College, and the Sunset Empire Transportation District. Thank you to everyone willing to run and serve.

Why do people run for local office? There's no pay and little glory in these jobs. In fact, many of these board members face many meetings, lots of driving, being "on-call" 24/7 about their organization's issues, and having to make very difficult decisions, sometimes without any good options.

And yet most electeds tell us they love doing these jobs because they love public service. The rewards are intangible. Electeds get close-up, behind-the-scenes experience at governance. They work and talk with people with different points of view and ideas. They learn about all levels of governance – what the laws are, what the possibilities for change are, what

obstacles and threats loom. They learn how to interact with other agencies and departments at all levels of government and in the private sector. They get skills and experiences to use in other settings, even in other elected office

Please be sure to vote for the people who lead these Special Districts. When you don't vote, you're letting someone else choose for you.

Despite the efforts of this administration and several states to stifle voting, most Americans deeply value our fundamental historic and ever-expanding rights. Unlike elections in some other countries, we don't have to fear being murdered if we want to run for office or vote. And yet, if we neglect to vote, we enable those who prefer a dictatorship or other kind of authoritarian government.

Don't sit on the sidelines. Don't let other people decide for you which candidate is best. Vote, even if you don't love every candidate. Support candidates who want to make their district the best it can be. If you don't vote or speak up, how will your elected officials know what you want?

BALLOTS ARE DUE BY TUESDAY, MAY 21, by 8pm. If you haven't received your ballot – they're mailed around May 2 - or need to replace it, contact the Clatsop County Elections office immediately at 503-325-8605, or go to the office at 820 Exchange Street, Ste. 220, Astoria.

We strengthen our democracy by staying informed and voting for those who are best for our communities and our country. Treasure and protect your right to vote – by voting!

Laurie Caplan lives in Astoria and is a co-founder and co-leader of INCO. A retired psychotherapist and teacher, she's been volunteering since childhood, makes art quilts, and always votes.

May is Rise Above Plastics Month in Oregon

MAY is Rise Above Plastics Month in Oregon, and to kick it off CoastWatch is sponsoring a talk on the plague of plastics in the ocean and on the shore. The speaker is Dorothy Horn, a PhD candidate at Portland State University who is studying marine debris, and in particular the impact of "microplastics," very small plastic bits in the environment that can work their way up the food chain. **Horn will speak on Sunday, May 5, 2 p.m., at Clatsop Community College (1675 Lexington Ave.) in Astoria.**

The talk will take place in 207 Patriot Hall (at the corner of 16th and Lexington--use the main entrance to Patriot Hall off Lexington).

Horn is doing research on the impacts of microplastics on Pacific Mole Crabs, Surf Perch and other nearshore invertebrates along the Oregon coast, Hawaii and Costa Rica. Her talk at our recent Sharing the Coast Conference was very well received—if you missed that, here's another chance.

Horn is a Marine Corps veteran and a Graduate She is now a PhD student at Portland State University in the Environmental Science and Management program where students, researchers and faculty work with non-profit organizations, as well as local, state and federal partners, to conduct important research and find collaborative solutions with science and policy.

The event will also include information about CoastWatch's marine debris monitoring project.

Sunday, May 5, at 10 am

In honor of Rise Above Plastics Month in Oregon, Fawn Custer, citizen science trainer, will be on hand, both to provide instructions in marine debris monitoring and to lead a beachwalk devoted to shoreline ecology (the very ecosystem being harmed by the plastic debris!). The event is free and open to everyone, whether to volunteer for this survey, learn about marine debris monitoring in general, or simply follow Fawn down the shore to learn about coastal natural history.

Meet at 10 a.m. at Parking Lot B, about three-quarters of a mile south of the Columbia on Jetty Rd. in Fort Stevens State Park. Whether traveling north or south on Hwy 101, turn west on Ridge Road and follow the signs within the park.

As with all CoastWatch's marine debris survey sites, the survey is conducted monthly, to supply consistent data. New volunteers are needed to fill out a team headed by Oregon Shores board member Ed Joyce that will conduct the survey at this site. For more information about this event, and about Oregon Shores' marine debris monitoring efforts in Clatsop County, contact Oregon Shores board member Ed Joyce, (503) 468-0995, edjoyce1@verizon.net.

Songs of the Earth

a choral cantata pays reverence

A PRAYER from the Yokuts people, a traditional Eskimo song, and Navajo legends. These are only some of the Native American philosophies and cultural traditions the community can explore and enjoy at the North Coast Chorale's spring production of "Songs of the Earth," a cantata that pays reverence to the earth in four-part harmony.

"You can share so much through music," chorale director Denise Reed said. "It reveals things in a different way."

"Songs of the Earth" is the centerpiece of the chorale's spring concert, which takes place at 7 p.m. Friday, May 17, and 3 p.m. Sunday, May 19, at the Performing Arts Center. Composed by former Linn-Benton professor Hal Eastburn in the late 1990s, the piece includes lyrics and narrations derived from "Earth Prayers: 365 Prayers, Poems, and Invocations from Around the World," published in 1991 by Elizabeth Roberts. The words are embedded in hauntingly beautiful and emotional poetry and songs cherished by indigenous tribes and peoples all over the world.

Eastburn's ingenuity, according to Reed, was taking a sound usually produced in unison and preserving the primal quality while incorporating four parts into the six different movements that each deliver a unique narrative about the central theme.

Learning from other cultures

As per usual, the chorale's presentation offers an educational experience, for both its members and the audience, through this unpublished work's words and overall message. In this case, the concert piece gives a melodious voice to the natural human impulse to celebrate the earth that surrounds, supports and sustains them.

"My goal was to take poetry that reflected native peoples' attitudes toward the earth," Eastburn told The Register-Guard in a January 2007 article. "The idea of the Earth Mother, the idea of protecting and nurturing the Earth. This is primarily a work of reverence for the earth."

One of the chorale's members, Ellen Bewley, had performed the piece in the Salem area years ago and suggested it for the north coast group. Reed, who became director about 12 years ago, was seeking a way "to highlight the indigenous people of this country," a subject she has extensively researched.

A member of the Oregon Humanities Board of Directors, Reed is passionate about the need to learn other people's histories, cultivate respect for their cultures, and be open to understanding and empathizing with

Photos: Dinah Urell



NC Chorale Director Denise Reed



Flautist Janet Bowler in rehearsal, on an 1800's wooden flute. Songs of the Earth score will also feature spoken word, strings and percussion.

their experiences. Even if someone does not fully accept the entirety of another person's philosophy or religion, they can listen and embrace the elements that make sense to them.

"There's always something you can learn from every culture," Reed said.

However, people "don't know as much as they could know about Native Americans, because it's not taught in the schools, it's not taught through families," she said. Additionally, when Native people were relegated to tribal lands, they lost important visibility. As a result, there is a lack of knowledge and understanding about the philosophies, traditions, and cultures of various indigenous groups.

"Songs of the Earth" is an opportunity "to open people's minds and hearts to Native American philosophy, which is ecologically sound," and "look at what they said that might help us save ourselves and the earth," Reed said.

Occasionally, when exposed to topics dealing with race or indigenous people groups, resulting shame and guilt over the injustices perpetrated against minorities—historically and in the present—cause a reluctance to research and learn. Acknowledging those emotions and moving past them, however, are key to building empathy, fostering dialogue and collectively finding solutions. Music is a powerful means for creating an impression, accessing people's minds and emotions, and sharing a story.

When combined with the words, the music "amplifies the message, the meaning," Reed said.

Portraits of the earth

The 40-minute "Songs of the Earth" piece will be accompanied by various instruments, including drums, flute, and a string quartet, and preceded by an approximately 20-minute prelude and intermission. A slideshow by forest conservationist and landscape photographer Roger Dorband will play during the concert.

The images selected to accompany "Songs of the Earth" cover a 25-year period during which Dorband drew inspiration from nature and its abundant landscapes. Some of his images were previously published in his book "The Rogue, Portrait of a River" and his collaboration on the Steens Mountain region with writer Ursula Le Guin, published in 2010.

Dorband said he has maintained an avid interest in Native American culture, particularly the Native American notion of reciprocity with Mother Earth, which he wrote about in the "Rogue" book. He also participated in a two-year Lakota initiation training.

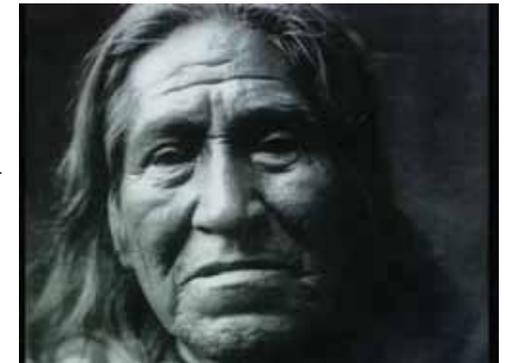
A multi-cultural focus

The North Coast Chorale was established more than 30 years to present classic choral literature and promote music education. The community-based group, which is open to sixth-graders, senior citizens and everyone in between, puts on four concerts per year and conducts

guest performances for other regional music groups.

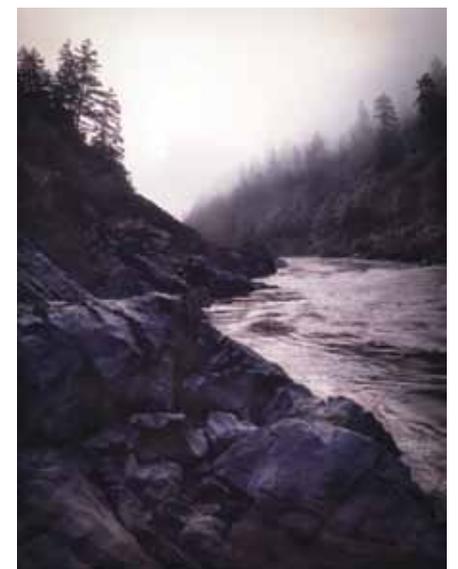
Although the chorale's repertoire has traditionally involved a variety of musical genres, including jazz, gospel, and spiritual, Reed brought a stronger multi-cultural focus when she became the director. Also a composer and music arranger, Reed believes encompassing diversity goes hand in hand with the organization's mission.

"We want to entertain [the audience], but we want to educate them, as well," she said.



From "Songs of the Earth"
Attribution to Chief Seattle -
circa 1854

Teach your children what we
have taught our children that
the earth is out mother.
Whatever befalls the earth,
befalls the sons and
daughters of the earth.
If men spit upon the ground,
they spit upon themselves.
This we know, the earth does
not belong to us, we belong
to the earth. All things are
connected, like the blood
that unites one family.



Rogue River by Roger Dorband



Tensegrity Practitioner Kendra Bratherton: Healing Through The Fascial Network

western medicine to assist brain-injured individuals in recovery.

This exploration led her to Kelly Clancy, OTR/L, CHT, LMP, PBI the developer of Tensegrity Medicine and the founder of the Northwest School of Structural Therapy in Seattle. While studying Tensegrity, Kendra began meeting peers who were also Bowenwork Practitioners, a practice which also made an impact on her own recovery.

Kendra describes studying Tensegrity Medicine as teaching her how to tap-in and ground within her own body and fascial network, as well as being able to offer this support to others. While looking to her inner guide she asks, "what does my

therapy along fascial lines has a very grounded, practical application. Bratherton is focused on getting clients back into their body and being fully integrated.

On a structural level, fascia is impacted by injury and chronic habits which have major implications for health and balance. Imagine a web getting tangled, stuck or pulled and how the other parts of the web might be impacted by these changes. When something happens in our body, it is not only one location that is impacted, but an entire network.

Over time fascia can constrict, and harden, deepening unhealthy patterning. Gil Hedley terms this kind of fascia, "the fuzz," and demonstrates in his work the difference between supple, mobile fascia and the sticky fascia that can limit range of motion.

For example, runners can develop patterns of imbalance within the fascial system. When we run, we engage in repetitive, single-plane motion. Whatever is happening in the posture, in the striking of the foot on hard, impervious pavement—maybe with improper footwear or form, is happening over and over, deepening habits and compensatory behavior. Tensegrity and Bowenwork, are manual therapies that can reduce recovery time and soften tightness and patterning in the connective tissues.

TENSEGRITY ON THE RIVER On May 19th, Kendra Bratherton and Bowen associates will be offering Tensegrity and Bowenwork support to those participating in the "Run on the River" 5K, 10K and Half-Marathon, taking place along the Astoria RiverWalk. Look for the Merkaba Center/Bowenwork tent on the RiverWalk at the start/finish line. Services offered are free, donations are welcome although not necessary. Bowenwork offer's quick procedures to assist with cramps, pulled muscles, pre-race balancing, mid-race injuries and post-race recovery.

MERKABA CENTER

merkbacenterforhealing.com

(209) 791-3092

399 31st St. Suite B, Astoria, OR

KENDRA BRATHERTON'S work as a practitioner of Tensegrity Medicine takes a multi-dimensional approach to healing. To know about Tensegrity and the other modalities that make up her practice, such as Bowenwork, is to begin with an understanding of fascia, which both practices engage with directly.

Fascia are the bands of connective tissue which wrap the entire body like a sheath underneath the skin. It occurs in three main layers, -- superficial, deep and visceral; although these layers can be dissected further. Made up of collagen, fascia attaches, stabilizes, encloses and separates muscles and internal organs.

Scientist Gil Hedley, Ph.D, studies and teaches on the wonders of fascia, and describes it poetically as "this beautiful, elastic, contractile, wave conducting fabric [which] wraps our body like a protective fleece, like a comforting cloud." Hedley makes many of his educational materials free, and is a great starting point for self-education on this previously under appreciated network in the body.

In recent years, thanks to the work of Gil Hedley and many others, our understanding of fascia is changing the way we think about the biomechanics of the body and how we approach balance and healing.

Kendra Bratherton explains, "We used to think our largest sense-based organs were our auditory and visual cortexes. Now, we've discovered (Grunwald, M 2017) that there are 100 million neuro-receptors in the fascial network, versus only one million neuro-receptors getting cues for sight. Our *body* is our largest sense-based organ."

This gives credence to intuition and "gut feelings," the sense that we have more ways of knowing than just what he see, hear, and smell.

The body's pervasive and intimately linked fascial network forms a type of communication system. Think of the carpet of mycelium stretching across the forest floor; or if you are a child of the 90s, the strong, elastic fungus in the Mario Brother's movie.

Bratherton began her career as an Occupational Therapist's Assistant, but a brain injury radically changed her course. "I was wiped down to square one," she says. "I had to re-learn how to do a lot. Western Medicine was doing all it could to help me, but it wasn't until I moved to Astoria that I found alternative therapeutic practices when my recovery really changed."

As a board member of the Brain Injury Alliance of Oregon, she seeks out different modalities that are complementary to

body feel like?" If she experiences a sense of expansion or freedom in the body, it is a sign she is moving in the right direction; whereas contraction is an indication that all is not well.

As a practitioner, she is tapping into this same network with her clients. "Their body leads the session," she explains.

Tensegrity is a portmanteau of the two words *tension* and *integrity*, coined by architect Buckminster Fuller. It is a structural principle where equal forces of distraction and compression create 3-dimensional balance.

In *Tensegrity Medicine*, the three dimensional balance of the human body-orthopedic, postural and myofacial, is assessed. When a person is experiencing pain or misalignment, manual therapy techniques are applied to muscles, bones, fascia, ligaments and tendons to support a return to the balance, or tensegrity.

Bowenwork is a system of touch that initiates a series of responses through stimulation of the nervous, musculoskeletal, fascial and energetic systems of the human body. The moves, which are small and non-invasive, are followed by wait periods to allow for the fascial system to respond.

The goal is to assist the body into rest and digest mode through fascial communication, to set the stage for the body to activate its innate healing system.

"People need the nervous system calmed down to begin to work on the body," explains Kendra.

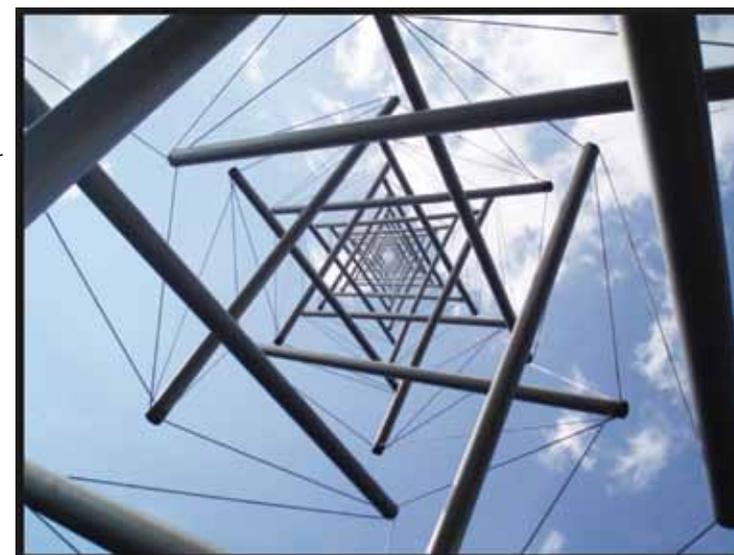
Bratherton runs her practice, The Merkaba Center For Healing, on Astoria's east side, by the river.

The Merkaba is a 3-dimensional symbol, referred to as part of the "sacred geometry-" shapes that repeat themselves in life and nature. The word breaks down to mean, Light, Spirit, Body. This 3-dimensional aspect relates to the principals of Tensegrity Medicine.

Deeply connected to her Finnish ancestry, her healing space resonates with warmth and a northern vibe. Antlers, wood, heavy wool blankets, and the scents of earthy oils invite surrender before a session has even begun.

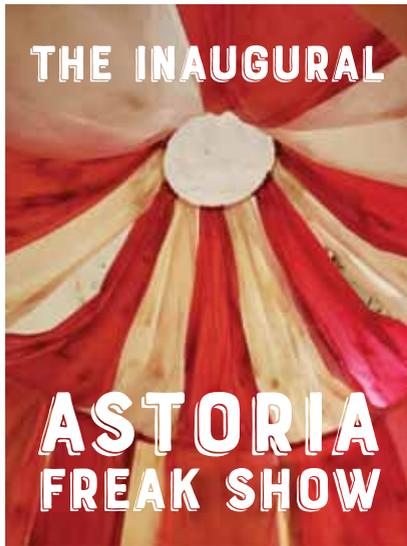
With a view of the Columbia River from the lofted space in her practice, clients can also seek relaxation and healing in a medical grade, infrared sauna. Energetic work, such as reiki, is also offered if clients are open to it.

As esoteric as energy-work and intuitive knowing through fascia can begin to sound to individuals operating within the western medical framework, manual



TENSEGRITY is a portmanteau of the two words *tension* and *integrity*, coined by architect Buckminster Fuller. It is a structural principle where equal forces of distraction and compression create 3-dimensional balance.

By Katherine Lacaze



THE ASTORIA FREAK SHOW started with a simple concept: Inviting a few locals who could do unusual or marginally freaky tricks, like fit an entire fist into their mouth, to show off their quirky skills for a small group of spectators in a low-key setting. Since the initial discussion between Chris Minnick and Jill McVarish earlier this year, however, the idea has evolved wildly – and unexpectedly. “It’s taken off in ways we could never have predicted,” said Minnick, an Astorian author, web developer, and clown aficionado. The inaugural Astoria Freak Show, which will take place during

the **Second Saturday Art Walk on May 11** at McVarish’s Secret Gallery on 10th Street, is being imagined as a gallery art installation depicting a circus sideshow setting with several live acts that celebrate the diversity of nature and human abilities. According to the event website, some of the “incredible feats” to be exhibited may include sword swallows, magicians, fabulous clowns, freaky musicians, human pincushions, people who can solve math problems incredibly fast, and people with weights hanging from their noses and nipples. The organizers are purposely reticent when it comes to the

particulars, determined to preserve the aura of mystery that makes the show enticing in the first place. “It’s become sort of this meta-art show/freak show, where we have all of this excitement built up around it but no one knows what it is,” Minnick said. “It’ll be interesting to see if it meets expectations after no one actually knowing what to expect.”

Getting serious

In January, Minnick, the author of two fantastical novels about clowns and the circus, did a book-signing at McVarish’s clown show. Afterward, during a conversation about other potential events to host at the Secret Gallery, they originated the freak show idea.

The next step was recruiting other creative minds to help with various aspects, such as Sondra Carr of Vignette Coastal Design, who developed an immersive design for the physical space, and Christina Vasquez, who is handling communications and photography.

Originally, the organizers promoted the show by giving tickets to local business sponsors to distribute as they desired. Word quickly spread, however, and people from out of town began calling Minnick, inquiring about the show. Before he knew it, they had distributed a few hundred tickets in a couple of days.

“That’s when we decided we needed to get serious,” said Minnick, adding they started “booking out fantastic performers” and figuring out logistics to manage a crowd likely to be larger than initially anticipated.

Living the dream

For Minnick, the event is a manifestation of his longtime obsession “with the whole sideshow and freak show of the early days, the whole atmosphere of it.” Vasquez, who currently lives in Salem but is relocating to Astoria in a few months, is likewise getting a taste of a world that’s enchanted her since childhood.

“When I was a kid, I was really eccentric,” she said, adding she at various times wanted to be a gymnast, researched fire-breathing, and weighed the possibility of joining Cirque du Soleil. Although she was “never brave enough” to attempt the stunts that often appear in freak shows, her fascination didn’t diminish. Years later, she’s found an opportunity to be involved and “live that dream.”

“It will just fulfill that gap that would have forever been missing,” she said.

Although the organizers are intrigued by sideshow history, they distinguish their interpretation from original freak show acts, which exploited humans possessing biological abnormalities and “gave circus sideshows a bad name,” Minnick said.

His vision of a circus sideshow, and that which is captured by the Astoria Freak Show, is “more of a display of amazing abilities, with the idea of these [performance acts] being things that are dangerous or very difficult to do, that not everyone would even attempt.”

The show specifically precludes acts that are harmful or hurtful to other people, acts that are harmful or hurtful to animals, and acts that are illegal.

Within the immersive and interactive space of the circus-style installation at the gallery, the performers become living, breathing works of art who can be appreciated for their unique talents, Vasquez said.

“We get to go in there and admire them for their uniqueness,” she added.

Freak show itinerary

Originally, the event was going to resemble a typical art show, where spectators could come in, look around, and leave. With the interest that’s accumulated, though, the organizers have reverted to a haunted house-style format. Throughout the evening, all the acts will be rotated, with a few of them running at any given time.

Spectators can enter incrementally in small groups. Those in line will be assigned a time to do their viewing and then armed with a map of downtown Astoria and encouraged to enjoy themselves at local establishments while waiting for their turn.

The structure should prevent the gallery from becoming too crowded, Vasquez said, adding, “It becomes far more enjoyable.”

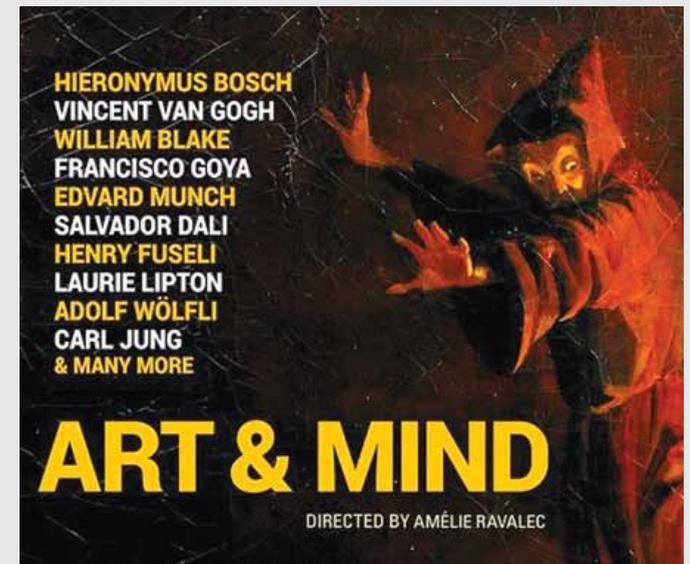
The show will start about 3 p.m. with a kid-friendly version running until 5. After that, the show is designed for an adult audience and will go to about 8.

To complement the Astoria Freak Show, the Merry Time Bar and Grill is hosting the official after-party from 8 p.m. to 1 a.m. for a \$5 cover. The event will include stand-up comedy, live music, and a hotdog-eating contest and, ideally, a large crowd driven by the energy of their experience at the show.

“We want everyone to feel like it’s just a good time in their neighborhood or their town,” Vasquez said.



Elliott Strain is one of the young performers involved in the kid-friendly version of the Astoria Freak Show from 3 to 5 p.m. May 11. Elliott’s mother, Missy Strain, is volunteering with the project. (Photo by Sondra Carr)



THE HOFFMAN CENTER FOR THE ARTS in Manzanita will screen the 2019 UK art documentary “Art & Mind,” written and directed by Amerlie Ravalec, Friday, May 17 at 7:30 p.m. The film lasts 70 minutes, and admission will be \$10.

Described as “a journey into art, madness and the unconscious,” the film explores visionary artists and the creative impulse, from the Flemish Masters of the Renaissance to the avant-garde movement of Surrealism and the unsung geniuses of Art Brut and Outsider Art.

“Art & Mind” presents art historians, artists, museum curators, psychiatrists, and neuroscientists to explore the relationship between art and madness. More than 30 artists are featured, including Hieronymus Bosch, Francisco Goya, Vincent Van Gogh, William Blake, Edvard Munch, Salvador Dali, and Carl Jung.

According to Ravalec, the theme of madness inspired some of the most incredible painters in history, but mad people often experienced an unstoppable urge to create art too.

Ravalec is a London-based Parisian director. Her previous documentary “Industrial Soundtrack For The Urban Decay” traced the origins of Industrial music, from

Her debut film “Paris/Berlin: 20 Years Of Underground Techno” documented the underground movement of techno through the lens of two very different cities, from secret Parisian parties to Berlin’s infamous Berghain club.

“Art & Mind” also investigates how visionary and avant-garde artists sought to explore their unconscious mind as an inspiration for their art.

The theme of madness inspired artists since the Middle-Ages to create truly magnificent paintings: the “Stone of Madness” by Hieronymus Bosch and the Flemish Masters, the apocalyptic visions of Pieter Bruegel, compelling depictions of asylums by Goya and countless portraits of madness including Edvard Munch’s The Scream and Vincent Van Gogh’s Self Portrait with Bandaged Ear.

Art & Mind traces the advances in the understanding of the human mind and its influences on art. The emergence of the unconscious inspired Romantic artists to explore the hidden realms of dreams and visions in their art. Emerging psychology theories of Sigmund Freud and his contemporaries later became a major source of inspiration for the Surrealists.

The border between visionary creation and madness is sometimes tenuous, and many artists experienced bouts of madness. Van Gogh cut his own ear while confined in a psychiatric hospital, William Blake had conversations with dead poets, Goya was hearing voices and Munch was convinced of being condemned into madness since birth. The Surrealists Leonora Carrington, Unica Zürn and Antonin Artaud also spent time confined in asylums and captured their experiences of madness in their art.

Stories of outsider artists are just as inspiring, ranging from the 45-volumes magnum opus of Adolf Wölfli to the compelling portraits of schizophrenia by Bryan Charnley. Art & Mind unveils the history of Art Brut, from its foundations in the dark corners of Victorian asylums to being exhibited in the world’s finest galleries, museums and private collections.

ART ON

Washed Ashore Presents "Art to Save the Sea."

Artists and community organizers gather to reclaim the future and ignite powerful social change in consumer and visitor behavior.



ARTISTS and community organizers gather to reclaim the future and ignite powerful social change in consumer and visitor behavior.

Everyone who has seen Washed Ashore's stunning pieces of public art made from reclaimed marine debris has wondered "How'd they do that?"

Art to Save The Sea will occur May 7th 5:30 - 7:30pm at Seaside Brewing and May 6th 5:30 - 7:30pm at the Bay City Art Center. Search Eventbrite "Art To Save The Sea" for additional events in Gleneden Beach, Yachats, and Brookings. Attendees of these gatherings

will learn the process behind these masterpieces and see a visual presentation by John Tannous, Executive Director of Washed Ashore which explains everything.

Over the next two years several large pieces of public art will be created and sighted in various communities on the Central and Northern Oregon Coast. Communities interested in securing such a piece of public art should attend and inquire about the siting process.

After learning about the unique process Washed Ashore has championed, interested artists and community organizers can apply for a multi-week artist residency in Bandon to dive deeper into their process and support the creation of future pieces of public art from marine debris.

Some scholarships and living stipends are available by the generous support of the Oregon Coast Visitors Association and Travel

Oregon.

May 6th 5:30 - 7:30pm (Bay City) Bay City Arts Center 5680 A Street Bay City, Or 97107

May 7th 5:30 - 7:30pm (Seaside) Seaside Brewing 851 Broadway Seaside OR 97138

About Washed Ashore: Washed Ashore builds and exhibits aesthetically powerful art to educate a global audience about plastic pollution in oceans and waterways and spark positive changes in consumer habits.

The Wetlands Conservancy presents ODE TO THE TIDES

TO CELEBRATE the aesthetic and ecological significance of Oregon's estuaries and tide pools, The Wetlands Conservancy has partnered with the Clatsop County Cultural Coalition, Oregon Sea Grant, and Institute for Natural Resources to host the Ode to Tides art exhibit and sale. The exhibit will be at Oregon State University through May, and in Seaside through June.

The exhibit opens during Seaside First Saturday Art Walk on June 1. Art will be on display at two locations – Fairweather House and Gallery, and the upstairs gallery at Beach Books on Broadway Avenue.

The traveling exhibit includes artwork of all kinds, from paintings to fiber, wood, stone, glass and ceramics. With regional and local artists displaying their work, the exhibit and sale bring together a multitude of styles and creativity.

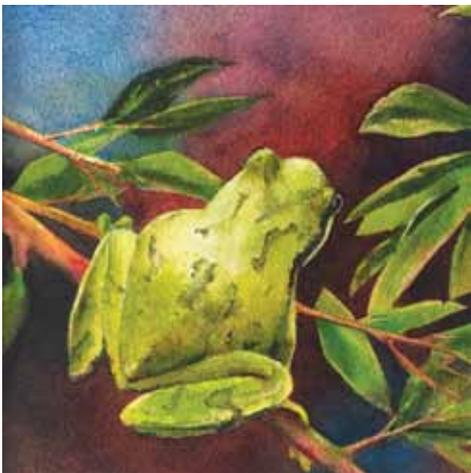
The exhibit will feature juried art for purchase. A portion of the sale of each piece of art will support The Wetlands Conservancy's program to conserve Oregon's Coastal estuaries.

The exhibit focuses on the plants, animals, fish, land formations and the magic of estuaries and tide pools, the

rich mixing zones where freshwater from the land meets salt water from the sea. This blend creates a unique environment with abundant and diverse life. Estuaries gather nutrients from both land and sea, forming an ecosystem that contains more life per square inch than the richest Midwest farmland. Oregon's 22 major estuaries are ecologically essential for many fish and wildlife species, including salmon, herring, flounder, crab, oysters, clams, wading birds, ducks, and otters, providing habitat for reproduction, rearing, resting and foraging.

About The Wetlands Conservancy: Founded in 1981, The Wetlands Conservancy is the only organization in Oregon dedicated to working in partnership with communities statewide to permanently protect, conserve and restore Oregon's greatest wetlands—our most biologically rich and diverse lands. The mission of The Wetlands Conservancy is to conserve, enhance and restore the physical and ecological values of Oregon's greatest wetlands for current and future generations. For more information please visit www.wetlandsconservancy.org.

"Frog with a View" by artist Mary Burgess/ watercolor



Opens June 1 • Seaside

MAY CALENDAR

Saturday 4

MUSIC

Bayside Singers. 2pm at the Chinook Event Center.

Lee Stromquist. 6pm at the Bridgewater Bistro in Astoria.

Concert to Benefit Naselle Community Center. With Carl Wirkkala, Lucas Holmgren, Kim Angelis, Jennifer Goodenberger and more. 6:30pm at the Naselle Community Center.

Deborah Mayer & Cary Lewis. \$20 - \$40. 7pm at the Liberty Theater in Astoria.

Pete Seeger 100th Birthday Tribute Concert and Sing Along. \$15, 7pm at the PAC in Astoria.

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

Chicks With Hits. \$25 - \$40, 8pm at Chinook Winds in Lincoln City.

Thomas Mudrick. 8pm at the Sou'wester Lodge in Seaview.

Wesley Randolph Eader. No cover, 9pm at the Adrift Hotel in Long Beach.

Metts, Ryan, & Collins. \$5 cover, 9pm at the San Dune Pub in Manzanita.

ART

Tokeland Art Studio Tour and Auction. 10 - 5pm. tokelandnorthcove.com

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

Spring Unveiling Arts Festival. At several venues in Cannon Beach. cbgallerygroup.cpm/events/

FOOD & DRINK

Oyster Feed. 1 - 4pm at the Long Beach Elks.

HAPPENING

Ilwaco Children's Parade & Blessing of the Fleet. Noon - 5pm in Ilwaco.

CCC Foundation Arts and Experiences Auction and Dinner. \$85, 5pm at Patriot Hall, CCC, Astoria. Register at clatsopcc.edu/foundation

Culture of Course. An Affair to Remember. Annual benefit dinner & auction including a buffet dinner, carnival games, live auction and crooner Rocky Blumhagen. 5:30pm at the Lincoln City Cultural Center.

Day at the Library. Relax and have fun with family and friends at the library's free monthly Game Day. 2 - 4pm at the Astoria Public Library.

Plant & Garden Sale. 9am - 4pm at St Mary Star of the Sea in Astoria.

Wildlife Center of the North Coast Open House. Plus native plant sale. Suggested donation, \$10 per car. 10am - 5pm in Olney.

Star Wars Party. A costume and dance party celebrating all things Star Wars. \$5 cover, 9pm at the Labor Temple in Astoria.

Whale Spirit Drum Circle. \$10 suggested donation. 7 - 8pm at the Bob Chisholm Community Center in Seaside, or at outdoor location TBA if the weather is good. WhaleSpirit.com

Plant Sale. 9am - 2pm at the 4-H/FFA Pavilion at the Tillamook County Fairgrounds in Tillamook.

Open Mic & Community Dinner. Dinner by donation, 6 - 8pm at Fairview Grange in Tillamook.

THEATER

Curtain Up! Comedy. \$10, 7:30pm at the Hannan Playhouse in Raymond.

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

Sunday 5

MUSIC

Julie Smith. 11:30am - 2pm at the Bridgewater Bistro in Astoria.

Dan Sternadel. 6pm at the Bridgewater Bistro in Astoria.

Wesley Randolph Eader. No cover, 7pm at the Adrift Hotel in Long Beach.

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

ART

Spring Unveiling Arts Festival. At several venues in Cannon Beach. cbgallerygroup.cpm/events/

FOOD & DRINK

Cowboy Breakfast. 7 - 11am at the Peninsula Saddle Grounds, Long Beach.

HAPPENING

Fire Truck Rides for Kids. 10 - 11am at the Ilwaco Fire Hall.

Loyalty Days Grand Parade. loyaltydayslongbeach.com

Wildlife Center of the North Coast Open House. Plus native plant sale. Suggested donation, \$10 per car. 10am - 5pm in Olney.

Beers & Bargains. Items for sale include vintage clothing, hand-made jewelry, and general odds and ends. 3 - 7pm at the Labor Temple in Astoria.

THEATER

Curtain Up! Comedy. \$10, 2pm at the Hannan Playhouse in Raymond.

Monday 6

MUSIC

Dan Sterndahl. 6pm at the Bridgewater in Astoria.

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

ART

Art To Save the Sea Presentation. Free, preregistration required. 5:30 - 7:30pm at the Bay City Arts Center. Register at eventbrite.com

CINEMA

Rabbit in the Moon, Documentary. 6pm at the Driftwood Public Library in Lincoln City.

Tuesday 7

MUSIC

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

ART

Art To Save the Sea Presentation. Free, preregistration required. 5:30 - 7:30pm at Seaside Brewing. Register at eventbrite.com

HAPPENING

Annual Tap Dance Festival. \$10, 7pm at the Liberty Theater in Astoria.

LECTURE

Coastal Encounters. Crabbing. With Bill Lackner. 6:30 pm at the Driftwood Public Library in Lincoln City.

Wednesday 8

MUSIC

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

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

HAPPENING

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

LECTURE

Conservation Land and Public Awareness. With Katie Voelke. 7pm at the Cannon Beach Library.

LITERARY

Lunch in the Loft. With author Apricot Irving, who will read from her work. \$25 includes a catered lunch and a signed copy of Irving's memoir "Gospel of Trees". Noon at Beach Books in Seaside.

Thursday 9

MUSIC

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

THEATER

God of Carnage. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

Friday 10

MUSIC

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

Joanna Lee. 7pm at the Gearhart Hotel.

A Night of Punk, Rock & Roll, and Metal. With Al and the Kaydas, The Proper Channels, Joe McKinney, and more. \$5, 9pm at the Labor Temple in Astoria.

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

FOOD & DRINK

North Coast Culinary Fest. Experience the ultimate in coastal culinary arts, in honor of James Beard. In Cannon Beach. FMI, visit cannonbeach.

HAPPENING

Tall Ships in Ilwaco. Tours of the Hawaiian Chieftain and the Lady Washington \$5 donation. 2 - 6pm at the Port of Ilwaco.



Strangled Darlings

Take what you think you know about folk music, Americana and the likes of that, crumple it up and set it on fire or something. Strangled Darlings have expert song writing, exquisite musicianship, funky beats, flowing melodies and a twisted sense of humor.

-- New England Concert Reviews, October 2014

Sunday May 12, 8-10pm at Fort George in Astoria.

The Princess and the Pea. Performed by the Astoria School of Ballet. \$15, 7pm at the Liberty Theater in Astoria.

Comedy on the Coast. Russ Nagel, Tyson Faifer, and David Testroet. \$15, 8pm at Chinook Winds in Lincoln City.

THEATER

Curtain Up! Comedy. \$10, 7:30pm at the Hannan Playhouse in Raymond.

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

God of Carnage. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

Saturday 11

MUSIC

Bayside Singers. 2pm at the Ocean Park Lutheran Church.

David Drury. 6pm at the Bridgewater in Astoria.

Niall Carroll. 6pm at Astoria Brewing.

Britnee Kellogg. 7pm at Public Coast Brewing in Cannon Beach.

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

Stumptown Swing. \$20, 7pm at the Hoffman Center in Manzanita.

The Adventures of Chicken and Dumpling. 8pm at the Sou'wester Lodge in Seaview.

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

Rockfish Blues Band. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Punk Show. With Kill the Poor and Broken Bodies. \$5, 10pm at the Labor Temple in Astoria.

ART

Astoria Artwalk. Free, 5 - 9pm at galleries and other businesses n downtown Astoria.

CINEMA

Documentary Film Festival. With filmmaker Ron Walker. Free, 1pm at the Seaside Library.

FOOD & DRINK

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

North Coast Culinary Fest. Experience the ultimate in coastal culinary arts, in honor of James Beard. In Cannon Beach. FMI, visit cannonbeach.org

TURNBACK BOYZ: A TIME TRAVELING QUEER BOYBAND

Saturday June 8, 7:00 pm
The Hoffman Center in Manzanita

TURNBACK BOYZ is a time traveling queer boyband, exploring history and pushing back against toxic masculinity.

This inter-galactic, collaborative musical theater ensemble stars Oliver Gold, Peter Pansy, Tommy Tugunns and JB Bender!

Turnback Boyz feature original songs including Love is Cheesy, Femme I See You, Consent is Sexy, Fool's Gold, Self Made Man, Yelling in the Dark, plus covers of some of your faves!

With live music, sweet sweet harmonies, cool choreography, fabulous fashion, witty banter and queer history lessons, we will turn you!

The Turnback Boyz hit a pleasure nerve anyone, gay or straight, can access!

Post Show Talkback:

Deconstructing the Boyband: on gender, race, pop culture and collaborative creative process; an interview with the Turnback Boyz.

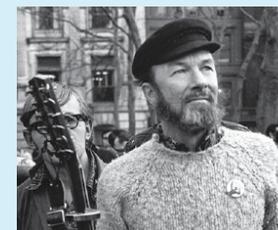
Tickets can be purchased here:

turnbackboyz-hoffman.brownpapertickets.com
\$10 - \$20 sliding scale at the door. Cash only please.



PETE SEEGER 100TH BIRTHDAY CELEBRATION

Saturday May 4 at 7pm
THE PAC at 16th and
Franklin in Astoria -
A PAC Benefit - \$15.00
Don't miss it!



HAPPENING

Tall Ships in Ilwaco. historicalseaport.org

Master Gardener Spring Fair 8am - 3pm at the Clatsop County Fairgrounds, Astoria.

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

Astoria Freak Show. A celebration of the diversity of nature and human abilities, in a circus sideshow setting. \$2, 5pm at McVarish Gallery in Astoria.

Comedy on the Coast. Russ Nagel, Tyson Faifer, and David Testroet. \$15, 8pm at Chinook Winds in Lincoln City.

LECTURE

AE Doyle's and Ellis Lawrence's Beach Architecture. With Phil Niles. 3 - 5pm at the Pine Grove Community Center in Manzanita.

Biomass and Our Low-Carbon Future. Marcus Kauffman will share stories of the people, policies, and potential of using biomass from Oregon's forests in a carbon-constrained world. 11am at the Tillamook Forest Center. RSVP by emailing luke.c.wahl@oregon.gov

Salt in Our Blood. Family Commercial Fishing in Lincoln County. With Michelle Longo Eder. 3 pm at the Driftwood Public Library in Lincoln City.

THEATER

Curtain Up! Comedy. \$10, 7:30pm at the Hannan Playhouse in Raymond.

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

God of Carnage. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

Sunday 12

MUSIC

The Brownsmead Flats. \$15, 2pm at the Historic Raymond Theater in Raymond.

Randy Byrne. 6pm at the Bridgewater in Astoria.

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

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

FOOD & DRINK

North Coast Culinary Fest. In Cannon Beach. FMI, visit cannonbeach.org

HAPPENING

Tall Ships in Ilwaco. historicalseaport.org

LECTURE

The Dangers of Ocean Fishing. 3 pm at the Driftwood Public Library in Lincoln City.

OUTSIDE

International Migratory Bird Day. join birding expert James Billstine. Lower Nehalem Community Land Trust's Alder Creek Farm in Nehalem. 9am - noon.

THEATER

Curtain Up! Comedy. \$10, 2pm at the Hannan Playhouse in Raymond.

Monday 13

MUSIC

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

Tuesday 14

MUSIC

Fareed Haque & Flat Earth. \$15, 6:30pm at White Clover Grange, Nehalem.

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

LECTURE

Coastal Encounters. Agate Hunting. With Kay Myers. 6:30 pm at the Driftwood Public Library in Lincoln City.

Wednesday 15

MUSIC

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

The Beau Brothers and Steve Frost. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

Thursday 16

MUSIC

Basin Street NW. 6pm at the Bridgewater in Astoria.

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

LECTURE

Did Francis Drake and the Golden Hind Land at Whale Cove in 1579? With Melissa Darby. 4pm at the Cannon Beach History Center and Museum.

→ cont. p19



"I've become promiscuous." Jenni Tronier and Richard Bowman in Bunbury

BUNBURY

at the Coaster May 3 - 26

WHAT IF ROMEO and Juliet lived happily ever after? What if Blanche Dubois didn't go crazy? When two unseen characters from classic literature – Bunbury (The Importance of Being Earnest) and Rosaline (Romeo and Juliet) – join forces and sweep through time and literature to change their fate and potentially the future of the world. Together they infiltrate and alter classic literature, including giving Romeo and Juliet a happy ending. As they travel among classic literature, Bunbury realizes what they've done. They embark on a mission to correct their correction and help Bunbury prove that even if he is fictional, he's not a trivial character, nor is anyone else in the world.

Directed by Ryan Hull. CAST: Ann Bronson, Todd Payne, Ben Fabion, Thomas Ryan, Bennett Hunter, Jenni Tronier, Lindsey Walkemeyer, Ann Branson, Danyelle Tinker, Richard Bowman.

May 3 - 26. Fridays and Saturdays 7:30pm. Sunday Matinees 3pm. Tickets \$25-\$20. Go to coastertheatre.com

Reader's Theatre at the McTavish "Old Ringers" by Joe Simonelli

FOUR FEMALE SENIOR CITIZENS decide that extra income is needed all around. They develop a sex chat line to supplement their income. Feeling that they have to "dress" the part in order to talk sexy on the phone is where the fun begins. More comedy comes when the daughter of the house owner appears on the scene with a policeman.

The cast includes: Patricia Shannon, Susan Wentworth and Susi Brown. Directed by Sen Incavo.

Performance dates: May 23, 24, 29, 30, 31 at 7:00 pm McTavish Room, Liberty Theatre, Tickets \$15.00 at the door.

SHANGHAIED SUMMER

ASOC announces auditions for 2019 SHANGHAIED IN ASTORIA, set for Saturday, May 11 at 12pm, and Sunday, May 12 at 6pm. Held at the ASOC Playhouse at 129 West Bond St.

Being a part of "Shanghaiied" is guaranteed to make your summer a rewarding lifetime memory as you connect, learn and grow through theatre techniques and this precise style of stage craft performance. Over two dozen delightful & colorful parts are open for guys and gals 17 to any age! Parts for: Sturdy Women, Nefarious Saloon Owners, Jolly Fishermen, Nasty Villains and a Sweetheart or two! Along with spots for dancers, musicians and technical help.

Shanghaiied In Astoria began in the mid 1980's with a bare bones budget and a cast of fun and talented friends that has now grown into a piece of Astoria's folklore, entertaining over 100,000 people in its 35 year history. The story centers on the "Shanghaiing" of the hero and his daring rescue, all in melodramatic style with audience participation - cheering, booing, sighing and throwing popcorn! Shanghaiied in Astoria runs July 11-September 14 on Thursday, Friday and Saturday nights at 7pm and Sunday matinees at 2pm on July 28, August 18 and September 8. FMI: asocplay.com

AUDITIONS

PIER PRESSURE PRODUCTIONS 10:15 Snowy White: a whole nother story

PIER PRESSURE PRODUCTIONS continues its TEN-FIFTEEN series with an elaborately costumed reading of Snow White, an adaptation of the famous 19th-century German fairy tale by the Brothers Grimm.

This version is neither the original Brothers Grimm tale nor the well-known version brought to the silver screen in 1937 by Walt Disney Studios. Instead, Pier Pressure's Snow White has a taste of local color. The audience will meet very tall dwarfs who work in the woods rather than the mines. The princess is called Snowy by her friends, a trio of talking animals. Her father is going to marry a not-so-nice queen, who engages her side-kick, Dame Ditzzy-Doodle, to do her bidding. The queen has vowed to leave her trickery behind and embrace her new life until her magic mirror tells her she is no longer "the fairest in the land." She, of course, schemes to get rid of this comely princess and she does a pretty good job of it. Fortunately, the story has a handsome, self-absorbed prince, who does "save the day." In traditional fairy tale parlance, our narrator begins with "Once upon a time" and yes, ends with "They all lived happily ever after."

The cast and crew are Rhonda Alderman, Mick Alderman, Richard Bracke, Susi Brown, Gigi Chadwick, DanPa, Jacob Storm Deatherage, Katrina Godderz, Bill Ham, Brandy Hussa, Jason Hussa, Toby Hussa, Daric Moore, Nancy Mont-



Katrina Godderz and Gigi Chadwick

gomery, Sally Musemeche, Carol Newman, Milo Schimelpfenig, Ruary Schimelpfenig, Slab Slabinski, Ben Van Osdol and Stephen Wood.

DATE: Wednesday, May 15. There are three performances of this play written for a very young audience of pre-school and kindergarten age. The performances are 10:15am, 12:15pm, and 7:15pm at 1015 Commercial Street in Astoria. It is free to the public. Children will be seated first. If you have any questions and are considering bringing a group of children to any of the performances, please call Susi at 503-791-8914.

Astoria School Of Ballet Celebrates 10 Years Of School Programming

THE LIBERTY THEATRE is abuzz getting ready to welcome more than 2,000 students between the ages of 4 and 11 over four school field trips next week! This year marks the 10th anniversary of the collaboration between the Liberty Theatre and the Astoria School of Ballet.

The Astoria School of Ballet was founded by Margaret Wall in June 2004 and has since become recognized as the premier ballet school on the Oregon Coast. Ms. Wall grew up near Ann Arbor, Michigan where she began her ballet training at age three with Lee Ann King. At 12, Ms. Wall began studying with Mr. Iacob Lascu in Bloomfield Hills, Michigan where she was truly shaped as a dancer and was offered numerous opportunities to perform professionally with the Detroit Symphony Orchestra and the Michigan Opera Theatre. She spent summers studying with BalletMet in Columbus, OH and The Kirov Academy in D.C. The Astoria School of Ballet has proudly been located within The Liberty Theatre since 2012.



The Princess & The Pea May 10

THE STORY of The Princess & The Pea follows a prince who is searching for a Princess to marry. However, the Prince's mother (the Queen) doesn't want him to just marry any old Princess. She wants to find a real Princess for him. So, when the Princesses come to visit the Queen has them sleep on a bed of twenty-two mattresses with one pea hidden waaaaaaay at the bottom!

Which Princess will feel the pea under the mattresses? Will she marry the Prince? Perfect for all ages, this ballet is colorful and whimsical and is sure to delight Liberty audiences. Original adaptation by Margaret Wall, Astoria School of Ballet.

Tickets to the public performance on May 10 at 7pm are available in the Liberty Box Office Wed-Sat 2pm-5:30pm or online at libertyastoria.org. General admission \$15.

Astoria Visual Arts Presents "The Print Portfolio Project"



The AVA Gallery presents "The Print Portfolio Project" a group exhibition of exceptional new works featuring eight North Coast artists: Jamie Boyd, John Clark, Reed Clark, David Coyne, Stirling Gorsuch, Roger Hayes, Jill McVarish, and Robert Paulmenn.

Studio 11's master printmaker John Clark guided the other artists and helped produce a collection of intaglio prints, each one encompassing complex printmaking methods. Jill McVarish's "Asparagus Farmer," for example, was first etched via drypoint, in which the image was incised into a copperplate with a hard-pointed needle-like tool. It was then finished with spit bite aquatint, an acid wash, in which the acid "bites" wherever it touches the plate, showing brushstrokes, drips, and dots, resembling a watercolor in the final print.

These limited-edition prints will be available for purchase singly or in a special collector's boxed set of eight, with all proceeds donated by the artists in support of the non-profit Astoria Visual Arts.

"The Print Portfolio Project" opens Saturday, May 11th, at the AVA Gallery, 1010 Duane Street, during the Astoria 2nd Saturday ArtWalk and runs through June 2nd, 2019. Artists will be present at the opening reception on Saturday, May 11th from 5:00 – 8:00 p.m. The AVA Gallery hours are Friday, Saturday and Sunday noon-5pm and by appointment via astoriavisualarts@gmail.com.



Jill McVarish, intaglio print

NANETTE WALLACE AT MCVARISH GALLERY

MCVARISH GALLERY presents the haunting monotype work of Nanette Wallace.

Opening Saturday, May 11th, this powerful body of work was the inspiration for the Astoria Freak Show in the Secret Gallery that will be running concurrently with Art Walk, 5-8 that night.

Oregon native, Nanette spent her childhood playing in the woods, fostering her vivid imagination. These intriguing new monoprints reveal depths of that creativity with a dark and nostalgic presence.

A monotype is a one of a kind, monoprint and these images are that. She draws inspiration from early twentieth century photography, then paints backward on plexiglass by covering it in ink, and then pulling it off, to reveal light through the darkness of the ink, creating a dramatic chiaroscuro effect, lighting the circus performers and side show characters she has brought together for this show. Her use of ghost imagery and various distressing methods, give the pieces a feeling snapshots from a surreal past come to life.

Wallace will soon be a featured artist in the book "The Printmaking Ideas Book" published by Octopus Pu.

An opening reception will be held Second Saturday, May 11 from 5 - 8:30pm at McVarish Gallery, 160 Tenth Street, Astoria www.mcvarishgallery.com



Balancing Act, monotype

Two Solo Shows at RiverSea

RIVERSEA GALLERY presents two solo exhibitions featuring Pacific Northwest painters: expressionist figures by L McDonald of Portland, and energetic landscapes and still lifes by Vancouver, Washington artist, Michael Lindstrom. Both shows open on May 11 during Astoria's Second Saturday Artwalk with a reception from 5:00 to 8:00 pm. The artists will be on hand to discuss their work. Artwork will remain on view through June 4, 2019.

In this show, Poetry of Gesture, L McDonald draws upon her insightful imagination to paint enigmatic figures set in abstracted

spaces suffused with saturated color. With only a suggestion of facial features, her figures convey emotion through body language and gesture. Their apparent musings and relationships form intriguing, yet mysterious, narratives. McDonald uses color effectively to impart a contemplative and ethereal quality to her paintings, drawing the viewer into her world.

In the Alcove, Michael Lindstrom shows Cause and Effect, a series of landscapes and still lifes painted with fearless abandon. His work is bold and passionate, with intuitive color choices, lushly rendered with expressive brushwork, and a direct response to his love of nature. Full of juicy, vibrant color and energetic movement of paint, his works offer a sense of immersion in an untamed natural world.

A plein air and studio painter, Lindstrom has been selected as one of the artists to participate in the Pacific Northwest Plein Air event held this August at the Maryhill Museum in Goldendale, Washington.

RiverSea Gallery is located at 1160 Commercial in Astoria Open Mon - Saturday, 11:00 to 5:30 and Sun 11:00 to 4:00. 503-325-1270, riverseagallery.com.



McDonald, Lady of the Canyon, 18x18



Lindstrom, Early Spring Morning, 9x12

Mary Schlunegger At Trail's End

TRAIL'S END GALLERY opens a new show during the Gearhart ArtWalk on May 4 featuring Mary Schlunegger, a painter in acrylic, fabric and 3-D art. Her show is entitled "Fashionable Art" and will include wearable pieces as well as her paintings and whimsical gourds. The show will be on display throughout the month of May. A reception in her honor will be from 2-5pm. Other Trail's End artists will be represented around the gallery and entryway area.

Mary has had a lifelong passion for all forms of art. She says, "I have drawn and painted since childhood. Having spent most of my life growing up surfing the shores of California and Hawaii I have been able to find great inspiration from those memories.

Mary earned a BA degree from San Diego State University and since moving to the coast has studied under Shirley Dahlsten and Michael Schlichting. Her gallery exhibitions have been held at Trail's End Art Gallery, Fairweather's Home and Gallery, the Gallery on 10th, The Great Gallery and in private collections.

Opening reception in Schlunegger's honor from 2-5pm, May 4. The gallery is located at 656 A Street in Gearhart.



GARDEN STUDIES: DEB STONER AT IMOGEN

IMOGEN GALLERY continues a solo exhibition for Portland artist Deb Stoner. Stoner, an accomplished photographer brings a new series of archival pigment prints, focusing on her love of gardening and the Dutch masters of still life painting. The exhibition will be on view through June 4th. Stoner from Portland, OR, combines her skills as photographer, researcher, and gardener along with a meticulous sense of detail to create dramatic still life imagery.

Imogen Gallery is located at 240 11th Street, Open Mon-Sat, 11- 5, 11- 4 each Sunday, closed Wed. 503.468.0620 imogengallery.com



"Rose, Peonies and Clematis" archival pigment print on cotton rag paper 72" x 52"

New Gallery Opening: Studio Don't Tell

NEW GALLERY Studio Don't Tell opens May 11 coinciding with 2nd Saturday Art Walk in Astoria. Studio Don't Tell is owned and operated by local artist Yoshi Moro. The gallery offers an immersive art experience using light and sound to enhance your experience of the many original paintings on display. Location: 1040 Commercial Street, Astoria, OR

Grand Opening Saturday May 11th, 2019 from 5 – 8 pm. 1040 Commercial Street, Astoria. For more information, contact Yoshi Moro at 971-286-1100 or at www.yoshimoro.com

Handbound Journals

LUMINARI ARTS features a trunk show of handbound journals crafted by local Jacob Storm Detherege. Come meet the artist and see a demonstration of the making of this upcycled hard cover book journals. Music with Michael Metzner and brothers Luke and Olaf Ydstie.

Luminari Arts is located at 1133 Commercial in Astoria – open daily

WORD.

The 7th Edition of the North Coast Squid a journal for local writing and art. Still time to submit . . . !

THE SEVENTH North Coast Squid literary magazine, which showcases work of writers and artists who live on the north Oregon coast or have a strong connection to the area, will be published in November 2019.

Submissions will be accepted from May 15 through June 30, 2019. Submissions are accepted for fiction, nonfiction (to include memoir), and poetry. All writing submissions are selected in a blind judging by authors/poets outside the coastal area. Submissions of art and photos are accepted for cover art and inside art. Submission fee for each category is \$3. Watch for detailed submission guidelines at hoffmanarts.org.

With submissions possible through June 30, take advantage of upcoming writing workshops to help you submit your best work. Go to <https://hoffmanarts.org/writing/writing-workshops-events/>. The Writing Lounge held every Tuesday from 10:30 to 1pm at the Hoffman Center is a great place to write without household distractions, and to read your work to other writers for initial response. On alternate Tuesdays WL offers short

peer-led craft sessions to improve your writing. Writing Lounge has a drop-in fee of just \$5.

On June 22 WL will offer a Squid-specific writing workshop for up to ten writers to share and workshop drafts of submissions-in-progress. The fee for that is \$10.

John Brehm will judge poetry for the North Coast Squid. He is the author of *Sea of Faith and Help Is on the Way*. He is the associate editor for *The Oxford Book of American Poetry* and the editor of *The Poetry of Impermanence, Mindfulness, and Joy*. His poems have appeared in *Poetry*, *The Gettysburg Review*, *The Southern Review*, *Gulf Coast*, *New Ohio Review*, *The Writer's Almanac*, *The Best American Poetry*, and many other journals and anthologies.

Omar Al-Akkad will judge nonfiction. He is the author of the novel *American War*. El Akkad worked as an international war reporter for Canada's *The Globe and Mail*. He is a recipient of the National Newspaper Award for investigative reporting. He has received the Goff Penny Memorial Prize for Young Journalists, as well



as three National Magazine Award honorable mentions. He is a graduate of Queen's University.

Megan Kruse will judge fiction. She is author of the novel *Call Me Home*. She studied creative writing at Oberlin College and earned her MFA at the University of Montana. Her work has appeared widely in journals and anthologies. She teaches fiction at Eastern Oregon University's Low-Residency MFA program, Hugo House, and Gotham Writers Workshop. She was the recipient of a 2016 Pacific Northwest Book Award, and one of the National Book Foundation's 5 Under 35 for 2015.

The North Coast Squid and Manzanita Writers' Series are programs of the Hoffman Center for the Arts. Further information is available at hoffmanarts.org

Dreaming Up Poetry with Kimberly O'Bryant

LEARN HOW TO ACCESS your subconscious and apply dreams, their symbols, and poetic imagery to your writing. Amongst many dream practitioners, Kimberly borrows from Robert Moss' Active Dreaming (as a long-time student in his dream school), Toko-pa/Dream-walking, Arnold Mindells' process oriented psychology and dreaming, Robert Johnsons' Active Imagination, Sandra Ingermans' shamanic journeying practices and Richard Schwartz's Internal Family Systems incorporating psychodrama & dream theater as experienced with practitioner Katelyn Staecker, and of course the teachings of Jung.

Kimberly has called the quiet of Astoria home the past twenty-two years and has been creatively weaving together poetry, dreams and the daily most of her life.

May 25, 10am – 12:40pm. Astoria Studio Collective, 372 10th St, Astoria, OR

All workshops are \$35, with a \$10 discount for members.. For more details and to register for the workshop, please go to: <https://www.thewritersguild.org/workshops>



Philosophy Talk Women & The Examined Life

What is it to speak and think philosophically, as a woman? Does the way one is embodied in the world shape the way they think philosophically? And can philosophy, as a practice in life, help us be more at home in ourselves and in the world, regardless of who we are?

SPEAKERS – Robin Cangie, Clarisse Coventry, Gad Perez, & Dani Williams

Thursday May 23, 7pm at the Fort George Lovell Room in Astoria.

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.
FMI: Mary Lou McAuley
mmcauley05@gmail.com



WRITE ASTORIA

A free, open forum
where
writers
read from
works
in progress and offer
each other construc-
tive feedback. The
group meets in the
Astoria Public Library
Flag Room twice/
month, on 1st and 3rd
Wed. 5-7pm.



FINDING HUMANITY BEHIND BARS: Authors Lauren Kessler and Nancy Miller Gomez discuss the transformative power of words for prison inmates

THE US HAS the highest rate of incarceration in the world. Listen to two authors who spend time with some of the inmates—Kessler with "Lifers" in a maximum-security prison and Gomez with men and women in Santa Cruz CA county jails and prisons. They'll talk about the ways writing can heal, redeem, and give meaning to life in prison as well as how the experience has made a difference in their own lives.

Lauren Kessler will read from *A Grip of Time: When Prison is Your Life*, based on three years of running writing workshops inside the Oregon State Penitentiary.

Kessler says her mission was to "learn about this hidden world. So that we all could. I could teach these men to craft stories. They could educate me about prison life. I needed to know—I thought we all needed to know—who these people were that we put away, far away from us, in a country that puts more people in prison than any other country on earth."

Nancy Miller Gomez will read from her poetry chapbook *Punishment*, a 2018 Rattle Poetry Chapbook Selection. Gomez teaches poetry workshops to inmates at Salinas Valley State Prison. These workshops foster creativity and self-expression, providing an opportunity for inmates to transform personal suffering into a shared experience through poems and stories. The workshops help participants heal emotional wounds and make meaning of their lives.

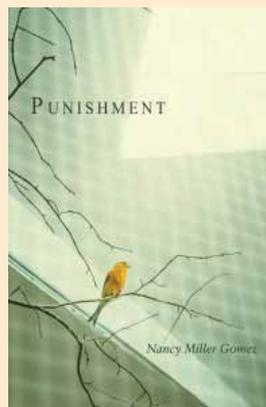
Kessler is an award-winning author and immersion reporter who combines lively narrative with deep research. She is the author of ten works of narrative nonfiction. Her work has appeared in the *New York Times Magazine*, *O magazine*, *salon.com*, *Utne Reader* and others.

Gomez has a Masters in Fine Arts in Writing from Pacific University. Her work has appeared in *River Styx*, *Rattle*, *The Bellingham Review*, *Nimrod* and elsewhere.

Kessler will also teach a writing workshop on *Making Characters Come Alive* during the day from 10am to 12:30pm. Fee is \$60. The workshop requires a minimum of six attendees so register soon at <https://hoffmanarts.org/events/writing-workshop-character-2019/>.

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

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



Did Francis Drake and the Golden Hind land at Whale Cove in 1579?



DON'T MISS an engaging and intriguing talk on Sir Francis Drake and the Golden Hind at the **Cannon Beach History Center & Museum on THURSDAY, MAY 16** at 4:00 p.m. There are many questions about Sir Francis Drake and how far north he really came. Melissa Darby will endeavor to unravel the mysteries and misinformation surrounding Sir Francis Drake and his famous circumnavigation of the world.

Darby's talk will focus on their forced landing in the summer of 1579 and infor-

mation she has gathered while writing her book, "Thunder Go North, The Hunt for Sir Francis Drake Fair and Good Bay." The Golden Hind was leaking, and Sir Francis Drake and his crew were in peril. They searched the coast and found what they called 'Fair and Good Bay' with a protected beach so they could lay the ship completely on her sides to get to the leak. Was it in Oregon? Darby will share compelling information about why she thinks this bay may have been in Oregon.

Darby is an anthropologist and an archaeologist with over thirty years experience in the field. She can speak on the ethnobiology of the people of the Lower Columbia, the theory relating to Sir Francis Drake landing in Oregon, architecture of the Northwest Coast People including Kalapuya, Oregon Coast and Chinookan peoples, and on a skillet possibly from the Lewis and Clark Expedition. Her presentations incorporate old photographs, maps, drawings and splendid animation.

Seating and parking for this event is limited, so arrive early. Take advantage of this opportunity to visit the museum and check out their latest exhibits – including an engaging exhibit on the shipwrecks of the Oregon coast.

The Cannon Beach History Center & Museum, located in mid-town Cannon Beach, is open Wednesday through Monday, from 11:00 a.m. until 4:00 p.m.

The Cannon Beach History Center & Museum also features the history of Cannon Beach and Arch Cape, a longhouse replica, tide pool exhibit, and the cannon that Cannon Beach is named for. For more information visit www.cbhistory.org, find us on Facebook or call 503.436.9301

THEATER

God of Carnage. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

Friday 17

MUSIC

Buzz Rogowski. 6pm at the Bridgewater in Astoria.

Niall Carroll. 6pm at the Astoria Brewing Company.

Maggie & the Katz. 6:30 at Sweet Basil's Café in Cannon Beach.

Folkslinger. 7pm at the Gearhart Hotel.

Geezer Creek. 7pm at T Paul's Supper Club in Astoria.

North Coast Chorale. Songs of the Earth. \$10, 7pm at the PAC in Astoria.

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

ART

Art on the Edge. Annual Central Oregon Coast Art Studio Tour. 10am - 5pm from Neskowin to Depoe Bay. artstudiotourlccc.com

HAPPENING

Cheap Jokes & Dirty Whiskey. Live comedy, 8:30pm at the Labor Temple in Astoria.

Decadent 80's Dance Party. 10pm at the Labor Temple in Astoria.

OUTSIDE

Fat Bike Festival. A weekend of Fat Bike events in Cannon Beach. bikecannonbeach.com

THEATER

God of Carnage. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

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

Saturday 18

MUSIC

David Drury. 6pm at Bridgewater in Astoria.

Niall Carroll. 7pm at WineKraft in Astoria.

The Stargazer Lilies and Lorka Scher. 8pm at the Sou'wester Lodge in Seaview.

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

Trask River Redemption. \$5 cover, 9pm at the San Dune Pub in Manzanita.

Beardz II Men. 9:30pm at the Labor Temple in Astoria.

ART

Art on the Edge. Annual Central Oregon Coast Art Studio Tour. 10am - 5pm from Neskowin to Depoe Bay. artstudiotourlccc.com

FOOD & DRINK.

Spring Wine Walk. \$15, 3 - 7pm in downtown Seaside. facebook.com

HAPPENING

Tillawheels Car Show. 9am - 2pm outside the Tillamook City Hall.

LITERARY

Manzanita Writers Series. Finding Humanity Behind Bars. Lauren Kessler and Nancy Miller Gomez. \$7, 7pm at the Hoffman Center in Manzanita.

OUTSIDE

Cape D Triathlon. Registration opens at 7am, mass start at 10am. \$50 - \$70, at Black Lake Pavilion, Ilwaco.

Fat Bike Festival. A weekend of Fat Bike events in Cann Beach. bikecannonbeach.com

Spring Pelican Monitoring. Help count pelicans at the Falcon Marine Reserve between Manzanita and Cannon Beach. 5 - 7pm. FMI, visit oregonthisweek.com

THEATER

God of Carnage. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

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

Sunday 19

MUSIC

Jennifer Goodenberger. 11:30am at the Bridgewater in Astoria.

North Coast Chorale. Songs of the Earth. \$10, 3pm at the PAC in Astoria.

Fun House. 7pm at North Beach Tavern in Long Beach.

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

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

ART

Art on the Edge. Annual Central Oregon Coast Art Studio Tour. 10am - 5pm from Neskowin to Depoe Bay. artstudiotourlccc.com

FOOD & DRINK

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

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

LECTURE

Beeswax Shipwreck. With Cameron La Follette. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Astoria.

Read All About it. The Importance of Independent Journalism in Rural Media. With Les Zaitz. 3pm at the Driftwood Public Library in Lincoln City.

OUTSIDE

Run on the River. Half marathon, 10K and 5K. Half Marathon times: Walkers start at 8:30am Runners start at 9am 10K starts at 10am 5K starts at 11am. \$45 - \$95, at 1997 Marine Drive in Astoria. facebook.com/RunontheRiverAstoria/

Fat Bike Festival. A weekend of Fat Bike events in Cannon Beach. bikecannonbeach.com

THEATER

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

Monday 20

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

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

Tuesday 21

MUSIC

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

LECTURE

Coastal Encounters. Clamming. With Bill Lackner. 6:30pm at the Driftwood Public Library in Lincoln City.

Wednesday 22

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

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

HAPPENING

Repair Café. A community of volunteers who repair things. r. 4 - 8pm at 1010 Duane Street in Astoria.

LITERARY

Poet Lorraine Healy. She will read from her work from 4 - 6pm at the Cape Meares Community Center.

Thursday 23

MUSIC

Basin Street NW. 6pm at the Bridgewater in Astoria.

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

FREE DISCUSSION ABOUT CREATIVITY VULNERABILITY, AND RISK

What do we risk when we lay ourselves open through music, painting, or any other art form? What might we give up and what might we gain when we set out to craft something beautiful or provocative or simply expressive that the world did not previously hold? Given today's artistic economy, to what extent is exposure—to other people and of the creative self—desirable?

This is the focus of "What We Risk: Creativity, Vulnerability, and Art," a free conversation with Jason Graham on SATURDAY, MAY 11 AT 4PM in the auditorium at the Lincoln Cultural Center. This program is co-hosted by the Sitka Center for Art and Ecology and the Lincoln City Cultural Center and sponsored by Oregon Humanities.

Graham is a Chicago-born, Oregon-based artist and educator. He is a former slam poetry champion for the state of Oregon and is currently an art ambassador for Rise Up International in association with the US Department of State. He has been featured multiple times as a TEDx speaker and performer. His CV includes Sundance Film Festival, Fiji International Jazz & Blues Festival, Women's Muse Conference, MAGIC trade show Las Vegas, Street Con Dubai, Valley Fiesta Australia, and Oregon Art Beat, and he has shared stages with the likes of Ice Cube, Ghostface Killah, Saul Williams, and Talib Kweli, among many others. Most recently he worked as a journalist in Nauru for Vice magazine.

WE know him in these parts as rapper/poet Mosley Wota!!!!!!



LECTURE

Philosopharian Wit & Wisdom. Theme: Women & The Examined Life. Free, 7pm, Fort George Lovell Rm in Astoria.

Wild Foods, Foraging, and the Bounty of the Northwest. With Langdon Cook. 7pm at the Seaside Library.

THEATER

God of Carnage. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

Friday 24

MUSIC

Bob Dylan Birthday Tribute. Over 10 local regional acts pay tribute to Zimmerman.

\$15. 8:30pm at KALA in Astoria. Tickets Available in advance at libertyastoria.showare.com

Sempre Sonora. 6pm at Bridgewater in Astoria.

Maggie & The Katz. 6:30pm at Sweet Basil's Café in Cannon Beach.

Eric John Kaiser. 7pm at the Gearhart Hotel.

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

HAPPENING

World's Longest Garage Sale. Throughout the Long Beach Peninsula. 8am - 5pm.

Dancers Unite. Showcasing many talented dancers and choreographers. \$10, 7pm at Pier Pressure Productions, Astoria.

Wise Woman Gatherings. Embodied movement, journaling, meditative practices. For women and those that identify as female. \$20 suggested donation, 6:30 - 8:30pm at the AAMC in Astoria.

THEATER

God of Carnage. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

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

Saturday 25

MUSIC

Bob Dylan Birthday Tribute. Over 10 local regional acts pay tribute to Zimmerman.

\$15. 8:30pm at KALA in Astoria. Tickets Available in advance at libertyastoria.showare.com

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

David Drury. 6pm at Bridgewater in Astoria.

Bar-K Buckaroos. 7pm at Public Coast in Cannon Beach.

Kory Quinn. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Elisabeth Pixley-Fink. 8pm at the Sou'wester Lodge in Seaview.

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

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

ART

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

HAPPENING

World's Longest Garage Sale. Throughout the Long Beach Peninsula. 8am - 5pm.

Lupulin Ecstasy Fest. Beer, live music, special attractions, and street tacos. \$39, noon - 6pm at the Flavel House Museum in Astoria. fortgeorgebrewery.com/lupulinecstasy/

Dancers Unite. Showcasing many talented dancers and choreographers. \$10, 7pm at Pier Pressure Productions, Astoria.

White Elephant Sale. 10am - 4pm at the Garibaldi Museum.

King of the Cage. Live MMA fights. 6pm at Chinook Winds in Lincoln City.

LECTURE

Biomass and Our Low-Carbon Future. Marcus Kauffman will share stories of the people, policies,



The Stargazer Lilies

A cutting edge presence in the musical ocean of the indie dream pop, shoegaze, ambient and psychedelic scene. Expect an intensely dynamic, ethereal - yet explosive, mind - altering, face - melting concert experience. Sou' Wester but of course!

May 18, 8-10pm with multi-instrumentalist and harpist Lorka Scher



OMG it's S.O.S. Our State's one and only STING cover band. 7 - 10pm in the lawn at the Sand Trap!!! It's a party! May 30 Gearhart Hotel

and potential of using biomass from Oregon's forests in a carbon-constrained world. 11am at the Tillamook Forest Center. RSVP by emailing luke.c.wahl@oregon.gov with the names of all people attending.

THEATER

God of Carnage. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

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

Sunday 26

MUSIC

Richard T and Friends. 11:30am at Bridgewater in Astoria.

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

Sami Rouissi. 7pm at Public Coast in Cannon Beach.

Randy McAllister Blues Band. 7pm at the Lincoln City Cultural Center.

An American Forrest. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING

World's Longest Garage Sale. Throughout the Long Beach Peninsula. 8am - 5pm.

White Elephant Sale. 10am - 4pm at the Garibaldi Museum.

THEATER

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

Monday 27

MUSIC

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

HAPPENING

World's Longest Garage Sale. Throughout the Long Beach Peninsula. 8am - 5pm.

Tuesday 28

MUSIC

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

LECTURE

Coastal Encounters. Why DIY? With Jennifer Burns Bright. 8:30 pm at the Driftwood Public Library in Lincoln City.

Wednesday 29

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

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

Thursday 30

MUSIC

Equinox Jazz Ensemble. 6pm at Bridgewater in Astoria.

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

SOS. 7pm at the Gearhart Hotel.

THEATER

God of Carnage. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

Friday 31

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

Maggie & the Katz. 6:30pm at Sweet Basil's Café in Cannon Beach.

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

THEATER

God of Carnage. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

Saturday 1

MUSIC

Geezer Creek. 7pm at T Paul's Supper Club in Astoria.

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

Will West and the Friendly Strangers. \$5 cover, 9pm at the San Dune Pub in Manzanita.

HAPPENING

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

50s Cruise Reunion. Car Show. Plus music, food vendors, raffles, and more. 9am - 3pm at Camp Rilea in Warrenton.

Whale Spirit Drum Circle. \$10 suggested donation goes toward venue rental. No experience needed, extra drums may be available. 7 - 8pm at the Bob Chisholm Community Center in Seaside, or at outdoor location TBA if the weather is good. WhaleSpirit.com

Open Mic & Community Dinner. Dinner by donation, 6 - 8pm at Fairview Grange in Tillamook.

THEATER

God of Carnage. Comedy. \$15, 7:30pm at the Lincoln City Cultural Center.

FLASH CUTS

MOVIES & MUSINGS



EXTREMELY WICKED, SHOCKINGLY EVIL AND VILE (MAY 3 LIMITED + STREAMING) Zac Efron plays notorious serial killer Ted Bundy in director Joel Berlinger's Netflix movie. Unlike the stereotypical serial killer, Bundy was handsome, charming even and had a magnetic attraction from women - women he eventually killed. But Berlinger's film is based on a book by the one woman he had a normal relationship with, even after he started killing college coeds. In 1969, Bundy meets Liz Kendall (Lily Collins) in a Seattle bar. They begin a relationship and Bundy moves in with Kendall and her daughter. Throughout his years of killing across multiple states, Bundy maintains his normalcy with Kendall, who believes in his innocence --- up until the moment of his execution.



JOHN WICK: CHAPTER 3 - PARABELLUM (MAY 17) Keanu Reeves returns as the hitman with a fondness for dogs in this third installment of the series that revitalized his career. With Halle Berry as Sofia, a fellow assassin and friend of Wick's who believes in his

Previews

FILM.
BY LES KANEKUNI

innocence. Also with Laurence Fishburne, Angelica Huston, Ian McShane. Synopsis: Skilled assassin John Wick (Keanu Reeves) returns with a \$14 million price tag on his head and an army of bounty-hunting killers on his trail. After killing a member of the shadowy international assassin's guild, the High Table, John Wick is excommunicado, but the world's most ruthless hit men and women await his every turn.

AD ASTRA (MAY 24) Brad Pitt toplines director James Gray's space thriller. Gray has stated that for this film he wanted to feature "the most realistic depiction of space travel that's been put in a movie..." Synopsis: In the future, the U.S. government has been building a giant telescope to find life outside our solar system. Engineer/Astronaut Roy McBride (Pitt) heads the telescope project on Earth. His father, Clifford McBride (Tommy Lee Jones) was the director of a space colony on Neptune whose goal was to



construct a telescope powerful enough to search for extraterrestrial life. After contact is lost with the Neptune base for 18 years, it is considered lost. But when one of Neptune's moons is destroyed, the government believes that Clifford is still alive and conducting dangerous experiments - experiments that could threaten all humanity. Roy is sent on a mission to find the truth about his father.

BRIGHTBURN (MAY 24) Interesting horror take on the Superman story, executive produced by James Gunn, director of the Guardians of the Galaxy movies and written by his brother. Synopsis: What if a child from another world crash-landed on Earth, but instead of becoming a hero to



mankind, he proved to be something far more sinister? With Brightburn, the visionary filmmaker? Guardians of the Galaxy and Slither presents a startling, subversive take on a radical new genre: superhero horror.

X-MEN: DARK PHOENIX

(JUNE 7) The X-Men saga comes to a close with this, the 12th film in the 20-year-old series. This represents a second go round on the Dark Phoenix story for director Simon Kinberg. Parts of the story were used in X-Men: Apocalypse but was not received well by fans or critics. Perhaps trying to ensure that a backlash would not happen again, Kinberg did major reshoots and redid special FX on the film, pushing its release back. (Film was shot in 2017.) Synopsis: This is the story of one of the X-Men's most beloved characters, Jean Grey, as she evolves into the iconic DARK PHOENIX. During a life-threatening rescue mission in space, Jean is hit by a cosmic force that transforms her into one of the most powerful mutants of all. Wrestling with this increasingly unstable power as well as her own personal demons, Jean spirals out of control, tearing the X-Men family apart and threatening to destroy the very fabric of our planet. The film is the most intense and emotional X-Men movie ever made. It is the culmination of 20 years of X-Men movies, as the family of mutants that we've come to know and love must face their most devastating enemy yet -- one of their own.

FREE WILL ASTROLOGY

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♈ 11° 00' 00" ♀ 6' 27" ♁ 7' 15" 54' 00" ♃ 48'

ARIES (March 21-April 19): "How prompt we are to satisfy the hunger and thirst of our bodies," wrote Henry David Thoreau. "How slow to satisfy the hunger and thirst of our souls!" Your first assignment in the coming days, Aries, is to devote yourself to quenching the hunger and thirst of your soul with the same relentless passion that you normally spend on giving your body the food and drink it craves. This could be challenging. You may be less knowledgeable about what your soul thrives on than what your body loves. So your second assignment is to do extensive research to determine what your soul needs to thrive.

TAURUS (April 20-May 20): I invite you to explore the frontiers of what's possible for you to experience and accomplish. One exercise that might help: visualize specific future adventures that excite you. Examples? Picture yourself parasailing over the Mediterranean Sea near Barcelona, or working to help endangered sea turtles in Costa Rica, or giving a speech to a crowded auditorium on a subject you will someday be an expert in. The more specific your fantasies, the better. Your homework is to generate at least five of these visions.

GEMINI (May 21-June 20): "We must choose between the pain of having to transcend oppressive circumstances, or the pain of perpetual unfulfillment within those oppressive circumstances," writes mental health strategist Paul John Moscatello. We must opt for "the pain of growth or the pain of decay," he continues. We must either "embrace the tribulations of realizing our potential, or consent to the slow suicide in complacency." That's a bit melodramatic, in my opinion. Most of us do both; we may be successful for a while in transcending oppressive circumstances, but then temporarily lapse back into the pain of unfulfillment. However, there are times when it makes sense to think melodramatically. And I believe now is one of those times for you. In the coming weeks, I hope you will set in motion plans to transcend at least 30 percent of your oppressive circumstances.

CANCER (June 21-July 22): You Cancerians can benefit from always having a fertility symbol somewhere in your environment: an icon or image that reminds you to continually refresh your relationship with your own abundant creativity; an inspiring talisman or toy that keeps you alert to the key role your fecund imagination can and should play in nourishing your quest to live a meaningful life; a provocative work of art that spurs you to always ask for more help and guidance from the primal source code that drives you to reinvent yourself. So if you don't have such a fertility symbol, I invite you to get one. If you do, enhance it with a new accessory.

LEO (July 23-Aug. 22): In my horoscopes, I often speak to you about your personal struggle for liberation and your efforts to express your soul's code with ever-more ingenuity and completeness. It's less common that I address your sacred obligation to give back to life for all that life has given to you. I only infrequently discuss how you might engage in activities to help your community or work for the benefit of those less fortunate than you. But now is one of those times when I feel moved to speak of these matters. You are in a phase of your astrological cycle when it's crucial to perform specific work in behalf of a greater good. Why crucial? Because your personal well-being in the immediate future depends in part on your efforts to intensify your practical compassion.

VIRGO (Aug. 23-Sept. 22): "We are whipped between an arrogant overestimation of ourselves and a servile underestimation of ourselves," writes educator Parker Palmer. That's the bad news, Virgo. The good news is that you are in prime position to escape from the whiplash. Cosmic forces are conspiring with your eternal soul to coalesce a well-balanced vision of your true value that's free of both vain misapprehensions and self-deprecating delusions. Congrats!

You're empowered to understand yourself with a tender objectivity that could at least partially heal lingering wounds. See yourself truly!

LIBRA (Sept. 23-Oct. 22): The country of Poland awards medals to couples that have stayed married for 50 years. It also gives out medals to members of the armed forces who have served for at least thirty years. But the marriage medal is of higher rank, and is more prestigious. In that spirit, I'd love for you to get a shiny badge or prize to acknowledge your devoted commitment to a sacred task—whether that commitment is to an intimate alliance, a noble quest, or a promise to yourself. It's time to reward yourself for how hard you've worked and how much you've given.

SCORPIO (Oct. 23-Nov. 21): Scorpio poet Sylvia Plath wrote, "I admit I desire, / Occasionally, some backtalk / From the mute sky." You'll be wise to borrow the spirit of that mischievous declaration. Now is a good time to solicit input from the sky, as well as from your allies and friends and favorite animals, and from every other source that might provide you with interesting feedback. I invite you to regard the whole world as your mirror, your counselor, your informant.

SAGITTARIUS (Nov. 22-Dec. 21): In January 1493, the notorious pirate and kidnapper Christopher Columbus was sailing his ship near the land we now call the Dominican Republic. He spotted three creatures he assumed were mermaids. Later he wrote in his log that they were "not half as beautiful as they are painted [by artists]." We know now that the "mermaids" were actually manatees, aquatic mammals with flippers and paddle-shaped tails. They are in fact quite beautiful in their own way, and would only be judged as homely by a person comparing them to mythical enchantresses. I trust you won't make a similar mistake, Sagittarius. Evaluate everything and everyone on their own merits, without comparing them to something they're not.

CAPRICORN (Dec. 22-Jan. 19): "I want what we all want," writes novelist Jonathan Lethem. "To move certain parts of the interior of myself into the exterior world, to see if they can be embraced." Even if you haven't passionately wanted that lately, Capricorn, I'm guessing you will soon. That's a good thing, because life will be conspiring with you to accomplish it. Your ability to express yourself in ways that are meaningful to you and interesting to other people will be at a peak.

AQUARIUS (Jan. 20-Feb. 18): Using algorithms to analyze 300 million facts, a British scientist concluded that April 11, 1954 was the most boring day in history. A Turkish man who would later become a noteworthy engineer was born that day, and Belgium staged a national election. But that's all. With this non-eventful day as your inspiration, I encourage you to have fun reminiscing about the most boring times in your own past. I think you need a prolonged respite from the stimulating frenzy of your daily rhythm. It's time to rest and relax in the sweet luxury of nothingness and emptiness.

PISCES (Feb. 19-March 20): *The Blue Room* is a famous Picasso painting from 1901. Saturated with blue hues, it depicts a naked woman taking a bath. More than a century after its creation, scientists used X-rays to discover that there was an earlier painting beneath *The Blue Room* and obscured by it. It shows a man leaning his head against his right hand. Piscean poet Jane Hirshfield says that there are some people who are "like a painting hidden beneath another painting." More of you Pisceans fit that description than any other sign of the zodiac. You may even be like a painting beneath a painting—beneath a painting—to a depth of five or more paintings. Is that a problem? Not necessarily. But it is important to be fully aware of the existence of all the layers. Now is a good time to have a check-in.

Homework: What are the five conditions you'd need in your world in order to feel you were living in utopia? Write FreeWillAstrology.com

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

Freewheeling With Fido

ON PORTLAND'S southwest waterfront, I used to see a man riding a bike while his dog ran alongside him, her collar attached to a firm but flexible leash-like thing that kept her far enough away from the bike not to get caught in the drive train, yet close enough to stay in the bike lane. Their coordination, and the obvious fun they were having, amazed me.

I asked the human member of the pair about riding with his dog, and he explained that as she's a Boxer, her high energy would wear him out if he walked beside her.

Their daily route covers seven miles, the minimal distance to satisfy the dog's need to run. He described how they trained together until they could ride safely on the streets (and his dog didn't try to chew the bike tires while they were in motion).

Caitlin Giddings, writing for *Bicycling Magazine*, agrees that cycling with your dog can be a great way to exercise an energetic canine companion, but one challenge is to get the dog to stop chasing the bike. This is particularly tricky if he/she is a herding or chasing breed. Even if you don't plan on riding together, she emphasizes the importance of teaching dogs not to consider bicycles (and their riders) prey or enemies. To do this, you'd head off to a park with your friend on a bicycle. Then, with your dog on a leash, you'd stand about 50 feet away as your friend rides. Experiment with the point at which the dog becomes reactive to the bike and stops listening to your instructions and work with them until they stop reacting to the bike. This progressive exposure-desensitization process is similar to the techniques therapists use to help people to overcome phobias. Once the dog is calm around the bike, you can start training him/her to accompany you on a ride. Giddings recommends

making sure your dog follows voice commands first, including directional instructions like "left," "right," and "slow." She counsels readers to start with short distances and a pace that are comfortable to the dog so that he/she isn't being dragged along; there should be some slack in his/her lead ("How

To Introduce Your Dog to Cycling," (www.bicycling.com/training).

This running (dog) and riding (human) combination is ideal for an active medium-sized to large dog, but for a

small dog, you also have the option to train him/her to ride in a basket. Just as dogs enjoy car rides, with some gentle, encouraging exposure, they can get excited when the basket comes out and they anticipate a human-powered jaunt. Kelly Precht, owner of Beach & Dog Company, describes how she trained her dog to accompany her in a front-mounted wicker basket. Her tips include keeping the dog secured in the basket for the first few rides, starting out in a quiet, flat place (like an unused parking lot), and maintaining a calm yet fun attitude, as dogs are sensitive beings who pick up on their humans' nervousness. To get the dog used to the basket, she suggests holding it while walking, then graduating to putting it on the bike and walking the bike, and finally to riding the bike with the dog in the basket ("Seven Easy Steps to Train Your Dog to Ride in a Bicycle Basket," beachanddog.com/blogs/beach-blog/seven-easy-steps-to-train-your-dog-to-ride-in-a-bicycle-basket).

Can dogs learn to ride bikes themselves? Maybe in a circus, but I consider it both silly and dangerous to try this at home or on the streets!



WORKSHOPS/CLASSES

WHALE SPIRIT DRUM CIRCLE: Open drum circle meets the first Saturday of each month in Seaside from 7pm - 8pm. Everyone is welcome to gather and drum together; no drumming experience is necessary. Our goal is to drum indoors at the Bob Chisholm Community Center in Seaside at 1225 Avenue 'A' when the weather is crummy and outside when the weather is nice. Check www.WhaleSpirit.com to confirm location each month. We ask that you kick in a \$10 donation to cover renting the venue. Don't have a drum yet? Extra drums may be available for you to play. Please respect that this is a drug and alcohol free event. For more information go to: www.WhaleSpirit.com

ROCK PAINTING WORKSHOP: May 10. With Angela Thomas. Participants will explore different types of rock painting from Mandalas to pointillism to more realistic images. \$30 tuition, \$20 materials fee. 6:15 - 9:15pm at the Hoffman Center in Manzanita. Register at hoffmanblog.org

FIND YOUR GOLDEN THREAD: A Writing Workshop. May 11. With Madeleine Eno. learn to polish your storytelling lens—your "golden thread"—that unique and quirky point of view that's evolved with your life, experiences and the message you're here to share. \$30, 11am - 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

NATURAL SCIENCE ILLUSTRATION: Puffin Portraits. May 18. With Dorota Haber-Lehigh. Celebrate and iconic Cannon Beach bird, the puffin by creating a whimsical portrait using colored pencils on walnut ink paper. \$35, noon - 4pm at the Cannon Beach City Hall.

MAKING CHARACTERS COME ALIVE: Writing Workshop. May 18. With Lauren Kessler. This workshop for both fiction and nonfiction writers explores the ways writers can create three-dimensional characters. Explore, discuss - and practice - the art of character building. \$60, 10am - 12:30pm at the Hoffman Center in Manzanita. Register at hoffmanblog.org

CRAFTING AND NOURISHING OUR WAY INTO SUMMER: May 25. With Laura Pacheco, Paige Common, and Kate Coulton. Each participant will learn some basic steps of dyeing with plants and will be able to personalize their own dye bath. Folks will take home a tea blend that we will make as well. \$40 plus \$20 materials fee, 11am - 3pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542

THE WORLD OF SPICE COOKING CLASS: ETHIOPIA. May 29. With Pat Millman. Pat will introduce participants to Ethiopian cuisine and the spices used to create those flavors. The participants will learn how to use whole and ground spices to season dishes and learn and/or reinforce basic cooking techniques. \$65, 5:30 - 8pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

BODY WORK•YOGA•FITNESS

QIGONG WALKING AND FORMS: Mondays, starting January 23. With Donna Quinn. Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. Qigong (Chi Kung) means cultivating energy, it is a system practiced for health maintenance, healing and increasing vitality. Free community class, 7:30am at RiversZen Yoga in Astoria.

CLASSICAL BELLY DANCE: Classes held Sundays 3-4:30 @ Tolovana Community Hall 3778

s. Hemlock Cannon Beach. Drop in \$10. Everyone welcome. Info call Sarah 971-601-0127.

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

RIVERSZEN YOGA and Ki-Hara Resistance Stretching Studio: Located at 399 31st Str. Astoria. 503-440-3554. Over 30 classes, for Strength, Stamina or Yoga Flow,Levels 1, 2 & 3 offered from early morning to evening, 7 days a week. 1/2price for new students first month and locals residents first day free.Free parking and a handicapped ramp is available. <http://riverszen.com> 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 T'AI CHI: The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

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

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

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

SPIRITUALITY

LOOKING FOR A DIFFERENT APPROACH TO RECOVERY? Join us every Wednesday evening at the Mary Blake Playhouse, 1218 Avenue A in Seaside from 7:30 to 8:30. Refuge Recovery is a program using Buddhist based principles and meditation to support our recovery from addictions of all kinds. Each meeting includes a meditation session, study of recovery related materials and group discussion. For additional information contact Roger at roger.s.oakes@gmail.com.

SPIRITUAL BUT NOT RELIGIOUS? Join in a "Celebration of Spirit" sponsored by Common Ground Interspiritual Fellowship. This Sunday morning gathering is not defined by any particular belief system, and is especially intended for the "spiritual but not religious," as well as

those who draw from new thought sources or 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. Course in Miracles, cont. For more info, please contact: Kenny Tam (206) 979-7714 (cell).

AUTHENTIC Spiritual Conversations Meets every Tuesday in Astoria, from 7:00 - 8:30 PM. Are you looking for a spiritual community of like-minded people but don't seem to fit in anywhere? Do you want to be able to explore your spiritual questions, doubts, and practices in a space where everyone's needs are respectfully held? Are you tired of keeping silent in order to fit into group norms that tell you what you should believe? Join in a conversation where your unique spiritual path is respected and you can feel safe to express your authentic truth. All faiths, including "spiritual but not religious" are welcome. We meet in the new Columbia Memorial Hospital Cancer Center located at 1905 Exchange. For more information contact info@cgifellowship.org or call 916-307-9790.

COLUMBIA RIVER MEDITATION GROUP: Meets Wed 5:30-7:30pm, Towler Hall rm 306 at CCC. Meditation can reduce stress, increase health, creativity and efficiency, and lead to a more deeply satisfying and richer life. Led by ordained Zen priest/non-religious. Many different styles practiced, discussion of common problems encountered during meditation, focus on deepening a regular practice. All welcome.

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

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

LECTIO DIVINA - Meditation with Holy Scripture. The Center for the Contemplative Arts,

Manzanita: Tuesday Mornings 10-11:30. Call 368-6227 for more info.

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

VOLUNTEER

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

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.

Repair Café



Repair Café is a community of volunteers who repair, sew, sharpen and give expert advice on pretty much anything that is broken, torn, dull or in need of repair. At the monthly event they work on bicycles, toys, clothing, scissors, knives, household appliances, garden tools or just something that needs to be glued (no gas engines).

Repair Café events are held on the fourth Wednesday of each month: April 24 and May 22, and June 26! Join them for repairs or just come to enjoy watching volunteers put things back together again. 6-8pm at 1010 Duane Street, Astoria

[facebook.com/repairastoria](https://www.facebook.com/repairastoria)

If you have any questions about an item to bring to Astoria's Repair Café Please call 503-307-0834.

Rhonda Gerwin repairs a favorite cigar box purse for Patsy of Astoria

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
6 - 7pm: Yoga with Jude Matulich Hall

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

• **WEDNESDAY**
6-7:15pm: Belly Dance Basics with Jessamyn Grace
7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace

• **THURSDAY**
8:30-9:30am Zumba with Joy Sigler
5:30 - 6:30pm Improv Tribal Belly Dance with Julie Kovatch thru Dec 27
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
7-10pm Contra Dance (1st Fri. ea. mnth) LIVE Band
7:00 - 8:15pm Dream Circles Ecstatic Dance with Kimberly O'Bryant (3rd Friday of each month)
6:30 - 8:30pm Wise Women Gatherings with Melissa Henige (4th Friday of each month)

• **SATURDAY**
10:30 - 12pm Contemp Dance (private) with Julia Gingerich
6-7pm: Argentine Tango Fundamentals with Estelle Olivares
7-8pm: Intermediate Argentine Tango Concepts

SUNDAY
9-10:30am: Tri-Dosha Yoga with Melissa Henige
1:00 - 2:30pm Character Dojo with Rachel Lionheart (4th Sunday of each month)
5-8pm Burlesque (private)
3:00 - 4:30pm Improv Jam with Rachel Lionheart (4th Sunday of each month)

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: 3rd Tuesdays 5:30-7pm. Blue Scorchers Bakery 1493 Duane St, Astoria.



MESSAGES SONJA GRACE

mystic healer
Play More – Fear Less

FEAR IS A DIFFICULT EMOTION. We feel fear as a warning and protection from danger. People can experience fear as a daily part of life, causing them to live in the part of the brain called the amygdala.

The amygdala is the part of the brain that governs fight or flight. When we remain in fear, we stop the pathways that develop from the back of the brain to the pre frontal cortex carrying white matter and helping us to learn and have better memory. When children are afraid and live in a dysfunctional household they tend to be in the amygdala and suffer in school work, often displaying a variety of learning disabilities.

Children need to play more. It has been proven that a longer recess at school gets kids back into the pre frontal cortex - learning again. Adults are the same - we all need to play. Crossing the midline of the body is important for brain function. A simple exercise called the cross crawl can get the most dyslexic child back to identifying what is right and left correctly. March in place and touch the opposite hand to knee. Do this for a few

minutes then switch to touching the same hand to the same knee. Do this for a few minutes and then switch back to opposite hand and knee. Always end the exercise with opposite hand to knee crossing the center line of your body. This exercise can unscramble the link to patterns of fear and dyslexia.

If you drive a long distance it is helpful to do the cross crawl when you stop to rest. The lines on the road can visually 'stick' our brain into a mode that doesn't support the right and left lobes to signals to the opposite sides of the body. This exercise helps rejuvenate the brain! Fear is an important feeling and should be regarded as a signal to our survival. Sometimes as adults we must talk with our inner child and ask how they feel and what they need. Responding to fears of the past is common because we are emotionally triggered. Feeling afraid can dial up an event that caused an emotional wound in childhood.

Comforting the inner child is a quick way to dilute fear. We can rely on professionals to help us work with fear and

anxiety and we can empower ourselves to do the inner emotional work. You are the key to your own healing!

Sonja Grace is a highly sought-after mystic, healer, artist, and storyteller with both Norwegian and Native American heritage. She has been counseling an international roster of clients for over thirty years. The award-winning author of Spirit Traveler, Become an Earth Angel, and Dancing with Raven and Bear, Sonja has appeared multiple times on GAIA TV's Great Minds, Inspirations, Ancient Civilizations and Beyond Belief with George Noory and Coast to Coast AM. Her latest creation is ODIN AND THE NINE REALMS ORACLE a 54-card set containing all original artwork by Sonja Grace who share the wisdom and guidance of the Norse Gods. Findhorn Press/ Inner Traditions Pre -order at: www.sonjagrace.com

By Tobin Nason

wordwisdom

Let The World Charm You!

THERE ARE TIMES to be going, going, going, and times to just BE. Times to run around and get crap done, and times to put the pillow under your head for a well-deserved rest. I'm not sure but maybe the changing weather and sunshine has shifted my gears a bit. I have been reading so much about meditation and quiet time lately, I feel like it may be the Holy Grail for transforming the world, one person at a time. A few minutes of meditation can up your productivity at whatever job you have. You feel calmer, rest easier, regulate better. Everything improves—moods, energy, relationships. You name it. So why isn't every one doing it??

Our society. Once again, the world we live in distorts for us what we think we need and want. Advertising convinces us to buy stuff, the bigger the better. Social media influences our political view and helps form our sense of want. Advertising at its most intimate. Seeing pics of fancy vacations or moments of birthday happiness can create awant in us that was not there before.

I personally have slowed down. I decided to try new habits in every aspect. I took my morning coffee to the back porch and sat. I had found an old rug for Milly and she sat on the floor next to me. No cellphone. No annoying visuals like the overflowing laundry basket or the dirty fish bowl. I sat and heard geese honking. I saw them flying in a perfect V formation. My scented begonia was sticking its tiny blooms in my face and I realized how I had never really looked at the blooms. Tiny, white with 2 lines of pink in an orchid-shaped flower. Charmed. I was feeling its perfect beauty.

I know I can't spend all hours of my days like that. I need to attend to work, pay bills, and make difficult phone calls. But I can give myself the moment in time and space to just BE. No judgement, no expectations, no hurry. In that moment on my porch, all was good and kind and easy.

I turn on my social media and find harsh realities: Words from our abrasive POTUS; updates on worldwide viruses, animal abuse. That's the harsh stuff. Then there's the merely



annoying on a personal level. You know, the 20 pics of someone else's version of happiness that feels materialistic and narcissistic all at the same time. Returning to the bigger world as it is takes a girding of the loins, so to speak. I'll stock up all the charms that the world offers you and me— nature, beautiful music, good books.
Look for those things that make you smile. You'll find them because they're there, just waiting for you.

Tobin Nason is a counselor in Warrenton (503)440-0587. She can be found on her back porch, drinking coffee, in the beautiful days to come.



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

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13 Gallon Tall Kitchen Bags

Paper Towels

Cat Toys (No Catnip)

Bleach

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Feline Pine Cat Litter

Tennis Balls

Liquid Laundry Detergent

Also we take Cash Donations

Clatsop County
Animal Shelter
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Warrenton, OR 97146

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Noon to 4pm



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Whole PLANET Health Keep Breathing! That's the Ticket!

By Margaret Hammitt-McDonald



IN A SCENE from the movie version of *The Lord of the Rings*, Gimli the Dwarf chases after Orcs while carrying his shield, axe, and armor. To give himself incentive to keep pace with fleet Legolas the Elf, he mutters, "Keep breathing! That's the ticket!"

Respiration is unique in that it's both automatic and voluntary. In Chinese medical theory, the Lung organ network (a combination of the physiologic and the energetic functions of the lungs) houses an aspect of our spirit called Po, the fundamental urge to stay alive, manifested in the respiratory drive. We can live for weeks without food, three to four days without water, but we can't live more than five to ten minutes without breathing. Yet the way we breathe—our breathing style—is under our conscious control.

Watch a baby sleeping and you'll witness abdominal breathing, our respiratory ideal. The baby's belly rises and falls gently in a regular rhythm. Researchers into infant-parent attachment hypothesize, however, that babies benefit from sleeping close to parents so they can entrain with the parents' breathing rhythm in sleep. Prematurely born babies in particular experience difficulties because their lungs didn't have the chance to mature in utero. An interesting study revealed that placing a plush "breathing bear" toy beside 19 premature babies helped them to develop healthy breathing patterns more quickly than the 17 babies who were given a similar toy without simulated breathing (E.W. Ingersoll and E.B. Thoman, "The Breathing Bear: Effects on Respiration In Premature Infants," *Physiology and Behavior* 56.5 (November 1994))

In Chinese medicine, the Lung and Spleen transform air and food, respectively, into Qi, the motivating force behind all vital processes (respiration, digestion, circulation, elimination, detoxification, etc.) The respiratory cycle comes in two parts, inspiration and expiration, or inhaling and exhaling. When we get stressed,

we're often told to "take a deep breath." This advice is half right: slow, deep breathing has stress-relieving mind-body benefits. However, for some people (including me), taking a long inhale has a paradoxical effect of increasing the heart rate and vasoconstriction and thus making them feel tense rather than relaxed. Releasing a long breath—emphasizing the exhale—produces a more relaxed feeling, ridding one of CO2 and slowing the heart rate. Mindful-breathing exercises reflect this awareness in their emphasis on the exhale, which might last one and a half to two times longer than the inhale, depending on the exercise.

This focus on a full exhale also appears in the Lung's mental-emotional functions in Chinese medicine. Along with its partner, the Large Intestine, the Lung is a Metal organ associated with the Autumn season. The seasonal energetics of Autumn encourage us to release anything we don't need before we enter Winter, the time when we tend to our reserves in preparation for Spring's new growth. Deciduous trees teach us how: they let fall their photosynthesis shops (leaves) and concentrate their vitality in their roots, going dormant in the cold. Interestingly, according to naturalist Diana Beresford Kroeger, trees (this time conifers in the Pine family) also support our respiratory (and immune) systems in the Spring by releasing aerosolized phytochemicals that we can breathe in ("Diana Beresford Kroeger—How Trees Can Heal Us," www.treesisters.org).

If you want to practice slow, deep breathing, I suggest starting with small doses; it's possible to confuse breathing bliss with hyperventilation. If you have a respiratory-system disorder, please discuss your plans with your health-care provider, who may suggest modifications and resources. Above all, try to avoid running in armor.



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Refuge Recovery A Buddhist Inspired Path to Recovery From Addiction Meeting in Seaside, Or

REFUGE RECOVERY is a program grounded in the belief that Buddhist principles and practices create a strong foundation for the addiction recovery process. Wisdom and compassion enable those struggling with any form of addiction to become more mindful of their mental processes while also developing a deep understanding of the suffering that addiction has created and compassion for their own pain.

The Refuge Recovery program supports those on this path of recovery with an extensive and comprehensive network of Refuge Recovery groups, meetings and communities that practice, educate and provide Buddhist-inspired guidance and meditations for anyone seeking recovery from addiction.

Refuge Recovery meetings were started in Astoria in 2015 and ran continuously until November 2018, when a number of people left the area and several recovery organizations closed their doors. Refuge Recovery meetings have begun in Seaside, every Wednesday evening from 7:30 to 8:30. They are held at

the Mary Blake Playhouse, 1218 Avenue A, across from the Bob Chisholm activity center. Each meeting includes a meditation session, study of recovery related materials and group discussion.

Refuge Recovery practitioner Roger Oakes states, "We do not expect you to change from your current recovery program and practice and follow this program exclusively. Most of us use what we learn from several programs to support our recovery, we've found that applying Buddhist principles and practicing meditation supports our own recovery."

You can find more information at website <https://refugerecovery.org/>, and at <https://www.facebook.com/RefugeRecovery/>. If you are interested you can ask to join the Astoria Facebook group at <https://www.facebook.com/groups/363567900509257/>. For additional information contact Roger at roger.s.oakes@gmail.com.

CHEW ON THIS!

by Merianne Myers



282 MIXED DRINKS FROM THE PRIVATE COLLECTION OF A BARTENDER FROM THE OLD DAYS 1889

A friend called, "I'm cleaning house and have some books I think you'd like." Five cartons of books later, my belief in the right to pursue happiness overcame my desire to help a friend. I love books. I don't love owning books. I'm a 'read it and get it out of here' sort. Actually, I'm that way about a lot of things. Having a lot of stuff around makes me squirm which inevitably results in a massive purge of the offending items. This inflexible attitude about possessions made having cartons of books in the garage extremely not good.

I sorted and boxed the volumes for various destinations that were not my address. The bottom of a funky, beaten up cardboard box contained my favorite discovery of the project. The pasteboard cover of the 5" X 7" booklet is flocked with a red suede-like finish that was once embossed in gold but now requires a magnifying glass and some guess work to ferret the title from the few remaining impressions of the original lettering.



Score! If that weren't reward enough, which it most certainly is, the inside back cover tells me, "The original copy of this book was found when tearing down the old buildings on Burnside Street, Portland, Oregon. It was the private property of a bartender and dated 1889." Published by Lane-Miles Standish Co. Portland, Oregon.

This gem falls into my hands just as our section of Earth tilts toward the 'tall, cool glass of something' season. Fate. Fabulous fate. Now, if I can just get my hands on the array of arcane ingredients described within.

Things I've never heard of:

- **Creme de Yvette:** liqueur made from Parma violet petals with blackberries, red raspberries, wild strawberries and cassis, honey, orange peel and vanilla. Yum! Used in an ANGEL KISS along with some cream and maraschino syrup. Or mixed with orange bitters and dry gin to become a CRYSTAL SLIPPER. Or mixed with French Vermouth (we call it dry vermouth), dry gin and orange peel to create an AMY LESLIE COCKTAIL.
- **Abricotine:** Swiss brandy made from apricots and used in an ANGEL'S DREAM along with a float of cream and a cherry.
- **Pepsin Bitters:** Not sure you can still get this. Reputed to have contributed to the original flavor of Dr. Pepper.
- **STONE FENCE:** A jigger of whiskey with a jigger of sweet cider on the side.

Things I hope never to try:

- **GOLDEN DREAM:** 1 teaspoon sugar, juice of 1/2 lemon, one egg yolk, 1 jigger (1 1/2 ounce) gin, a squirt of seltzer. Shaken and strained into a Burgundy glass. Urp!
- **KINSLEY'S INVIGORATOR:** 1 teaspoon sugar, 1 egg, 1 pony (1 ounce jigger) brandy, 1 pony port wine, small amount of ice, 2 jiggers of cold coffee, fill mixing glass with cream, shake, strain. Should probably be called Queasy Peasy.
- **HUNGARIAN BRACER:** Vermouth, Rye, Absinthe, Peychaud bitters, lemon peel. Served with a seltzer back. Because clearly, you will need seltzer after downing that mess.
- **THE OPAL:** White Absinthe, Anisette, Chartreuse shaken, strained and topped with seltzer. Really, I couldn't. Thanks anyway.
- **KNICKEBEIN:** Fill a wine glass 1/3 full with Benedictine (!), add an egg yolk and fill with Brandy. Knickebein was a radio navigation system used by the Luftwaffe in WWII, translated from the German as "crooked leg" and the name of a magic raven in a German fairy tale to boot. No navigation system ever could steer me to order this.

Wandering through this little book has served to remind me that, in the words of Ray Wylie Hubbard, "Some things under Heaven are just cooler than Hell." With that in mind, I think I'll greet the next sunny day with a tall Gin & Tonic, a drink stands up to warm weather as well as the test of time. Here's lookin' up your address! Cheers.

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 10am on
Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming
and available as podcast at coastradio.org.



SAVE THE DATE!

The Harbor's 16th Annual SOUP BOWL

THE HARBOR'S 16TH ANNUAL SOUP BOWL fundraiser will take place on Friday, June 21 at the Loft at the Red Building, 20 Basin Street. This is The Harbor's biggest event of the year and it sells out, so make your reservations now to enjoy soup from Astoria's finest restaurants and most talented chefs! Handmade bowls from Richard Rowland and the Astoria dragon kiln! Special desserts from master patissiers! Silent auction! Raffles! Paddle raise! And more!

All of this in the elegant surroundings and unbeatable view of the Loft at the Red Building. Tickets are \$50 and you can make reservations NOW by calling or emailing Felicity: felicity@harbornw.org or (503) 325-3426

**Lagom
Interactive Health Center
Grand Opening May 11**

LAGOM is celebrating their grand opening on May 11th from 5pm-7pm! Join and celebrate the grand opening at 1350 Exchange Street. Lagom is an integrative mental health center founded in the Swedish philosophy of living. Lagom (pronounced La-gom) means living a life of "just enough", moderation, and balance. Lagom: Center for Being promotes psychological wellness through balancing the body, mind, and spirit. Lagom providers facilitate emotional healing and growth through psychotherapy, events, groups, and a mindfully crafted boutique.

Lagom offers an environment of inclusion and hope, working with you to bring your wellness goals into alignment with your authentic self.

On May 11th, Lagom will be featuring art from Sam Crowe, local artist, capturing the essence of mental health related conditions on canvas. Lagom welcomes his dynamic art into its practice and are delighted to host his first-ever art event! Learn more at www.lagom-astoria.com.

**RADICAL EMBODIMENT:
Reconnect with the Wisdom of Your Body
Through Movement, Art, Story**

A weekend of body-mindful creativity & celebration on the Oregon coast With writer-maker-dreamer Jennifer Langdon, PhD. May 17th-19th @the 7th Street Cottage In Gearhart, Oregon.

- Friday, 2pm-8pm Dedication Ceremony + Radical Embodiment 101 + Dinner, Restorative Yoga with Nicole Bales + Crystal Bowls with Fawn DeViney
- Saturday, 9am to 4pm Chakra visualization + walking meditation + Lunch
- Handbound journal-making + writing the body workshop
- Sunday, 10am-12pm, Dream Circle + Closing Ceremony

Registration fee: \$250, includes all activities and course materials, plus dinner on Friday night and lunch on Saturday. Housing and other meals on your own.

To Register: Email Designinghealth@icloud.com or call 503 298-9773
FMI: www.designinghealthastoria.com or www.creative-egghead.com

Understanding Your Grief is a free support group for anyone experiencing the loss of someone. This group is a safe place to explore the challenges you face as you journey on your unique path of grief.

You will have the opportunity to learn about the grief process, identify new coping strategies, and engage in the discussions about a variety of topics related to the healing process.

This group meets the 3rd Thursday of every month. 4:30pm - 6pm. Please contact Jeanette Johnson, LCSW at 503-338-6230 with any questions. CMH Columbia Center. 2021 Marine Dr. Astoria

**WILD FOODS, FORAGING, AND THE BOUNTY
OF THE NORTHWEST
WITH LANGDON COOK
AT SEASIDE PUBLIC LIBRARY**



THE FRIENDS of the Seaside Library welcome author and food writer, Langdon Cook, May 23. The event takes place in the Community Room at 7pm with book sales and signings.

Explore the Pacific Northwest via Langdon's adventures in utilizing wild food and discover a regional stew of cuisine, natural history, and oddball characters... Langdon Cook is not just your typical grocery cart-toting dad. For him, gourmet delicacies abound, free for the taking if we just open our eyes. As a result, he finds himself free-diving in icy Puget Sound in hopes of spearing a snaggletooth lingcod, armed with nothing more than a "Hawaiian sling." He tempts fate by eating mushrooms that may or may not be poisonous. He strings up a fly rod to chase after sea-run trout. He even pulls on the gardening gloves to

collect stinging nettles. He traces his journey from wrangler of pre-packaged calories to connoisseur of coveted wild edibles. Structured around the seasons of the year, Cook will focus on specific food types and will conclude with recipes featuring the author's hard-won bounty.

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. For more information call (503)738-6742 or visit us at www.seasidelibrary.org

**WILDLIFE CENTER
of the North Coast
(WCNC) announces
their second annual
Spring Open House
and Native Plant Sale
May 4 & 5**

This is a great way to meet your local wildlife rescue center, as well as meet the team that cares for our native wildlife.

This event is great for all ages—featuring a booth with activities for kids, as well as tours of the facilities. WCNC will also be holding a native plant sale where you can find trees, shrubs, and small plants of various native species—these make great gifts for upcoming Mother's Day!

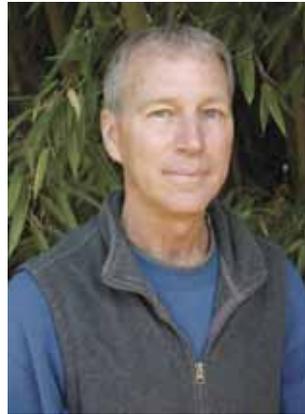
The Spring Open House is a fundraiser for WCNC that will help to raise critical funds just in time for the start of their busy baby animal season. Donations provide food, medicines, quality medical care, and safe shelter for birds, mammals and other wildlife creatures in need.

For more information about the Spring Open House, or how to get involved with the Wildlife Center of the North Coast, please visit CoastWildlife.org or call (503) 338-0331.



**Clatsop County Master Gardeners Present:
SPRING PLANT SALE & GARDEN FAIR
Saturday May 11 8am - 3pm
FREE Admission, Clatsop County Fairgrounds**

MAY is the most productive month to plant our maritime home gardens and makes perfect timing for the Master Gardeners annual Giant Spring Plant Sale and Garden Fair.



Keynote: Maurice Horn

Gardeners will find ground ready locally grown plants with expert advice to make them thrive. Learn about the "Great Plant Picks" program which assists gardeners to make smart plant choices. Enhance your garden experience with Mini Workshops featuring Composting, Mason Bees and Garden Tool Care. Vendors are on hand selling garden tools, equipment and services, food goods, art, books and lots of gifts for Mom. Join in on Raffles with wonderful garden related prizes and services to further support Master Gardeners. Garden Fun for the kids is also on the agenda.

Giant Plant Sale: Organic Tomatoes - 20 varieties selected for our growing area. Organic Herbs, Ornamentals, Natives, Coastal favorites, Groundcovers, Shrubs, Succulents – perfect for our growing zone. Vintage Teacups with succulents are available as the perfect gift for Mom. Master Gardeners will provide expertise choosing the best plants for your garden's growing conditions

11am - Keynote Speaker Maurice Horn: Co-owner of Joy Creek Nursery, a specialty nursery in Scappoose, helps



HOME GARDENERS REJOICE!

home gardeners make smart plant choices using the "Great Plant Picks" program as a model. GPP's mission is to create comprehensive lists of hardy reliable plants for the Pacific Northwest's varied micro climates. Jones sits on the Perennial Committee and also advises on clematis, fuchsias and hydrangeas. He promotes green sustainable gardening.

Mini Workshops – All Day – Presented by Master Gardeners:

Mason Bees and other Pollinators - Saving them one Backyard at a Time: How to encourage and facilitate the declining pollinator population in home gardens. Setting up Mason Bees in your backyard and Pollinators Plant Preferences will also be discussed.

Composting - Go Green!: Learn the amazing value of composting in your garden and to the environment. The magic of making your own compost will be demonstrated.

**FORT GEORGE
Lupulin Ecstasy**

EXPAND YOUR HOP-PERCEPTION sipping lupulin delights in the Flavel Garden, with an assortment of fanciful creations from all of the 3-Way IPA collaboration breweries throughout the years. Then, explore the grounds to discover a carefully curated collection of live music, special attractions, and street tacos. Fort George announces this May fest, LUPULIN ECSTASY.

2019's 3-Way is on the way, a collaboration with Cloudburst and Ruse.

Tickets to Lupulin Ecstasy are on sale now. Your purchase grants you admission to Lupulin Ecstasy attractions & live performances, a festival glass & eight tasting tickets, access to fest beers sprinkled around the grounds, and entry into the Captain George Flavel Mansion for the day. Plus, don't forget those tacos.

THE CAUSE

A portion of the ticket price will go to the Clatsop County Historical Society, supporting the Uppertown Firefighter's Museum, the Heritage Museum, and the Flavel House. More info at www.cumtux.org.

ECSTASY

Special selections will be pouring from all FGB 3-Way IPA friends - Gigantic, Lompoc, Block 15, Boneyard, Georgetown, pFriem, Melvin, Barley Brown's, Reuben's Brews, Great Notion, Holy Mountain, Modern Times, Ruse, Cloudburst, and Fort George. Each ticket holder will receive a tasting glass and 8 tasting tickets.

To purchase tickets go to www.eventbrite.com/e/lupulin-ecstasy-festival-tickets-58462549058 or find updated information at lupulinecstasy.com.



MOTHER'S DAY TEA

TREAT THE MOTHERS in your life to a delightful afternoon of tea and scones in the Flavel House Museum dining room on Saturday, May 11th from 1:00 pm to 4:00 pm.

For just \$12.00 per person, \$8.00 for CCHS members, you'll be served hot tea and sweet pastries and will also enjoy a self-guided tour of the Victorian mansion. This is an afternoon "For One Who Deserves Only Beautiful Things."

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

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“ART & MIND”

UK Art Documentary (2019)
Written and Directed by Amerlie Ravalec

A journey into art, madness and the unconscious, visionary artists and the creative impulse, from the Flemish Masters of the Renaissance to the avant-garde movement of Surrealism and the unsung geniuses of Art Brut and Outsider Art.

Friday, May 17, 2019
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Featuring more than 30 artists,
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“The theme of madness inspired some of the most incredible painters in history, but mad people often experienced an unstoppable urge to create art too.”

- Amerlie Ravalec



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