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ASTORIA PRIDE

June 2019 • vol 20 • issue 244

HIPFISH MONTHLY

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Tiny House Villages

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for Clatsop County*

**Hermitage Piano Trio
Record Release Celebration
dedicated to Rachmaninoff**



**Hang with the Trolls
At Midsummer
Festival 6/ 21-23**




COMING TO KALA



Whispering Echoes
*Peter Huhtala reads from his new memoir
+ 60's music jam 6/21*


• NYC Jazz The Ben Rosenblum Trio 6/13
• KETJUKIRJEET from Finland/A super group
from the Helsinki Rock scene 6/14

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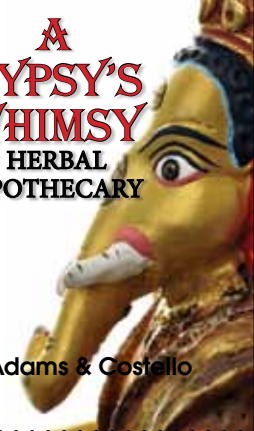
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\$15

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BEN ROSENBLUM TRIO

KALA presents award-winning New York City jazz pianist and composer Ben Rosenblum performing material from his upcoming second album *River City* on Thursday, June 13 at 7:30pm. His trio features NYC jazz talent Greg Feingold on bass and highly regarded New York City drummer Ben Zweig. Described as an "impressive talent" by *All About Jazz*, Rosenblum was a finalist at the 2015 American Jazz Pianist Competition in Melbourne, Florida, and at the 2016 Jacksonville Jazz Piano Competition in Jacksonville, Florida, and has performed in bands led by Bobby Watson, Winard Harper, TS Monk, Curtis Lundy, Chris Washburne and many others jazz luminaries. This performance will be part of a two-week long West Coast tour celebrating the new album.

Ben Rosenblum has been called "mature beyond his years," (Jon Neudorf, *Sea of Tranquility*), a young pianist who "caresses [the music] with the reverence it merits" (Bob Doerschuk, *Downbeat Magazine*). His original music and arrangements combine his extensive foundation in straight-ahead jazz with his free-wheeling,

modern melodic sensibility and powerful narrative approach to the piano. His profound passion for jazz, swing and world music genres finds expression in his unique fusion of harmonic and rhythmic elements from a wide array of sources, and gives rise to a signature compositional sound and style at once iconoclastic and deeply rooted in such figures as Bill Evans and Wynton Kelly. Ben's first priority in his composition and in his playing is always narrative – to tell a compelling story with his music, reaching the hearts of his audience and connecting with them on an emotional, an intellectual and a spiritual level.

Check out LIVE performances at www.benrosenblum.com
Tickets \$15. In advance at libertyastoria.showare.com. KALA performance space is an intimate venue located in downtown, at 1017 Marine Drive in Astoria. 503.338.4878. (Across from Himani Indian Restaurant.) Advance tickets are held at KALA at the door/time of show. Full Bar. General Seating. Doors open at 7pm. Tickets at door upon availability.



HELSINKI Rock at KALA

ALMOST IN TIME for Midsummer, KALA (Finnish for Fish BTW) welcomes super group from the Helsinki rock scene to Astoria - KETJUKIRJEET (translation, chain letters). Finnish rockers KARKKI & THE CAR KEYS (check 'em out on youtube) join with members of Teini-Pää, Second Hand Apes, The Everybody Knows, Heyday, Luurangon päät and Karahka.

PLUS!!!!!! Portland's BED BITS - 4 piece joyful "classical caveman" dork surf punk music, and Astoria's Changeable Bulbs - 2 piece psychedelic jazz rock, open the eve.

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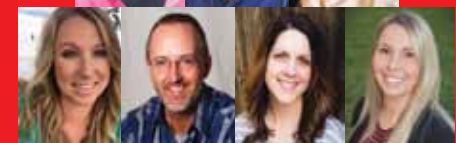
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KALA BOOK RELEASE CELEBRATION

By Alisa Graybeal

PETER HUHTALA Recounts a Life around Tidal Waters in *Whispered Echoes*

WHEN I TALK to Peter Huhtala about his new book, *Whispered Echoes: Who Speaks for Those without a Say?*, he is strolling around Summerlake Park in Tigard, Oregon. A lifelong advocate for marine ecosystems and sustainable fisheries, it seems fitting that Huhtala would be taking in the local environment as we speak on the phone.

"I'm watching for turtles," he says. "I love to see the turtles."

Huhtala grew up in Astoria and, when he returned in 1999, started advocating for the communities and environment of the lower Columbia River right away. His first articles for *Hipfish Monthly* were about the Columbia River channel deepening project. He then served on the Clatsop County Board of Commissioners for four years, from 2010 to 2014, during the height of the LNG battle in Clatsop County.

A section of *Whispered Echoes* contains stories from that time. In 2004, for example, Huhtala watched from a distance as friends helped to prevent Calpine, an energy company, from leasing land for an LNG pipeline in Eureka, California. "We celebrated that a little bit," he says, "but not for long because the next time they showed up was in Warrenton."

The company had procured a lease with the Port of Astoria before they told the public, he explains. "They learned their lesson in Eureka about opening it up to public process beforehand."

While *Whispered Echoes* covers more ground than Huhtala's political work around environmental protection, he explains that its 50 chronological stories are all interconnected, even though they can also stand alone. Many stories revolve around his early childhood in Astoria, when he played along the Tapiola River on Astoria's South Slope.

He explains, "Part of how the book interconnects has to do with the keeping of secrets and dealing with abuse, so I think the book reads on multiple levels, including parallels between the healing of the child and our relationship with wilderness and nature."

Stories in the book also recount his diagnosis of Parkinson's disease and subsequent healing through Reiki. In 2015, he thought he was going to die. "It was overwhelming," he says. "I couldn't walk because I was much too tired, and I had severe shaking on both sides of my body."

But then, at a birthday party at Shively Hall, he ran into an old acquaintance from childhood, Deborah O'Brien. The two were immediately attracted to each other, and O'Brien began giving Huhtala Reiki treatments. "It was just amazing," he says of his first session, "the sense of nurturing that Reiki gave me." He began to sleep better and felt a sense of peace that had eluded him



his whole life. Soon, Reiki treatments made Huhtala's Parkinson's symptoms all but disappear.

"Now I consider myself a very healthy human being, and I occasionally have symptoms that people call Parkinson's," he says.

While Huhtala retained his interest in marine ecosystems, his life began to flow in a new direction. Huhtala and O'Brien fell in love and got married, and Huhtala left politics, turning his full attention to energetic wellness. He trained to the master levels in Holy Fire III Reiki and Karuna Reiki, and started practicing.

Huhtala explains that Holy Fire Reiki attunements, called igni-

tions, are located in the spirit body, which means that people receiving Reiki get the energy directly from source, not filtered through the systems of the Reiki practitioner. "So it's important to note that providing Reiki is healing," Huhtala

"Seas and trees and rivers reminded Peter Huhtala that all is energy and energy is love, so he left politics and embraced energetic wellness. He doesn't stray far from tidal waters."

says. "I get healed through teaching people how to use Reiki on themselves and others."

Huhtala and O'Brien now share a Tigard-based practice, Holy Love Reiki, where they also teach. Huhtala is currently at work on a second book, about the value of Reiki in the treatment of Parkinson's disease and related disorders, which he hopes to finish this fall.

We're about to end our phone interview when Huhtala, still strolling around Summerlake Park, says, "There's a huge nutria right in front of me!"

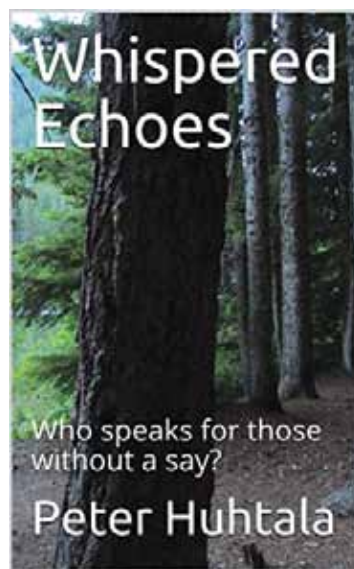
While it's not the turtle he was waiting for, the rodent sighting prompts him to tell me about the time he was about seven or eight, and his older brother took him to the Astoria underground to show him the nutria. "Oh boy, did I run out of there," he says. "I thought they were gigantic rats."

Huhtala has plenty more stories where that came from. The live reading and book launch for *Whispered Echoes* will take place on Friday, June 21 at KALA, followed by a music jam. "I'm also thrilled that I'm able to play guitar again because for years I couldn't!" says Huhtala. "I envision a 1960s coffee shop-type of performance." The line-up of local musicians has yet to be finalized, but Huhtala and O'Brien will both perform.

Whispered Echoes is currently available online, in ebook and print versions, at Powell's and Amazon. Huhtala also hopes to have the audio book recorded by the launch.

Book Release Event: Friday, June 21, 7:30pm.
\$8 cover. Enjoy complimentary Pie from Blue Scorcher, book signing and a 60's music jam culminates the eve. Doors open 7pm. Reading and Discussion 7:30 to 8:15. Jam at 9pm.

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Dinah Urell

GRAPHICS:

Buggy Bison

Les Kanekuni

Dinah Urell

Michelle Roth

Cover Design: Les Kanekuni

CALENDAR/PRODUCTION

Assistance/Staff Writer: Cathy Nist

Facebook Genie: Sid Deluca

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Clatsop Animal Assistance Presents: CAA's 20th Anniversary Gala Dinner **HELP RAISE MONEY FOR LOCAL SHELTER ANIMALS!**

June 13th, 5:30-7:30

Seaside Convention Center,
415 First Ave, Seaside

CLATSOP ANIMAL ASSISTANCE celebrates its 20th Anniversary Thursday, June 13th with dinner, drinks and dessert at the Seaside Convention Center! CAA's 20th Anniversary Gala Dinner will be an entertainment-filled evening hosted by longtime NBC co-host of the Westminster Kennel Club Dog Show and the National Dog Show, David Frei, and KATU Meteorologist Mary Loos & her four-legged forecaster, Willis the Weather Dog.

CAA will recognize the volunteers who make it all possible and look back on the animals they have been able to help heal, love and get ready for adoption. And some of CAA favorite furry success stories will be in the house!

The event features fabulous live auction items, a paddle raise and more! Live auction items include seven nights in Kona and round trip airfare for two, a day with a Columbia River Bar Pilot for four, a private dinner for eight prepared in your home by Chef Andy Catalano and a PNW Staycation that includes luxury lodging, dinner out and two tickets to the Liberty Theatre! All proceeds directly benefit the animals at the Clatsop County Animal Shelter.

Meal choices include pork tenderloin, chicken cordon-bleu and stuffed summer squash (vegan).

A limited number of tickets will be sold. \$75 per person. Get your tickets for June 13th NOW! At libertyastoria.showware.com.

This event is at the Seaside Convention Center, 415 First Avenue, Seaside. Pick up will-call tickets at the Seaside Convention Center at the door /time of the show.



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

Big Timber and You: the Economics Made Easy Speaker - Economist Ernie Niemi June 10, 11



ERNIE NIEMI will present "Big Timber and You: the Economics Made Easy," and explain how Big Timber currently extracts wealth from households and communities, as well as causing additional harm to Oregonians by contributing to climate change and further diminishing the economic outlook for communities and workers.

Ernie specializes in applying the principles of cost-benefit analysis, economic valuation, and economic-impact analysis to describe the economic importance of natural resources. He formed Natural Resource Economics, Inc. in 2012. From 1978 to 2012, he managed economic and policy analysis for the consulting firm, ECONorthwest, where he was a co-owner, vice president, and senior economist. He also has taught cost-benefit analysis and economic development for the University of Oregon's Department of Planning, Public Policy, and Management, and taught high-school science as a Peace Corps Volunteer in Uganda.

Niemi's analyses have addressed resource-management programs for water quantity, quality, and reliability; economic security for at-risk human communities; conservation of at-risk fish, wildlife, and plant species; management of natural-resource risks; adaptation of households, businesses, and communities to expected changes in climate; management of public lands and waters; diversion of surface and ground water for irrigation, livestock, domestic, and municipal-industrial uses; maintenance or enhancement of in-stream flows; water conservation; forest restoration; and floodplain management.

Niemi's education includes a Master's degree in City and Regional Planning, Harvard University, 1978, and Bachelor of Science, Chemistry, University of Oregon, 1970

Monday, June 10 at 6:30 pm, at Towler Hall room 310 FIG [Forest Interest Group] and CREATE present.

Tuesday, June 11. Niemi's presentation is also 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. These events, always free and open to the public, take place the second Tuesday of every month at 6pm at NCRD 36155 9th St. in Nehalem. Doors open at 5:30 with music from singer/songwriter Brandon Tigner and light refreshments.

City Councilor Gathering • June 20

Jessamyn Grace West, City Councilor for Ward 4 Gathering: Thursday June 20th, 4:30 to 6pm at Alderbrook Hall, red building at 45th and Leif Erickson. This is an open invitation so bring your City related questions, concerns and opinions- everyone is welcome.

www.facebook.com/JessamynAstoria<<http://www.facebook.com/JessamynAstoria>> jwest@astoria.or.us<<mailto:jwest@astoria.or.us>>
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STEPHEN BERK

HERE WE GO AGAIN

THE US FOUGHT two wars in Iraq during the two Bush presidencies, father and son. In the first war, Iranian nationalists had asked the American ambassador, April Glaspie, if the US would oppose replacement of Iraqi strongman, Saddam Hussein, with a popularly based government. In response, she gave the movement to depose Saddam Hussein a green light. Probably the first Bush administration's Middle East flaks did not foresee the budding movement to form Islamic republics across the Middle East and Central Asia. Those republics were to be based on Sharia, or Islamic law, to a greater or lesser extent, and as such they would constitute an Islamist bloc that could become a challenge to western style secular rule. Iran, for its part, had existed under the monarchy of Shah Reza Pahlavi. The US and other Western powers had installed the Shah in a coup against a democratically elected secular head of state, Mohammad Mosaddegh in 1953. This diplomatic faux pas was the product of postwar hubris among the US and other Western powers, who believed they could reorder the world. The two Vietnam Wars, French and American, which ended disastrously for the two Western powers, also began in this period.

Thus were the origins of postwar American interventionism. The CIA, Britain's MI6 and other covert foreign operations, competed with their communist counterparts, under Soviet leadership, to establish worldwide opposing blocs of nations. Out of this competition for Cold War influence came two major Asian conflicts: Korea, 1950-53, fought indecisively; and Vietnam, held as part of French Indochina and lost to the Vietnamese, under the communist Vietnam, in 1954. The US battled the communists in both wars, the Korean War, ending in a stalemate with the North remaining communist, allied to Mao's China and the Soviet Union. The South became part of the American imperium, with Seoul eventually a showpiece of Western capitalism. Unlike the ambiguous fate of Korea, Vietnam, following the unsuccessful ten

year American war, would come wholly under communist rule.

For us Americans growing up in the postwar period, Vietnam was our war, to support and win, or to oppose and campaign to end. For some decades following the sixties and in some respects even to this day, the right/left divide in the US has ushered from the great domestic conflict over the Vietnam War. LBJ lost his presidency over it, and Senator George McGovern, the Democratic peace candidate of 1972, was trounced by Richard Nixon, who favored turning the war over to our non-communist South Vietnamese allies and withdrawing gradually rather than precipitously. Americans had ceased to support a seemingly endless and fruitless war, but most did not want to "cut and run." They wanted to salvage, as Nixon put it, "peace with honor." But following American departure, North Vietnam and its allies in the South quickly defeated our South Vietnamese anticommunist allies. After Vietnam, presidential administrations invariably avoided getting American ground troops involved in a protracted war. But since the US has worldwide, some would say imperial, interests, we have continued to become involved, more subtly and covertly, in foreign wars. For as long as the Cold War lasted, the US supported and supplied the anticommunist side in every country harboring the conflict.

Aging Americans of the postwar generation are still re-fighting the Vietnam War in our domestic politics. Thus we have the progressives, or peace oriented anti-interventionists committed to diplomacy, and militarists, who argue for a Pax Americana, or peace based on American world domination. Espousing this latter view, which does not back away from war, are the neoconservatives. "Neocons" are militarists, strongly committed to belief that only an America, ever ready to go to war, can act as guarantor of a world cleansed of petty dictators, as well as a check on powerful states inclined towards war. The neocon view presupposes that America is capable of acting from motives greater than self-interest. Individuals

are capable of sometimes doing so, but nations are not. An axiom of international politics holds that no state goes to war for purposes other than what it perceives to be its own interests.

Early neocons defended Lyndon Johnson, who was driven from the presidency in 1968 for escalating and Americanizing the Vietnam War. They saw Johnson as a president willing to fight the evil of international communism. The world in their eyes embodied a binary conflict between communist slavery and capitalist (always called "democratic") freedom. In the years following the September 11, 2001 World Trade Center attacks, neocons and others who agreed with them took a similarly binary view, that militant Islam was responsible for the attacks and armed opposition was a vital necessity. But instead of going after terrorist groups like al Qaeda, they waged two wars against Iraq, which had nothing to do with 9-11 and whose government was never part of militant Islamism.

Now neocons in the Trump administration, Secretary of State Mike Pompeo and National Security Adviser John Bolton, have just backed a failed coup against the socialist government of Venezuela and a military buildup in the Persian Gulf to counter a supposed threat from Iran's Islamist government. Neither Venezuela's government, nor that of Iran is in any way a threat to the United States or any other country. But President Trump's secretary of state, Mike Pompeo, and his national security adviser, John Bolton, are both strong neocons. That is to say, they are militant exponents of an expansive (or imperial) American led world order directly threatened by socialist and Islamist revolutions. Instead of focusing on what might be a constructive national action, such as building an international coalition to deal with the deleterious effects of climate change, they prefer to engage in war games against phantom enemies. They remain stuck in an old, dysfunctional paradigm of military confrontation and domination now with false adversaries.

NATURE NEWS

Get Muddy at Wolf Bay with North Coast Land Conservancy



YELLOW FLAG IRIS is a lovely and notoriously invasive exotic plant. It spreads fast, clogging wetlands and choking out native plants. Join North Coast Land Conservancy for a volunteer stewardship day at Wolf Bay Habitat Reserve near

Svensen on Saturday, June 8, from 10 a.m. to 2 p.m. and help free this lower Columbia River marsh of iris.

Digging out iris in vulnerable wetlands is hard work, requiring plenty of bending, and it's always muddy. But some volunteers claim it's their favorite stewardship event! We'll be working in a tidal marsh, digging up plants and hauling them out of the marsh to our pickup trucks. Iris seed pods float, making it imperative that we remove them from the marsh after we pull them.

Wear rubber boots and gloves; NCLC will provide the needed tools. Bring your own drinking water and lunch. There are no toilets or potable water on site. Dogs are not allowed on this or other NCLC properties.

If you'd like to help, contact NCLC Stewardship Director Melissa Reich at 503-738-9126, melissar@nclctrust.org, for details and directions. This stewardship day is a partnership with North Coast Watershed Association and Tongue Point Job Corps.

Hike with the Angora Hiking Club

ON SATURDAY, JUNE 15 at 9am hike **Fort Columbia and Battery 246** on the Washington Peninsula. Ft. Columbia was one of three Coastal Artillery forts that once defended the Columbia River. Stephen Wood, State Park Ranger from Cape Disappointment will lead a walking tour around the fort and through Battery 246, a World War II gun emplacement.

Participants will learn the Fort's early history, how it was established and development over time.

The walk is appropriately one mile, covers moderate topography, with elevation gain and loss. Flashlights are recommended for touring the Battery. Restrooms are available in the park, and a Washington State Parks Discover Pass is required for Parking. If interested in participating please call Debby Halliburton at 360 977-0982 by Friday, June 14.

SATURDAY, JUNE 22, is the **Underground Tour** led by Jeff Daly. Meet at 9am @ 1125 Marine Drive, Astoria. The tour will take you into Astoria's Underground. Your guides are 2 local guys with a love of Astoria and a passion for sharing the mysteries of its underground tunnels. On this tour they escort you through the tunnels safely while providing entertainment, history, personal accounts, comedy and maybe even some surprises. This tour has been created with you in mind, encouraging exploration and discovery, so please do not hesitate to ask ques-



State Park Ranger Steve Wood

tions and have fun. Taking less than an hour, you will walk along clear pathways, on one level, that are easy. Please email the walk leader, Arline LaMear at cliffandarline@msn.com, by Thursday, June 20, if you plan to attend.

SATURDAY JUNE 29 @9am is **Saddle Mountain**. This difficult hike is lead by Michael Dubb. If you plan to participate, please call Michael, @ 503 791-5325 by June 28.

All hikes (except Underground Tour) will meet at the parking lot on Marine Drive just West of Burger King. Car pooling will be arranged there. This friendly club welcomes newcomers. It is not necessary to be a member to join in a hike. For more information call the hike leader or visit the website angorahikingclub.org.

8th Annual Tokeland Trek Sunday, July 7

Come trek across Tokeland!!

The Tokeland-North Cove Chamber in partnership with the Shoalwater Bay Tribe are committed to adding recreational opportunities and ways to enjoy Tokeland's natural beauty. The Trek is one of those special outdoor experiences where community and friends come together in a positive way.

Trekkers have exclusive access to Dave's Tokeland Trail, a private trail covering 23 acres of Tokeland. This guided tour treks through a wondrous transition from the Tokeland rain forest to the seashore and dunes. This leg of the Trek is low key and educational thus making it a fun family outing. Learn about the area's flora and fauna from Dave Hawthorne, local character, longtime resident and hiking enthusiast. On the second trail experience, Trekkers are invited to meander through the Willapa Bay grasslands, marvel at the wildflowers and sea beans and take in the beauty of the bay. The Shoalwater Bay Tribe graciously maintains the 12-foot-wide mowed trail from the Tokeland Hotel for about 3/4 of a mile alongside the bay. It's a great side-by-side walk that's kid and pet friendly.

- Registration at the Tokeland Hotel Sunday July 7th at 10am. Also tokeland-northcove.com
- Tokeland Hotel Sack Lunches are available for \$10 (cash only please)
- Dave's Tokeland Trail guided tour departs 11:15 µ
- The Willapa Bay Grasslands Trek is a self-guided trek; trail head behind the Tokeland Hotel gazebo
- T-Shirts will also be sold at the Tokeland Parade & Picnic



The North Coast Chamber Orchestra "Music on the Land"

THE NORTH COAST CHAMBER ORCHESTRA finishes its 2018-19 season with two compelling classical music concerts titled "Music on the Land". The first concert, June 15th, celebrates the 15th anniversary of Circle Creek Conservation Center in Seaside, and takes place in the big barn at Circle Creek. This event, "Concert in the Barn", is co-sponsored by the North Coast Chamber Orchestra and the North Coast Land Conservancy. The second concert, June 16th, will be held at the beautiful St. Catherine Episcopal Church in Nehalem.

The pastoral-themed program includes pieces by Beethoven, Tchaikovsky, Mendelssohn, and Copland, performed in two unique venues that support our connection to the North Coast environment.

The North Coast Chamber Orchestra, under the direction of Conductor Cory Pederson, is an all-volunteer ensemble of North Coast musicians dedicated to providing local audiences with the opportunity to hear live classical music.

Concert schedule:

Concert in the Barn: Saturday, June 15, 2 pm Circle Creek Conservation Center, at the end of Rippet Rd. in Seaside.

Tickets are \$15, available on the NCLC website: nclctrust.org (remaining tickets will be sold at the door) Children under 12 are free.

Concert at St. Catherine Church: Sunday, June 16, 3 pm

St. Catherine of Alexandria Episcopal Church, 36335 N. Hwy 101, Nehalem

Tickets at the door: \$10 Adults, \$5 Students, children under 12 free with adult

There will also be an "open rehearsal" Tuesday June 11, 7 pm at the Cannon Beach Community Church (132 E. Washington, Cannon Beach) with no admission charge.

The North Coast Chamber Orchestra (the current performing ensemble of the North Oregon Coast Symphony organization) is actively seeking string players (violin, viola, cello, bass) as well as brass, woodwind, and percussion players. We invite those who are interested in participating to contact the Conductor, Cory Pederson, at 503-836-2198 or nocscory@gmail.com.

Celebrate Circle Creek's 15th anniversary all summer long

In 2004 North Coast Land Conservancy purchased a 364-acre cattle ranch and former dairy farm tucked between the Necanicum River and Tillamook Head and set out to restore it to its native condition as an active floodplain and rainforest. Circle Creek Conservation Center, as it is now known, has since become NCLC's "living room," open to the public daily, with walking trails and regular conservation-related events.

ON JULY 13 the Conservancy will hold its fourth annual **Summer Picnic at the Barn**. The public is invited to bring a picnic and lawn chairs or a blanket (and a pie to share) to this free event and enjoy guided walks, live music, a silent auction and more. Music and picnicking start at 2:30; guided trail walks start at 4:30 p.m. For the complete schedule and other details, visit NCLC-trust.org/event/picnic.

Circle Creek Conservation Center is at the end of Rippet Road at the south end of Seaside. From US 101, 0.7 mile north of the junction with US 26, turn west onto Rippet Road and follow it to the two barns at the end of the road. It is open to the public daily, dawn to dusk, conditions permitting.

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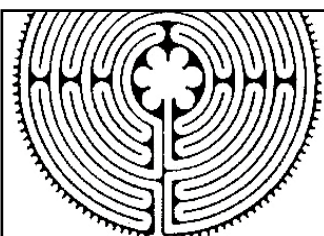
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Lower Columbia Q Center

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. pacificcountydem@gmail.com

CREATE • June 19 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 Scorch in Astoria.

Warning! Do Not Leave Your Dog Or Baby In The Car! The Orb Above Is Powerful!

EXIT YOUR VEHICLE for fifteen minutes on a sunny seventy-degree day and return to find a fiercely hot interior. Ultra Violet (UV) light waves are responsible. Not the heroine from film, but the same ones powering solar cells.

No matter where you are outside, UV wavelengths are plummeting to earth in various strengths. Sophistication in solar technology physics has captured this power for the Northwest.

The Oregon Solar Conference was hosted in Portland, Oregon on May 7, 8 & 9. Sponsored by Oregon's Energy Trust and Greentech. The industry is booming all over the world, and Oregon, thanks to new developments, is now on the bandwagon. Our occasionally overcast skies mean nothing to this quartz revolution. As our temperatures rise and rain scampers away, it will further change the picture.

NEW DEVELOPMENTS

One of the most common criticisms of current solar technology is their appearance on a roof – many homeowners considering solar are looking for a product that will both generate energy and offer an aesthetic improvement for their property. Solar panel manufacturers, in response, are developing new brews to give solar the makeover for which homeowners have been asking.

Tesla solar roof tiles have been around since 2016 but not widely distributed. Deposits for the system accumulated over the last three years. A factory in Buffalo New York is manufacturing them. There are four Photo Voltaic (PV) shingle designs, which offer a design promise unique from any other product coming to the solar market: they are unequivocally non-recognizable. The latest from Elon Musk allows homeowners to go solar without any noticeable difference on their roof. As demonstrated at Tesla's launch event, these solar tiles are significantly more durable than the standard roof materials commonly used today. Equaling the thirty year life of the average roof. The product is designed to blend in with typical roof aesthetics and will come in the following product lines: Tuscan glass, slate glass, textured glass and smooth glass tiles.

Frameless Solar Panels

Companies that are making frameless solar panels are Canadian Solar, Trina and Solar World because the frames on panels hinder the aesthetics and customers have responded to the new design for roofs. Basically looking like a flat black glass

Bi-facial Solar Panels

Traditional solar panels capture sunlight on one light-absorbing side, and light energy that



cannot be captured is simply reflected away. This is not the case with bifacial solar panels. These types of panels have solar cells on both sides. Enabling the panels to absorb light from the back as well as the front. Practically speaking, this means that a bifacial solar panel can absorb light that is reflected off the ground or another material. Bifacial panels are best used in commercial or utility-scale applications where panels are elevated and angled away from a mounting surface, allowing light to reflect into the back of the panel.

Lithium Ferrous Phosphate Storage

The companies Pika and SimplPhi manufacture Lithium Ferrous Phosphate Batteries as well as the businesses Battle Born, ReLiON, and Power Tech. They are fast becoming the preferred storage system for solar in individual homeowner systems. Due to their stability of operation in a wide temperature range of 0° to 110° F. The readily available raw materials are keeping their charge longer than any other battery produced today.

Pump Storage

Pump Storage is a newer way to avoid the cost or replacement of batteries. Energy companies also use it to balance the load of delivering power. While a solar farm is producing during the day, some of that energy is used to pump water into a reservoir with a dam so, in the evening, when the sun isn't shining, the flow of water downhill will turn turbines manufacturing electricity for night time use. It carries the economic benefits of never having to replace batteries and having a one-time cost for storage.

LOCAL NORTHWEST PRODUCERS AND INSTALLERS

SunPower Corporation, in Hillsboro, is now the largest United States crystalline-silicon solar

manufacturer from U.S. materials... and it's right in our back yard.

An American energy company, designing and manufacturing photovoltaic cells and solar panels based on an all-back-contact solar cell invented at Stanford University.

Silfab Solar, in Bellingham Washington design and develop ultra-high-efficiency, premium quality 60 - and 72 - cell monocrystalline PV modules. They have over thirty-five years of solar experience spanning the PV value chain including wafers, ingots, R&D, engineering and product innovation.

CED Greentech has locations in Portland and Seattle. They are a nation wide chain providing wholesale equipment as well as designs for systems. For forty years they have been abreast of the latest changes in the technology. Making going solar easy from materials and design to financing.

Jennifer Rouda is a consultant located in Astoria. She has a wide background in risk mitigation and environmental planning in this countries' electric transmission and renewable energy industries. She's been a Principle Planner for Ecology and Environment, Inc., a global project account manager for CH2M Hill Engineering and Vice President of Environmental Development for Abengoa, Transmission and Infrastructure, LLC. Skyline 7's work covers complex, multi-state controversial energy projects subject to extensive regulatory review, including electric transmission, solar photovoltaic (PV) and wind energy.

EDUCATION

Oregon Tech accepts students with an interest in the sustainable energy industry who complete a science and math based AA degree at a community college and transfer to The Oregon Technology Institute. A number of their professors are actually working in the sustainable

energy industry. It's a good place to apply with connections to the field, so you may complete a program in whatever field you desire. And find a job soon after.

Fun Fact, sixty percent of the school's energy comes from an on campus two Megawatt solar farm. But what's unusual, is there's a geothermal plant as well, which takes care of the heating of all buildings. Pipes running under the sidewalks and roads keep them ice free in winter. There are frequent tours of both of these energy generation sites giving students a hands-on experience with the real professional options available.

Recently Clatsop Community College's Upward Bound program held a class in sustainable energy for high school students. It covered the basics, from the fundamentals of electricity to calculating loads on systems and designing a potential installation of solar roofing on Warrenton High School. Schools participating were from Warrenton and Seaside.

NEW TO ALL THIS?

SPARK Northwest makes it possible for people to reduce the impacts of climate change and pursue renewable and energy efficiency options to power their homes, workplaces, and neighborhoods. Their operation money comes from the United States Department of Agriculture and are already paid by your tax dollars. Their services are free.

They combine knowledge, tools and technical expertise. Training communities to complete renewable energy and energy efficiency projects. There are many resource materials on their website of value to the consumer who is new to the technology. SPARK provides technical assistance with planning, project design, resource evaluation, economic modeling, permitting assistance and contractor selection. The projects they design, prioritize community involvement and accountability. You can learn more about their energy efficiency, solar, wind and rural or tribal projects at <https://sparknorthwest.org>

Farmers have a good chance of grants for solar power too. As long as they own their property. Don Mehlhoss, in the Columbia County Natural Resources and Conservation District is familiar with the process for installations on farms.

In Clatsop and Pacific Counties, our low population makes us eligible for USDA rural sustainable energy assistance. The Natural Resource and Conservation Service (NRCS) can help as well as SPARK Northwest. We are prime candidates for grant applications. SO, GO FOR IT - Astoria, Hammond, Warrenton, Seaside, Gearhart, Cannon Beach, Ilwaco, Long Beach and Ocean Park! And all the landowners in between.



Enjoy the serenity of our gardens, wooded paths, sauna, yurt and bhuddas . . .

. . . in Nahcotta, Washington on Sandridge Road, just south of Bay Avenue overlooking willapa bay

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



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INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS JUNE 2019

INCO Astoria Community Group

Saturday, June 1, 10:30 am
Winekraft, Astoria

INCO Advocacy Team

Wednesday, June 5, 6:30 pm
Seaside Library Board Room

INCO at Astoria Pride Parade

Saturday, June 8, 10:45 am
Meet at 12th Street between Marine Dr. and the waterfront

INCO Seaside-Gearhart Community Group

Tuesday, June 11, 6:30 - 8 pm
Email incoregon@gmail.com for location

INCO Warrenton Community Group

Saturday, June 15, 11:30 am
El Compadre Restaurant, Warrenton

INCO Vote the Future Team

Wednesday, June 19, 6:30 - 8 pm
Seaside Library Board Room

Oregon Needs You!

OREGON'S LEGISLATIVE SESSION wraps up this month. A key factor in determining which new policies our state government enacts: YOU.

With all the craziness and strife at the national level, it's easy to forget how much impact we can have here on our own turf. Tea-party Republicans and their dark money funders understand this principle. That's why they built benches and took control of 22 state governments. Those who oppose the far-right agenda are playing catch-up. If we neglect state-level advocacy, we'll never truly be in the game.

States have power over much that we care about in our daily lives: redistricting, voting rights, criminal justice reform, policing, climate protections, workers' protections, LGBTQ rights, reproductive rights, education, health care, and gun laws. And state laws often spread to other states, eventually becoming federal laws.

As we apply our grassroots advocacy at the state level, our impact increases exponentially. State representatives get less constituent attention than federal representatives, so our voices are more likely to be heard. A hundred phone calls made on the same day to a state legislator can almost shut down the office.

This session, One Small Thing PDX (OST-PDX) has been tracking almost 70 bills moving through the state legislature. You can find their research summaries and recommendations by clicking "Task Force" at onesmallthingPDX.org. For the remainder of the session, our statewide Coordinated Oregon Indivisible Network (COIN) is concentrating on a handful of these bills where we believe we can have the most impact:

- Curbing Plastics: Bans plastic straws (SB 90, passed Senate), plastic bags (HB 2509B, passed House), polystyrene containers (HB 2883, passed

House). All of these bills are moving—we are half-way there—but need your support.

- Cap and invest: HB 2020, the Clean Energy Jobs bill to combat the effects of climate change and expand employment opportunities in clean energy.

- Driver's License Bill: HB 2015 would provide licenses for undocumented people living and working in our state. This bill is strongly supported by CAUSA and Governor Kate Brown.

- Presidential Candidate Tax Returns: HB 2762/SB 594 would require candidates for president and vice president appearing on Oregon ballots to disclose the last five years' tax returns.

- Corporate Tax Bill: HB 2437, a \$2 billion budget bill that would fund the Student Success Act, aimed at K-12 education, has passed. Be prepared: a follow-up referendum is likely.

Phone calls and emails in support of these measures take little time but can yield big results. Set aside a few minutes today to call your state senator and representative to your contacts and make your voice heard: Senator Betsy Johnson (503) 986-1716 / sen.betsyjohnson@oregonlegislature.gov; Representative Tiffany Mitchell (503) 986-1432 / rep.tiffnymitchell@oregonlegislature.gov

Want to get involved in INCO's advocacy efforts? Stop by our A-Team meetings on the first Wednesday of each month, 6:30 pm, in the Seaside Library Board Room.

Thanks to Indivisible's State and Local Coordinator Jiggy Athilingam and One Small Thing PDX for sharing some of the content for this column.

OP ED: Abortion Politics

I'VE BEEN LISTENING to abortion politics most of my reproductive life. Nothing new. There has never been agreement when life begins or ends. The question ultimately rests with an individual's beliefs about life often religious.

Abortion is used to sharpen political positions at election time polarizing us along with other emotional issues like gun control. History tells us abortion will always be used by some women to control reproduction. It is never going away.

A woman will risk her life to end an unwanted pregnancy. I have been present during illegal and legal abortion procedures (I am that old). Illegal abortions are costly done secretly out of sight sometimes out of the country. A woman with enough money and the right connections will find a way to obtain one.

Another woman without money possibly in an abusive relationship left alone will also look for someone to help end an unintended pregnancy. This woman may find help from friends, a sympathetic doctor or midwife but more often will be taken advantage of in a desperate condition with a developing pregnancy. This woman will borrow large amounts of cash and will take risks with an illegal procedure, risks include a

pelvic infection, infertility even death. These risks will not deter her and she will still choose abortion. There is not one specific type of woman that chooses to end an unwanted pregnancy. This concerns all women and why it should remain legal.

Well intentioned people who focus more on a developing embryo than on a woman's health will continue to push for legislation limiting access to abortion.

They will preach, point fingers, threaten and blame but a woman will always find a way. She always has and always will.

Recent restrictive legislation is a setback but compassionate caring people will still be there to help and support her decision. Sympathetic doctors will continue to risk their lives with a concern beyond personal safety. My father was one. ABORTION IS NOT GOING AWAY. Keeping it safe and legal makes us a compassionate society.

I have heard that some regret their decision to end an unwanted pregnancy.

Every woman I know has felt relief and gratitude, younger ones often return to school. A woman can be trusted to make an intelligent choice about



her body. Certainly motherhood would require self responsibility.

Medical research reveals that 1/3 of all early pregnancies may naturally be expelled by the body due to an unhealthy or defective embryo. Are we going to require a woman to save these pregnancies also? A woman may not know she is pregnant at 6 - 8 weeks. Recent proposed legislation is defining personhood this early. Are we going to keep track of menstrual cycles and/or menstrual pads checking for heavier than usual bleeding or suspicious clots?

WHO DECIDES HOW FAR WE WILL GO WITH THIS WAY OF THINKING AND INTRUSION INTO A WOMAN'S LIFE?

I wonder. Do YOU?

Lynne Farrar
Astoria, Or

Tiny House Villages

a low-income housing solution

Dan Bryant to speak in Astoria

By Kaisa Schlarb



DAN BRYANT, Executive Director Of Square One, the non-profit behind tiny-home, transitional-living villages in Eugene, is coming to speak about the organization's work in Astoria. On July 24th, he will present at the United Methodist Church and on July 25th to the City of Astoria's Homelessness Solutions Task Force (HOST) at Clatsop Community College.

Tiny home villages developed as a grassroots movement in Eugene in the wake of the 2011 Occupy movement. During the movement, both the housed and unhoused forged alliances and began to work together.

"Once people got to know somebody who was living on the streets-- you know something about them, their history, their children. All of the sudden people were relating," recalls Bryant.

Dan Bryant is also the Senior Minister of First Christian Church in Eugene and has spent a lot of time as the pastor of a downtown church, as he says, "Pulling people out of the river. We needed to go upstream to find out why people are falling in."

Hence, tiny home villages. In 2012, the post-Occupy movement put pressure on the City of Eugene to address homelessness. The mayor appointed a 58 person task-force which included many community partners and a number of unhoused people. After 5 months, the task-force made recommendations to the City Council, the first of which was to identify a site for people to camp legally, independently financed and overseen by a non-profit agency.

City-land was identified for use, and Square One was the non-profit who pitched the proposal for the pilot program. A group of would-be residents met for a number of months on community agreements, and construction began in 2012 under a Conditional-Use Permit.

The group raised an initial 11K for start-up, and "Opportunity Village" was built by volunteers during monthly community build days. The first 4 units were constructed in one day. After 9 months, the village reached its capacity of 35.

Units are bare-bones sleeping cabins, insulated but with no heat or electricity. Residents share utilities and laundry, and cooking is done on propane in a shared outdoor area.

Initial grants and private donations gave Opportunity Village its start, but ongoing operational cost and maintenance is covered by a monthly program fee, paid by residents. As the non-profit overseeing the village, Square One provides minimal staff support, with residents taking care of upkeep and management of personal spaces.

After the end of the first year in operation, a review was conducted by a group from the University of Oregon and the response from the community was clear: tiny home villages were working. At the end of the pilot, the city council voted unanimously for the project to continue.

Constructed to be transitional spaces, it was quickly realized that residents were still struggling to find next-step housing. A lack of affordable options and long-waits with the housing authority were leaving people stuck in place. Bryant explains that most affordable housing is geared toward families, leaving single people on limited income with few options.

Square One needed to get into affordable housing. Emerald Village, a low-income housing co-op, was their second project. This village offers a bit more long term livability, with each unit including a full bath, kitchenette and living space; along with the shared facilities.

In this model, the co-op leases the facility from Square One and manages their own affairs. Residents pay rent, plus an additional \$50 a month toward their share of the co-op. Once the share is paid out at \$1500, rent is lowered as residents have fully bought-in. When a resident leaves, their share is paid back to them and sold to the next occupant.

Bryant explains, "Our whole design was to find a way to live on \$800, where someone's income is coming from social security or part time work. How can you live on that? We had to get rent down to 1/3 of that income, which is \$200 per month." The co-op villages were designed to be accessible to people at this income level.

Tiny home villages are a not new concept. The model was born of other examples and research, including the long-running Dignity Village in Portland. Square One Project Director Andrew Heben researched his Master's thesis on tent villages and spent time living in one in Michigan. He published the book, *Tiny House Villages*.

With a capacity-building grant from the Meyer Memorial Trust, Square One has been able to develop a training curriculum to assist other groups to start tiny house villages. Bryant has been traveling to different Oregon cities presenting on their work.

As a result, "Hope Village" opened in Medford October 2017. In Ashland, OR, property has been purchased for a site and a formal partnership with Square One has been established. Madras, Corvallis and other towns have taken steps to see if the model can work in their own communities.

Eugene neighbor, Cottage Grove has also developed a 13-unit project with Square One, and secured a site.

In July, Astoria will have an opportunity to reflect on whether it can work here. Ron Maxted, a 4-year board member at the Astoria Warming Center, has been coordinating efforts to get Dan Bryant to Astoria. Maxted worked on both the creation of the



Emerald Village in Eugene—a tiny home co-op village where residents pay \$200-\$300 a month in rent, plus \$50 per month toward a share paid out at \$1500, and paid back when a resident leaves.

Seaside Youth Center, and was behind the conversion of the old Tapiola Pool into a skate park.

To Maxted, tiny house villages are a logical solution to assist the homeless after revisions to the city code made it illegal for people to camp in city forests.

He hopes the Square One presentation will spark something for Clatsop County. By creating legal spaces for people to sleep fewer people would have to resort to sleeping in hall ways, store- fronts, under the bridge or in the woods.

Stressing the Astoria Warming Center largely serves a local homeless population, Maxted says, "We can at least deal with our own citizens. No one wants to see people outside in an uncomfortable place, when in a day's time we could put together a place for them to sleep." Maxted envisions taking the project county-wide, due to a limit of buildable land in Astoria, but finding a location accessible to the busline.

Charlie "Chaz" McKenzie, is one locally unhoused person who would like to see a legal tiny house village constructed in Astoria. Charlie grew up in Astoria, graduated from Astoria High School in '71.

Charlie acknowledges how hard it is to find a job and get on your feet without a regular place to stay. He relies on social security, the occasional royalties from songs he wrote, and odd jobs from people who know him.

He sees a legal village space where all residents are responsible for care and upkeep as common sense.

As Maxted points out, "It would be an opportunity to get services, with people in one place. When the Warming Center was allowed to be opened continuously, we found that we had stabilized some people so they could get services, because they knew where they were going to sleep."

If Clatsop County can get excited about tiny home villages, as Maxted hopes, the next step would be to get people together to form a local non-profit similar to Square One. Maxted envisions a dozen or so units to start, which could be built fairly quickly. He recalls the last Tapiola Park rebuild and how successful it was to have the park rebuilt by the community. "We could do that again," he says confidently.

The July 24th presentation at the United Methodist Church, 1076 Franklin, Astoria, has a suggested donation of \$10. Proceeds will go to the Astoria Warming Center. Time TBA.



Builder and shaker Ron Maxted, who worked on both the creation of the Seaside Youth Center, and was behind the conversion of the old Tapiola Pool into a skate park.

MUSICMAGIC AT THE LIBERTY THEATRE

BLIND PILOT with 45th Parallel Universe Orchestra



BLIND PILOT, which consists of Israel Nebeker, Ryan Dobrowski, Kati Claborn, Dave Jorgensen, Ian Krist and Luke Ydstie, was formed in Portland, Oregon in 2007 when songwriter Israel Nebeker and co-founding member Ryan Dobrowski went on a west coast tour via bicycle. Twelve years later, Blind Pilot has released three studio albums, 3 Rounds And A Sound (2008), We Are The Tide (2011) and And Then Like Lions (2016) and has sold out concerts throughout the U.S., Europe and the UK since its inception. The band has performed on Ellen and The Late Show With David Letterman as well as at Newport Folk Festival, Bonnaroo, and Lollapalooza among others.

Joined by HELIOS CAMERATA, a 45th Parallel Universe ensemble. Since 2009, 45th Parallel has happily demolished distinctions between old and new chamber music, bluegrass and jazz, fiddle and folk. By bringing fragmented audiences together, 45th Parallel reflects Portland's surging creative communities in fresh and imaginative ways.

45th Parallel stands apart from the Portland's other chamber groups by its borderless and unbounded innovation. Call it 360-degree programming. The city's finest musicians weave Bach and Beethoven into adventurous programs of "forbidden" music, or violin wizardry by virtuosos such as Gilles Apap and Kevin Burke. Their far-reaching collaborations also include gospel singers and Persian musicians, embracing Portland's growing diversity.

June 14 and 15, 2019, 7:30pm.

Tickets \$35 general admission

PYXIS QUARTET, a 45th Parallel Universe ensemble

PORTLAND'S PYXIS Quartet Performs Georg Friedrich Haas String Quartet No. 3, In iij. Noct." (2001)

Complete darkness...an inky black canvas for a truly amazing musical performance. The 3rd String Quartet by Georg Friedrich Haas has quickly taken its place as a modern masterpiece, a tour de force of spectral music that is performed in absolute darkness. Darkness, however, is not present in this piece merely as an absence of light, but becomes the key theme of the work, with the musicians neither seeing their music nor their fellow performers, and seated as far apart from one another as possible. The work is subtitled In iij. Noct., a reference to the Roman Catholic Tenebrae service for Holy Week held by tradition in the dark during the days before Easter.

For the past decade, Portland based Pyxis String Quartet has been pushing buttons, envelopes, and every other metaphor for limits, thrilling audiences with musical work that is fresh, timely, and relevant.

June 21st, 7:30pm. Tickets \$35 reserved seating, limited availability

HERMITAGE PIANO TRIO, Record Release Celebration

DESCENDING from the great Russian musical tradition, the Hermitage Piano Trio is distinguished by its exuberant musicality, interpretative range, and sumptuous sound. The Hermitage Piano Trio embodies the majesty of its Russian lineage while at the same time including in its immense repertoire works from the great European tradition to contemporary American commissions.

Based in the United States, the Trio has performed to tremendous acclaim for audiences on major chamber stages.

A hallmark of the Trio is its polished skill in performing an enormous variety of music, and its wide, well-thought-out repertoire ranges from Rachmaninoff, Shostakovich, Arensky, Glinka, and Tchaikovsky to Schubert, Beethoven, Mendelssohn, Dvorak, and Brahms – the source of many of their invitations to return.

June 22, 7:30pm. Tickets \$35 general admission

June 23, 7:30pm Pianist Ilya Kazantsev in Concert

www.libertyastoria.org or in our Box Office Wed-Sat 2pm-5:30pm.



Hermitage Piano Trio RACHMANINOFF

RECORDED over a five-day period at Mechanics Hall in Worcester, Massachusetts, (ranked as one of the top four concert halls in North America and noted for its superb acoustics), simply titled "Rachmaninoff," the debut record release by the Hermitage Piano Trio, dedicated to the composer, is the first in a multiple-album recording deal with Reference Recordings.

Three noted soloists in their own right, and a rarity in the chamber music world, a quote from the Washington Post, "The Hermitage Piano Trio turned in a performance of such power and sweeping passion that it left you nearly out of breath." This record release will produce the same effect on its listener.

A record release celebration at the Liberty Theatre, Hermitage Trio will perform one of the three pieces from the album, *Trio élégiaque No 2 in D minor, Op 9*. You'll want to take a recording home with you, to further explore the sheer depth of *Trio élégiaque No 1 in G Minor*, and *Vocalise, Opus 34, No 12*, now that there exists masterful performance of these Rachmaninoff compositions. Myself privy to a pre-release

copy, I would like to suggest, sitting for the duration of the little-over-an-hour recording, and soaking in every subtle nuance and passionate explosion in this recorded musical journey.

Pianist Ilya Kazantsev in the program notes compares Rachmaninoff's music to Dostoevsky's "Brothers Karamazov," where three brothers resemble the richness and depth of human soul with its many sides: from lightness to darkness, from joy to sorrow, from pure happiness to complete despair.

Included with the CD package is a booklet of extensive historical info on Rachmaninoff, and significance of the recorded compositions, all written between the years 1894 and 1915. The word *élégiaque* in French translates as plaintive, melancholic, sad. Trio No 2 is written in memory of Tchaikovsky, and its composition began at the news of his sudden death.

"The phrases grow from almost barely audible church psalms and funeral processions to explosive climaxes that almost sound as if judgment day is upon us," quotes Violinist Misha Keylin, and furthers "Rachmaninoff challenges performers with both physical and mental

stress at almost every turn, but he gives us just enough flexibility to express his music in our own individual way."

For cellist Sergey Antonov, "Rachmaninoff is the soul and essence of Russian Romanticism." That he lives his life surrounded by his music, it's no surprise that the Trio's debut recording is dedicated to the composer.



Astoria Music Festival Presents

THIS YEAR the Astoria Music Festival will feature select performances by the Vocal Apprentice Artists. The Vocal Apprentice program offers young, up and coming artists the opportunity to work with top operatic professionals and to perform in recital and stage venues. A favorite part of AMF by long time attendees, to experience the quality, beauty and diversity of dedicated young vocal artists.

Opera Pro Dr. Mark Ross Clark returns this year to direct the program and two fully-staged performances of Puccini's one-act, and widely produced comic opera **Gianni Schicchi at the Astoria PAC, June 27 and 28, at 7pm** (\$15) featuring "O mio babbino caro" one of Puccini's best known, and one of the most popular arias in opera. (In 2008, even Woody Allen directed a version of Schicchi.)



Dr. Mark Ross Clark

Director for six years.

Dr. Clark's former opera workshop students include Metropolitan Opera roster singers: tenor Lawrence Brownlee, soprano Ailyn Perez, mezzo soprano Jamie Barton, bass Kyle Kettelsen, and 10 other Metropolitan Opera roster members.

A series of recitals will be staged throughout the student residency, culminating in a concert performance at the **Liberty Theatre on Sunday, June 29 at 1pm**, featuring a mix of opera, art song and the Broadway/American Song Book.

Student Recitals:

Sunday, June 16 at Peace Lutheran Church in Astoria at 7pm. Suggested \$5 donation.

Wednesday June 19th Calvary Episcopal in Seaside at 7pm. \$5 suggested donation

Friday June 21st at Cannon Beach Community Church at 7pm. \$5 Suggested donation



Tenor Allan Glassman

Cascadia Composers Concert June 25 at The PAC

AMF is excited to bring back to the Astoria PAC stage, a concert by Cascadia Composers. Formed in 2008 by eight regionally-based national composers, the organization has built up an audience excited for fresh, new music by local composers.

Last years event featured soloists, and chamber players performing all original compositions, in various genre of music, including a performance where the performer was electrically connected to strings of light, providing visual accompaniment to their piece.

A well-attended event, audience and musicians were equally engaged in the prospect of experiencing a new piece of music together for the very first time.

Cascadia Composers has produced over 60 concerts, including two 3-day festivals. Concerts have included performances of over 500 works, including over 100 world premieres.

Not to miss! 7pm at the PAC, 16th and Franklin. \$10 suggested donation.



ASTORIA PRIDE 2019

Friday June 7th

6:00- 7:30 Champagne Reception

McTavish Room Liberty Theatre - \$25

Enjoy Champagne or Sparkling Cider with the many performers of the evening. Wear your finest evening wear, get photographed with your favorites at the step and repeat, and enjoy appetizers from many of our local chefs. Meet many of the volunteers whom worked tirelessly to bring our community an unforgettable Pride Celebration. TICKETS @LIBERTYTHEATRE.ORG

4th Annual Astoria Pride GAYLA Liberty Theatre - Doors Open 7:30, Show 8pm - \$30

Clatsop and Pacific County Residents - \$5.00 Discount with ID when you purchase at the Box Office.

A fabulous showcase of local, regional and national talents - queens, kings and everyone celebrate the queer family through love and kindness.

Emcee Dida DeAngelies present performances by: Work Dance Company, Daylight Cums, Trixie Kerfuffle, LCQC Choir, Dinah Urell, Artie Choke, AAMC Belly Dancers, Sofonda Peters, Richard Bowman, Champagne and Mr. Bill, Ashley O'Day, Miss Ariel View and a special appearance by Mariah Balenciaga

Unofficial PRIDE After Party -The Labor Temple

Saturday June 8th - Riverwalk Pride Parade - Free

10am Parade Registration - Pier 11 - Access from 10th st. or 12th st..

11am Parade leaves from Pier 11 with Grand Marshal Daylight Cums and Ambassadors representing Seaside/Cannon Beach, Long Beach Peninsula/Pacific County, Knappa/Swenson, Warrenton and Astoria. The STONEWALL riots of 1969 will be alive in the tradition of the 1970 Christopher Street Gay Liberation March.

Pride Block Party Free. Riverwalk at 21st St and the Barbey Marine Center - 11:30 am - 6pm. Booths, Food & Drink, LIVE Stage.

Astoria Art Walk 5:00pm - 8:00pm - Gallery shows by LGBTQIA family artists at Riversea Gallery, KALA, Imogen Gallery and Table 360 Bakery and Bistro and many other window in Astoria.

Pride Dance Party Astoria Movement Center. Free - All Ages - 9pm to Midnight (DJimcodefour)

Sunday June 9th -

Pacific Unitarian Universalist Fellowship Service 10am -11am

Pacific Unitarian Universalist Fellowship Potluck and LCQC BBQ - Masonic Hall -1572 Franklin Ave. - 11am-Noon

Strut Sunday Market - 10am - 3pm - Wear Pride colors and get discounts from participating vendor showing a Pride Flag.

Drag Queen Reading Hour - 3pm -4pm - Beach Books -616 Broadway Street, Seaside, OR - Daylight Cums reads.

TURNBACK BOYZ: A TIME TRAVELING QUEER BOYBAND

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.

Sat June 8, 7pm
The Hoffman Center
in Manzanita



MOON PALACE

Catch Seattle rock band Moon Palace, 2pm at the **PRIDE Block Party**, fronted by veteran songwriters and identical twin sisters Cat and Carrie Biell. Get your entertainment fix with Poison Waters, Sofonda Peters, Ashley O'Day, Mr. Bill and Champagne, Mariah, Miss Ariel View, Midas Digs, Loungettes, Your Heart Breaks, Work Dance Co., & Trixie Kerfuffle



MARIAH BALENCIAGA, a queen from the "BallRoom Scene and a true beauty. Featured in season 3 of the Emmy Award winning show "Rupaul's Drag Race " and also in seasons 2 &3 of the spin off show "Rupaul's Drag U". Mariah has managed to stay visible in a sea of Queens by fusing her charm, delightful performances & her special brand of whit . You can continue to find Mariah Balenciaga as a regular guest on World of Wonder's web series " Wait, What ?!" , " Rupaul's Drag Race Fashion photo Review" & VH1's "Pit Stop".



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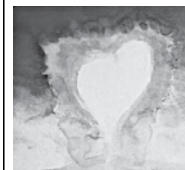
600 Broadway in Seaside, Or. Drop-in. No appt. needed!

LAGOM is a holistic, evidence-based mental health care center serving the North Oregon Coast. Connect with us today to schedule an appointment, shop our wellness boutique, or reserve your place in one of our groups or events.

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New Location!
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Kelli MacConnell
Giant Redwood

portrays landscapes and dream images inspired by the local coast and forest in layered prints that include monotype and linocut techniques.

Printmakers Stirling Gorsuch and Kelli MacConnell LGBTQIA+ artists in support of PRIDE Bridging Communities RiverSea Gallery

RIVERSEA GALLERY presents two exhibitions featuring Oregon artists along with a special show to benefit Astoria Pride and the Lower Columbia Q Center. All shows open on June 8 during Astoria's Second Saturday Artwalk with a reception from 5:00 to 8:00 pm. Meet the artists and enjoy live music performed by Peter Hinsbeeck on tenor sax and John Orr on guitar. Artwork will remain on view through July 9, 2019.

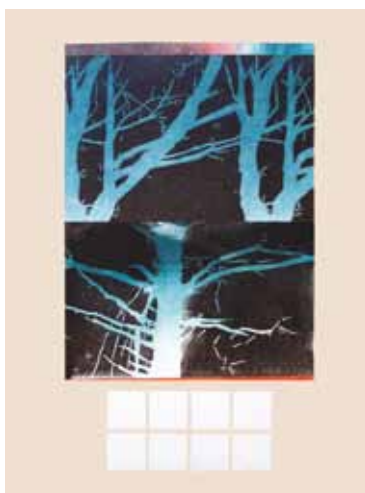
In *Above the Earth, Below the Clouds*, two Oregon printmakers team up for a show focusing on their shared love of nature. Kelli MacConnell captures the vibrant spirit of favorite Northwest trees in her relief prints. Stirling Gorsuch

IN THE ALCOVE

Portland painter William Hernandez exhibits vivid, surreal narratives that delve into realms of fantasy, folktale, romance and family. This exhibition, *A Visual Journey*, grew from a collaboration between the artist and his neighbor, Christa Kaainoa, a language arts teacher, who contributed a series of poems about relationships and connections. Hernandez created paintings inspired by her words. His visual interpretation of her poems adds new layers of meaning, often incorporating imagery and concepts from his Peruvian heritage.

Featured in the gallery's east window is a selection of works available from LGBTQIA+ artists in support of this weekend's Bridging Communities event. Works on display, many by regionally prominent artists, have been curated by Tabor Porter and Greg Carrigan, and proceeds from sales will benefit Astoria's Lower Columbia Q Center.

RiverSea Gallery, open daily at 1160 Commercial Street in Astoria. 503-325-1270, riverseagallery.com.



S. Gorsuch, Neskowin Ghost Forest

PRIDE WEEKEND PAUL SORIANO @ KALA

For PRIDE Weekend, KALA presents new works by queer artist/activist Paul Soriano, a lifetime painter and the former owner of Portland's COCK Gallery, known for its courageous journey in presenting homoerotic art, and support of LGBTQ artists. In *DREAM FRIENDS*, Soriano's color rich, figurative paintings depict the personal, good friends, old lovers, and his dream world. Says Soriano, "The work Stinky face is the story of how I kicked the needle, while the Sleeping Angel is the last image of a love most could not imagine. They live in a space between left and right brain, between the known and the imagined. The ephemera of a life lived."

DREAM FRIENDS will be on exhibit through August. Art viewing at events and by appt. 503.338.4878.

Right brain or left, figurative or abstraction, conscious or subconscious, future or past? The works are an attempt to balance these conflicts, seeking a resolution in my art. The works begin in abstraction, a place outside process and plan. Within this they embody the story that lives only in dreams. I seek through process and reason to give voice and form to what is evident in my dream world.

Also showing: Sid Deluca, Joi Smith, Bill Atwood, Oscar Nelson, Charlotte Bruhn. Saturday from 5-8pm at KALA, 1017 Marine Drive in Astoria. Opening Reception June 8, 5-9pm. KALA is located at 1017 Marine Drive in Astoria.



The Queen of Thorns, oil on canvas

JUNE CALENDAR



ENCORE DANCE STUDIO Dance Showcase

Encore Dance Studio presents three dance showcases this June. On Friday, June 14 at 5pm a group of performers from a new contemporary dance company called "thE company" are performing along with soloist members of the Encore Performance Team for a FREE show! (doors at 4:30).

On Saturday June 15 - Encore presents two dance studio showcases featuring Warrenton and Gearhart students performing tap, jazz, ballet, and more all with an "awesome" 90's theme!

Online presale tickets are \$12, tickets at the door are \$15 (cash only please). Gearhart Student Show at 11am (doors at 10:30), Warrenton Student show at 3pm (doors at 2:30). All shows at Seaside Convention Center.

Visit www.getyoudancing.com for tickets and info.

Friday 7

MUSIC

Jennifer Goodenberger. 6pm at Bridgewater Bistro in Astoria.

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

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

ART

Ilwaco Art Walk. 4-7pm at the Port of Ilwaco.

CINEMA

Beyond the Backlot full episode+ The Goonies. 6pm at the Columbian Theater in Astoria.

LITERARY

RAIN Magazine Reception. 4 - 8pm at Towler Hall, 3rd floor, CCC in Astoria.

HAPPENING

Goonies Day Celebration. 10am - 5pm at the Oregon Film Museum in Astoria.

Contra Dance. 8pm at the AAMC in Astoria.

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

OUTSIDE

Goonies Day Trashy Treasure Hunt. Collect Trashy Treasure and clean the beach in the process. 10am - 1pm at the red truck in front of Haystack Rock in Cannon Beach.

Sand Castle Contest. All day on the beach at Cannon Beach.

Saturday 8

MUSIC

Fortunate Son. Creedence/Neil Young revival band. Free, Noon at 115 Bolstad Ave W in Long Beach.

George Coleman. 5:30pm at the Shelburne Inn in Seaview.

David Drury. 6pm at Bridgewater Bistro in Astoria.

Niall Carroll. 6pm at Astoria Brewing.

Bruce Thomas Band. Free, 7pm at the Cannon Beach Chamber of Commerce.

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

Perrine Myers. 7pm at North Beach Tavern in Long Beach.

Turnback Boyz. A Time Traveling Queer Boyband. \$10 - \$20, 7pm at the Hoffman Center in Manzanita.

Bec Pickrel. 8pm at Public Coast Brewing in Cannon Beach.

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

The Mutineers. \$5 cover, 9pm at the Labor Temple in Astoria.

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

ART

Opening Reception. For the Forget Me Not Taxidermy sculptural exhibit. 6 - 9pm at the Sou'wester Lodge in Seaview.

Astoria Art Walk. 5 - 7pm at galleries and businesses in downtown Astoria.

CINEMA
The American Story. Race Amity and the Other Tradition. Free, 6:30pm at the Astoria Public Library.
Beyond the Backlot full episode+ The Goonies. 6pm at the Columbian Theater in Astoria.
Albatross. Plus panel discussion on ocean plastic pollution. Free, 6:30pm at NCRD in Nehalem.
FOOD & DRINK
Seafood Boil. \$85, 7 – 8:40pm at the Gearhart Hotel. Register at mcmenamins.com/events

HAPPENING
Second Saturday Makers Bazaar & Flea Market. 10am – 3pm at the First Presbyterian Church in Astoria.
Goonies Day Celebration. 10am – 5pm at the Oregon Film Museum in Astoria.
Goonies Day. One Eyed Willy’s Never Say Die Pirate Ship Race. Race your handmade boats across the pond at the Flavel House in Astoria. Make your own boat, or purchase a kit from the Oregon Film Museum or Flavel House Museum Gift Shop for just \$2.95. 10am at the Flavel House in Astoria.

Kitten Shower Fundraiser. With Hope for Paws. Come for snacks, adorable kittens, raffle, and volunteer info. Bring a kitty gift. Noon – 4pm at the Tillamook Library.
LECTURE
Conversation Project. What We Risk: Creativity, Vulnerability, and Art. With Jason Graham. Free, 1pm at the Tillamook County Pioneer Museum in Tillamook.

LITERARY
Booksigning. With Long Beach Author Jan Bono. 10am – 1pm at Old Towne Trading Post in Ilwaco.
OUTSIDE
Beach to Chowder 5K & 10K Walk/Run. \$75 - \$85. Starting at 10:30am at the Bolstad beach approach in Long Beach. Register at databarevents.com
Singing Sands Fun Run/Walk. On the beach at 2nd St in Cannon Beach. Register at cannonbeach.org.

Sunday 9
MUSIC
Wayward Ones Trio. 10am – 3pm at the Astoria Sunday Market.
Richard T and Friends. 11:30am at Bridgewater Bistro in Astoria.
Petty Fever. Tom Petty tribute band. Free, 2pm at 115 Bolstad Ave W in Long Beach.
Danny Sternadel. 6pm at Bridgewater Bistro in Astoria.



Cal Scott. \$15, 7pm at the Peninsula Performing Arts Center in Long Beach.
The Hackles. No cover, 8pm at the Adrift Hotel in Long Beach.
Ben Hunter and Joe Seamons. Old Time Folk from Seattle. No cover. 8pm at Fort George in Astoria.
HAPPENING
Goonies Day Celebration. 10am – 5pm at the Oregon Film Museum in Astoria.
Goonies Day. A guided walk with Patrick Lines. \$5 day-use fee per vehicle. 10am – noon at Ecola State Park, Cannon Beach.
LITERARY
Daylight Storytime. Drag Queen Daylight will read stories at 3pm at Beach Books in Seaside.
OUTSIDE
Furballs Golf Tournament. A benefit for the South Pacific County Animal Shelter. \$40, 9:30am at the Peninsula Golf Course in Long Beach. all Peninsula Golf Course at 360-642-4653 to register.

Monday 10
MUSIC
Danny Sternadel. 6pm at Bridgewater Bistro in Astoria.
The Hackles. No cover, 8pm Fox & Bones. at the Adrift Hotel in Long Beach.

Tuesday 11
MUSIC
Buzz Rogowski. 6pm at Bridgewater Bistro in Astoria.
North Coast Chamber Orchestra. Open rehearsal. Free, 7pm at the Cannon Beach Community Church.
Fox & Bones. No cover, 8pm at the Adrift Hotel in Long Beach.
LECTURE
Big Timber and You. The Economics Made Easy. With Ernie Niemi. 6pm at NCRD in Nehalem.

Wednesday 12
MUSIC
Buzz Rogowski. 6pm at Bridgewater Bistro in Astoria.
Clon von Fitz. \$15, 7pm at the Peninsula Performing Arts Center in Long Beach.

IRISH/JAPANESE-American flutist and vocalist Hanz Araki, accompanied by guitar, will perform his new solo material from his 2019 record release At Out Next Meeting, recently featured on Thistle and Shamrock at a house concert on **Friday, June 14**, in Astoria.
Considered one of the most talented Irish musicians in America today, flautist, whistle player, singer, and Juno Award-winner Hanz Araki has been lauded by publications and audiences alike. Three decades of musical exploration into Irish, Scottish, Japanese, and American traditions has yielded his distinct style described by Fatea Magazine as “achingly beautiful.”
John Gaasland and Joan Herman will host the concert at their home in Central Astoria. Tickets are \$15 at the door and CDs will be for sale by cash or check. Come at 7 PM with finger food to share and BYOB, if you like. The concert will start at 7:30 PM. Email jlbowler@charter.net or call 503-298-9258 to reserve your place. Only 40 tickets are available.

Sofia Talvik - World Tour 2019
Americana / Folk with Swedish Roots

FOR AWHILE there it didn’t seem like Sofia Talvik would ever make it to the U.S for the American leg of her World Tour 2019. It all started out with the airplane hitting a couple of ducks which took out the hydraulic system and forced the pilot to turn around. It was Easter and all the flights were booked solid. After being ping-ponged around several different airports in Europe she finally made it on to a U.S bound flight.
The tour that started in Alabama in April will take her down a winding road and 11 states before ending in Las Cruces, NM in July. But this is not something that is uncommon for the Swedish born Folk/Americana singer who has spent the last few years touring her way through 47 states in her little Winnebago Warrior from 1989. This year she’s already covered Germany and New Zealand on her World Tour, leading up to the release of her 8th studio album “Paws of a Bear”. The first single “Take me Home” - a bitter-sweet story about her small home town on a west coast island of Sweden, went in directly into the Top 10 USA Folk radio charts when released.
8 years of performing live in big and small settings, at Festivals and in living rooms, in castles and cabins, she has honed her craft into something more than just an artist, - an avid storyteller with a voice comparable to giants like Joni Mitchell and Judy Collins, or as the East Oregonian put it - “Sofia Talvik’s mesmerizing voice is really all that she’ll need to entertain.”

Thursday, June 13 at the Cannon Beach History Center & Museum at 1387 S Spruce St, Cannon Beach. Tickets are \$15 and available cbhistory.org or by phone or by phone at 503-436-9301. Doors open at 6:30pm and close at 7:15.



Jazz artist Ben Rosenblum. NYC Award-winning jazz pianist and composer, the Ben Rosemblum Trio. 7pm. \$10. (Cash only please)The Hoffman Center in Manzanita.
Redray Frazier. No cover, 8pm at the Adrift Hotel in Long Beach.
HAPPENING
Night of All Knowledge Trivia Tournament. A free and fun team trivia event. 6pm at the Seaside Library.

Thursday 13
MUSIC
Basin Street NW. 6pm at Bridgewater Bistro in Astoria.
The Jack Maybe Project. No cover, 7pm at the Gearhart Hotel.
Sofia Talvik. Americana/Folk with Swedish Roots. \$15, 7pm at the Cannon Beach History Center and Museum.

Jazz artist Ben Rosenblum. NYC Award-winning jazz pianist and composer, the Ben Rosemblum Trio. 7:30pm \$15. KALA in Astoria.
Redray Frazier. No cover, 8pm at the Adrift Hotel in Long Beach.
HAPPENING
Clatsop Animal Assistance 20th Anniversary Dinner. Dinner, entertainment, and auction. \$75, 5:30 – 7:30pm at the Seaside Convention Center. Get tickets at libertyastoria.showare.com
LECTURE
Ode to the Tides. Neal Maine will detail how Oregon’s major estuaries are ecologically essential for fish and wildlife, providing habitat for reproduction, rearing, resting and foraging. Free, 6pm at the Seaside Library.

Friday 14
MUSIC
KARKKI. Finnish indie rockers with Seattle’s Bedbits and Astoria’s Changeable Bulbs. Doors open 8pm. \$10 @ the door. KALA in Astoria.
It Takes Two. 9:30pm at the Labor Temple in Astoria.
Todd Pederson & Peter Unander. 6pm at Bridgewater Bistro in Astoria.
Maggie & The Katz. 6:30pm at Sweet Basil’s Café in Cannon Beach.
Ben Rosenblum Piano Trio. \$15, 7pm at the Hoffman Center in Manzanita.
Blind Pilot. With 45th Parallel Universe Orchestra. \$35, 7pm at the Liberty Theater in Astoria.
Hanz Araki. House concert. \$15, 7:30 pm at a private home in Astoria. Email jlbowler@charter.net or call 503-298-9258 to reserve a ticket.

Redray Frazier. No cover, 9pm at the Adrift Hotel in Long Beach.
Sitka Band. 3pm at the Lincoln City Cultural Center.
FOOD & DRINK
Cork & Brew Tour. Launch Party: 4:30-6:30pm Tour: 6:00-9:00pm. \$45, at the Tillamook Area Chamber of Commerce in Tillamook. Get tickets at eventbrite.com
HAPPENING
Dance Recital. Encore Studio soloist showcase & the company performance. Free, 5pm at the Seaside Convention Center.
Comedy on the Coast. Headliner Ken Rogerson is joined by Susan Rice with Travis Nelson hosting. \$15, 8pm at Chinook Winds in Lincoln City.

Saturday 15
MUSIC
Concert in the Barn. With the North Coast Chamber Orchestra. \$15, 2pm at the NCLC Circle Creek Conservation Center, Seaside.
Echoes of Yazgurs. Free, 2pm at 115 Bolstad Ave W in Long Beach.
George Coleman. 5:30pm at the Shelburne Hotel in Seaview.
David Drury, 6pm at Bridgewater Bistro in Astoria.
Ben Rosenblum Trio. 7pm at the Lincoln City Cultural Center.
Beth Willis. 7pm at Public Coast Brewing in Cannon Beach.
Blind Pilot. With 45th Parallel Universe Orchestra. \$35, 7pm at the Liberty Theater in Astoria.
It Takes Two. 7pm at the North Beach Tavern in Long Beach.
Niall Carroll. 5:30pm at WineKraft in Astoria.
Beth Willis. 8pm at Public Coast Brewing in Cannon Beach.
Cabin Project. No cover, 9pm at the Adrift Hotel in Long Beach.
Jesse Lee Falls Band. 9pm at the Workers Tavern in Astoria.

ART
Analog Projection Art. A night of eclectic performances featuring the vibrant analog film projection art of Colin Manning, DIY video and noise synthesis of Winnie Black, and the twangy bedroom folk tunes of Stupor. 4 0 \$10 suggested donation at Anita in Astoria.
FOOD & DRINK
Northwest Garlic Festival. 10am – 5pm at the Port of Peninsula, Nahcotta.

→ cont. p19



THE ODD COUPLE at TAPA thru June 23

TAPA The Tillamook Association for the Performing Arts presents Neil Simon's classic ... The Odd Couple, Female Version directed by Chris Chiola currently in production this June.

Unger and Madison are at it again! Florence Unger and Olive Madison, that is, in Neil Simon's hilarious contemporary comic classic: the female version of The Odd Couple.

Neil Simon hit a home run in the '60s and '70s with his original Odd Couple on Broadway, the Big Screen, and TV. In 1985 he revised his script switching the character's genders, but the hilarity remains the same. Rita Moreno and Sally Struthers starred in the Broadway production as Olive Madison and Florence Unger.

Instead of the poker party that begins the original version, Ms. Madison has invited the girls over for an evening of Trivial Pursuit in the dump that is her apartment. The ladies are guessing how many times a penguin has sex while Olive is trying hard to please her guests

with greasy sandwiches, stale chips, and warm soda when Florence Unger walks in announcing that she has left her husband and the fun doesn't stop there.

The cast of The Odd Couple, Female Version includes TAPA veteran Rikki Reid as Olive Madison and a newcomer to TAPA as Florence Unger – Sarajane Elkins. The group of ladies are played by other TAPA veterans, Kelli McMellon, Lora Ressler, Sylvia Johnson, and Trish Bush while Rachel Cardwell also makes her TAPA debut. Lynn Lothman and Brett Hurliman play the two Spanish brothers who show up trying to woo Olive and Florence.

The Odd Couple runs through June 23. Evening shows begin at 7pm with matinees at 2pm on June 9, 16, and 23. Shows at The Barn Community Playhouse, 1204 Ivy Street – on the corner of 12th and Ivy adjacent to Les Schwab Tires. Tickets are on sale now online at TillamookTheater.com or reserve your seat by calling (503) 812-0275!

PIER PRESSURE

PIER PRESSURE Productions announces auditions for the theater's September production of Alan Ayckbourn's Henceforward. This play, directed by theater founder Susi Brown, will be part of the Pier's Grand Opening and will run from September 13 to September 28.

Pier Pressure Productions is seeking actors and actresses to play the roles of: Jerome, a frustrated composer; Corinna, his bitter wife; Geain, their teenage daughter; Geain, age 9 (appears on video only); Lupus, his friend (appears on video only); NAN 300F, an android; Zoe, an actress; and Mervyn, a civil servant.

Audition place, dates and times are Pier Pressure at 1015 Commercial Street, Astoria, Oregon on Thursday, June 13, 7:15 pm; Saturday, June 15, 10:15am and 7:15 pm. Call backs are on Monday, June 17, 7:15pm.

AUDITIONS

Rehearsals will begin in August. One meeting of the cast for a reading of the play will be held on June 19. For more information, call Susi at (503) 791-8914.

The play takes place in a steel shuttered, slovenly flat in an area of North London where punks rule deserted streets. Here, Jerome, a lonely composer sits surrounded by high tech equipment. His only company is a robot nanny, and she's on the blink. He desperately wants to reclaim his teenage daughter and enlists an out of work actress to implement a cunning plan to impress his estranged wife and a wired-for-sound child welfare officer. When things don't work out, Jerome has to improvise. It's amazing what can be done with micro-chips and a screwdriver!

Coaster Theatre Summer Season

And Then There Were None Opens June 21

Ten strangers, apparently with little in common, are summoned to a remote island off the coast of Devon by the mysterious U.N. Owen. What the guests do have in common is a wicked past they're unwilling to reveal and a secret that will seal their fate. For each has been marked for murder. Over dinner, a record begins to play, and the voice of an unseen host accuses each person of hiding a guilty secret. As the weather turns and the group is cut off from the mainland, the bloodbath begins and the tension escalates as the survivors realize the killer is not only among them but is preparing to strike again... and again...

Nunsense Opens June 28

When the Little Sisters of Hoboken discover that their cook, Sister Julia, Child of God, has accidentally poisoned 52 of the sisters having succumbed to botulism after eating vichyssoise they are in dire need of funds for the burials. The sisters decide that the best way to raise the money is to put on a variety show, so they take over the school auditorium, which is currently set up for the eighth grade production of "Grease." Here we meet the sisters – Reverend Mother Regina, a former circus performer; Sister Mary Hubert, the Mistress of Novices; a streetwise nun from Brooklyn named Sister Robert Anne; Sister Mary Leo, a novice who is a wannabe ballerina; and the delightfully wacky Sister Mary Amnesia, the nun who lost her memory when a crucifix fell on her head.

**Summer Schedule/Ticket Info: www.coastertheater.com
All performances begin at 7:30pm**

Shanghaied In Astoria Turns 35!

Since 1985, The Astor Street Opry Company has been producing the historical, hysterical, musical melodrama "Shanghaied in Astoria". Its 35th Season opens July 11th at the ASOC Playhouse in Uniontown, Astoria.

For its 35th Season, over two dozen players take the stage, of the hundreds of community members who have performed in the show since it started in 1985, including cameo roles from Astoria's police chief, Clatsop County's sheriff, the district attorney and many, many others as part of our show through its 35 year run.

The tale involves heroine Virginia Sweet who is part owner of a fishing cannery and a bad guy, named Crook who wants it for himself, the Hero, local Finnish boy Eric Olsen who has four lovely, but unwed, sisters and a Mama, of course!

Scandinavians came to our coast because it reminded them of the old country, with our low mountains, lush forests and wild seas, and heavily influenced our community. These immigrants were especially skilled in fishing, so a booming fishing industry grew up here and continues to be a large part of our community's culture and local businesses.

And in our history of waterfront life are stories of "Shanghaied", where honest men, and sometimes women, are kidnapped and sold to unscrupulous Sea Captains.

Shanghaied is a tradition with locals and tourists alike, who love to laugh, root for the heroes, and be part of lively and "only sometimes" raucous good fun.

"Shanghaied in Astoria" runs Thursday, Friday and Saturday nights at 7 pm July 11th - September 14th, with three 2 pm Sunday matinees July 28th, August 18th and September 8th. Tickets are available on the website, <http://asocplay.com>.



Forget Me Not Taxidermy Lindsay Bones at Sou' Wester

A NEW ART exhibit in a vintage travel trailer turned into a permanent art gallery, at The Sou'wester Lodge.

Forget Me Not Taxidermy is a sculptural exhibition using taxidermy with road kill, bringing back animals in a new light. So they are remembered forever and not forgotten as victims of the road.

OPENING RECEPTION on Sunday June 8, 6pm-9pm, exhibited thru August 4. The Art Trailer is open Fri/Sat/Sun 9am-9pm (and by request: visit the lodge front desk and we'll open the gallery for you)

Astoria artist Lindsay Bones finished taxidermy school in Thompson Falls, Montana the summer of 2016, after having her housemates complain of having no room for ice-cream in the freezer from her collection of roadkill. Dressing up squirrels, rats, mink, and mice with inspiration from books like "Red Wall" & "Wind in the Willows," she aspires to one day have her own boutique of oddities and taxidermy in her hometown.

The Sou'wester Lodge is located at 3728 J Place, Seaview, WA. 360-642-2542

Trail's End Gallery The Pastel Group



TRAIL'S END brings The Pastel Group to the gallery for the month of June, made up of intermediate and advanced pastel artists. The group was started by Kathy Moberg and has been meeting for at least 15 years. All are professional artists and most have won awards over the years from their presence in various shows and competitions. Along with Kathy are long-time painters, Lynda Campbell, Mary Ann Gantenbein, Jan Clawson, Deanne Johnson and Susan Thomas. Newer to the group are Claire McIntyre and Linda Rook. Come May this group will be moving to the outdoors weekly, painting in various scenic spots along the coast in Washington and Oregon.

Trail's End Gallery is located at 656 A Street in Gearhart, open 10-5pm Wed – Sunday.

Safe Harbor IMOGEN The Wood Sculpture of Stan Peterson

IMOGEN GALLERY hosts a solo exhibition of the delightfully thought provoking sculpture of well-known Portland artist Stan Peterson and his latest series of work, Safe Harbor, Second Saturday Artwalk, June 8 with a reception for Peterson, 5 – 8 pm who will be in attendance and ready to share his tales of whimsy and inspiration. Safe Harbor will remain on view through July 9th.



Voyager

Peterson, a self-taught woodcarver has been exhibiting his narrative and figurative sculpture for nearly four decades, exhibiting his work from the west coast to as far away as New York and Paris with collectors all points in between. He has been a featured artist on the much loved OPB Art Beat program and written about in PDX Magazine. He has enjoyed several artist's residencies over the years including award of an individual artist's grant from the William T. Colville Foundation to travel to Bali for "Arts in Bali" where he worked with a traditional mask carver in Bali.

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



Beach

Stan Peterson delights in storytelling and with that in mind has put together a new series of carved and painted wood pieces, both wall hung and freestanding that reference his love of travel and the tales that ensue. Inspired by Astoria, its maritime history and dramatic landscape, he brings a collection focusing on boat and barge vessels carrying his friends the "restless travelers of the random" to safe harbor. Safe Harbor and its cast of characters are sure to delight with a healthy dose of whimsy grounded by just enough introspective sensibility.

Leaves, Feathers and Fur Kathleen Powers at McVarish Gallery



"We're Drawn To It Because We Are All Made Of Small Stuff", 6"x 8", acrylic on wood

KATHLEEN POWERS creates beautiful, fantastical illustrations of nature and animals as character's, each going about their business in their own story. Her breathtaking work lovingly captures detail with refinement and classical style, while combining a strong empathy for her subjects and a wicked sense of humor.

"I'm drawn to animals like common ravens, opossums & rodents because they're usually

thought of as pests – or often, not even thought of at all. They live in the background as important parts of our ecosystem – as intelligent, highly adaptable survivors & very protective parents to their young. I don't think they get the credit they deserve.

I've always liked fables & short stories where animals can reflect our lives back to us – hopefully teaching us something about ourselves in the end."

Powers work is also the inspiration for "Human Behavior", an anthropomorphism themed show in the Secret Gallery in July, in which she will also be participating.

An opening reception will be held second Saturday, June 8, 5-8:30pm at McVarish Gallery, 160 Tenth Street, Astoria mcvarishgallery.com

LightBox 10th The Plastic Fantastic Show X

LIGHTBOX Photographic Gallery celebrates its 10th anniversary with the opening and artists' reception of The Plastic Fantastic Show X on Saturday, June 8, from 5-8pm, thru July 10.

The Plastic Fantastic Show X exhibits images shot using toy, plastic, pinhole, box or homemade cameras. The show is held every year to celebrate the gallery's anniversary! This method of photography has gained popularity because of the freedom possible using cameras with less than perfect optics and control resulting in unpredictable and sometimes extraordinarily beautiful results. A large number of photographers from around the world shoot images primarily with these basic cameras, creating unique photos that are captured on film.



Becky Ramotowski of Taos, New Mexico juried the exhibit. Becky is the founder of World Toy Camera Day. She has been a photo enthusiast since the age of six when she was given her first camera, an Imperial Mark XII, to take on a road trip across the southwestern USA. Her "official" interest in toy cameras came in 2002 after seeing quirky photos made with Holgas and Dianas at a photo lab in Texas where she bought her first Holga.

"The very first photo I made with my Holga was one I really liked of a statue of "Nike of Samothrace" in a run-down park in San Antonio, Texas. It was the flawed statue and the run-down park full of weeds and abandonment that lured me in and set the hook for using toy cameras. The photo was vignetted and not quite perfectly focused. Toy cameras communicate a freer sense of photography that feels natural and relaxed at relaying an idea. They aren't perfect but are addictive and amazing in what they can do in creative hands".

LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday 11 - 5:30. 503-468-0238/lightbox-photographic.com



Claudia Cebrian, Mermaid. Juror's 3rd Award

Two Artists Feature New Work: Abstraction and Unification AVA GALLERY

ASTORIA VISUAL ARTS is pleased to present two local artists, Renee Rowe and Audrey Long, both featuring new work at the AVA Gallery.

Renee Rowe uses many mediums including oil, acrylic, ink, pastel and watercolors as well as various recycled and found materials such as old house paint and scraps of paper. Her recent work includes a series of large abstract painting. She believes creating a work of art is a personal experience that doesn't need to be analyzed historically to be enjoyed and appreciated. Rowe received her BA in Art from Rutgers University in New Jersey studying with Roy Lichtenstein and George Segal and after graduation moved to New York City where she lived and worked for 10 years. Later, she moved to Colorado owning and managing galleries and started an art cooperative gallery in Pueblo. Currently, she lives in Astoria and makes her living as a full time artist.



A Long, Vessel

AVA is also pleased to celebrate Astoria PRIDE with local ceramicist, Audrey Long. Long will feature an installation of unified drinking vessels. She wants everyone to be drinking from the same vessels every day, knowing that hundreds of others are sharing this common experience. "It is important to me that the youth in my local and global community experience the unification of humanity. Drinking vessels are one of the oldest found objects throughout history. They are the objects we have the most intimate relationship with, and the only objects that are absolutely necessary to sustain life." All vessels will be available by donation with all proceeds benefiting local and national LGBTQ youth support organizations.

The show opens June 8, with an artist reception during Artwalk from 5 to 8pm and closes July 7. The AVA Gallery is located at 1010 Duane Street and open Friday and Saturday from 12 to 5pm and Sundays from 11am to 3pm. Astoria Visual Arts is a 501(c)3 nonprofit that works to enhance, strengthen and promote the arts in Greater Astoria.



R Rowe, Turnings of the Wheel-, 4x24mm

3 Artists at Hoffman Gallery



Cathi Howell fabric arts

volunteers. Ikebana is the Japanese art of flower arrangement.

The tradition dates back to the 7th century when floral offerings were made at altars. The name comes from the Japanese ike, meaning 'alive' or 'arrange' and bana meaning 'flower.'

Hoffman Center for the Arts is located at 594 Laneda Avenue in Manzanita. To learn more about current and upcoming programs, visit hoffmanarts.org.



Ikebana

WORD.

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

ARE YOU planning to submit your writing to the North Coast Squid literary journal? Come to the Squid Writing Lab on Saturday, June 22 from 10 am to 12:30 pm. Get feedback from fellow writers at this special event to help put the finishing polish on your piece. Writing Lounge lead Marcia Silver will facilitate the group.

The North Coast Squid was first published in 2012 in collaboration with The North Coast Citizen and is now published by the Manzanita Writers' Series. This literary magazine offers local writers and artists—as well as those who have a strong connection to the north Oregon coast—a way to share their work in print.

Cost is \$10. Space is limited to 10 participants, please pre-register at www.hoffmanarts.org/events/writing-lab/

Questions? Email Vera Wildauer at vwildauer@gmail.com

Hoffman Center Writing Lounge hosts open mic event

To culminate the popular "Winter & Spring Wordplay" series, the Writing Lounge will be hosting an open mic

event for all participants on Tuesday, June 25.

From 10:30 am to 11:15 am, participants will get tips on how to read in front of an audience using timing, expression, and how to use a microphone. This session will be held in the Main Room of Hoffman Center for the Arts.

From 11:30 am to 1 pm, the public will be welcome to come and enjoy the pieces that local and visiting writers have been working on over the last few months.

Cost of the event is \$5. Questions? Email Vera Wildauer at vwildauer@gmail.com. For details on the Writing Lounge and other Hoffman programs, visit hoffmanarts.org

Hoffman Center for the Arts is located at 594 Laneda Avenue in Manzanita.



RAIN MAGAZINE'S 50TH EDITION READING AND RECEPTION

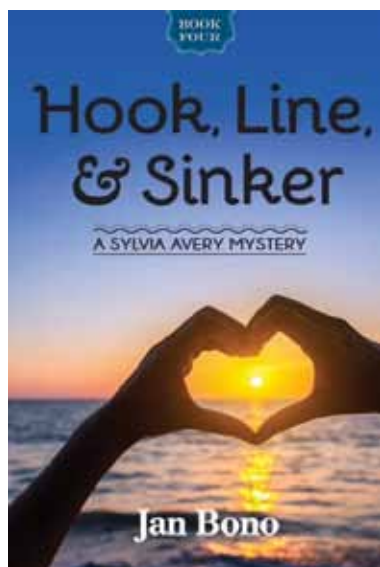
ASTORIA — The 2019 edition of Rain Magazine, Clatsop Community's College's annual literary and arts publication, has landed. The community is invited to celebrate the magazine's 50th edition with a free public reading and reception 5:30 to 8:30 p.m. Friday, June 7, on the 3rd floor Towler Hall Commons of the college's Lexington campus (1799 Lexington Ave.). Light refreshments will be served.



Many of the magazine's contributors will be on hand to read excerpts, and original artwork will be displayed. Copies of this limited edition publication will be available for a suggested \$10 donation.

This year's edition includes new writing from Robert Michael Pyle, Karin Temple, Wayne Downing, Florence Sage, Jim Dott, John Ciminello, Sophie Bayla, Elizabeth Winters, Jan Bono and others. It also showcases new artwork by Terry Shumaker, Kim Rose Adams, Lisa Ackerman, Dmitri Swain and June Piety.

This year's cover features a stunning and stark linocut by North Coast printmaker Stirling Gorsuch, a former award-winning Clatsop Community College student (showing this month at RiverSea Gallery).



Jan Bono Book Signing *Hook, Line & Sinker*

THOSE FROLICSOME geriatric belly-dancing widows of the North Beach Peninsula are looking for love again, and Sylvia Avery is recruited to help them navigate the hoops, hurdles, and hustles of online dating. Love is in the air, online and elsewhere, but Sheriff D's background checks reveal that a few of these fellows are up to no good. Can they be stopped before someone gets killed? Jan Bono will be signing her NEW RELEASE, "Hook, Line, & Sinker," the 4th book in her Sylvia Avery Mystery Series, set on the Long Beach Peninsula.

"Hook, Line, & Sinker" follows "Bottom Feeders," "Starfish," and "Crab Bait," and all books in the series will be available!

The event takes place, 10am to 1pm at Olde Towne Coffee Café located at 108, 1st Ave N. in Ilwaco, Wa.

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 constructive feedback. The group meets in the Astoria Public Library Flag Room twice/month, on 1st and 3rd Wed. 5-7pm.



Creative Nonfiction Writing Workshop June 22

Marianne Monson presents in this hands-on workshop, you will discover some of the pioneers who traversed Oregon's frontiers. Time will be spent on a variety of writing exercises, discussion, and on location prompts focused on exploring the concepts of wilderness and frontiers in your own life. \$35, 10am – 1pm at The Writer's Guild in Astoria. Register at thewritersguild.org 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>



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, June 8, 2019 at 1:00 PM at the Tillamook County Pioneer Museum, 2106 Second Street in downtown Tillamook. This program is hosted by the Museum and sponsored by Oregon Humanities and the Museum's Daisy Fund.

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.

Through the Conversation Project, Oregon Humanities offers free programs that engage community members in thoughtful, challenging conversations about ideas critical to our daily lives and our state's future. For more information about this free community discussion, please contact the Museum at 503.842.4553 or visit www.tcpm.org.



... music • visual arts • literarylecture • outdoor • theater...

HAPPENING

Water Wise Gardening on the Peninsula. Learn about the special water issues of gardening in sand in sandy soils. 10 – 11:30am at the Columbia Pacific Heritage Museum in Ilwaco.

Encore Dance Studio Spring Showcases. \$15 for each performance. Gearhart Studio at 11am, Warrenton Studio at 3pm at the Seaside Convention Center.

Muscle and Chrome Car Show. 7am – 8pm in downtown Seaside.

Comedy on the Coast. Headliner Ken Rogerson is joined by Susan Rice with Travis Nelson hosting. \$15, 8pm at Chinook Winds in Lincoln City.

OUTSIDE

Soccer in the Sand. Beach Soccer Tournament. 9am – 5pm on the beach in Seaside.

THEATER

Ten-Fifteen Series. At 10:15am and 10:15pm at Pier Pressure Productions in Astoria.

Sunday 16

MUSIC

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

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

North Coast Chamber Orchestra. \$10, 3pm at St Catherine of Alexandria Episcopal Church in Nehalem.

Juliet Smith. 6pm at Bridgewater Bistro in Astoria.

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

Camp Crush. Rock/New Wave. No cover. 8pm at Fort George in Astoria.

FOOD & DRINK

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

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

Father's Day Australian X American Chef Collaboration Dinner. \$60, 6 – 8pm at Baked Alaska & Nekst in Astoria. Register at eventvrite.com

HAPPENING

Muscle & Chrome Car Show. 7am – 8pm in downtown Seaside.

Monday 17

MUSIC

Brownsmead Flats. 6pm on the 10th St steps of the Astoria Public Library.

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

Tuesday 18

MUSIC

Buzz Rogowski. 6pm at Bridgewater Bistro in Astoria.

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

Wednesday 19

MUSIC

Brownsmead Flats. Free, 6pm on the 10th Street steps of the Astoria Library.

Buzz Rogowski. 6pm at Bridgewater Bistro in Astoria.

Live Musc TBA. \$15, 7pm at the Peninsula Performing Arts Center in Long Beach.

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

LITERARY

Lunch at the Loft. With Author Erica Bauermeister. She will be discussing her fourth novel, The Scent Keeper. \$35 includes lunch and a signed copy of the book, noon at Beach Books in Seaside. Call 503-738-3500 to register.

HAPPENING

Pegasus Puppet Theater. Free, 10:30 – 11am at the Astoria Public Library.

Thursday 20

MUSIC

Brian O'Connor. 5:30pm at the Shelburne Hotel in Seaview.

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

John Nilsen and Swimfish. No cover, 7pm at the Gearhart Hotel.

Clay Walker. \$40 - \$55, 8pm at Chinook Winds in Lincoln City.

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

LECTURE

Haystack Rock: A Marine Reserve. With Melissa Keyser. 4pm at the Cannon Beach History Center and Museum.

Friday 21

MUSIC

Peter Unander. 6pm at Bridgewater Bistro in Astoria.

Niall Carroll. 6pm at Astoria Brewing.

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

Toasted. 7pm at the North Beach Tavern in Long Beach.

Pyxis Quartet. \$35, 7:30pm at the Liberty Theater in Astoria.

Clay Walker. \$40 - \$55, 8pm at Chinook Winds in Lincoln City.

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

Erotic City. A Prince tribute band. \$5 cover, 10pm at the Labor Temple in Astoria.

LITERARY

Peter Huhtala Book Release Party. Whispered Echoes is a new memoir by Peter Huhtala. Writer, environmentalist, street musician and native Astorian. Reading, book signing, complimentary pie, no host bar and 60s music. Doors open 7pm. Reading at 7:30pm. \$8 Cover. At KALA in Astoria.

HAPPENING

Astoria Scandinavian Midsummer Festival. \$8 for 3 day festival button, 2 – 6:30pm at the Clatsop County Fairgrounds, Astoria.

Astoria Soup Bowl Fundraiser. \$50 for soup plus handmade bowl. 5:30 – 9pm in the Loft at the Red Building in Astoria. Get tickets at harbournw.org

Tillamook County Rodeo. \$15 admission. At the Tillamook County Fairgrounds in Tillamook.

THEATER

And Then There Were None. A whodunit. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 22

MUSIC

George Coleman. 5:30pm at the Shelburne Hotel in Seaview.

David Drury. 6pm at Bridgewater Bistro in Astoria.

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

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

Hermitage Piano Trio. \$35, 7:30pm at the Liberty Theater in Astoria.

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

ART

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

HAPPENING

Astoria Scandinavian Midsummer Festival. \$8 for 3 day festival button, at the Clatsop County Fairgrounds, Astoria.

June Dairy Parade. 10am – 1pm in downtown Tillamook.

Noah Kite
Experimental Chamber Folk

Noah Kite shapes pop, jazz, and classical influences to accent folk's lyrical poignancy. This chambered folk-rock uses its roots in a childhood of Ravel, Sade, Van Morrison, Enya, and Steely Dan to make melodic and poetic sense of experiences teaching, traveling, and touring abroad. While these dynamically orchestrated dramas find an expansively symphonic home on the eponymous record, in live settings arrangements are distilled to their essential workings; Kite's guitar and voice are laced by the haunting oboe of Laura Gershman, the eclectic percussion of Alan Cook, and the dynamic cello of Esme Schwall to deliver each tune its own life.

Sunday June 30, 8pm at Fort George Brewery in Astoria.

Tillamook County Rodeo. \$15, at the Tillamook County Fairgrounds in Tillamook.

OUTSIDE

Tillamook YMCA Milk Run. 10K run, 5K run/walk. \$30, 8am at the Tillamook YMCA. Register at runsignup.com

Lincoln City Summer Kite Festival. All day on the beach at the D River State Recreation Site.

THEATER

And Then There Were None. A whodunit. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 23

MUSIC

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

Mike van Liew and Minntah. 11:30am at Bridgewater Bistro in Astoria.

Navy NW Band. Red, White & Blue Concert. \$12, 2pm at the Historic Raymond Theater in Raymond.

Coffee Concert. With local musicians. 4:30pm at the Lincoln City Cultural Center.

Jennifer Goodenberger. 6pm at Bridgewater Bistro in Astoria.

Ilya Kazantsev. \$35, 7pm at the Liberty Theater in Astoria.

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

The Drunken Hearts. Alt-Americana Rock from Colorado. No cover. 8pm at Fort George in Astoria.

HAPPENING

Astoria Scandinavian Midsummer Festival. \$8 for 3 day festival button, at the Clatsop County Fairgrounds, Astoria.

Miss Oregon Pageant. At the Seaside Convention Center.

OUTSIDE

Birdwatch at Circle Creek. With Mike Patterson. 9am – 11am at NCLC in Seaside. Register at eventbrite.com

Lincoln City Summer Kite Festival. All day on the beach at the D River State Recreation Site.

Monday 24

MUSIC

Men of Worth. 7pm at the Lincoln City Cultural Center.



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

HAPPENING

Rio Hillman Comedy Show. \$10, at 9pm at Capricorn Pub in Astoria.

Miss Oregon Pageant. At the Seaside Convention Center.

Tuesday 25

MUSIC

Buzz Rogowski. 6pm at Bridgewater Bistro in Astoria.

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

HAPPENING

Miss Oregon Pageant. At the Seaside Convention Center.

Wednesday 26

MUSIC

Buzz Rogowski. 6pm at Bridgewater Bistro in Astoria.

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

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

HAPPENING

Repair Café. 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. 4 – 8pm at 1010 Duane Street in Astoria.

Miss Oregon Pageant. At the Seaside Convention Center.

Thursday 27

MUSIC

Brian O'Connor. 5:30pm at the Shelburne Hotel in Seaview.

Equinox. 6pm at Bridgewater Bistro in Astoria.

Decker. 7pm at the Gearhart Hotel.

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

HAPPENING

Miss Oregon Pageant. At the Seaside Convention Center.

Friday 28

Todd Pederson & Peter Unander. 6pm at Bridgewater Bistro in Astoria.

10th St. Stage

The Astoria Library presents 10th Street Stage, a three-part outdoor concert series situated on the steps of the library (450 10th St.). The series kicks off with an event guaranteed to fill the audience with song and mirth: a performance by the Brownsmead Flats

6pm, Wednesday, June 19. All ages are welcome. Admission is free.

The Brownsmead Flats are known for creating a fun-loving atmosphere and music for young and old alike. Their style – which they call “Crabgrass” – is folk/bluegrass with a maritime flavor and a strong emphasis on vocal harmonies.



Brownsmead Flats

DECKER Outdoor Lawn Sand Trap

Signed to revered independent label Royal Potato Family in 2017, with a new record “Born To Wake Up”, Glide Mag recently wrote, “decker. is one of the country’s most criminally underrated songwriters.” Drawing inspiration directly from the vortexes of the red rock mountains and canyons of Sedona where he resides He himself describes his sound as “psychedelic desert folk.”

Enjoy Deckers soulful narrative on the lawn of a summer eve near the ocean.

Thursday, June 27 at the Sand Trap/Gearhart Hotel. No cover. All Ages.

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

Toasted. 7pm at the North Beach Tavern in Long Beach.

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

CINEMA
Manzanita Film Series. Phoenix, Oregon. \$5, 7:30pm at the Hoffman Center in Manzanita.

HAPPENING
Miss Oregon Pageant. At the Seaside Convention Center.

Bigfoot at the Beach. Experience a wide array of Bigfoot-themed exhibitions, vendor merchandise and informative lectures. Get tickets at ChinookWindsCasino.com

THEATER
Mary Poppins. Musical. \$12.50, 7pm at Fort Columbia State Park, Chinook.

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

Saturday 29

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

George Coleman. 5:30pm at the Shelburne Hotel in Seaview.

David Drury. 6pm at Bridgewater Bistro in Astoria.

The Floating Glass Balls. 8pm at Public Coast Brewing in Cannon Beach.

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

HAPPENING
Miss Oregon Pageant. At the Seaside Convention Center.

Pixiefest. Rides, games, food and entertainment. \$10, noon -5pm at the Mesa Athletic Field next to Taft High School.

Bigfoot at the Beach. Experience a wide array of Bigfoot-themed exhibitions, vendor merchandise and informative lectures. Get tickets at ChinookWindsCasino.com

OUTSIDE
Seaside Volleyfest. Jr Beach Volleyball. On the beach near the Broadway beach turnaround.

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



Junior Shanghaied. A Night at the Olios. \$7, 7pm at the ASOC Playhouse in Astoria.

Snow White & The Seven Dwarfs. 3pm and 7pm at the Lincoln City Cultural Center.

Mary Poppins. Musical. \$12.50, 7pm at Fort Columbia State Park, Chinook.

Sunday 30

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

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

Jennifer Goodenberger. 6pm at Bridgewater Bistro in Astoria.

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

Noah Kite. Experimental Chamber Folk. No cover. 8pm at Fort George in Astoria.

HAPPENING
Miss Oregon Pageant. At the Seaside Convention Center.

Pixiefest. Rides, games, food and entertainment. \$10, noon -5pm at the Mesa Athletic Field next to Taft High School.

Bigfoot at the Beach. Experience a wide array of Bigfoot-themed exhibitions, vendor merchandise and informative lectures. Get tickets at ChinookWindsCasino.com

OUTSIDE
Seaside Volleyfest. Jr Beach Volleyball. On the beach near the Broadway beach turnaround.

THEATER
Junior Shanghaied. A Night at the Olios. \$7, 2pm at the ASOC Playhouse in Astoria.

And Then There Were None. A whodunit. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Mary Poppins. Musical. \$12.50, 2pm at Fort Columbia State Park, Chinook.

Monday 1

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

Tuesday 2

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

FLASH CUTS MOVIES & MUSINGS



SHAFT (JUNE 14) Nineteen years after rebooting the '70s series about tough-as-nails NYC cop John Shaft II, Samuel L. Jackson returns, this time with two other generations of Shafts. Jessie T. Usher plays J.J., Shaft’s son. Richard Roundtree, who originated the character, plays John Shaft, II’s uncle. For this entry in the series, tone has shifter from harder-edge to more comedic, with the three Shafts bickering amongst themselves while trying to solve a murder. Synopsis: JJ (Usher) may be a cyber security expert with a degree from MIT, but to uncover the truth behind his best friend’s untimely death, he needs an education only his dad can provide. Absent throughout JJ’s youth, the legendary locked-and-loaded John Shaft II (Jackson) agrees to help his progeny navigate Harlem’s heroin-infested underbelly. And while JJ’s own FBI analyst’s badge may clash with his dad’s trademark leather duster, there’s no denying family. Besides, Shaft’s got an agenda of his own, and a score to settle that’s professional and personal.



Previews

FILM. BY LES KANEKUNI

ANNA (JUNE 21) French director Luc Besson, who practically invented the female assassin genre with Nikita (1990), then reinvented it with Lucy (2014), returns with Anna, starring Russian super-model Sasha Luss as the butt-kicking titular character. The most Hollywood of French directors, Besson usually does his best work on small scale actioners, with slick camerawork, well-choreographed action sequences, and particularly in this film plenty of eye candy. Helen Mirren, Cillian Murphy and Luke Evans costar.

PIXAR’S TOY STORY 4 (JUNE 21) After 2010’s Toy Story 3, Pixar was ready to put the series to bed, with no plans for any more movies. However, the fourth film has been described as not a sequel to the first three, but a “romantic comedy” with Woody (Tom Hanks) being reunited with Bo Peep (Annie Potts) while helping a new character, Forky (Tony Hale) adjust to life as a toy. Synopsis: Woody, Buzz Lightyear and the rest of the gang embark on a road trip with Bonnie and a new toy named Forky. The adventurous journey turns into an unexpected reunion as Woody’s slight detour leads him to his long-lost friend Bo Peep. As Woody and Bo discuss the old days, they soon start to realize that they’re worlds apart when it comes to what they want from life as a toy.



YESTERDAY (JUNE 28 LIMITED) A world in which The Beatles never existed. This is the premise of director Danny Boyle’s new movie, billed as a “musical fairy tale.” Story is told through the eyes of Jack Malik (Himesh Patel), a struggling singer-songwriter. After deciding to give up music, a worldwide blackout occurs while Jack is cycling home. He’s struck by a bus and when he awakens, it’s in a world that has never known the music of The Beatles. Given a new guitar as a get-well gift, Jack starts playing “Yesterday.” His



friends are astonished by the song they assume he’s written, even as Jack insists he hasn’t. Jack realizes that The Beatles’ existence has been wiped from history and he is the sole repository of their music. When Ed Sheeran (playing himself) hears Jack playing “In My Life” on a local talk show he invites Jack to open for him. Feeling threatened, Ed challenges Jack to a songwriting contest. Needless to say, Jack wins with a Beatles song no one but he knows. But as Jack’s star rises, he’s pulled further and further from his anchor, his manager Ellie (Lily James), who’s believed in him all along and harbors a secret crush.

SPIDERMAN: FAR FROM HOME (JULY 2) Spider-Man returns from the events of Avengers Endgame grieving the loss of his mentor Tony Stark. He heads to Europe with classmates for a vacation, but not before discovering that both MJ (Zendaya) and his Aunt May (Marisa Tomei) are both aware of his identity as Spider-Man. While in Europe, he is contacted by Nick Fury (Samuel L. Jackson) who puts him in touch with Mysterio (Jake Gyllenhaal), a master of illusion, who mentors Spider-Man while trying to stop the Elementals, who are destroying Europe. But what is Mysterio’s true motive?

MIDSOMMAR (JULY 3) Hereditary director Ari Aster returns with his “Scandinavian folk horror” -- an unsettling story of a couple, Christian and Dani, on the verge of a breakup who with their friends take a midsummer vacation in Sweden that reveals the darkness beneath the light of summer. Christian wants out of the relationship and plans to go on a jaunt to Europe without Dani, but out of guilt invites her along. The couple and their friends land in a small village in the middle of a festival that is held only every 90 years. Before long, the couple and their friends are drawn into violent and unsettling pagan rituals.

FREE WILL ASTROLOGY

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h 11° r 6' ♂ 27° ♀ 7' ☉ 15° ♀ 54' 0° ♀ 48'

ARIES (March 21-April 19): In the coming weeks it will make good sense for you to travel down winding paths replete with interesting twists and provocative turns. The zigzags you'll be inspired to pursue won't be inconvenient or inefficient, but rather will be instrumental in obtaining the healing you need. To honor and celebrate this oddly lucky phase, I'll quote parts of "Flying Crooked," a poem by Robert Graves. "The butterfly will never master the art of flying straight, yet has a just sense of how not to fly: He lurches here and here by guess and God and hope and hopelessness. Even the acrobatic swift has not his flying-crooked gift."

TAURUS (April 20-May 20): Has a part of you become too timid, docile, or prosaic? Is there an aspect of your beautiful soul that is partially muzzled, submissive, or housebroken? If so, now is a favorable time to seek an antidote. But listen closely: the cure isn't to become chaotic, turbulent, and out of control. It would be counterproductive to resort to berserk mayhem. Here's a better way: be primal, lush, and exciting. Be wildly playful and unpredictably humorous and alluringly intriguing. Try experiments that rouse your rowdy sweetness, your unkempt elegance, your brazen joy, and your sensual intelligence.

GEMINI (May 21-June 20): I prefer live theater over movies. The glossy flawlessness of films, accomplished by machines that assemble and polish, is less emotionally rich than the direct impact of live performers' unmediated voices and bodies and emotions. Their evocative imperfections move me in ways that glossy flawlessness can't. Even if you're not like me, Gemini, I invite you to experiment with my approach for a while—not just in the entertainment you choose, but in all areas of your life. As much as possible, get your experience raw and unfiltered.

CANCER (June 21-July 22): I've got a message for you from Cancerian poet Tyler Knott Gregson. Please read it every day for the next 15 days, including when you first wake up and right before sleep. Here it is: "Promise me you will not spend so much time treading water and trying to keep your head above the waves that you forget, truly forget, how much you have always loved to swim."

LEO (July 23-Aug. 22): In 2003, a group of thieves in Antwerp, Belgium pulled off the biggest jewelry heist in history. To steal the diamonds, gold, and other gems, together worth more than \$100 million, they had to outsmart security guards, a seismic sensor, a protective magnetic field, Doppler radar, infrared detectors, and a lock. I mention this, Leo, because I suspect that in the coming weeks you will have a comparable ability to insinuate yourself into the presence of previously inaccessible treasures and secrets and codes. You'll be able to penetrate barriers that have kept you shut off from valuable things. (P.S. But I hope that unlike the Antwerp thieves, you'll use your superpowers in an ethical manner.)

VIRGO (Aug. 23-Sept. 22): In the northeast corner of Spain, bordering France, is an area known as Catalonia. With its own culture and language, it has a long history of seeking complete autonomy. On four occasions it has declared itself to be independent from Spain. The most recent time was in 2017, when 92 percent of the Catalans who voted expressed the desire to be free of Spain's rule. Alas, none of the rebellions have succeeded. In the latest instance, no other nation on Earth recognized Catalonia's claim to be an independent republic. In contrast to its frustrated attempts, your own personal quest to seek greater independence could make real progress in the coming months. For best results, formulate a clear intention and define the precise nature of the sovereignty you seek. Write it down!

LIBRA (Sept. 23-Oct. 22): A Libran blogger named OceanAlgorithms wrote, "I'm simultaneously wishing I were a naturalist whose specialty is finding undiscovered species in well-explored places; and a skateboarding mathematician meditating on an almost-impossible-to-solve equation as I practice my skateboard tricks; and a fierce

forest witch who casts spells on nature-despoilers; and a gothic heroine with twelve suitors; and the sexiest cat that ever lived." I love how freewheeling and wide-ranging OceanAlgorithms is with her imaginative fantasies. In light of current astrological omens, I encourage you to do the same. Give yourself permission to dream and scheme extravagantly.

SCORPIO (Oct. 23-Nov. 21): Geologists aren't exactly sure why, but almost six million years ago, the Strait of Gibraltar closed up. As a result, the Mediterranean Sea was cut off from the Atlantic Ocean, and within a thousand years, it had mostly disappeared. Fast forward 600,000 years. Again, geologists don't understand how it happened, but a flood broke through the barrier, allowing the ocean to flow back into the Mediterranean basin and restore it to its previous status as a sea. I propose that we invoke that replenishment as a holy symbol for the process you're engaged in: a replenishment of your dried-out waters.

SAGITTARIUS (Nov. 22-Dec. 21): I invite you to meditate on this proposal from freelance writer Radha Marcum: "The spiritual definition of love is that when you look at the person you love, it makes you love yourself more." I hope there's a lot of that kind of action going on for you in the next four weeks. According to my assessment of life's secret currents, all of creation will be conspiring to intensify and deepen your love for yourself by intensifying and deepening your love for other people. Cooperate with that conspiracy, please!

CAPRICORN (Dec. 22-Jan. 19): Is there a creature on earth that's more annoying than the mosquito? I've never heard anyone gaze upon one of the pesky monsters sucking blood out of her arm and say, "Aw, what a cute little bug." And yet every year there is a town in Russia that holds a jokey three-day celebration in honor of the mosquito. The people who live in Berezniki even stage a "most delicious" competition, in which people allow themselves to be pricked by mosquitoes for twenty minutes, with an award going to whomever accumulates the most bites. I highly approve of the spirit of this approach for your own use in the coming weeks, Capricorn. If you have fun with the things that bother you, I bet they won't bother you as much.

AQUARIUS (Jan. 20-Feb. 18): It's the Forever Season, Aquarius. You have a poetic license to act as if your body will live for a hundred years and your soul will live for all eternity. You are authorized to believe that in the coming decades you will grow steadily wiser, kinder, happier, and wilder. During the Forever Season, you may have dreams like flying over a waterfall at sunset, or finding the lost magic you were promised before you were born, or discovering the key to a healing you feared would always elude you. As you careen through this unpredictable grace period, your understanding of reality may expand dramatically. I bet you'll get practical epiphanies about how to express yourself with greater effectiveness.

PISCES (Feb. 19-March 20): A musical historian from Cambridge University decided it would be amusing to perform forgotten songs that were written in the Rhineland a thousand years ago. His research wasn't easy, because musical notation was different back then. But he ultimately reconstructed the tunes in ways that he felt were 80 percent faithful to the originals. He and other musicians subsequently performed and recorded them. I propose a somewhat comparable assignment for you in the coming weeks, Pisces. You will benefit, I believe, from trying to recover the truth about events that occurred a long time ago and/or by trying to revivify old beauty that has new relevance.

Homework. Finish this sentence: "The one thing that really keeps me from being myself is _____. "Testify at Truthrooster@gmail.com.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

Velo Espionage

A DECADE before the Austin Powers movies lampooned James Bond, my brother Will and I invented our own spoof, starring James' lesser-known younger brother, Lebenthal Bond. (A corporation of the same name, except "Bonds" was plural, aired an ad on our mother's favorite classical radio station.) To get around our low budget for filming (a VHS camera borrowed from Dad's workplace and young adolescents' sporadic allowances), we determined that Lebenthal himself suffered from austerity: with the lion's share of M16's gadgetry-development budget going into James' equipment, the resourceful Q had to make do with mundane hardware rescued from the dump...including a banana-seat bike in lieu of a cool car. Ultimately, our film didn't get off the ground because we couldn't equip even that '70s icon with high-tech devices (or the appropriate special effects).

Spy movies with bigger budgets than ours abound in vehicular ostentatiousness: slick cars, private jets, futuristic military aircraft, speed boats, and even a space shuttle or two. Part of the fun of having Lebenthal riding a single-speed banana-seat bike was the sheer unlikelihood of equipping a top-notch spy with a human-powered contraption. But intrigue-film glamor aside, in my admittedly slim knowledge about espionage, a bike would seem to me to be the perfect vehicle: unobtrusive, quiet, slim, low-profile, able to go where motor vehicles cannot and to zip off faster than when on foot. So I wondered, in the real world of intelligence, have agents ever used bikes?

Hmm...the lack of information on this subject suggests that operatives are keeping mum about any bike surveillance they do. Googling the search term "spies on bikes" turned up a musical group by that name. Substituting "espionage" or "secret agent" informed me that Squid Bikes makes an Espionage Saddle, designed by artist

Paul Antonson and featuring 1950s science-fiction imagery, while WorkCycles makes a "Secret Agent" bike, described as "A tough and stealthy modern Dutch city bike that blends into the crowd."

Images of velo-spies populate the Internet in greater numbers than actual agents. Here's a sampler: a self-published thriller featuring a bike-riding spy, a T-shirt proclaiming "Being An Espionage Agent Is Like Riding a Bike," and a riding tour of Long Island called "Tri-Spy." Tech companies also tried to lure me into buying electronics for my bike that use artificial intelligence...a concern for being spied on rather than spying, as smart technologies have been criticized for stealthily providing personal information to their parent companies to allow for the creation of personalized advertising. (Um, no thanks.)

Buried in all this, I found a few articles where former intelligence operatives discuss their work. Lindsay Moran describes riding a mountain bike to arrange a meeting with a contact ("What Does It Take to Be a CIA Spy?" Ivy, <https://magazine.ivy.com/2017/02/>). Jack Barsky, a former KGB operative, once took a job as a bicycle deliveryman to get to know the layout of a city where he had a mission. (Shaun Walker, "'I Thought I Was Smarter Than Almost Everybody': My Double Life as a KGB Agent," The Guardian, February 11, 2017, <https://www.theguardian.com>). During World War II, Vera Atkins, a Jewish spy for the Allies, even used bicycle tubes to manufacture guns (Erika Jarvis, "Five Badass Female Spies Who Deserve Their Own World War II Movie, Vanity Fair, November 25, 2016). But have intelligence agencies ever used bikes in a systematic way? So far, I haven't found evidence for it. Perhaps this is because bikes still haven't been granted the "coolness factor" of sports cars or fighter jets. Or perhaps it's just...top secret.



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

LEGACY GENEALOGY PRESENTATION. June 15. With Kate Eakman. Eakman will look at the Genealogical Proof Standard which guides all genealogical researchers to make sound choices regarding the records and individuals encountered in genealogical research. 10am - 5:50pm at the Heritage Museum in Astoria.

OREGON COAST WEAVING RETREAT. June 15. With Mandy Greer. The workshop will break down complex techniques into specific easily learnable steps, while encouraging intuitive exploration and risk-taking by providing an abundance of wild and special materials. \$153, 1:30 - 9pm at North Fork 53, Nehalem. Register at eventbrite.com

CONTAINER GARDENING WITH EDIBLE PLANTS. June 15. Learn how to plant a container, what types of containers and plants to use, requirements to maintain vegetables, and more. %4, 1 - 6pm at the Long Beach Grange.

UNLEASH YOUR SPIRITUAL SUPERPOWERS RETREAT. June 17 - 20. This four-day retreat will provide you with an array of practical spiritual tools that will dramatically support your ability to live your highest and purest expression as an Infinite Being. \$215 plus lodging. Noon on the 17th to noon on the 20th at the Sou'wester Lodge in Seaview. RSVP at souwesterfront-desk@gmail.com

PAINT YOUR PET PORTRAIT WORKSHOP. June 18. Chalayn Noelle will lead you step-by-step through painting a custom portrait of your pet. After signing up, please email three photos of your animal to chalyn.noelle@gmail.com. Chalayn will sketch it on a canvas for you so you just need to arrive to class ready to paint. \$45, 5 - 9pm at the Labor Temple in Astoria. Register at eventbrite.com

MAKING SAMI BRACELETS. June 20. Finn Ware will be hosting a class by Augusta from Nomadic Artistry. You will leave with completed bracelet and do not need to bring anything. \$125, 8am - noon at Suomi Hall in Astoria. Reserve your spot 503-325-5720

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 fees:\$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, lnct@nehalemtnet.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: Next event is 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
6:30 - 7:30pm: Ballroom with Estelle Olivares

• **TUESDAY** 8:30-9:30am:
Zumba with Joy Sigler
6 - 7pm: Beginner West Coast Swing (Level 1) with Rich Small
7 - 8pm: Intermediate West Coast Swing (Level 2) with Rich Small

• **WEDNESDAY**
6-7:15pm: Belly Dance Basics with Jessamyn Grace
7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace
5:30 - 6:30pm:Hot Pot I.T.S. (Group Improv Tribal Style Bellydance) with Julie Kovatch

• **THURSDAY**
8:30-9:30am Zumba with Joy Sigler
5:30 - 6:30pm:Hot Pot I.T.S. (Group Improv Tribal Style Bellydance) with Julie Kovatch

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**
9:30 - 10:30am Beginning Modern Fundamentals with Julia Gingerich
10:30 - 11:30am Intermed/Advanced Contemporary Modern Dance with Julia Gingerich
11:30 - 12:30pm Sparrow Dance Company (private) with Julia Gingerich
6-7pm: Argentine Tango Fundamentals with Estelle Olivares
7-8pm: Intermediate Argentine Tango Concepts

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 Scorcher Bakery1493 Duane St, Astoria.



MESSAGES SONJA GRACE

mystic healer
What We Don't Know

MOST PEOPLE want to have an idea of what will happen to them, their family and community. Seeing further down the road and what will be the fate of our kids and grandkids becomes a bit less known with a lot of variables. We can speculate on the market, ask a psychic about the future, look at trends and cycles from history and hope for the best. The difference between predicting the future now and ten years ago is that since we moved into the fifth dimension our relationship to the future has changed. Because we are in a higher frequency throughout our solar system, the future is in a liquid state and forms and molds to our thought forms and energetic vibrations. In the past, the energy of the fourth dimension was denser and predicting the future had a real time outcome. Now the energy is so heightened we are manifesting at a much faster rate and our emotions which still carry the same energetic components are creating the future faster than ever. Predicting what will happen in the future depends are where you are holding your 'feelings'.

If you have a grim outlook and feel the world is coming to an end you might manifest that scenario right in your own backyard where a natural disaster strikes

and feels like the end of the world. If you are hopeful and optimistic and choose to live your life trusting Creator has the best plan for all living on earth, then you release yourself from a common experience many have – control.

We like to think we are in control and we can control our outcome but in fact what we are dealing with day in and day out is karma. Your karma dictates more of your daily life than anything else. Karma is the unresolved emotional wounds from past lives. We carry these wounds repeating them over and over until we do the inner work to heal. Having control in any aspect of life takes a great deal of energy, for example: a gymnast, athletes, surgeons, scientists all need to be in control of their motor skills. In fact, just being human and walking down the street takes a certain level of control to function the body. Like the earth, a hurricane, tornados, tsunami, and earthquake take a great deal of energy and many forces coming together that ultimately remind us we are not in control.

The place that gives us the most confidence is understanding and trusting in a higher power. This seems to be the main lesson for humanity throughout history. For centuries we have questioned the gods – not being there, feeling abandoned and eventually rising to a frantic plea. In the ancient past we sacrificed people, animals and our self-respect to appease the gods.

Today we make our pleas in other ways. We ignore the health and wellbeing of

the planet and strive to find out more, have more, and drive ourselves with the same fear. It has taken a new shape and in this higher frequency we need to pay attention. Our energy attracts like energy. When your energy is grounded you are no longer engaging with like energy you are simply observing. This paves the way for a brighter future. You are in observation – not trying to will everything to you – that goes back to control. Trusting Creator has a much bigger plan, better soundtrack, and producing experience allows us to get out of the way and trust.

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 Tobi Nason

wordwisdom

Dare to Succeed!

THIS IS A TITLE of a small book I browse through periodically when I need a boost in spirit or motivation. Who doesn't need that occasional jumpstart to the soul? I know when I work too many hours I get depleted of spirit. My heart and mind doesn't deal well with the overload. I also know that given a few hours, a few days, I find myself responding positively to the new buds on my plants, the first cup of coffee, a sunny day with a breeze.

Dare to Succeed. How many of us feel like a success story, right here and now? I know I don't. I mull over mistakes, worry about things out of my control, and fuss about money shortages. Daring to succeed? What exactly does that mean?

Let's make success be: You are living your life the best way you can, one that satisfies your needs and desires in a reasonable fashion. I think the key here is to evaluate yourself, as opposed to someone labeling you. How do you rate yourself? Are you consistent in your efforts mostly? Do you have a bigger

dream than the life you are living? Do you work with what you have, be it a job or family role? Are you grateful that you are able to work, have dreams, strive for betterment?

When I need a boost from outside of myself, I have a friend far away that I call for her biased opinion of me. She'll remind me of a time when my life was rough or sad or troubled, and how I found a way to muddle my way into a good or better situation. She knows my life. She knows my trials and tribulations. It means a lot to me to hear some validation of my efforts to keep the ball rolling. Over the years, I've learned to take stock: An honest look at where I'm at, what am I doing with my life, do I like what I'm doing, where do my successes lie??

It's a good practice. If I only looked at the daily routine I might overlook the bigger picture. The bigger picture is this - I survived. That, my friends, is considered success. I like to think everybody

has had a life that challenged them at some point. They lived to see another day, tell their story, help a fellow traveler.

When I read biographies, I am often struck by the struggles of very successful people. Steve Jobs was fired by Apple and rehired several years later. I tried to imagine how humbling those in between years were for him, since he had no way to know that he would be rehired ever. I think of Isak Dinesen, author of "Out of Africa" and other wonderful books, who lost her beloved coffee farm to bankruptcy. She felt a strong sense of failure at the time. She didn't let it define her. She wrote more books. All of us have our story. All of us have succeeded and failed and succeeded again. All of us.

Counselor's suggestion: Review your life. Be impressed with the successes that you see. Don't be defined by setbacks or disappointments. Getting up one more time to start again and again is the epitome of success.



A Special Request from the Dogs & Cats at the

CLATSOP COUNTY SHELTER

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

Dog Food – Nature's Domain (Costco)

Cat Food – Nature's Domain (Costco)

High Quality Kitten Food

50 Gallon Garbage Bags

13 Gallon Tall Kitchen Bags

Paper Towels

Cat Toys (No Catnip)

Bleach

Dog Kongs (Black only please)

Feline Pine Cat Litter

Tennis Balls

Liquid Laundry Detergent

Also we take Cash Donations

**Clatsop County
Animal Shelter**
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Warrenton, OR 97146

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Tuesday thru Saturday
Noon to 4pm

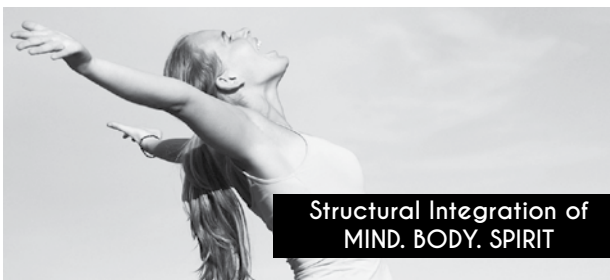


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Whole PLANET Health



HAVE YOU CONSIDERED the fact that you can't get an abortion on the north coast? If you have never had to think about this before, consider this a measure of privilege. While we're processing and posting about laws restricting or banning abortion in the south and proposed changes to the definition of "gender," let's think for a moment about what kind of reproductive justice education

and access we have in our own home.

Columbia Memorial Hospital has a Women's Clinic, claiming to offer "women-centered" care, "from your first routine gynecologic exam through motherhood and beyond the menopausal years." The site goes on to say "the CMH Women's Center is committed to providing personalized, comprehensive medical care of the highest quality."

Yet, they do not provide abortions.

Also their use of binary language defines "woman" by motherhood and menopause, excluding transwomen and ignoring the fact that trans-and non-binary men can also get pregnant. This language also misses people with wombs who either do not become mothers or don't arrive at motherhood via pregnancy. The picture on the site is of three generations of cis-gender, white, able-bodied women.

Providence Seaside, a Catholic hospital, also does not provide abortions.

It does not bode well for the health of a community when people struggle to find the care they require locally and when members of the community are unrepresented.

While our institutions show their cracks, let's think about how we can empower people before they have to seek care in a facility that either doesn't have what they need or else doesn't recognize their identity.

One practice to think about is "Conscious Contraception." This is the method of knowing your own cycle as a person who ovulates, to either avoid or encourage pregnancy. A person tracks their roughly 28-day cycle by evaluating temperature and cervical fluids in order to know when ovulation occurs, thereby making it possible to make decisions about conception.

User-error and sexually transmitted diseases are considerations here. Sexual health and reproductive choices are a not a one-stop shop, and many options must be accessible: hence the fight to keep abortion safe, legal, and dare I say-- local?

There are educators championing "Conscious Contraception" as both a way to create more personal agency and to foster less reliance on institutions that are either oppressive in their foundation or bend to political whim.

Samantha Zipporah is one such teacher (SamanthaZipporah.com). Zipporah is based in Idaho, where she has been a reproductive justice advocate since she was a teenager. She now offers education, courses and advocacy to the tune of "womb sovereignty," "body literacy," and "empower[ed] autonomy."

Her philosophy on western medicine: "The modern medical system is an industry, not a healing modality. We can choose to be conscious consumers of the goods & services offered by the medical industry while seeking wholeness & healing in a myriad of other ways."

By Kaisa Schlarb

One of her services is a course on "Conscious Contraception" as well as an e-course on miscarriage and abortion. A free, down-loadable zine on tracking ovulation is also available. Zipporah supports education for all levels of reproductive care, including links to faith-based abortion support and early stages, early pregnancy termination.

Zipporah, like CMH, does use mainly binaried-language to refer to people with wombs exclusively as "women." In her work, she is open to the "learn better, do better philosophy" and takes in feedback, so I have still chosen to signal her work because of her strength of advocacy around autonomy, from consent with sex to abortion and birth. However, I must acknowledge the harm in leaving so many people out, and offer this work as a starting point in a search for voices who champion sexual and personal autonomy for all.

There is also a need to recognize the privilege in being able to consider "Conscious Contraception" as an option. This practice assumes a level of autonomy is already in place-- that an individual is free from domestic abuse, rape, and has the safety to opt out of other forms of birth control. Like the able-bodied, cis, white women on CMH's website, people who have the privilege to access Zipporah's work are a somewhat exclusive demographic.

However, when the tenets of these philosophies are applied, they strengthen the foundation of consent, autonomy and bodily sovereignty, thereby broadening spaces of safety for people to engage in empowered, sexual freedom. It matters for people who can access this knowledge to have it and in turn work to empower others.

If these concepts resonate to anyone with the time and resources to educate yourself further, consider contributing additional resources to those who do not have the same access, alongside your own education.

The following organizations provide funding and pathways to affordable reproductive care and abortion in the south, where black women of color are disproportionately impacted by restrictive abortion laws: The Yellow Hammer Fund (Yellowhammerfund.org); Access Reproductive Care-Southeast (www.arc-southeast.org); and the Mississippi Reproductive Freedom Fund (msreprofreedomfund.org).

Birthing Beyond The Binary (Birthingbeyondthebinary.com) provides reproductive community justice education by and for queer and trans people.

Locally, The Harbor (theharbornw.org) provides advocacy and support to domestic abuse survivors and the Q Center (lowercolumbiaqcenter.org) provides safe and welcoming resources and support to the LGBTIA community.



SOME PEOPLE JUDGE the arrival of spring by the calendar or the weather or the break from school. For me, if there's rhubarb, it's spring and not a minute before.

I am aware that there are many of you who swear you don't like rhubarb. To those of us who can't wait to see it appear in our gardens or green grocers that appears to be a serious character flaw. But, like all apparent human failings, there is probably a real-life experience that led you to this particular sad and ill-considered opinion. I'm guessing it was one of two things:

1. You're not big on the two most common preparations of this ruby treasure; those being rhubarb pie or sauce. Take heart, there is much more to rhubarb than this.

2. You're the sort of person who makes decisions about food you've never tasted based on looks or food group or the opinion of someone else. You're silly and also really mean to yourself. Stop reading this column right now, I'm not talking to you.

Before we go a sentence further, I'd like to make an announcement on behalf of Rhubarb. The leaves and roots are jam packed with oxalic acid. Do not eat them! That is information we have to share amongst ourselves. Rhubarb slyly puts gorgeous, ruffly leaves atop each stalk that look ever so much like braising greens. Then when you eat them, they make you sick. I suspect it's a private joke rhubarb hopes to play on those who would impugn its integrity.

Rhubarb is mostly water which makes it really low calorie, a condition we remedy by adding a ton of sugar. In our defense, the sugar is what transports rhubarb from a puckerfest to "please sir, I want some more".

The Chinese have been revering Rhubarb for thousands of years as both a food and a medicine. It was given as a tribute gift, offered as a dubious cure for everything from The Plague to The Clap and withheld from export to recalcitrant foreign governments. Rhubarb made its way to Europe early on and found a comfy spot in the temperate climate gardens there as well as the kitchens and apothecaries across the continent.

I found the original recipe for this cake in the Albertina Kerr cookbook, Albertina's Exceptional Recipes published in 1996. As recipes will, the original has morphed over the years to accommodate my lack of an ingredient and the subsequent substitution or simply to satisfy my personal taste.

If you already like rhubarb, you're going to love this cake. If you don't like rhubarb, you're going to love this cake. Eat it warm, topped with whipped cream or ice cream or creme fraiche. Slice it the next day, pop it in the toaster oven until slightly browned and enjoy with a smear of butter. Chunk it up and layer it in a trifle. Let the leftovers go stale and use them in your favorite bread pudding recipe.



RIGHTEOUS RHUBARB CAKE
PREHEAT OVEN TO 350

- TOPPING
- 1/2 cup brown sugar
- 1/2 cup chopped walnuts
- 1 Tablespoon melted butter
- 1 teaspoon cinnamon
- Mix together and set aside
- CAKE
- 1 cup firmly packed brown sugar
- 1/2 sugar
- 1/2 cup soft butter
- 1 egg
- 2 cups flour, sifted
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup buttermilk
- 1 teaspoon vanilla
- 2 cups rhubarb, chopped - I slit the stalks lengthwise
- & cut them into 1/2" chunks
- Cream sugars and butter, add egg and beat until smooth and satiny.
- Sift together flour, baking soda and salt. Alternate with buttermilk when blending into the creamed mixture. Fold in rhubarb.
- Scoop into a buttered 9 X 13 pan and sprinkle with topping.
- Bake for 45 minutes, then test for doneness.
- Not a cake person? A Fool is the answer.
- RHUBARB FOOL ME TWICE, PLEASE!
- A Fool is just fruit blended with whipped cream. Use any combination you like.
- 1 1/2 pounds rhubarb, sliced into 1/2" pieces
- 1/2 cup honey
- Zest and juice of 1 orange
- 2 tablespoons candied ginger, chopped fine
- 1/2 vanilla bean, split
- Pinch of salt
- 3/4 cup heavy cream
- 1 tablespoon sugar
- Stir the rhubarb, honey, orange zest and juice, candied ginger, vanilla bean, and salt together in a saucepan, cover and simmer over medium heat, stirring frequently.
- Let the mixture come to a boil and the rhubarb soften. Remove from the heat, take out the vanilla bean, pour the mixture into a bowl and set aside to cool a bit before you put it in the refrigerator to chill, uncovered, until completely cold. Whip the cream and sugar to soft peaks. Fold the cream gently into the chilled fruit. Don't be a fool. Send your family away and eat the whole thing. And stop talking smack about rhubarb!
- 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.

Shop Egg Day every Thursday from 9:00 to 4:00 @ North Coast Food Web, 577 18th St., Astoria. Fresh eggs from local farms straight to your table. All proceeds directly benefit local farmers.

Community Natural Healing Series

EXPERIENCE what Asian medicine can do for you and your family & friends! Learn how to do acupressure, cupping & scraping, moxibustion and the safe use of some basic herbal formulas for health conditions such as pain, inflammation, colds & flus and immune system imbalances. Seaside Acupuncture, Ancient Health and Healing invites you to experience a 4-week hands-on workshop. You may take all 4, or choose the ones you'd like to attend and just pay for those. Week 1 - Wed. June 19, 6-8pm: Acupressure, Week 2 - Wed. June 26, 6-8pm: Herbal Medicine, Week 3 - Wed. July 10, 6-8pm: Cupping & Gua Sha/Spooning, Week 4 - Wed. July 17, 6-8pm: Moxibustion. Each workshop is \$25, or 4 for \$90. **Classes will be held at Ancient Health and Healing and taught by Katharine Stewart, Licensed Acupuncturist.** 600 Broadway # 8, Seaside. 971.320.4217 The class is limited to 9 people, so sign up early! Book now at ancienthealthandhealing.com

June 2019 Cancer Collaborative Series

Join the Cancer Collaborative for informative and informal lunch-time conversations about improving your health. A light meal will be provided. June 5 Registered Dietitian Grace Laman explores the power of nutrition in cancer prevention, treatment and survivorship. June 13 Join one of CMH's Speech Language Pathologists each month for tips & tools for those who are experiencing or have experienced cancer & those who support them. This month's topic is Difficult Swallowing: dysphagia and tips for management. June 18 The CMH pharmacy staff will share information on medication management. This month's topic is Oral Chemotherapy. June 26 Join Blair Cocking, Occupational Therapist, for conversations and demonstrations regarding occupational therapy interventions and lymphedema care.

Presentations are 11am-12pm in the CMH-OHSU Knight Cancer Collaborative Activity Room, 1905 Exchange St., Astoria, Oregon. For questions or more information, call the Resource Center Coordinator at 503-338-4520.

Trigger Point Release Class

HOW TO RELEASE a tight muscle in 30 seconds or less! A FREE class at Graceful Waves Chiropractic in Wheeler offers this to the community, Mon, **June 24, 6:15 to 7:15pm.** Bring a friend to be your "massage partner" for this hour where you will learn how to release a tight muscle with a quick and gently technique. The conclusion of the class includes a brief DEMO of Graceful Waves unique care services, and an opportunity to schedule a specially discounted evaluation to discover if we can help you. *Graceful Waves Chiropractic is located at 206 S. Marine Dr in Wheeler. 503.368.WELL(9355). gracefulwaveschiropractic.com*

Free Talk, June 20 7pm-8pm
Designing Health Presents:
Winning your Day with a Daily Routine

How you start your day, defines it! In this evening discussion, Paula Crossfield, practitioner of Ayurveda and other sciences of India, will talk about why having a daily morning routine helps us thrive, the kinds of things we should include in such a routine, and how to get started with new habits. She will bring in and discuss some of the basics from her routine, including yoga, the importance of drinking warm water first thing, oiling the skin before bathing and essential oils to use. Paula has studied yoga for over 18 years, and is mentored on the ancient Indian health science of Ayurveda and other topics by Dr. Robert Svoboda, the first Westerner ever to graduate and be licensed to practice Ayurveda in India. He is the author of twelve books on Ayurveda and other topics related to the Indian sciences. Paula is also a Wellness Advocate for doTERRA. *Designing Health is located at 1424 Commercial St. Astoria, Oregon*

THE REAL DEAL! 40TH ANNUAL TOKELAND OLD FASHIONED 4TH OF JULY CELEBRATION



1979 Tokeland 4th of July Parade

TRADITIONALLY HELD on the Saturday closest to Independence Day, this year's Parade and Picnic is set for Saturday, July 6th. The parade begins at 11 a.m. at the Tokeland Marina and winds its way up Kindred Avenue past the Tokeland Hotel.

If you'd like to be in the parade, you are most welcome. Bring your family and pets, deck yourselves out in red, white and blue and enjoy the fun. Plan to be at the Marina no later than 10:30 a.m. to begin lining up if you would like to join the parade proceedings.

Go to Tokeland-North Cove Chamber website to register online this year (www.tokelandnorthcove.com). Click "Parade Registration Form" and submit.

On the day of the parade, arrive at the Marina no later than 10:30 AM to register and confirm your spot in the parade.

Watching from the side of the road? Park in designated public parking locations along the route and "tailgate" for a great time. Get ready to wave as the parade passes and grab individually wrapped

candy being passed out along the way. After the parade, hot dogs, beans, chips and lemonade will be available behind the Tokeland Hotel. Lunch is by donation to the Tokeland – North Cove Chamber of Commerce to help fund future parades. After lunch, let the games begin! Traditional sack race, water balloon toss for all ages and toddlers (<3yrs) can find treasure in the hay pit.

This year to commemorate the parades 40th anniversary and the Tokeland Chamber will have photo albums on display to reminisce on parades from year's past. A fun way to look back at Tokeland's rich parade history. Gene Kuest documented the first parade in 1979 as "two neighbors and I decided we would like to have a parade. We just talked it up with some of the neighbors and without any permits or permissions we hit the highway..."

Vehicle access to Kindred Avenue, Emerson Avenue, 8th Street and Fisher Street in Tokeland will be temporarily restricted on Saturday beginning at 10:45 a.m. until 12:30 p.m. for the parade.



Craft & Found ASTORIA FLEA MARKET

Good News! Astoria has an indoor flea market!! It's held on the **2ND SATURDAY OF THE MONTH** at the First Presbyterian Church, located at **1103 Grand Avenue, Astoria**. The hours are from 10am to 3pm. Come one-stop shop for treasures; bric-a-brac to objets d'arte. Plus enjoy delicious coffee and homemade pie. FindThe FLEA on Facebook and Instagram. Next market - Saturday, June 8. Both vendors and shoppers wanted!!

The Astoria Scandinavian Midsummer Festival June 21-23

The Astoria Scandinavian Festival is round the clock entertainment and cultural tradition, delicious food specialties, traditional meals, public dancing, and special events and exhibits – the Queen's Coronation, Bonfire and Hex Burning, running with the trolls, Kubb, shopping with over 70 vendors, and guest performers from around the globe!

Visit astoriascanfest.com for a full review of the 52nd festival.

Special Music Guests

HARALD HAUGAARD is one of Denmark's best musicians. He's won the Danish Music Prize twelve times and is very well-known abroad, particularly in Germany. Helene Blum has taken Danish folk music to a whole new level. Her inventive, contemporary interpretation of traditional songs reveals their timeless beauty. This musical proficiency coupled with her expressive voice have brought her high acclaim in her native country and also enabled her to captivate enthusiastic audiences elsewhere in Europe, the USA, Canada and Japan.

After years of touring in Europe and North America with their band and performing hundreds of concerts together, Harald, Helene and the band members have forged a close relationship, both musical and personal, where all are involved in shaping and arranging the music.

The Harald Haugaard / Helene Blum Band is returning to Astoria, one of their favorite places, to entertain 2019 festival goers with contemporary folk music from Scandinavia. Band members include Kirstine Elise Pedersen on cello, Mikkel Grue on guitar, and Sune Rahbek on percussion.

Performances:

Friday, June 21, 6PM - Arena
Saturday, June 22, 12:45PM - Arena
Saturday, June 22, 2:30PM - Arena
Saturday, June 22, 4:30PM - Arena
Sunday, June 23, 11 AM - Arena
Sunday, June 23, 1:45PM - Arena



Bjørn Kåre Odde and Ole Nilssen

It's long been tradition in Norway to combine fiddle and accordion in folk music. Bjørn Kåre Odde and Ole Nilssen have strong skills on their respective instruments and know the traditions well, but their music together is innovative and imaginative and pushes tradition to the boundaries. These young musicians have a light, playful and dynamic interaction that appeals to dancers and concert audiences equally. In 2017 Bjørn and Ole placed second together in the national competition of round dance music and separately they were each named Young Folk Musician of the Year in 2015 and 2018 respectfully. Enjoy listening to updated traditional and original tunes by some of Norway's finest new and upcoming musicians.

Performances:

Friday, June 21, 5-PM - Arena
Saturday, June 22, 10:45AM - Arena
Saturday, June 22, 3:30PM - Arena
Saturday, June 22, 5:30PM - Arena
Sunday, June 23, 10AM - Arena
Sunday, June 23, 12 Noon - Arena



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