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# Memories come to life in the new musical THE GEARHART HOTEL

ONCE UPON A TIME, the iconic Hotel Gearhart served as an almost magical seaside oasis for travelers, as well as a staple gathering place for the community's significantly smaller permanent population.

In the eyes of Mike Herron, a musician, composer and playwright from Texas with Oregon roots, the hotel – and everything it offered and stood for – is a precious “memory wrapped in a melody.” He explores, unravels, and journeys through this memory in his original musical “The Gearhart Hotel,” which will make its debut at the Liberty Theatre in Astoria on July 26 and 27.

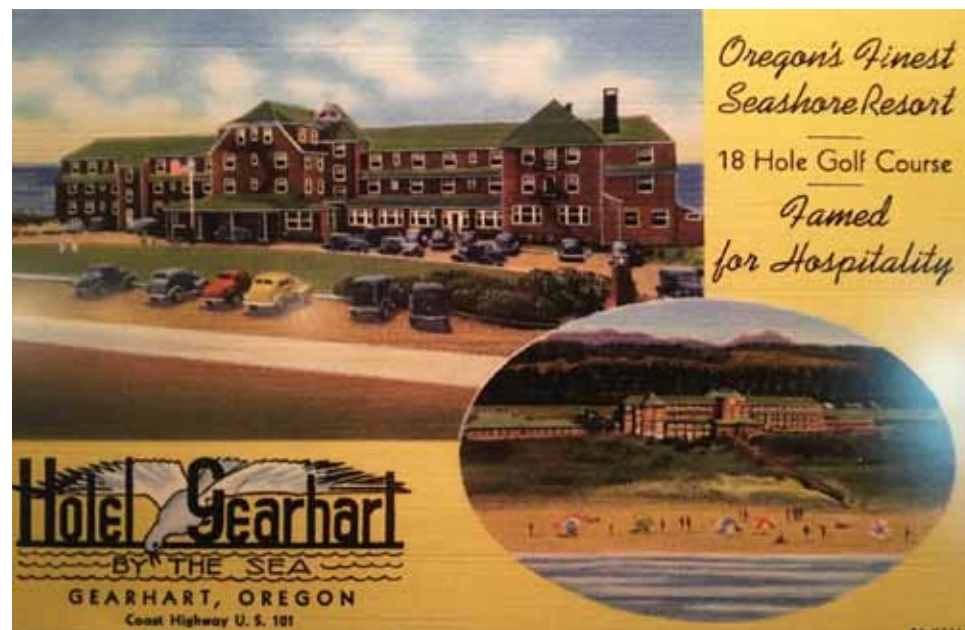
“It was absolutely colorful,” 70-year-old Herron said of the hotel, which opened in the early

1920s and remained a destination resort until it was razed in 1972 and replaced with condominiums.

His two-act, Broadway-style musical, which includes 16 original songs, is set in the summer of 1959 and filled with fictionalized events that illustrate the life and legacy of the hotel. For several decades, June marked the beginning of a bustling summer that expanded the population from 500 to thousands.

Visitors and locals alike spent the summer months playing golf, horseback riding on the beach, enjoying drinks at the bikini lounge, swimming in the pool that overlooked the ocean, mingling in the lobby, and getting to know one another around beach bonfires. The hotel's patrons often included Hollywood stars, sports celebrities, and well-known politicians.

“The hotel was a magical place in so many ways,” Herron said. “For me, this is a way of life that will really not be repeated again.”



## Memories Coming to Life

The young heroine of the play is Sally Shea, a lifeguard who worked at the pool in the 1950s. The characters are all named after and based on actual people, although as mere memories, they cross over the barriers of their respective eras to all appear in the particular time and setting of the play, Herron said.

Many are people he encountered during his childhood and young adult years, when his family lived directly across from hotel and owned and operated the golf course from 1955 to 1971. Those characters include John Osburn, the owner of the hotel and host of the vibrant social gatherings that transpired there; Mark and Marie, the renowned chefs who dazzled guests and their taste buds, even when serving a few hundred people at a time; and several maids and bellhops, who were critical to the hotel's operation.

Herron long knew he wanted to write a story based on his recollections of Hotel Gearhart, which was considered the gem of the Oregon coast. Growing up in an apartment above the

golf course's pro shop and restaurant, Herron was one of many young community members who spent ample time at the hotel's pool. Blake Osburn, John Osburn's son, has been one of his closest friends for nearly 65 years. Herron's wife Moe is from Astoria.

“The hotel was just a part of our lives,” he said. “We love that connection, and we’ve kept that alive all these years.”

When he put pen to paper, he found music to be integral to the narrative.

“The whole premise of the play is, this is a memory,” he said. “And when the melodies are played, the memories come to life.”

Although the play includes lighthearted songs and a summer-love story, it also has more somber moments as Osburn overcomes adversity – and demonstrates faith, generosity and kindness in spite of it – and the hotel, in need of renovations and challenged by the declining hotel industry, faces demise. Not all of that transpired in the year 1959, but as Herron explained, “It is developed in the plot that anything can happen, because these are memories.”

cont. p13



Playwright and musician Mike Herron

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## Spooky Summer Torch / Tronic music night at KALA July 20 MYSHKIN WARBLER — Torch Poet with Ecology for Keyboards — Electro Atmospheric

A NEW ARRIVAL to Astoria, Myshkin has played in town several times before, including four Tenor Guitar festivals, and last year's performance at KALA of the musical/theatrical piece Trust Together with her wife, author and cellist Jenny Q. "That performance was so special, the audience so present, it was a big piece of our decision to come be a part of this community" says Myshkin.

Myshkin and Jenny Q. also performed at the 2019 PRIDE Gayla with vocalist Dinah Urell.

For the upcoming show, the restless, eclectic guitarist, songwriter and singer will be engaging in some experimentation. "It's rare for me to play a solo show these days. It allows for more improvisational freedom, that I plan to take advantage of. Both in preparing the show with material not usually in the repertoire, and in being more in the moment during the performance, and letting the room guide the shape of the songs, in a riskier way. I'm always aiming for something moving and spooky. Lately I've been immersing myself in South American Jazz and West African Blues, I'm interested to see how those flavors will come out in the music on this show"

More background about Myshkin's music and performances, and 8 albums, including audio of the newest record Trust and the High Wire, can be found at MyshkinWarbler.com.

To open the show, Myshkin has invited long time friend and collaborator from Portland, Sailor Banks, currently performing her original striped down electronic music under the moniker Ecology for Keyboards.

**Saturday, July 20, 8pm. Doors open at 7:30. \$10 @ the door.**



## ALEC HUTSON BAND Folk Soul Pop/Boston July 25

HOMETOWN connections really count! KALA Performance Space welcomes the Boston-based Alec Hutson Band to the stage on Thursday, July 25.

Hutson is a Boston homegrown singer, songwriter, and multi instrumentalist, who after his release of the 2018 album REACTIONS, did his first solo European tour, and this summer a West Coast tour with his band. The folk-soul-rock ensemble vibe and groove with an emphasis on songwriting and melody, and according to culture magazine PureVolume, "have a delightful sound that's as intricate as it is interesting."

In the last year the band's Boston shows have sold out, and they're eager to embark on western shores. With drums, bass, guitar and trumpet, it's the horn connection that brings them to Astoria. Trumpeter Devina Boughton is the niece of native Astorian and pro-trumpeter Mark Berney, who last year played to a sold-out house in a first-time hometown featured show at KALA. Devina made a surprise performance, wowing everyone



Devina Boughton

with musical horn prowess. A graduate of prodigious Boston's Berklee College of Music, the Portland native has been musically active since youth as a member of Pacific Youth Choir, and following in Mark's footsteps with trumpet. A composer and conductor, online you can check out

Devina's many projects. They are also Assistant Music Director and cofounder of the Underground Choir at Berklee, in addition to a member of the Hutson Band.

Alec Hutson crafts music that grabs your attention and pulls you in, infectious in just about every way a piece of contemporary music can be—soaring melodies, deep soul grooves, and catchy pop sensibility. A reviewer notes his voice, "Powerhouse" has typically been a term I reserved and only used in context of female blues/soul singers, but man does Alec's voice deserve the moniker. His range and tone is gorgeous and forceful in the same breath," — Brian Carroll of Red Line Roots.

A versatile, talented and infectious performing artist, listen to Alec's work at alechutson.com. Then pick up a ticket for a funk-a-filled and intimate music experience at KALA.

**Thursday, July 25. 8pm. (doors open 7:30pm). Opening Act, guitarist David Crabtree and flute/sax player Ray Coffey open. Tickets \$15. Purchase online tickets at [libertyastoria.showare.com](http://libertyastoria.showare.com). Online tickets are held at KALA, time of show. KALA is located at 1017 Marine Dr. in Astoria. 503.338.4878. Full Bar. Limited seating. Intimate venue. Ages 16+ please.**



# MUS@KALA



## July 17 Serpentine Choir from New Orleans

TWO YEARS AGO Serpentine choir director Maedea Lady Rose put the call out. She was ready to begin to materialize her project. A former member of a non-traditional community choir in New Orleans, it was her desire to create a singing ensemble with a more intentional focus—something potent!

Now, eight like-minded members are on a small first tour west. A queer and femme witch choir based out of Bulbancha / New Orleans, Serpentine is dedicated to healing personal and systemic trauma and re-building human connection with the earth. "We're not singing in the ways that we used to [in a different era] songs can change and transform, I'm in song everyday," says Maedea.

Maedea creates the songs the choir sings, tapping into and re-weaving her line of ancestry (Celtic, Scottish), and allowing the poetry of the inner voice, the ancestral voices to guide text and song. Within these songs are stories of resiliency, joy, softness, vulnerability, transformation, survival, deep care and deep love.

As a musician, Maedea also plays the accordion, and has spent substantial time in Europe busking, doing eastern European influenced music. The accordion could be thought of as a many-voiced instrument, almost choral-like, but when asked if this influenced her desire to create choral music, Maedea refers back to being informed intuitively, and to the intention of "speaking to the healing held in the song." She also puts forth that "songs can reach into what all therapy cannot," and healing by song, her own personal human trauma.

Serpentine does not focus its material on standard song form or choral counterpoint, but more toward the symbiotic connection to nature—waves of sound, melodies, layers of harmonies, shaped into landscapes, mountains and seas, of which Maedea describes as "carrying human experience on the surface."

As a practicing femme witch, Maedea also creates "elixirs" or you could also say tinctures, which accompany a set of songs. In utilizing the elixir, while in song, you may deepen into the memory of the energetics of the song, the song's purpose and core value. Elixirs are made available to choir members if they so choose. Serpentine has recently recorded an album that will soon be available through Bandcamp, in addition, song elixirs will be available too.

Serpentine sings to break the spell of binary conditioning and heteronormative structures. The members of the choir adhere to the belief that songs change the shape of culture, that songs raise power and call forth change and justice. Through this work, they seek to be in closer relationship with the green, living earth.

Serpentine's performance will be candlelit (the legal-in-public-places, battery operated candles). As KALA can curtain-out most of the light before night's dark, candle nuance will be achieved.

**Wednesday, July 17 at 8pm. \$12 admission @ the door. Doors open at 7:30pm. No-host Bar. 16+ suggested.**

**ABOUT KALA:** The performance venue of Hipfishmonthly, KALA is an intimate concert space, focused on the relationship of performer and audience. Great acoustics, sound stage, and small cocktail bar welcome you. 1017 Marine Dr. in Astoria. 503.338.4878. Follow us on facebook.





## Inside the Month:

The Gearhart Hotel . . . p3,13 K Lacaze  
p9 McDonald

KMUN HOSts Ferry St Party . . . p9  
+ Tenor Guitars

Nature News . . . p7

Coastal Forest Marriage. . . p11  
P Mattson McDonald

PRIDE REFLECTIONS . . . p12 K. Schlarb

Astoria Studio Tours . . . p14

INCO NEWS . . . p10

### Qfolk

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

## COLUMNS

STEVE BERK . . . 6

THEATER . . . 16

ART HAPPENS . . . 17

WORD/Literary EVents . . . 18

FLASHCUTS . . . . . KANEKUNI 20

BIKE MADAME . . . HAMMITT-MCDONALD . . 21

FREE WILL ASTROLOGY . . . BREZNY 21

NETWORK COMMUNITY LISTINGS . . . 22

S. GRACE MESSAGES. . . 23

WHOLE PLANET HEALTH. . . . HAMMIT-MCDONALD 23

WORD & WISDOM . . . NASON 23

FOODGROOVE NEWS . . . 26

CHEW ON THIS . . . MYERS 25

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## low income housing solutions Dan Bryant Square One Villages Presentation



HOW can we better deal with homelessness in Clatsop County? That question will be answered in a presentation by Dan Bryant of Square One Villages of Eugene, Oregon. Dan has been involved in successful programs that have offered transitional housing to their homeless citizens in Eugene. Could we do that in Clatsop County?

Square One villages. org has spread the word to other communities in Oregon. Cottage Grove has just recently began implementing some of the ideas that were shared by Square One Villages.

Come learn what could be done to improve our community and help those in need of housing.

**The Event will be held July 24 at 6:30 at the First United Methodist Church in Astoria.** This is a free event. Donation for the Astoria Warming Center will be accepted.

This event is sponsored by The Homelessness Solutions Task Force of Astoria, Clatsop Community Action, Clatsop Behavioral Health Care, Helping Hands Reentry, Filling Empty Bellies, Riverfolks, First United Methodist Church and Astoria Warming Center.



See Feature: *Tiny House Villages, a low-income housing solution* by Kaisa Schlarb, *HIPFISHmonthly*, June 2019@ [hipfishmonthly.com](http://hipfishmonthly.com)

## Astoria's Repair Café Event July 24

JOIN THE FUN at the Repair Café Event on the fourth Wednesday of the month. Because a major goal of Repair Café is keeping anything that can possibly be repaired out of the local landfill they keep track of the many pounds the Repair Café has prevented from landing there. Participants are invited to sign in, help weigh their repairable items, and peruse our new guidelines before being assigned to one of the RC smiling repair people.

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. Bring in your item for repairs or just come in and enjoy watching volunteers put things back together again.

At the monthly event we work on bicycles, toys, clothing, scissors, knives, household appliances, garden tools or just something that needs to be glued (no gas engines).

If you have any questions about an item to bring to Astoria's Repair Café Please call Daryl at 503-307-0834. Located at 1010 Duane St. in Astoria.

Future Repair Café events will be held on fourth Wednesdays of the month: August 28, September 25, and October 23, 2019.

Follow on Facebook [facebook.com/repairastoria](https://facebook.com/repairastoria)

## "The Pacific Northwest's Forest Management Crisis Continues," a multimedia presentation blending art and science

TRYGVE STEEN

July 9



HOW DO WE VALUE TREES AND OLD FORESTS? Are they board-feet of lumber waiting to be used as an economic resource, or are they places of incredible beauty supporting vitally important biological diversity?

If forests are left uncut, is their wood going to waste if it decays?

Do natural forests represent a critical reservoir of biological diversity essential for both our planet and a healthy forest products industry, especially in the context of our present climate change crisis?

These questions will be addressed during an inspirational multimedia slide presentation by Dr. Trygve Steen, Professor of Environmental Science and Management at Portland State University, Tuesday, July 9 at 6pm in Nehalem at NCRD, 36155 9th St. Nehalem. Steen has taught Forest Ecology, Understanding Environmental Sustainability, and Documentary Photography.

In the context of our historic utilitarian, resource based values, nearly all of this region's old-growth forests were scheduled to be turned into tree plantations by 2020. By the 1980s this process had been essentially completed on private land, and we had turned over half of our National forests into tree plantations as well. During the decade of the 1990s, there was a major paradigm shift in our understanding, valuing, and management of our National forests.

Oregon's State Forests and private forests are still being managed with a focus on producing lumber or chips. But, the large trees of our region's forests also provide a unique opportunity to capture and sequester carbon dioxide from the atmosphere and represent an important opportunity to mitigate climate change.

Dr. Steen is a biologist-photographer who creates images of Pacific Northwest forests ranging from aeriels to extreme close-ups. They present the beauty, biodiversity, ecological features, and destruction of these extraordinary ecosystems. His aerial photography documenting logging damage to Northwest forests began in collaboration with a BLM hydrologist in 1972. His images have been featured in publications by The National Geographic Society, The Wilderness Society, The National Wildlife Federation, Oregon Natural Resources Council, High Country News, The Xerces Society "Wings" special issue on Old Growth, and The Wilderness Society's Ancient Forest Lobbying book "If you think our National Forests look like this..."

Steen was also a major contributor to the exhibit format book "CLEARCUT" published by Sierra Club Books / Earth Island Books. His photographs were included in the National Smithsonian Institution exhibition for the 25th Anniversary Commemoration of the Wilderness Act as well as the World Forestry Center exhibit on Ancient Forests. Further, he collaborated with Newton and Helen Harrison in the production of the conceptual art show, "The Serpentine Lattice" first shown at Reed College's Cooley Gallery before touring the United States.

Steen's presentation is another in the series, "Speaking Truth to Power" presented by the North Coast Communities 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 most months at 6:00 p.m. at NCRD 36155 9th St. in Nehalem. Doors open at 5:30pm for a "Meet and Greet" with light refreshments and music from singer/songwriter Brandon Tigner.

*Rockaway Beach Citizens for Watershed Protection started in 2011 when a group of neighbors in Rockaway Beach, Oregon watched as the Jetty Creek watershed, the source of their drinking water, was clearcut logged at an alarming rate and then aerial-sprayed with pesticides. In the last decade, about 90% of that watershed has been clearcut, causing highly detrimental effects to the drinking water and natural habitat. The organization has now grown to represent other communities up and down the North Coast of Oregon that face similar difficulties; therefore, the new name, North Coast Communities for Watershed Protection, reflects working together on a regional basis to insure that the air we breathe and the water we drink are safe.*

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## outside the box



STEPHEN BERK

RECENTLY, our esteemed leader, Donald J. Trump, stated that he doesn't "believe in" climate change, or global warming. This as if climate change were a kind of faith that you could either believe or disbelieve in.

I have nothing against faith; I am a man of faith myself. But I do not confuse it with science, or fact. Faith, generally belief in God, can be a life-changing experience and can motivate us in

like the 1930s dustbowl in the Midwest, which caused hordes of Oklahoma farmers to abandon their land and try to get their jalopies to the West Coast, as in Steinbeck's "The Grapes of Wrath."

I think it would be useful if more Americans recognized the fact that balanced weather, some wet, some dry, some cloudy, some sunny, is the best for enhancing life. But in these days of global warming, that is not what we are getting. What we have is a lot of unseasonable dryness and heat. As of early June, the

pundits wrongly call "our democracy" is that the oil invested ruling class use a controlled media to convince the masses that global warming doesn't exist, or even if it does, there's really nothing to worry about. But once in a while a member of the governing elite has a conscience, studies the climate situation and takes its implications seriously. This was true of a Tennessee senator, who was son of another Tennessee senator of the same name, Al (Albert) Gore. Gore served two terms as vice president under Bill

## THE WEATHER REPORT

*It's going to be a bright, hot, sunshiny day*

wondrous self-giving directions. Science is less subjective. It is concerned more with the level of fact or knowledge about how the phenomena of the world work. Whereas faith as belief is more about the whys and often exists as an indwelling presence, science is more operational, and more "out there" less "in here." Hence the president was confusing the factual presence of global warming with matters of faith, or belief.

As I began writing this, it was June 11th, there was not a cloud in the sky and the temperature at noon on my car thermometer in Olney, about a quarter hour inland from Astoria, was 88 degrees. This cloudless heat rarely happens on the Oregon coast, and if it does it is not in June, but in August or maybe September. The talking heads have trained the public to regard warm, cloudless weather as "good weather" and cloudy and/or rainy weather as "bad weather." So Americans as a whole act as if they worship Ammon Re, the ancient Egyptian sun god, and not the God of the Bible, even though they largely claim belief in the biblical God. A growing number of nature oriented pagans, however, who pay a lot of attention to the seasons, may well be less apt to object to clouds, rain, cold and ice and more apt to believe the biblical phrase in Ecclesiastes, "To everything there is a season."

It is in fact not at all true that continuously cloudless, warm weather is good and weeks of rainy weather are bad. "Fair weather" dries out everything in nature. And if it continues into drought it can become a plague on the environment

end of the Northwest's traditional rainy season, we have had over a third less rain, about 22 inches, rather than the normal 34. And we are getting a lot of unseasonable heat. When I retired from teaching at Cal. State Long Beach in 2004, fearing the coming Southwest drought, my wife and I headed for rainy Oregon. Little did I know at the time that the West Coast has one overall climate system, with a rainy and a dry end. The traditionally rainy Northwest and dry Southwest both have their rainy and dry seasons. That is not true of the East and Midwest, where precipitation and dry weather both occur in all seasons.

The point is that unseasonably clear, hot weather in June, a month Oregonians had always referred to as "June gloom," is a clear sign that something is amiss, i.e. the global warming our president doesn't "believe in." Hot, rainless weather, as the Okies in the dustbowl well knew, is bad for growing things. And that is true even in our era of irrigation. All that does is remove water from one gradually drying place (e.g. Northern California) and send it to a more rapidly drying place (e.g. Southern California). The culprit in all this great warming and drying is the continued massive use of fossil fuels, chiefly oil, long after it became well known that they were the cause.

But American elites, whom our billionaire president speaks for, are all invested up to their eyeballs in oil. Listen to any daily news report on the "liberal" National Public Radio, and they will tell you the current price of oil, no other commodity. The way things work in what

Clinton. What distinguishes him from the vast majority of others who have risen to that level in American politics is his environmental activism, much of which is focused on the climate crisis. His many books on the subject all came out after he left politics following the 2000 election. But Gore's strong environmental stand was well known during that election. So the huge conservative media complex (think Rupert Murdoch) developed the meme that "Al Gore lies."

The Bush/Gore 2000 election is also notable for the fact that Gore very likely won that election in the Electoral College as well as the popular vote. With the electoral vote very close, a recount in Florida became determinant. When it appeared the recount was going for Gore, a Republican suit that led to the Supreme Court unprecedentedly junked the separation of powers and entered the election. In a 5-4 decision, based on a tortured interpretation of equal protection, they stopped the recount and thus handed the election to Bush.

Notably, three generations of the Bush family, including a senator and two presidents had all made their fortunes in the oil business. What all this means is that the fossil fuel industry retains immense power in the US. Therefore, unlike Europe, we continue to rely chiefly on fossil fuels. With its fracking boom, the US continues to be the major perpetrator of the rule of Big Oil and hence climate change. China's excuse for burning lots of oil today is that the US did it to industrialize and still does it. Hence China also has a "right" to do it.

So during the next unseasonably hot day, don't think what nice weather this is. Think, this is part of the ever-heating world and the hundreds of daily extinctions handed to us by the fossil fuel industry and the politicians they control.



## Join the “pull-pile-stomp” finale at Circle Creek

NORTH COAST LAND CONSERVANCY is in the final phase of a three-year assault on the weed known as policeman's helmet in the Necanicum River watershed. Volunteers are being sought for the grand finale: a day of weeding at Circle Creek Conservation Center in Seaside on Saturday, July 20, from 10 a.m. to 2 p.m.

Policeman's helmet (*Impatiens glandulifera*), a highly invasive non-native plant, has taken hold throughout the Necanicum watershed, choking out native plants and reducing plant and animal diversity while increasing the risk of streambank erosion. NCLC and the Necanicum Watershed Council have been working together to remove this fast-growing, fast-spreading plant and replace it with native vegetation. Volunteers will be working with NCLC's summer stewardship interns hired to eradicate these and other weeds found on the Necanicum and lower Columbia rivers.



Policeman's helmet is easy to pull; the next step is to pile uprooted plants and stomp on them to crush the stems and prevent the seed pods from developing or maturing. Get details on this and other summer 2019 stewardship events at [NCLCtrust.org/hands-on-stewardship](http://NCLCtrust.org/hands-on-stewardship).



## Community welcomed to annual picnic at Circle Creek Conservation Center

PACK A PICNIC and join supporters of North Coast Land Conservancy at Circle Creek Conservation Center in Seaside on Saturday, July 13, for the fourth annual Summer Picnic at the Barn. Fifteen years ago the conservancy acquired this 364-acre property at the foot of Tillamook Head for public benefit and began the process of renewing the native floodplain forest here. Bring a picnic, a blanket or chairs, and a pie to share and help celebrate Circle Creek's 15th anniversary at this favorite free summer event; all are welcome.

Events get under way at 2 p.m. with a silent auction in the barn and, at 2:30, live music and picnicking on the lawn. The ever-popular pie potluck starts at 3:30 pm. This year guided hikes on the trails will follow the picnic from 4:30 to 6 p.m. More details are posted at [NCLCtrust.org/event/picnic](http://NCLCtrust.org/event/picnic).

Circle Creek Conservation Center is open to the public daily, dawn to dusk, conditions permitting. Please leave your dog at home; dogs are not allowed on any NCLC properties. The 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 continue 0.5 mile to the end of the road.

North Coast Land Conservancy has been working since 1986 to conserve and connect the landscape of the Oregon Coast from the Columbia River to northern Lincoln County.



## Seaman's Day at Fort Clatsop July 10

THE 33 PEOPLE of the Lewis and Clark Expedition wintered

at Fort Clatsop in 1805-06. The 34th “member” of this expedition was Seaman, Captain Meriwether Lewis' Newfoundland dog. The 26th annual Seaman's Day commemorating the dog of the Corps of Discovery will be held Wednesday, July 10th at Lewis and Clark National Historical Park, Fort Clatsop.

According to the explorers' journals, Seaman served as a watchdog, hunter, retriever, companion and diplomat during the two-and-a-half year voyage of discovery. The park has invited some guest Newfoundland dogs and their people to volunteer this day. This special event offers visitors an opportunity to learn about Seaman and to meet some modern Newfoundland dogs.

The day's schedule includes:  
10:30 Flintlock program  
11:00 Netul River Trail walk  
11:30 Our Dog Seaman talk  
12:30 Meet the Newfoundland dogs  
1:30 Flintlock program  
2:00 Netul River Trail walk  
2:30 Meet the Newfoundland dogs  
3:30 Our Dog Seaman talk  
4:30 Flintlock program

Kids Corps dog-themed crafts will be available from 10:00 am to 3:00 pm in the visitor center. Rangers in period clothing will be at the fort during the day to answer questions and share living history.

The park is open daily from 9:00 am to 6:00 pm. Admission is \$7 per adult and free for youth 15 years old and under. Passes to National Park Service sites are accepted.

FMI: call the park at (503) 861-4414.



## CoastWatch Program Names New Volunteer Coordinator Jesse Jones

THE OREGON SHORES Conservation Coalition has announced that the new volunteer coordinator for the group's CoastWatch Program is Jessica (Jesse) Jones. She replaces long-time coordinator Fawn Custer, who is stepping into a new role as CoastWatch citizen science trainer.

CoastWatch is a 26-year-old program through which volunteers adopt one-mile segments of the Oregon shoreline, monitoring for both natural changes and human impacts. More than 1,500 “mile adopters” participate, and every mile of Oregon's coast has at least one adopter. The program also organizes a number of special citizen science projects.

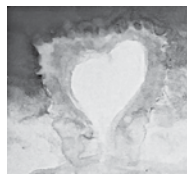
Jesse Jones, who is based in Astoria, is a lifelong Oregonian (and nearly lifelong north coast resident) and longtime advocate for the waters of the Pacific Northwest. She has managed large and small habitat restoration projects, engaged countless land owners in land conservation, and worked alongside youth of all ages in the natural world. Notably, given that it will be her responsibility to organize CoastWatch efficiently, she spent four years as executive director of the North Coast Watershed Association, and earlier served as executive director for the Vernonia Community Learning Center.

In 2015, Jones started volunteering for the Surfrider Foundation, leading their Blue Water Task Force to its new home at Seaside High School, where students now collect and process ocean water and post results. She is a CoastWatcher herself, a naturalist and private guide for the Haystack Rock Awareness Program, chair of the Surfrider Foundation North Coast chapter, and chair of the non-profit organization, Pelican Science, which she helped to found. She is also a collage artist, poet, and bossa nova musician.

Jesse envisions a near future where citizen scientists play a major role in shaping public policies and informing the individual actions of people around the planet—a vision which fits perfectly with CoastWatch's mission. In her new job with Oregon Shores, she hopes to inspire a new generation of volunteers who see themselves and CoastWatch as a critical part of a global movement collecting and sharing the stories of our beaches and oceans.

For more information about CoastWatch, contact Phillip Johnson, who directs the program as Oregon Shores' executive director, at (503) 754-9303, [phillip@oregonshores.org](mailto:phillip@oregonshores.org). Contact Jesse Jones at [jesse@oregonshores.org](mailto:jesse@oregonshores.org).





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### Lower Columbia Q Center

Astoria Armory - 1636 Exchange Street Astoria

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

THE 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. On Break. Contact:  
[LCQCAstoria@gmail.com](mailto:LCQCAstoria@gmail.com).

-LGBTIQ+ Teen Social and Skate Night: Every Friday  
at the Astoria Armory. 5-9 pm

### Monthly LGBTQ Events in Lincoln County

- 1st Wed of ea. month, 7pm is Trans Parents  
Coffee Hour at the Chalet in Newport.

- 2nd Tues. ea month, 4pm is LGBT+ & Allies  
Happy Hour at Georgie's in Newport.

- 2nd Wed. ea month - 6pm to 7:30pm PFLAG  
Group at St. Stephen's at 9th and Hurbert in  
Newport.

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

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

### Scholarships for Peace Village Day Camp featuring a peace curriculum in Newport



Full and partial scholarships are available for the July 15-19 session of Peace Village Newport, a summer day camp for students entering grades 1-6. This is the first year that day camp will be held at the Community College in South Beach.

The Peace curriculum offers students practical skills of conflict resolution, media literacy, and ecology, as well as music, art, and craft activities. A total of 45 students will be accepted for the week's 9 AM to 3:30 PM program and they will be divided into three age groups, each with adult and teen leaders.

This five-day Summer Camp for Peacemakers began in Lincoln City in 1996 and now operates programs in many states. The Peace Village program involves teachers and students of many backgrounds and offers students a comprehensive view of the messages and practices of peace from a variety of world traditions and teachers.

Cost for the week-long program is \$60 and includes program materials, a Peace Village T-shirt, and daily snacks. Limited scholarship assistance is available. To request a registration and/or scholarship application, call 541-265-7194 or email [peacevil-lagenewport@gmail.com](mailto:peacevil-lagenewport@gmail.com)

**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](http://www.clatsopdemocrats.org) or [www.facebook.com/clatsopdemocrats](http://www.facebook.com/clatsopdemocrats).

**PACIFIC COUNTY DEMOCRATS** Monthly Meeting - 2nd Mondays, 6pm, Long Beach County Building, Sandridge Rd. [pacificcountydem@gmail.com](mailto:pacificcountydem@gmail.com)

### CREATE • July 18 Columbia River Estuary Action Team

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

CREATE was started by people who were involved in the successful 12 year battle against LNG in Clatsop County. Its purpose is to foster citizen involvement in protecting the unique, beautiful and productive Columbia River Estuary.

New members are always welcome. Come and join in at 6pm, 3rd Thursdays at the Blue Scorchers in Astoria.





COAST COMMUNITY RADIO, the not-for-profit community radio station in the lower Columbia-Pacific region presents the Ferry Street Friday Block Party on 14th Street between Commercial Street and Marine Drive in Astoria. Join the fun on Friday, July 19th from 2:00-8:00pm.

Ferry Street Society businesses will be hosting pop-ups featuring local makers, artists, and farmers at their shops from 2-8pm. Hosts include Chariot, Doe + Arrow, 4 Seasons Clothing, Street 14 Cafe, Lodestar Goods, Gimre's Shoes, Purple Cow Toys and Creations Studio & Gallery.

Ferry Street Society is a group of like-minded businesses on the east end of downtown Astoria who want to provide more opportunities to local artists and makers by hosting fun events geared toward our incredible community of supporters. The name "Ferry Street" prevails from a period in Astoria when the Columbia River Ferry docked at the end of 14th Street. This includes the Tourist No.2 which is now docked on Pier 39, Astoria.

The Block Party is a family friendly event with something for everyone. There will be an area for kid's activities including a take-home art project using recycled items, face painting and "lawn" games made for the street. Enjoy BBQ and for adults only, a Wine & Beer Garden.

Live music all afternoon includes local DJs and bands -  
2pm: The Garbage Man (DJ),  
3pm: Rhythm Method,  
4pm: Joey Altruda (DJ),  
5pm: Holiday Friends,  
6pm: Serious River Song Catalogue,  
7pm: Midas Diggs & Friends. Stick around for the after party at Albatross & Co. starting around 8pm and going late, featuring The Woolen Men -a Portland garage pop band.

And on 7/20 SaturdaySoul Dance Party w/ vinyl at Anita on Commercial St. part of the KMUN block-party fundraising celebrations. Don't be late, starts at 8.

Find more information about pop-ups, music and event specials on Facebook at Ferry Street Society!

## Mark Josephs' 10th Annual TENOR GUITAR GATHERING July 12-13 in Astoria

THE ANNUAL TENOR GUITAR GATHERINGS started in 2011, founded by the late Mark Josephs, an amazing tenor guitarist himself who by creating TGG has brought new focus to the instrument, and making Astoria, Oregon the "unofficially recognized" tenor guitar capital of the world.

In Mark's words, "There are many groups and individuals who use the tenor guitar to achieve their musical 'voice'. I became aware of Robin Hunte, from Barbados, for example, who started a group in 1962 called The Merrymen. Robin drives the group with his four string tenor guitar. He recently acquired a new Blueridge tenor guitar, made by Saga instruments, one of a small handful of companies that offer new tenor guitars.

I can tell you that more and more people, once they hear and play and learn about a tenor guitar, fall in love with the small size of the instrument and the beautiful sound that comes from it. Accordions, Didgeridoos, Guitars, Harmonicas, Autoharps all have their own festivals. A "Tenor Guitar Gathering" had been long overdue. Astoria and tenor guitars have become a perfect fit."

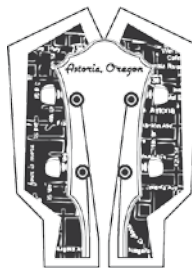
**This year TGG takes place 2-nights at the Astoria Performing Arts Center at 16th & Franklin, July 12 & 13, from 6 -10pm. On Friday the 12th a special TGG lunch gathering takes place at the Bridgewater Bistro. Meet and talk with tenor players.**

### Extra Curricular Tenor guitar

And one of the best parts of the gathering, is learning from the pros through numerous workshops offered throughout the day. Erich Sylvester will be teaching a Hawaii and Cole Porter theme, Jean Mann will specialize in uke, there's a jam with the pros, and a lot more to check out and register for, at [www.tenorguitargathering.info](http://www.tenorguitargathering.info).

Featured Artists:  
The Johnsons,  
Paul Robinson, Buddy  
Woodward,  
Jean Mann, Al Hirsch,  
Tom Molyneaux,  
John Lawlor,  
Josh Reynolds and  
more!

Josh  
Reynolds  
Kingston  
Trio



Tenor player Tiny Grimes



### A Brief History of The Tenor Guitar

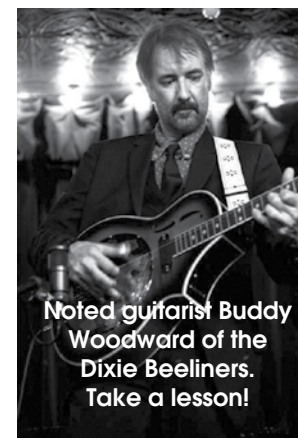
In the 1900's the most popular stringed rhythm instrument was the four string tenor banjo, tuned like a cello, CGDA. The tenor banjo added a percussive rhythm sound to large orchestras. As the guitar gradually replaced the tenor banjo in popularity, a simple solution was to put a tenor banjo neck on a guitar body to produce a "guitar like" tone. Part tenor banjo, part guitar, this hybrid instrument, the "tenor guitar" was born out of necessity.

Because the tenor guitar had four strings, people would sometimes tune it like a baritone ukulele, or the top four strings of a guitar DGBE. Nick Reynolds, of The Kingston Trio, did this. Nick was the first inductee to the Tenor Guitar Hall of Fame in a ceremony held here in Astoria in 2011. He is the most well known tenor guitar player of all time.

Tiny Grimes, a jazz player, also tuned his tenor like the top four strings of a guitar. He had small hands and liked the feel of a smaller neck. Some people tune it GDAE, an octave below a mandolin. The shapes of the chords are the same, but their names change.

- Mark Josephs

Singer Songwriter  
Jean Mann is back!  
Uke Workshop!



Noted guitarist Buddy  
Woodward of the  
Dixie Beeliners.  
Take a lesson!

## Clatsop Community College Library Summer Movie Matinee 2019

JOIN THE CCC LIBRARY for a free Lunchtime Movie Matinee — bring your lunch and enjoy a fascinating film! Popcorn provided! The Library will screen each movie twice, once on Tuesday at noon, and again on Thursday at 1 pm. Each screening is about an hour long and will be held in the Library Lounge.

The CCC Library welcomes general use by the community. Library materials may be used in the library at any time or checked out by those with a current library membership. Membership is easy — just ask us!

CCC Library summer hours are Monday — Thursday, 8am — 6pm.  
FMI: visit [clatsopcc.edu/library](http://clatsopcc.edu/library) or call us at 503-338-2462.

### July 9 & 11 Numbers as God (57:55)

From the Series: Magic Numbers: Hannah Fry's Mysterious World of Math

**July 16 & 18 New Farms, Big Success**, with Three Rock Star Farmers (52:01). This inspiring documentary presents three ecologically responsible farms in the USA and Canada.

### July 23 & 25 Asteroids—Space Colonies (52:48)

Recent discoveries of water at the moon's poles and on Mars have encouraged public institutions, such as NASA and the European Space Agency, as well as private companies, like SpaceX, to lead projects that will let us settle in these harsh, distant environments in the near future.

### July 30 & Aug 1 The Key to Consciousness, A Journey into The Stuff of Thoughts—Brain Power (57:40)

What is consciousness? Where do our thoughts come from? What are the connections between mind and matter?

### Aug 6 & 8 Shanghai Deco (1:00:00)

Art Deco design is where our modern world began, and Shanghai may have been the place where art deco enjoyed its most diverse interpretation. During the 1920s and 30s, Shanghai was the most glamorous, cosmopolitan city in Asia.

### Aug 13 & 15 First Face of America (53:02)

Discover the extraordinary remains of a 13,000-year-old teenager in an underwater cave in Mexico.



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



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## Trump-Kim III: Making history without making progress? by Mel Gurtov

TAKING A FEW STEPS onto North Korean soil, and posing for pictures with a friendly dictator, seem to fit Trump-era diplomacy better than a carefully laid out process. But unless the US changes its bargaining position—in fact, starts to bargain—nothing will be come of this sudden trip, and Trump will have given North Korea another PR victory: the US president accepting it as a nuclear state.

The media's focus on Trump making history is strange, and a distraction from the main issue: peace and security on the Korean peninsula. Whereas Trump took a few steps inside North Korea, Jimmy Carter (in 1994) and Bill Clinton (in 2009) made peace missions to Pyongyang that had substantive results. The only real history Trump is making is his consistent adoration of dictators and substitution of nice personal exchanges for problem solving.

More noteworthy than Trump's gambit is the NY Times report that Trump is considering a different tack with the North Koreans this time around, namely, a proposal for a freeze on the North's nuclear weapon production (presumably meaning production of the materials for the weapon as well as the weapon itself). Critics are already jumping on that idea too, pointing out the obvious: North Korea would retain its nuclear weapon stockpile while continuing missile testing. The US is said to weigh proposing that in return, North Korea will agree to abandon perhaps two weapon production and testing sites under international inspection.

Granted, such a US proposal would mean acknowledging what no administration had been willing to acknowledge before: that North Korea is a legitimate nuclear-weapon state. Pro-nuclear forces in South Korea, Japan, and perhaps elsewhere (Saudi Arabia? Iran?) might be emboldened to insist on having the same privilege, raising all kinds of regional security and proliferation issues. And how likely is it that Kim Jong-un will agree to intrusive inspections of his nuclear facilities?

On the other hand, let's face it: the demand of the last three administrations for "complete, verifiable, irreversible denuclearization" of North Korea is simply unattainable. So a nuclear freeze may be the best deal possible. (Among the few specialists who agree is Joel Wit, who has been involved in nuclear negotiations with North Korea.)

What follows that deal counts just as much. If it paves the way for further steps—for example, a permanent halt to North Korean missile tests in return for a partial easing of US sanctions, a peace treaty (including South Korea, China, and Japan) to replace the Korean armistice, and farther down the road a significant North Korean reduction in nuclear warheads in exchange for elimination of US sanctions and normalization of relations—the freeze would be a win for both countries.

Otherwise, Trump has gained very little—a freeze can quickly unfreeze, and nuclear production can be resumed or started elsewhere—in return for major North Korean gains in international recognition and continued possession of a substantial nuclear-missile arsenal.

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

AS WE PREPARE this column, an increasing number of concerned Americans are calling for an impeachment inquiry into the misdeeds of President Trump. By the time the column goes to print, we hope to have made significant headway on this important issue, but in all likelihood, we'll still be needing your help to hold Trump to account.

Many people misunderstand what impeachment entails. Impeachment is not removal from office—Clinton was impeached but not removed. Impeachment is the hearing process by which Congress, using its Constitutional authority, examines evidence that the President's crimes and misdemeanors make him unfit to serve. Congress may vote to open impeachment directly, or it may vote to open an impeachment inquiry as a first step toward determining whether impeachment is warranted.

During the 2016 election, the Trump campaign welcomed illegal offers of assistance from a hostile foreign adversary, the Russian Federation. As president, Trump has violated his oath of office by refusing to safeguard US elections from future attack, openly flaunting the law by inviting foreign powers to help his campaign in 2020.

The Mueller report also includes 180 pages of evidence indicating that Trump attempted on multiple occasions to obstruct justice, seeking to discredit the investigators and dismantle the investigation. He has politicized the Department of Justice, falsely claiming that the investigation fully exonerated him of any impeachable conduct. Without evidence, he has falsely accused those who had conducted the investigation of attempting a coup, and he has directed the US Attorney General to investigate the investigators.

Robert Mueller stated the facts plainly: His team could not clear Trump of wrongdoing, nor could they indict a sitting president. Impeachment is the Constitutional process for charging a president with crimes and misdemeanors. Congress needs to do its job.

The drip-drip of investigations won't break through to get the average American's attention the way impeachment will. We understand that the GOP Senate is unlikely to convict. That should only serve to threaten the re-election of Senators who fail carry out their constitutional duties, putting party ahead of country.

Some Congressional leaders—most notably, Speaker Pelosi—are putting political calculus first. This political calculus could well backfire. Pelosi believes that the health care issue alone

## INCO NEWS INDIVISIBLE North Coast Oregon

was what shifted the House to Democratic control in 2018. Those of us who knocked on doors to get out the vote know that's not entirely true. Voters were eager to elect Democrats to the House in 2018 to stop Trump's multiple abuses of power.

By not opening an impeachment inquiry, Congress reinforces Trump's narrative that he's

## IMPEACHMENT: THE TIME IS NOW



NC INDIVISIBLE at the Astoria Pride Parade

done nothing wrong. To the average American, that looks like exoneration. Nothing could be further from the truth.

At Indivisible North Coast Oregon, we decided to call for an impeachment inquiry after much study and discussion. In January, four of our leaders traveled to Washington, DC, to learn about the process and to discuss it with Members of Congress. After the release of the Mueller report, our leadership team agreed that the time had come to call for an inquiry. In the weeks that followed, Indivisible Oregon and Indivisible national reached the same conclusion. Nationally, Indivisible reports that 80% of its grassroots members and leaders favor opening an impeachment inquiry.

We applaud Representative Suzanne Bonamici (OR-1) for signing on to HB 257, the resolution that would launch the inquiry. Our voices, loud and persistent and clear, are crucial in the coming days and weeks. This is not about political gamesmanship or disgruntled Democrats. For the sake of our democracy, all of us who love America must be committed to the pursuit of truth. We must keep speaking up until Trump is fully called to account, out in the open, by the process our country's founders devised for times like this. Congress must do its job.

Barring unforeseen crises that demand our attention, INCO steps back from regular meetings during the month of July. Refreshed and energized, we'll return to our usual busy schedule in August. Sign up to join us at [www.incoregon.org](http://www.incoregon.org).



# A Coastal Forest Marriage

## The Arch Cape Watershed and Forest Reserve

A MARRIAGE OF PARTNERS; The North Coast Land Conservancy (NCLC), North Coast Watershed Association (NCWA), Sustainable Northwest, Schwabe Law and Onion Peak Holdings LLC, are working with the Arch Cape Watershed and Sanitary District to advance two complementary projects; The Rainforest Reserve and the Arch Cape Community Forest.

The rewilding of a vast section of the coast will guarantee it's viability for future generations. Parks would benefit, conservation goals would be achieved and the Arch Cape Watershed would have clean water filtered through the forest. Also linking it to the Oswald West State Park and Cape Falcon Marine Reserve.

A group of fourteen people toured the proposed Watershed with manager Phil Chick in June. Stopping stream side at Shark Creek, viewing clear cut areas and their impact, as well the top of the acreage. County Commissioner Kathleen Sullivan commented that, "We are now facing climate issues with which all of us need to grapple; timber companies, local government, watershed managers, NGO's and citizenry." It's time to recognize the connectivity of all aspects of life. Clatsop County Planning Commissioner, Nadia Gardner commented, that she, "is seeing more and more partnerships occurring in



Commissioners Kathleen Sullivan & Lianne Thompson tour the reserve

watershed and land conservancy, involving multiple parties working together."

Trees insure good water through their filtration, storage and soil moisturization abilities. An Arch Cape Community Forest is insurance for the generations to come. Most of the proposed watershed is located on slopes overlooking the Pacific Ocean. Shark Creek flows along an access approach. Nearby, the gravel road showed alarming slumping, fissures and erosion at the base of a nearby timber cut. When the forest is harvested, the trees are not present to hold water or maintain the ground moisture. So, rain loosens dirt on the exposed root wads and water runs freely down the slope eroding along the way. This sediment flows into the treatment plant and clogs filters causing a maintenance headache. There is no water service until it settles out.

In 2016 Phil Chick submitted a grant application. Applying to repair road failures through the Department of Environment Quality. The watershed received \$12,000 for Drinking Water Source Protection to decommission this road and restore the creek. A few years before Stimson performed non-spray weed eradication using mechanical methods. Manager Chick and his Water District Board are being advised by the North Coast Land Conservancy in the creation of their Community Forest.

The Water District also has a good chance of one million dollars in funding from the United States Forest Service, Forest Legacy Grants in another round next fall. They need 25% of its cost matched through non-federal funds. The Forest Legacy Program (FLP) is a conservation agenda administered by the U.S. Forest Service in partnership with State agencies to encourage the protection of privately owned forest lands through conservation easements or land purchases. Supporting parties are Greenwood Resources, a neigh-

bor interested in this vision of conservation and water quality protection.

### The Bridal Party North Coast Land Conservancy NCLC

The Black Petal Tailed Dragonfly (*Tanypeteryx hageni*) has inhabited this area of the watershed since the age of dinosaurs. Along with wild flowers, Chambers Paint brush (*Castilleja chambersii*) and Queen of the Forest (*Filipendula occidentalis*) these species are found only hanging out in the fog moistened coastal area above Arch Cape where they have evolved uniquely for millions of years.

The NCLC is very interested in keeping its habitat viable and secured a partner in 2016. Onion Peak LLC is holding 3500 acres until payment is required. They have two years more to raise funds. The vision is a total of 5600 acres. Half of the money is raised. 1500 acres are proposed to become the Arch Cape Forest and owned by the local Arch Cape Water and Sanitary District. They are working to advance two complementary projects in the Coastal Edge: The Rainforest Reserve, in partnership with the Arch Cape



Root Ball from a clear cut

Community Forest.

### North Coast Watershed Association

The North Coast Watershed Association is partnering with the Water District and the current land owner, EMF, to remove the Shark Creek culvert and the adjacent road slope failure. Allowing the creek to naturally flow without risk of road sediment input. NCWA is applying for matching grant funds for the project as well as planting native trees and shrubs for soil stabilization. EFM will be managing the project construction and contributing an in-kind match.

### Onion Peak Holdings

The current owner of the properties, managed by EFM, administers investments of private capital to help transition forests to health, increase diversity, productivity and community. Focusing on tribal and



Phil Chick, Arch Cape Water and Sanitary System Manager

conservation-oriented ownership within an investment context. EFM is working collaboratively with the NCLC and the Arch Cape Domestic Water Supply District to facilitate their acquisition of the property.

Stimson Lumber

The Water District applied for and received a \$12,000 Drinking Water Source Protection Grant. Previous owner, Stimson Lumber came in with machines to mechanically remove weeds and trees growing into the roadways. Which the water district appreciated because it respected the wish of the community.

### Sustainable Northwest

Sustainable Northwest out of Portland is guiding and contributing technical support.

### Schwabe Law

Providing pro-bono legal services to the Water District. Escorting them through the legal requirements of their property transaction.

At a June Clatsop County Commission Meeting presentation about the project, Manager Chick spoke:

"The greatest deed we can perform is source watershed protection. We are looking at this as a wholistic approach, from the headwaters all the way to the customers tap in their kitchen sink. You can approach water protection through engineering principles or through taking care of your backyard. That's what we are doing here, we are taking care of our backyard for multi-generations. To provide safe, clean and affordable drinking water, to ourselves and to the people who come far after us. And to keep the spirit of Oregon's Coastal Rainforest alive forever."



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## Reflections on PRIDE 2019

EVEN THOUGH PRIDE MONTH IS OVER, I'm still reflecting, for as it turns out, I'm still queer in July. Also, it is going to take more than the month of June for the resonance of Dinah Urell, Myshkin Warbler and Jenni Q's Gayla performance of Bob Dylan's "The Times They are A Changin'" to fade from my mind.

My first thought is, I wish I kept the promise I made to myself to volunteer this year. It was clear to me last year that a lot of the work to make Astoria Pride happen relied on the efforts of a few. By the time this June rolled around I was caught up working weekends and wasn't sure how to navigate the commitment. If I got any time off work to enjoy Pride, I'd be lucky, I thought.

However, I did manage to get Friday and Saturday off, so I attended the Gayla, marched in the parade with my child, lounged with the family at the Block Party, and boogied until the end of it all at the free, all-ages AAMC Dance.

As the dance broke up, there was Tessa Scheller, a Pride Committee Old Girl, lugging flats of beverages back downstairs as part of the cleanup crew. I had also been there to see her setting up, just after I witnessed her spending the entire day at the block party, welcoming people as they came in, and thanking them for attending as they went out.

"Tessa, are you going to take a break?" I had asked as I left the block party, headed for my own rejuvenating hours before the dance.

"There will be sleep when I'm dead!" she laughed.

I helped carry a few loads down from the dance, and admitted to myself that if I had time to dance, I had time to clean up and probably could have volunteered.

Three weeks after Pride, I met with Pride Co-Chair Dida DiAngeles to talk about the weekend, and she was still tired. "It's all been sitting and staring," she says making big, blank looking eyes to reference a slightly catatonic recovery process.

I think again to my lackluster volunteer effort as she jokes about the madness and work of it all. Like Tessa, Dida isn't complaining. "Yes I'm exhausted," she concedes, "and yes I'm going to do it again next year."

My friend Heather Douglas tried to make me feel better about not volunteering. She and her family volunteered in order to be good allies. If she volunteered, she thought maybe it supported a queer person to be able to simply attend and enjoy Pride, rather than being responsible for putting on our own celebration.

Yes, straight allies are critical to executing Pride. As Marco Davis, Astoria Pride co-founder, said to me when we chatted about this year, "without our allies, we are nothing."

Well maybe not nothing. We'd still be here and queer without "straight" people, but yes, in a world where the struggle is still so urgent, we need straight allies to show up for the work with equal or greater effort than



Vocalist, PRIDE MC, Co-chair and volunteer, "et al-extraordinaire" Dida DiAngeles

the party. So, did Heather really volunteer so I didn't have to?

It would be pretty cheap if I said yes. Especially since, as Marco put it, getting enough volunteers is one of the most "difficult aspects" of putting on Pride. Dida echoed these sentiments. She is proud to have "the Grandmas and Grandpas" putting on Pride, but they do need other people to "carry drinks and pick up snacks."

Dida's "Grandmas and Grandpas" perspective and the idea of a strengthened intergenerational community, struck the right chord for me. Another reason it has been hard for me to commit to helping out at Pride is the critical lens I take to all things white-Astoria, Pride included. I have a lot of questions about whether we are having a mainstream celebration that is for mainly white, cis, queer people, and wonder who in this community we are leaving out. Speaking with Pride leaders, I caught wiffs of us being overly differential to the larger community for "letting" Pride in. As well, there were indications that the mouthpiece to the greater community for Pride support still needs to be a cis male, and let's just admit it-- white.

There is a lot of work to be done.

However, sitting behind my computer, biting my nails and wondering if I have the courage to ask Pride leaders whether they think Pride is inclusive, is not helping. Volunteering, showing up, and speaking-up might though.

Valuing an intergenerational Pride, which Dida got me thinking about, is one real and



PRIDE AMBASSADORS Gayla photo op



# Gearhart Hotel: The Musical

## Bringing People Together

Herron described “The Gearhart Hotel” musical as his biggest project to date, and he’s assembled a diverse cast of both local and out-of-state performers to pull it off. Jeffrey and Gloria Emmerich are traveling from North Carolina to direct the show and play the roles of Osburn and Dory the clerk, respectively. The duo met in high school and have traveled the country and across continents together producing and performing in shows. They taught together at a university in Minnesota for several years and then ran a community theater in North Carolina from 2000 until retiring this year.



Jeff Emmerich travels from North Carolina to direct and play lead with his wife Gloria.

Herron met the Emmerichs – who both are native Oregonians – in Salem during the production of another of his original musicals, “Under His Wings,” in the early 1990s. Herron asked them to collaborate with him on the project, direct the show, and play a couple leads.

“Out of all the people [Herron] had to choose from, he chose Gloria and I to take the bull by the horns,” Jeff Emmerich said. “It helped us get our feet under us, so he’s been a very faithful friend over the years.”

The Emmerichs reproduced “Under His Wings” several times in both Minnesota and North Carolina. They heard from Herron about a year and a half ago, when he embarked on his new endeavor with “The Gearhart Hotel” and eagerly agreed to help edit the libretto. Additionally, after retiring in May, they knew they would be available to visit Astoria and devote several weeks of dedicated time to direct the play.

“We have all kinds of connection to the hotel that we didn’t know we had,” Jeff Emmerich said. “The show is just wonderful and it’s going to be heartwarming for all the people who knew the Gearhart hotel.”

Aaron Ford, who has acted in several of the Emmerichs’ productions over the years, is coming with them to take part in the musical. Wanda and Don Warren, of Portland, will be playing Marie and Mark, and Herron has a cameo appearance as the piano player George Arnold, in addition to doing musical direction.



Wanda Warren, of Portland, plays Marie, one of the longtime chefs at the Gearhart Hotel.

Rounding out the cast, several young actors from the area who are in high school or recent graduates, including Crystal Rouse, Holly Snook, Jack Stapleton, Seth Trevino, and Cody Lachica.

An eight-member orchestra is providing live accompaniment for the musical numbers, during which historical photos will be projected on-stage in concert with the music.



Holly Snook, who graduated from Seaside High School this year, plays Julie Schultz, one of the ‘girls of summer.’

**SHOWTIMES July 26 and 27 take place at 7:30 p.m., with doors opening at 7. Admission is \$25 and as a fundraising event for Mike Herron Ministries, all the proceeds after costs will go to the Hope Children’s Homes in Nepal. For more information or to purchase tickets, visit: [libertyastoria.org](http://libertyastoria.org) or call (503) 325-5922.**

meaningful intersection of inclusivity. The Elders sharing the wisdom of their experiences and bringing forward the hard-won celebration is a gift for the next generation that we owe enormous thanks for.

When Dida talks about the AIDS blankets that were displayed at the Armory during the 1st Annual Astoria Pride, she also talks about the people she lost during the AIDS crisis. “You stop counting how many after it gets past two hands,” she says soberly. This is a world I, as a Millennial, barely knew.

It means a lot to Dida to see young kids getting dropped off by their parents to attend the dance party, because she is working directly to give the kiddos a world she did not have. Simultaneously, it is on our subsequent generations to bring the new issues to center stage, using our energy to champion the ongoing fight, and paying back the work done before us.

“We’ve gotta step up,” acknowledges local, ceramics artist Audrey Long, also a Millennial Queer. “We can all say we’re too busy.”

This Pride, Long’s work has been show-cased at Astoria Visual Arts, where she made 500 ceramic cups for the community, exchanged by donation. The purpose was to unify people around a similar drinking vessel to have a unifying experience. Cup proceeds will be donated to benefit local and national LGBTQ organizations including the Lower Columbia Q Center, the non-profit that hosts Astoria Pride, and local Gay Student Alliances.

Included in her artist’s statement are facts to raise awareness of the high rates of suicide and homelessness among LGBTQ youth, who often face discrimination and lack of acceptance at home, at school, and among the community at-large.

This is critical work: using our art, using our voice, to bring into focus the needs of our community. Pride will always be a party, because with all that we’re facing, we deserve to have a good time and feel fabulous. Yet, as it grows, there will hopefully be more opportunities to create and champion spaces



Behind every Diva, there just may be . . . another amazing diva ... Do I hear a “Right?”

of awareness and inclusion, of storytelling and community grief processing, to honor the darker side of the struggle.

As I’m reflecting on this year and next, I’m in conversation with my peers about how we are going to “step up.” I’m empowered by our generation’s shifting awareness to get better at asking tougher questions. We need to shine an uncomfortable light on our blind spots, not out of criticism of other’s work, but to make our community safer and to make us all better humans. While my generation steps into this courage, I’m supported to action by listening to one of my wise old Elders, as she bellows her support through reverent song at the Liberty Theater to standing ovation-- because an entire audience felt her power, across generations. ‘The Time’s They Are A’ Changin’.’

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## July 27 - 28

### Astoria Open Studios Tour Offers a Private Glimpse into a Vibrant Art Scene

**A**STORIA is home to a rich and diverse number of visual artists. Brilliantly illuminating the creative talent, the 9th annual Astoria Open Studios Tour opens the doors of professional and emerging artists' workspaces for the general public, Saturday, July 27 and Sunday, July 28 from 11am to 5pm each day. Everyone, all ages, can enjoy this free public event, meeting the makers, and getting a close-up view of their techniques and media. Visitors from near and far travel by car, bicycle, motorcycle or on foot to get a unique glimpse into the lives of some of our most loved Astoria residents.

This is a popular and fun event for locals, visitors and anyone curious about the opportunity to meet creative people and see their unique spaces. "We have 50 artists participating this year at 24 locations," says Tour Coordinator, Annie Eskelin, "Each artist brings a very unique element to the tour. Some are working artists who make their livelihood from their art, others are following their passion day by day to whatever end that may



**Kitty Paino**

lead. The tour surprises, amazes, inspires and teaches anyone who wants to join in." Astoria is home to so many amazing and talented artists, you never know what you are going to find. Many artists only open their studios once a year for the Studios Tour.

"The studio tour is such a great time for me. I've participated in this event since I had my first studio in the Hobson Building. I get to meet so many people who come back each year and talk to them about painting and the art community I'm so happy to be a part of here in Astoria," says painter Robert Paulmann. "The visitors to my studio also get to see works in progress and learn about the process of painting as well. There is also the added bonus of selling a few drawings and oil sketches,



**Robert Paulmann**



**Renee Rowe**



**Lori Durham**

some that are smaller studies of finished work that will end up in RiverSea Gallery."

New this year, all artists will have a piece on exhibit at the AVA Gallery. The public can view the show and carefully choose which artists they want to visit, or they can drive around Astoria and look for the brightly colored numbered studio signs and make their own adventure. The Open Studios exhibit opens during Second Saturday Artwalk and will be up through August 4. Also new this year, the printed tour guide indicates which studios may be having demonstrations and which are accessible to handicapped visitors.

*Full color printed tour guides may be picked up at the AVA Gallery located at 1010 Duane or at most galleries, hotels and coffee shops in mid July. Coast Weekend will also have a map of the participating artists during the week of the tour and it will also be available online at [astoriavisualarts.org](http://astoriavisualarts.org).*

*The Astoria Open Studios Tour is sponsored by the City of Astoria. AVA is a 501(c)3 non-profit arts organization founded in 1989 that works to enhance, strengthen and promote the arts in Greater Astoria*



**Oscar Demasi**

### The Columbia Pacific Heritage Museum presents: The Art of Joe Knowles



JOSEPH EDWARD KNOWLES (1869 -1942) was one of the North Beach Peninsula's most eminent artists and prominent eccentrics of the first half of the 20th century. He was famous for a publicity stunt for the Boston Post newspaper, in which he entered the Maine woods in August 1913 without tools, dressed only in a loin cloth, emerging two months later dressed in a bearskin. The following year, the Boston American, a rival newspaper, debunked the story. No matter; Knowles had gained the notoriety he needed to launch a national tour of speaking engagements, publish a book, and sell his artwork.

Prior to his notoriety for adventure, Knowles was an illustrator whose work graced the cover of numerous periodicals. The "Golden Age" of illustration was in full swing and Knowles' artwork fit right in. By the early 1920s Knowles had settled in Seaview, Washington where he made his living from his

paintings, prints and commissioned works.

This exhibition will focus on Joe Knowles as an artist. His paintings, prints and drawings were widely collected and played an important role in this community where he spent the final decades of his career.

"By placing his work in the context of early 20th century American art and illustration we hope that viewers will gain a better understanding of Joe Knowles as a creative and accomplished artist," said CPHM Director and Curator, Betsy Millard.

The exhibition will be on view from July 27 through October 5, 2019.



*Joe Knowles, Bear River, 1923, oil on canvas*

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

### PAUL SORIANO @ KALA

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 art-



*P Soriano Infrared , Oil on Canvas, 22" H X 28" W*

ists. In DREAM FRIENDS, Soriano's color rich, figurative paintings depict the personal, good friends, old lovers, and his dream world. DREAM FRIENDS will be on exhibit through August. Art viewing at events and by appt. 503.338.4878.

Collage artist Sid Deluca shows small mixed media pieces. Mike Metzner plays piano jazz standards, 7 to 8pm.

**Saturday July 13 from 5-8pm at KALA, 1017 Marine Drive in Astoria.**



*Sid Deluca, Bonnie & Clyde, mixed media 5"x 5"*



# JULY CALENDAR

## Saturday 6

### MUSIC

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

David Drury. 6pm at the Bridgewater Bistro in Astoria.

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

Greg Parke. 7pm at the North Beach Tavern in Long Beach.

Barney Perrine. 8pm at Public Coast Brewing in Cannon Beach.

Talia Keys. 8pm at the Sou'wester Lodge in Seaview.

Karaoke from Hell. Live band karaoke. \$5 cover, 9pm at the san Dune Pub in Manzanita.

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

Erotic City. A Prince tribute. \$6 cover, 10pm at the Labor Temple in Astoria.

### ART

Oysterville Artisan Fair. Featuring over 25 local artists. 10am – 4pm at 3322 School Rd, Ocean Park.

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

### HAPPENING

Tokeland Parade. Old-fashion community parade and picnic. Parade lineup at 10am at the Tokeland Marina.

Fireworks at the Port. 8pm at the Port of Ilwaco.

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

Bernie & Brews. Rural Oregon for Bernie meeting. 2 – 4pm at the Labor Temple in Astoria.

Whale Spirit Drum Circle. \$10 suggested donation 7 – 8pm at the Bob Chisholm Community Center in Seaside, or at outdoor location TBA if the weather is good. [WhaleSpirit.com](http://WhaleSpirit.com)

Wheeler Community Picnic. 4 – 6pm at Wheeler's Upper Park.

Clover's Day Festival. Pancake breakfast, live music, parade, classic auto show and more. All day events in downtown Cloverdale.

## 10th Street Stage

THE ASTORIA LIBRARY presents 10th Street Stage, an outdoor concert series situated on the steps of the library (450 10th St.). This month, the series features a performance by Brazilian groove-oriented group, **EUPHORIA, AT 6 P.M. WEDNESDAY, JULY 17.** Bring your kids, your dog, your cat and your lawn chair and soak up the fresh air and music. All ages are welcome. Admission is free.

Euphoria is a collaboration between **VOCALIST KELLEY SHANNON** and **TRUMPETER DEREK SIMS**. Recognized by the Kennedy Center in Washington, D.C., for her jazz compositions, Shannon's mission has expanded and crossed genres to excite a wider audience. Sims has had the privilege of playing with Benny Golson, Freda Payne, Wynton Marsalis, Martha Reeves and other jazz and R&B luminaries.

Next up on the 10th Street Stage: Brian Bovenizer and the New Old Stock at 6 p.m. Wednesday, August 21.



### LECTURE.

Dinosaurs. Field Notes for a Paleontologist. With David G Taylor. 1pm at the Seaside Library.

Art Talk. With Laura Ross-Paul. 5 – 6pm at the Hoffman Center in Manzanita.

### THEATER

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

War of the Worlds. \$17, 7pm at the NCRD Performing Arts Center in Nehalem.

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

## Sunday 7

### MUSIC

Brownsmead Flats. 10am – 3pm at the Astoria Sunday Market.

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

Kitchen Music. 1 – 5pm at the Long Beach Grange.

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

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

Live Music. No cover. 8pm at Fort George in Astoria.

### ART

Oysterville Artisan Fair. Featuring over 25 local artists. 10am – 4pm at 3322 School Rd, Ocean Park.

### THEATER

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

War of the Worlds. \$17, 2pm at the NCRD Performing Arts Center in Nehalem.

## Monday 8

### MUSIC

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

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

# JAZZ @ ALBATROSS Wednesdays

**VERSATILE** coastal musician Michael Metzner delivers piano standard stylings **EVERY WEDNESDAY NIGHT** at Albatross, on 14th St. in Astoria. Whether he's singing, playing vintage blues and jazz guitar (SheckPea Duo w/ Joe Patenaude), he always grooves and vibes, capturing the listener in the moment, in this case, some pretty sweet interpretations on the ol' ivories.

**Brothers Olaf** (drums) and **Luke** (bass) **Ydstie** (Blind Pilot) team up, as they often do – funk'n' up a rich sauce of tunes. Recording is in the near future for the trio. Nothing like the sound of piano, drums, bass, and the clinking of martini glasses. Great food, great drinks, a great way to spend a relaxing eve!



## Tuesday 9

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

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

### CINEMA

Summer Movie Matinee. Numbers as God. 1pm at the CCC Library in Astoria.

### LECTURE

Forest Lecture. A multimedia presentation blending art and science with Trygve Steen. 6pm at the NCRD in Nehalem.

## Wednesday 10

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Mo Phillips. 6:30pm at the Driftwood Public Library in Lincoln City.

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

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

### HAPPENING

Seaman's Day. Commemorating Seaman, the dog of the Corps of Discovery. \$7 park entrance fee. Events start at 10:30am at Fort Clatsop, Astoria.

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

### THEATER

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

## Thursday 11

### MUSIC

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

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

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

West African Kora Concert. With Sean Gaskell. Free, 7pm at the Seaside Library.

The Resolectrics. 7pm at the Gearhart Hotel.

### CINEMA

Summer Movie Matinee. Numbers as God. 1pm at the CCC Library in Astoria.

### HAPPENING

Astoria's Annual Sidewalk Sale. Participating retailers will be offering discounts and one-of-a-kind merchandise inside and on the sidewalk. 11am – 4pm in downtown Astoria.

### THEATER

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

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

Sex Please We're Sixty. Farce. \$15, 7:30pm at Theater West in Lincoln City.

## Friday 12

### MUSIC

Tenor Guitar Gathering. Events at the PAC and other locations in Astoria. Go to [performancenorguitargathering.info](http://performancenorguitargathering.info) for schedule, to register for workshops, and get tickets for performances.

Sempre Sonora. 6pm at the Bridgewater Bistro in Astoria.

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

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

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

### HAPPENING

Astoria's Annual Sidewalk Sale. Participating retailers will be offering discounts and one-of-a-kind merchandise inside and on the sidewalk. 11am – 4pm in downtown Astoria.

Mr Fantastic. Comedy and magic with Michael Douglas. A child-appropriate performance. Free, 3 – 4pm at the Hoffman Center in Manzanita.

### THEATER

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

Shanghaied in Astoria. Musical melodrama. \$10, 7pm at the ASOC Playhouse in Astoria.

War of the Worlds. \$17, 7pm at the NCRD Performing Arts Center in Nehalem.

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

Sex Please We're Sixty. Farce. \$15, 7:30pm at Theater West in Lincoln City.

## Saturday 13

### MUSIC

Tenor Guitar Gathering. Events at the PAC and other locations in Astoria. Go to [performancenorguitargathering.info](http://performancenorguitargathering.info) for full schedule, to register for workshops, and get tickets for performances.

Music in the gardens. Live music events in private gardens on the Long Beach Peninsula. 10am – 4pm. Tour tickets \$20, trolley tickets \$25. Buy tickets at [watermusicfestival.com](http://watermusicfestival.com)

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

David Drury. 6pm at the Bridgewater Bistro in Astoria.

Barney Perrine. 7pm at the North Beach Tavern, Long Beach.

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

Jean-Pierre Garau. \$15, 7pm at the Peninsula Performing Arts Center in Long Beach.

Denver Plus Kele Goodwin. 8pm at the Sou'wester Lodge in Seaview.

Samsel. 8pm at Public Coast in Cannon Beach.

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

Wall Crawler. With King Ghidora & Alcoholic Werewolf. \$5 cover, 10pm at the Labor Temple in Astoria.

→ cont. p19





## Coaster Theatre Summer REP!

### NUNSENSE

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.

### AND THEN THERE WERE NONE

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...

**Summer Schedule/Ticket Info:** [www.coastertheater.com](http://www.coastertheater.com)  
All performances begin at 7:30pm. Summer Rep Thru Sept 1, 2019.



Riverbend Players (Nehalem)  
Presents "  
The War Of The Worlds"  
... And This Is For Real.

RIVERBEND PLAYERS' summer production, "The War of the Worlds," promises to be a captivating reproduction of Orson Welles' 1938 radio broadcast, based on H. G. Wells' science-fiction novel (and adapted for theater by Howard E. Koch). That infamous broadcast was so believable that many Americans in the listening audience were terrified and panicked at the news of a Martian invasion.

With sound effects and their radio voices, Riverbend Players will bring the power of radio to our community in a not-to-be-missed performance. (One might wonder if Yellow Radios would have helped.....or hindered.)

Cast includes (in alphabetical order): Mike Arseneault, June Baumler, John Cooper-Smith, Scott Fisher, Michael Kingsbury and Paul Letersky.

Directed by Shay Knorr and produced by Linda Makohon, "The War of the Worlds" opens Saturday, July 6. All performances at NCRD Performing Arts Center at 36155 9th Street, Nehalem. Evening performances are July 6, 12 and 13 at 7 PM - and matinees, July 7 and 14 at 2 PM. Get it on your calendar!

Advance tickets at [www.tickettomato.com](http://www.tickettomato.com) are \$14 online (incl fees) or \$17 at the door (incl fees).

## 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 the 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 "just 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>.**



**"A Brioche with Greatness"**

## PIER PRESSURE

*Living wax figures will share the truths, lies and secrets about the last Queen of France!*

"A BRIOCHE WITH GREATNESS" is July's presentation of Pier Pressure Productions' signature TEN-FIFTEEN series. A dozen Marie Antoinette living wax figures will share the truths, lies and secrets about the last Queen of France before the French Revolution ignited by the storming of the Bastille on July 14, 1789. A year later on July 15, 1789, the French celebrated the National Day of France. The exhibit will be on display Monday, July 15 at 1015 Commercial Street in Astoria. Visitors can experience the Pier's interactive museum by attending a guided tour, one beginning at 10:15 A.M. and the other at 7:15 P.M.

In repose and action Her Majesty resembles several actors from the Astoria area. Karen Bain and Susi Brown express their gratitude to Rhonda Alderman, Pamela Alegria, Gigi Chadwick, Cherise Clarke, Kelli Hughes, Clarissa Johnson, Nancy Montgomery, Jenni Newton, Meri Reiley, and Lori Wilson Honl who have modeled for the artists in preparation for this event. The TEN-FIFTEEN performances are part of an ongoing effort to raise funds for the building of a new theater in Astoria. Through generous donations and the efforts of community members, Daric Moore and Susi Brown have continued their progress toward the grand opening which will take place in September. The performance is free to the public and the building is accessible. Donations are gladly accepted for all TEN-FIFTEEN events.

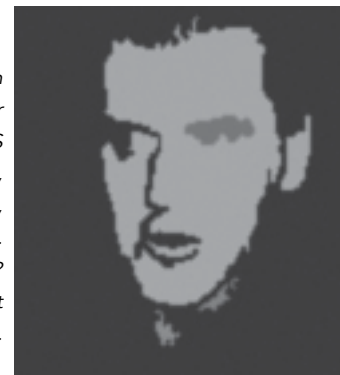
## PERFORMATHON

PIER PRESSURE PRODUCTIONS is presenting PERFORMATHON—a twenty-four hour fundraiser hosted by Bill Ham on the TEN-FIFTEEN stage at 1015 Commercial Street in Astoria.

This event will feature musical acts including DanPa, Maggie and the Katz, The Sharon Hartley Band, Dragonfly Moon, Niall, Peter Unander, Midas Diggs, Brownsmead Flats, Rock Fish blue Band, Barbie Gaidosh. In addition to music, there will be auctions, cake walks, poetry, journal and short story readings, comedy, performance art and several surprises beginning at 7:15pm on Saturday, July 27, and ending on Sunday, July 28 at 7:15 pm with the illustrious Ham still standing and cracking wise to the end.

24-Hour Fundraiser hosted by Bill Ham

Entrance buttons can  
be purchased for  
\$10 at EX LIBRIS  
ANONYMOUS,  
1191 Marine Drive,  
Astoria.  
QUESTIONS?  
call Jacob at  
360-350-2927.







*Every Place the Wind Carries Me is Home 2018 acrylic on clayboard 30x30*

## The Long View, Up Close The Paintings of Bethany Rowland IMOGEN

BETHANY ROWLAND returns to Imogen Gallery with her fourth solo exhibition, inspired by her continued love of landscape and the raptors that inhabit its skies. Her latest series *The Long View, Up Close* opens during the Astoria's Second Saturday Artwalk with a reception Saturday, July 13 from 5 – 8 pm. Join us for the evening and meet Bethany Rowland who will be available to answer questions about the collection and her painting techniques. The exhibition will be on view through August 6th.

Working in acrylic on clayboard, her paintings offer a perfect blend of realism and abstraction, with subtle nuance of brush stroke she crafts composition lending to the mysticism of landscape and animals she honors. Rowland who has been painting for well over 20 years handles her medium, style and subject matter with unabashed confidence, carefully cultivating imagery that is a beautiful and evocative marriage of representation and abstraction. Combining quiet corners of complex layers of sheer color with definitive mark and gesture, she conveys emotion; a hint of melancholy, comfort and acceptance within each composition.

Recently completing a residency at PLAYA, located in eastern Oregon, in response to the expanse of land, water and sky says Rowland, "The PLAYA landscape has loosened something in me that needed untethering, and has drawn me closer to exploring new questions of hope, empathy, and what motivates us to act, in response to the growing threats to our interconnected world."

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

## Human Behavior @ The Secret Gallery



*"Beach Comber" by Tyson Grumm, acrylic on panel*

WHAT CAN PAINTINGS of animals acting like people teach us about ourselves? What if our pets wore elaborate gowns and fancy coats and learned ballet? What if, like a wild animal, a man wore the same clothes for 40 years and could be studied separately from fashion trends and human world events?

The Secret Gallery's "Human Behavior" exhibit, which opens July 13 and will run through the beginning of August, seeks to answer these questions and more through the works of 9 renowned contemporary artists.

**Arizona-based painter Colin Chillag** will be exhibiting **24 paintings of a man named Dale Irby**, a school teacher who wore the same thing for his yearbook picture for 40 years.

**Surrealist painter Tyson Grumm** will be showing 3 paintings of wild animals and humans juxtaposed in delightfully incongruous ways.

Alongside Chillag and Grumm will be the works of Laura Barstow, Joshua Jay Johnson, Jill McVarish, Kathleen Powers, Ben Killen Rosenburg, Renee Tay, and Sam Vaughan.

Vegan Japanese hors d'oeuvre created by Chef Kenneth Booth of Busu in Astoria will be served at the opening. Attendees to this special grand re-opening of The Secret Gallery will also have the opportunity to purchase tickets for a 4-course vegan dinner in the gallery on August 3. The dinner will also be created by Chef Booth and will benefit Clatsop Animal Assistance to provide medical care for animals at the Clatsop County Animal Shelter.



## Chris Bryant Trail's End Gallery



*Bear Whisper, 2019*

TRAIL'S END GALLERY opens a new show during the Gearhart ArtWalk on Saturday, July 6, featuring artist Chris Bryant in 'INSPIRATIONS.' Bryant is nationally and internationally known as a painter, ceramicist, photographer and mixed media specialist.

Located across the street from the Columbia River, in Alderbrook, Chris Bryant owns Chris's Paradise Gallery, (built as a saloon in 1897) home of her photography and video production business, Paradise Productions.

She began her career in Michigan working as a photojournalist for The Escanaba Daily Press at age 14. Her first assignments included photographing Robert Kennedy and capturing aerial images of paper mills with a six pound camera shooting 4x5 negatives.. Graduating Summa Cum Laude, Bryant was awarded a Graduate Fellowship to Columbia University, where she was the first woman to receive a Master of Fine Arts Degree with Honors in Film/Video Directing.

**Join the reception, July 6 from 2-5pm at Trail's End Gallery, 656 A St. in Gearhart, OR.**

RIVERSEA GALLERY presents two solo exhibitions featuring Northwest artists. Both shows open on July 13 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 local guitarist Dylan Clodgo. Artwork will remain on display through August 6, 2019.

Charissa Brock returns to RiverSea with her second solo exhibition of bamboo sculpture. The show title, *Volantem Colorum* is a playful translation of "flying colors" into Latin. Each ethereal sculpture is created from Oregon bamboo, kiln formed glass made by the artist, and waxed linen thread. All elements are meticulously assembled into sinuous forms that elegantly embody rhythmic pattern, dancing light and movement. Many of the works are designed to be suspended a few inches from the surface of a wall so that cast shadows become part of the visual experience. The center of the gallery will feature a thirteen foot long multi-layered wave installation suspended from the ceiling. Brock discovered bamboo as an art medium while earning her MFA at Tyler School of Art in Philadelphia in 1999 and since then has demonstrated an unflagging desire to explore new



*"By Fire" by Brian Sostrom, acrylic on panel, 18" x 24"*

permutations of using the plant in her artwork. Bamboo is a continually renewable resource, and one that Brock considers unlimited in its use as an art material. She gathers the raw material for her work from gardeners, bamboo enthusiasts and commercial growers around Oregon.

Since 1995, Brock has been exhibiting regularly in gallery and museum shows throughout the

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.

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) On Exhibit thru Aug 4

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**



**Charissa Brock/Brian Sostrom at RiverSea**

nation and her work is held in corporate and museum collections. She has been featured in nationally published fine art magazines and many other periodicals for the past nineteen years, including a two page feature in the December/January 2019 issue of American Craft Magazine. She has taught and lectured about working with bamboo and kiln-formed glass in national and international venues.

**ART TALK:** July 11 at AVA Gallery, 101 Duane St. 10th St. entrance upstairs. 6 – 8pm. In 2017 Brock was given the opportunity to travel to Japan to meet several Japanese Bamboo artists while being filmed for a television show called "Who Wants To Go To Japan?" After filming the show Charissa Brock spent more time traveling the countryside meeting other bamboo artists. Hear about Charissa's travels and visits with other bamboo artists.

In a show titled, *Apocalyptic Beauty* Brian Sostrom translates atmosphere, light and nature's vast expanses into paintings of transcendent beauty. He achieves mesmerizing depths by working in diaphanous layers of acrylic paint over panels with a reflective surface created from resin. Each luminous painting, whether a distant horizon, floating clouds, a stretch of water or the breath of fire, transports the viewer to a place of serene contemplation.

Residing in Idaho, Sostrom achieved his BFA at Washington State University and has been a full time exhibiting artist for the past decade. He consistently exhibits in solo and group shows throughout the nation.

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



**Forget Me Not Taxidermy  
Lindsay Bones  
at Sou' Wester Art Trailer**



## Two Writers Chosen For Inaugural North Coast Writers' Residencies

TWO REGIONAL WRITERS have been selected to participate in the first annual North Coast Writer's Residency, which was developed collaboratively by the Astoria Writer's Guild (AWG) and local arts non-profit Astoria Visual Arts (AVA). The residency program offers both established and emerging writers a unique opportunity to launch new endeavors, revise works in progress, or conclude longstanding projects. The program seeks to provide writers with writing time and space in an idyllic setting: the Spotted Goat Cottage on the Long Beach Peninsula, which features panoramic views of Willapa Bay, Long Island, and the Willapa Hills.



Andrew Zingg

"We had 20 excellent applicants, which was terrific considering it was our first foray into this realm," said AWG Board President Marianne Monson, chair of the Selection Committee. "And all the submissions were truly fabulous. We passed the best of them on to Lisa and Buzz to determine

which candidate would be awarded the residency." Lisa Smith, President of the AVA Board, and her husband, author H.G. "Buzz" Bissinger, host the residents and were asked to make the final selection decision.

"It definitely was not easy," said Smith. "The finalists we reviewed were so impressive and their work so compelling that we decided to award two summer residencies rather than just one. Both will benefit from the uninterrupted quiet and creatively charged setting the residency affords."

The two selected writers are Cecelia Hagen and Andrew Zingg.

A 40-year resident of Eugene, Oregon, Cecelia Hagen is a much lauded poet who has edited both literary and commercial magazines, taught writing



Cecelia Hagen

to all ages, hosted a reading series held at the local library, co-founded and worked for a youth-writing organization, and generally done, as she wrote in her application essay, "anything and everything that promotes writers and the written word." Hagen's poems are read daily by Eugene transit users: Part of a public art project, her work is engraved on the doors of the electrical box at each stop of Lane Transit District's EmX line. Hagen plans to use the residency to assemble her most recent poems into a new manuscript. "The one-week time frame [will] supply the freedom and focus I need to complete this work and have a manuscript ready to submit for the fall reading periods of many small presses," she wrote. Hagen's residency runs from July 14 through July 21, 2019.

Andrew Zingg is an Astoria resident and writer of literary non-fiction, in which he "strives to tell personal stories with larger cultural resonance." Zingg's current project is a memoir that centers on his quest to understand the legacy of his grandfather, an American photojournalist who abandoned his wife and three small children in 1964 to move to Brazil, where he eventually became a cultural icon. While a graduate student at Oregon State, Zingg pursued the project as his MFA thesis and completed a first draft of a book, an excerpt from which won the University's 2018 Creative Writing Award for Nonfiction. Zingg plans to use his time as writer-in-residence at the Spotted Goat Cottage to finalize his book for publication. His residency runs from July 28 through August 4, 2019.

Both writers will give public readings during their respective residencies at the AVA Gallery and Arts Center, which is located on 10th and Duane Streets in Astoria. Cecelia Hagen will read on Wednesday, July 17, 6-8pm. Andrew Zingg will read on Friday, August 2, 6-8pm. For more information, visit [thewritersguild.org/residencies](http://thewritersguild.org/residencies) or [astoriavisualarts.org](http://astoriavisualarts.org).

### ART

Astoria Artwalk. Free, 5 – 9pm at galleries and other businesses in downtown Astoria.

Chalk Art & Play Day. Starts at 10am at the Lincoln City Cultural Center. \$5 - \$10 to draw. Register to participate at [LincolnCityCulturalCenter.org](http://LincolnCityCulturalCenter.org)

### HAPPENING

Clamshell Railroad Days. \$5 admission, 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

Living History. Pacific NW Lewis & Clark Living Historians will bring to life history during this two-day encampment. 10am – 4pm, at the Knappton Cove Heritage Center, Naselle.

Astoria's Annual Sidewalk Sale. Participating retailers will be offering discounts and one-of-a-kind merchandise inside and on the sidewalk. 11am – 4pm in downtown Astoria.

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

Mutt Strut. Vendors, dog-related events, silent auction, wine pull, celebration walk with dogs and more. 10am – 2pm at Goodspeed Park in Tillamook.

### OUTSIDE

Tinker Half-Marathon. Course is on hard pack beach. \$95, 8am – 1pm. Race start is at the Bolstad Beach Approach in Long Beach. Register at [databareevents.com](http://databareevents.com)

5K Fun Run, \$30 to run, \$40 for run and T-shirt. 11am – 1pm at Fort George in Astoria. Register at [eventbrite.com](http://eventbrite.com)

### THEATER

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

Shanghai'd in Astoria. Musical melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

War of the Worlds. \$17, 7pm at the NCRD Performing Arts Center in Nehalem.

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

Sex Please We're Sixty. Farce. \$15, 7:30pm at Theater West in Lincoln City.

## Sunday 14

### MUSIC

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

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

Randy Byrne. 6pm at the Bridgewater Bistro in Astoria.

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

Rio Mira. 7pm at the Lincoln City Cultural Center.

Marisa Anderson. With Serious Riversong Catalogue. \$10 suggested donation, 7pm at Anita in Astoria.

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

### HAPPENING

Clamshell Railroad Days. \$5 admission, 10am – 4pm at the Columbia Pacific Heritage Museum in Ilwaco.

Living History. Pacific NW Lewis & Clark Living Historians will bring to life history during this two-day encampment. 10am – 3pm, at the Knappton Cove Heritage Center, Naselle.

Astoria's Annual Sidewalk Sale. Participating retailers will be offering discounts and one-of-a-kind merchandise inside and on the sidewalk. 11am – 4pm in downtown Astoria.

### LECTURE

Stepping Back in Time. Horse Drawn Transportation in the 19th Century. With Jerry Bowman. 1:30pm at the Columbia Pacific Heritage Museum in Ilwaco.

### THEATER

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

War of the Worlds. \$17, 2pm at the NCRD Performing Arts Center in Nehalem.

## Monday 15

### MUSIC

Skadi. 6pm at the Bridgewater Bistro in Astoria.

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

### THEATER

Brioche with Greatness. With living wax figures of Marie Antoinette. Guided tours at 10:15am and 7:15pm at Pier Pressure Productions in Astoria.

## Tuesday 16

### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

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

### CINEMA

Summer Movie Matinee. New Farms, Big Success, with Three Rock Star Farmers. Noon at the CCC Library in Astoria.

## Wednesday 17

### MUSIC

The Serpentine Choir. Acapella choir from New Orleans sings to heal the earth/human connection. Candlelight performance. Doors open 8pm. Performance 8:30. \$10. At KALA in Astoria.

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Euphoria. Free, 6pm on the 10th St steps of the Astoria Library.

Opera Screening. Vireo: The Spiritual Biography of a Witch's Accuser. \$10 - \$15, 6 – 10pm at the Lincoln City Cultural Center.

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

### THEATER

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

## Thursday 18

### MUSIC

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

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

Cary Ray Duo. 7pm at the North Beach Tavern in Long Beach.

The Coastline. 7pm at the Gearhart Hotel.

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

Dear Nora. 8pm at the Sou'wester Lodge in Seaview.

### CINEMA

Summer Movie Matinee. New Farms, Big Success, with Three Rock Star Farmers. 1pm at the CCC Library in Astoria.

### HAPPENING

Repair Café. Volunteers will repair, sew, and give expert advice on items in need of fixing. No internal combustion engines. 6 – 8pm at the Bay City Arts Center in Bay City.

### THEATER

Shanghai'd in Astoria. Musical melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

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

Sex Please We're Sixty. Farce. \$15, 7:30pm at Theater West in Lincoln City.

## Friday 19

### MUSIC

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

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

Sourdough Slim. 7pm at the Lincoln City Cultural Center.

Umphy. 8pm at Public Coast in Cannon Beach.

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

### ART

PAA Summer Studio Tours. Artist's studios open to the public. 10am – 5pm on the Long Beach Peninsula. Get map at local businesses or at [beachartist.org](http://beachartist.org)

### HAPPENING

Ferry Street Friday Block Party. Live music, games, beer garden, and pop-ups featuring local makers, artists, and farmers. 2 – 8pm on 14th Street between commercial and Marine in Astoria.

Cheap Jokes & Dirty Whiskey. Stand-up Comedy. \$5 cover, 8:30pm at the Labor Temple in Astoria.

Dory Days Festival. A celebration of local dory fishing culture. Parade, live music, fish fry, kids activities and more. In Pacific City. [pcdorymen.com](http://pcdorymen.com)

### THEATER

Blythe Spirit. Comedy. \$10, 7pm at River City Playhouse in Ilwaco.

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

Shanghai'd in Astoria. Musical melodrama. \$10, 7pm at the ASOC Playhouse in Astoria.

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

Sex Please We're Sixty. Farce. \$15, 7:30pm at Theater West in Lincoln City.

## Saturday 20

### MUSIC

Myshkin Warbler. Distinguished singer/songwriter/guitarist Myshkin performs with trio. Doors open 8pm. Show at 8:30. \$10 at the door, at KALA in Astoria.

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

David Drury. 6pm at the Bridgewater Bistro in Astoria.



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

It Takes Two. 7pm at the North Beach Tavern in Long Beach.

Niall Carroll. 7pm at WineKraft in Astoria.

Jesse Meade. 8pm at Public Coast in Cannon Beach.

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

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

Queen Chief. 9pm at Charlie's Chop House in Astoria.

Deal. A Grateful Dead Tribute. \$5, 9:30pm at the Labor Temple in Astoria.

#### ART

PAA Summer Studio Tours. Artist's studios open to the public. 10am – 5pm on the Long Beach Peninsula. Get map at local businesses or at beachartist.org

#### CINEMA

Ferris Bueller's Day Off. Outdoors at 9pm at McClure Park in Astoria.

#### HAPPENING

Soul Dance Party. 8pm at Anita in Astoria.

Manzanita Scavenger Hunt. \$17, 2 – 3:30pm at the Winery at Manzanita. Register at eventbrite.com

Dory Days Festival. A celebration of local dory fishing culture. Parade, live music, fish fry, kids activities and more. In Pacific City. pcdorymen.com

#### LECTURE

Weight Loss and Transforming Your Mindset. With Jenn Visser. 1pm at the Seaside Library.

#### OUTSIDE

Seaside Beach Run. 5 & 10K runs, 5K racewalk, 5K promenade walk. Starts at 7:30am at Sunset Family Fitness in Seaside. \$25 - \$35, register at runsignup.com

#### THEATER

Gulliver's Travels. Missoula Children's Theater. \$5, 3 & 5:30pm at the Liberty Theater in Astoria.

Blythe Spirit. Comedy. \$10, 7pm at River City Playhouse in Ilwaco.

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

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

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

Sex Please We're Sixty. Farce. \$15, 7:30pm at Theater West in Lincoln City.

## Sunday 21

#### MUSIC

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

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

Kitchen Music. 1 – 5pm at the Long Beach Grange.

Juliet Smith. 6pm at the Bridgewater Bistro in Astoria.

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

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

#### FOOD & DRINK

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

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

#### HAPPENING

Manzanita Scavenger Hunt. \$17, 2 – 3:30pm at the Winery at Manzanita. Register at eventbrite.com

Dory Days Festival. A celebration of local dory fishing culture. In Pacific City. pcdorymen.com

#### THEATER

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

Sex Please We're Sixty. Farce. \$15, 2pm at Theater West in Lincoln City.

## Monday 22

#### MUSIC

Skadi. 6pm at the Bridgewater Bistro in Astoria.

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

## Tuesday 23

#### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

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

#### ART

Sandsations. Sand sculpting festival. Near the Bolstad beach approach and along the shoreline at Long Beach. Schedule at sandsationslongbeach.com

#### CINEMA

Summer Movie Matinee. Asteroids – Space Colonies. Noon at the CCC Library in Astoria.

#### LITERARY

Stories in Astoria. An open mic session where writers can read from their own work. 6:30pm at Bridge & Tunnel in Astoria.

#### Wednesday 24

#### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Men of Worth. \$25, 7pm at the Lincoln City Cultural Center.

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

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

#### ART

Sandsations. Sand sculpting festival. Near the Bolstad beach approach and along the shoreline at Long Beach. Schedule at sandsationslongbeach.com

#### LECTURE

Tiny Homes/Homelessness Presentation. Dan Bryant of Square One Villages, talks about transitional housing for homeless citizens in Eugene. Donations accepted, 6:30pm at the First United Methodist Church in Astoria.

Art of Aging Series. Shannon Hoff and Donna Rumbarger of Adventist Home Care present an overview on Hospice. \$5, 3- 5pm at the Hoffman Center in Manzanita.

#### HAPPENING

After Dark Dance Team. 6:30pm at the Driftwood Public Library in Lincoln City.

#### THEATER

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

## Thursday 25

#### MUSIC

Alec Hutson Band. Boston-based soul/pop singer-songwriter in concert at KALA in Astoria. Show at 8pm, door 7:30pm. \$15, advanced tickets at libertyastoria.showare.com

## Marisa Anderson

### w/ Serious River Song Catalogue

A CURIOUS AND GIFTED PLAYER, Portland-based guitarist Marisa Anderson has spent over 35 years of playing forging her singular, instantly recognizable voice. She filters musical history through her own personal experiences, as a traveler in life and in music.

Her recent album Cloud Corner sees Anderson using those skills in new forms from the Classical canon such as the fugue and ostinato. Anderson was influenced by artists she played or recorded with such as Mdou Moctar, Kildjate Moussa Albade, and Ahmoudou Madassane. Inspiration was also drawn from unique stringed instruments Anderson utilized such as the requinto jarocho and charango.

—Astoria's Will Elias balances the evening with his own uniquely composed and compel-



ling guitar based songs, under the name Serious River Song Catalogue. Intricate loops and notes, magnetic melancholy, and a touch of dark humor.

The evening is an unofficial celebration of Cancer birthdays. There will be cake! All shows are donation / no one turned away for lack of funds / kids welcome

**Sunday, July 14, 7pm At ANITA 1312 Commercial in Astoria. Sugg donation: \$10**

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

Equinox. 6pm at the Bridgewater Bistro in Astoria.

The Folly. 7pm at the Gearhart Hotel.

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

#### ART

Sandsations. Sand sculpting festival. Near the Bolstad beach approach and along the shoreline at Long Beach. Schedule at sandsationslongbeach.com

#### CINEMA

Summer Movie Matinee. Asteroids – Space Colonies. 1pm at the CCC Library in Astoria.

#### THEATER

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

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

Sex Please We're Sixty. Farce. \$15, 7:30pm at Theater West in Lincoln City.

## Friday 26

#### MUSIC

Tropical Storm. A Jimmy Buffet tribute band. 1 – 4pm at 115 Bolstad Ave. W in Long Beach.

Sempre Sonora. 6pm at the Bridgewater Bistro in Astoria.

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

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

The Guess Who. \$20 - \$35, 8pm at Chinook Winds in Lincoln City.

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

Trask River Redemption. \$5 cover, 8pm at the San Dune Pub in Manzanita.

#### ART

Sandsations. Sand sculpting festival. Near the Bolstad beach approach and along the shoreline at Long Beach. Schedule at sandsationslongbeach.com

#### HAPPENING

Garibaldi Days Festival. Vendors, live music, and more. All-day events at several locations in Garibaldi. FMI at visitgaribaldi.com

#### THEATER

Blythe Spirit. Comedy. \$10, 7pm at River City Playhouse in Ilwaco.

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

Shanghaied in Astoria. Musical melodrama. \$10, 7pm at the ASOC Playhouse in Astoria.

The Gearhart Hotel Musical. \$25, 7:30pm at the Liberty Theater in Astoria.

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

Sex Please We're Sixty. Farce. \$15, 7:30pm at Theater West in Lincoln City.

## Saturday 27

#### MUSIC

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

David Drury. 6pm at the Bridgewater Bistro in Astoria.

The Brownsmead Flats. 7pm at Waikiki Beach, Cape Disappointment State Park, Ilwaco.

Double J and the Boys. 7pm at North Beach Tavern, Long Beach.

Bar-K Buckaroos. 8pm at Public Coast in Cannon Beach.

The Guess Who. \$20 - \$35, 8pm at Chinook Winds in Lincoln City.

Ora Cogan. 8pm at the Sou'wester Lodge in Seaview.

Greg Georgeson Trio. \$5 cover, 9pm at the San Dune Pub in Manzanita.

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

Torture Rack, Hacksaw, and Disease. \$8 cover, 9pm at Charlie's Chop House in Astoria.

Dinner for Wolves, Cobra Thief, & Hired Hounds. \$5 cover, 10pm at the Labor Temple in Astoria.

#### ART

Tokeland Wood and Art Fest. See woodcarvers, woodcrafters and other artists at work during this event that features art, music, food and more. 10am – 5pm at the Tokeland Hotel.

Sandsations. Sand sculpting festival. Near the Bolstad beach approach and along the shoreline at Long Beach. Schedule at sandsationslongbeach.com



## Noel Coward's Blythe Spirit

The Peninsula Players  
A perfect summer comedy

Fridays 7/19 & 7-26, Saturdays 7/20 & 27 at 7:00pm Sundays 7/21 & 28. at 2 pm At The River City Playhouse 127 Lake Street, Ilwaco



The Folly  
Thursday, July 25

Check out impassioned  
alt-rockers, The Folly **At the  
Sand Trap/Gearhart Hotel.  
7-9pm No cover. All Ages.**



#### HAPPENING

Long Beach Rodeo. \$5 - \$10. Starting at 1pm at the Peninsula Saddle Club in Long Beach. peninsulasaddleclub.com

Corgi Beach Day. Events for corgis and their humans. \$10 suggested donation, 10am-4pm on the beach between 1st and Ecola in Cannon Beach. See schedule at portlandcorgi.com

Garibaldi Days Festival. Vendors, parade at 11am, live music, and more. All-day events at several locations in Garibaldi. FMI at visitgaribaldi.com

#### THEATER

Blythe Spirit. Comedy. \$10, 7pm at River City Playhouse in Ilwaco.

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

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

Performathon. Live music, comedy, readings, performance art and more. \$10. Starting at 7:15pm, running for 24 hours at Pier Pressure Productions in Astoria.

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

The Gearhart Hotel Musical. \$25, 7:30pm at the Liberty Theater in Astoria.

Sex Please We're Sixty. Farce. \$15, 7:30pm at Theater West in Lincoln City.

### Sunday 28

#### MUSIC

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

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

Jennifer Goodenberger. 6pm at the Bridgewater Bistro in Astoria.

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

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

#### ART

Tokeland Wood and Art Fest. See woodcarvers, woodcrafters and other artists at work during this event that features art, music, food and more. 10am - 5pm at the Tokeland Hotel.

#### HAPPENING

Long Beach Rodeo. \$5 - \$10. Starting at 1pm at the Peninsula Saddle Club in Long Beach. peninsulasaddleclub.com

Garibaldi Days Festival. Vendors, live music, and more. All-day events at several locations in Garibaldi. FMI at visitgaribaldi.com

#### THEATER

Performathon. Live music, comedy, readings, performance art and more. \$10. A 24-hour fundraiser ending at 7:15pm at Pier Pressure Productions in Astoria.

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

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

### Monday 29

#### MUSIC

Skadi. 6pm at the Bridgewater Bistro in Astoria.

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

Tuesday 30

#### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

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

#### HAPPENING

Clatsop County Fair. \$5 admission, \$2 parking. 10am - 10pm at the Clatsop County Fairgrounds, Astoria. See schedule at clatsopco-fairexpo.com

### Wednesday 31

#### MUSIC

Buzz Rogowski. 6pm at the Bridgewater Bistro in Astoria.

Live Music. 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.

Clatsop County Fair. \$5 admission, \$2 parking. 10am - 10pm at the Clatsop County Fairgrounds, Astoria. See schedule at clatsopco-fairexpo.com

#### THEATER

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

Thursday 1

#### MUSIC

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

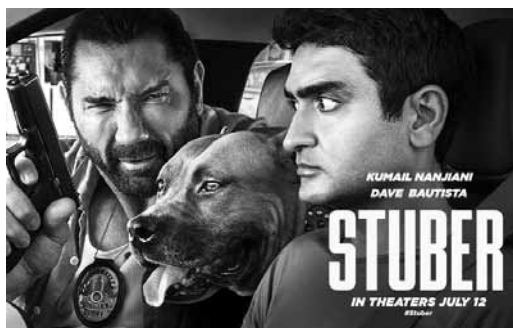
What the World Needs Now. The Burt Bacharach Songbook. 7pm at the Lincoln City Cultural Center.

## FLASH CUTS

MOVIES & MUSINGS

## Previews

FILM.  
BY LES KANEKUNI

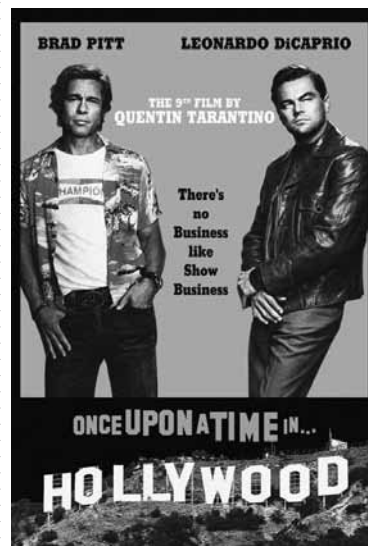


**CRAWL (JULY 12)** French horror director Alexandre Aja (The Hills Have Eyes) returns with the horror disaster movie Crawl which stars Kaya Scodelario and Barry Pepper as a daughter and father who must survive a Category 5 hurricane and a horde of alligators. Synopsis: During a fierce Category 5 hurricane that hits a Florida town, Haley Keller (Scodelario) goes against the town's orders of evacuation in order to find her father Dave (Pepper). After finding him gravely injured in their family home, the two of them become trapped by the rapidly encroaching floodwaters. With the storm strengthening, Haley and Dave discover an even greater threat than the rising water level -- a relentless attack from a pack of gigantic alligators.

**STUBER (JULY 12)** Kunal Nanjani and Dave Bautista star as a mismatched pair in this '80s throwback action comedy that brings to mind classics of the genre like 48 Hours and Lethal Weapon. After his partner is killed by heroin dealer Teijo (Iko Uwais), LA cop Vic (Bautista) vows revenge. Six months later, Teijo re-emerges with terrible timing for Vic, who has just undergone Lasik surgery and can't see. He needs a personal driver to catch Teijo and enlists Uber drive Stu (Nanjani). The two could not be more different. Vic is a hulking Type A personality. Stu is an easily offput, easily thrown type who can't afford another bad review. Thrown together on the night of the big bust, it's debatable if there's more hostility between Vic and Teijo or Vic and his driver as they careen from one action setpiece to another, with

things building between them all the time. Eventually, even Teijo takes a backseat to the mismatched pair's clash which leads to an epic throwdown.

**THE LION KING (JULY 19)** The latest in Disney's line of live action remakes of animated classics. Remake tells the story from the 1994 animated movie about a lion cub named Simba who's father is the leader of their pride. After Simba's



scheming uncle Scar lures them into a trap that kills Simba's father, he runs away into the savannah, returning as an adult to reclaim his father's crown from the villainous Scar. New movie, while not animated is CGI realistic with the characters voiced by actors. Donald Glover, James Earl Jones, Chiwetel Ejiofor and Seth Rogan head the voice cast.

**ONCE UPON A TIME IN HOLLYWOOD (JULY 26)** Perhaps the most anticipated film of the summer is Quentin Tarantino's ninth movie, a '60s timewarp

revisionist history which is in a way a summation of his entire career. Stuffed inside the two and a half hour movie is the entire compendium of Tarantino pop culture passions -- retro music, fashion, fast food, women's feet and of course movies, including his own. Thrown in are characters from perhaps the greatest crime story ever perpetrated in Hollywood (certainly



the '60s). Story follows washed up actor Rick Dalton (Leonardo DiCaprio), onetime star of a hit TV western but now at the end of the decade barely hanging on to his career and feeling the pressure. Dalton's best friend is stuntman (now driver and drinking buddy) Cliff Booth (Brad Pitt), who tries to assuage Dalton's anxiety while they careen through late '60s Hollywood -- a fight with Bruce Lee (Mike Moh), a Hollywood party where Steve McQueen (Damian Lewis) drops the word to Rick that his neighbor Roman Polanski's wife Sharon Tate (Margot Robbie) is still coveted by her ex-boyfriend Jay Sebring. Through a chance encounter with a hippie girl named Pussycat, Cliff visits the Spahn Movie Ranch, owned by his friend George Spahn (Bruce Dern), where a group of hippie girls are ensconced along with their leader, Charles Manson. Once Upon a Time in Hollywood should be enjoyed as a Tarantino pastiche that includes some historical characters, and not a retelling of historical events.

#### FAST & FURIOUS PRESENTS:

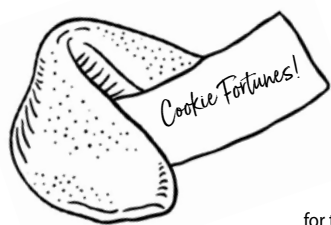
**HOBBS & SHAW (AUG. 2)** Spinoff of the F&F series featuring Luke Hobbs (Dwayne Johnson) and Deckard Shaw (Jason Statham). Synopsis: Ever since hulking lawman Hobbs (Johnson), a loyal agent of America's Diplomatic Security Service and lawless outcast Shaw (Statham), a former British military elite operative, first faced off 2015's Furious 7, the duo have swapped smack talk and body blows as they've tried to take each other down. But when cyber-genetically enhanced anarchist Brixton (Idris Elba) gains control of an insidious bio-threat that could alter humanity forever -- and bests a brilliant and gearless rogue MI6 agent (Vanessa Kirby), who just happens to be Shaw's sister--these two sworn enemies will have to partner up to bring down the only guy who might be badder than themselves.





# FREE WILL ASTROLOGY

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**ARIES** (March 21-April 19): Here are your fortune cookie-style horoscopes for the months ahead. **JULY:** Discipline your inner flame. Use your radiance constructively. Your theme is controlled fire. **AUGUST:** Release yourself from dwelling on what's amiss or off-kilter. Find the inspiration to focus on what's right and good. **SEPTEMBER:** Pay your dues with joy and gratitude. Work hard in service to your beautiful dreams. **OCTOBER:** You can undo your attractions to "gratifications" that aren't really very gratifying. **NOVEMBER:** Your allies can become even better allies. Ask them for more. **DECEMBER:** Be alert for unrecognized value and hidden resources.

**TAURUS** (April 20-May 20): Here are your fortune cookie-style horoscopes for the months ahead. **JULY:** If you choose to play one of life's trickier games, you must get trickier yourself. **AUGUST:** Shedding irrelevant theories and unlearning old approaches will pave the way for creative breakthroughs. **SEPTEMBER:** Begin working on a new product or project that will last a long time. **OCTOBER:** Maybe you don't need that emotional crutch as much as you thought. **NOVEMBER:** Explore the intense, perplexing, interesting feelings until you're cleansed and healed. **DECEMBER:** Join forces with a new ally and/or deepen an existing alliance.

**GEMINI** (May 21-June 20): Here are your fortune cookie-style horoscopes for the months ahead. **JULY:** It's time to take fuller advantage of a resource you've been neglecting or underestimating. **AUGUST:** For a limited time only, two plus two equals five. Capitalize on that fact by temporarily becoming a two-plus-two-equals-five type of person. **SEPTEMBER:** It's time and you're ready to discover new keys to fostering interesting intimacy and robust collaboration. **OCTOBER:** The boundaries are shifting on the map of the heart. That will ultimately be a good thing. **NOVEMBER:** If you do what you fear, you'll gain unprecedented power over the fear. **DECEMBER:** What's the one thing you can't live without? Refine and deepen your relationship to it.

**CANCER** (June 21-July 22): Here are your fortune cookie-style horoscopes for the months ahead. **JULY:** Acquire a new personal symbol that thrills your mind and mobilizes your soul. **AUGUST:** Reconfigure the way you deal with money. Get smarter about your finances. **SEPTEMBER:** It's time to expedite your learning. But streetwise education is more useful than formal education. Study the Book of Life. **OCTOBER:** Ask for more help than you normally do. Aggressively build your support. **NOVEMBER:** Creativity is your superpower. Reinvent any part of your life that needs a bolt of imaginative ingenuity. **DECEMBER:** Love and care for what you imagine to be your flaws and liabilities.

**LEO** (July 23-Aug. 22): Here are your fortune cookie-style horoscopes for the months ahead. **JULY:** Transform something that's semi-ugly into something that's useful and winsome. **AUGUST:** Go to the top of the world and seek a big vision of who you must become. **SEPTEMBER:** Your instinct for worthy and constructive adventures is impeccable. Trust it. **OCTOBER:** Be alert for a new teacher with a capacity to teach you precisely what you need to learn. **NOVEMBER:** Your mind might not guide you perfectly, but your body and soul will. **DECEMBER:** Fresh hungers and budding fascinations should alert you to the fact that deep in the genius part of your soul, your master plan is changing.

**VIRGO** (Aug. 23-Sept. 22): Here are your fortune cookie-style horoscopes for the months ahead. **JULY:** I'd love to see you phase out wishy-washy wishes that keep you distracted from your burning, churning desires. **AUGUST:** A story that began years ago begins again. Be proactive about changing the themes you'd rather not repeat. **SEPTEMBER:** Get seriously and daringly creative about living in a more expansive world. **OCTOBER:** Acquire a new tool or skill that will enable you to carry out your mission more effectively. **NOVEMBER:** Unanticipated plot twists can help heal old dilemmas about intimacy.

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

**DECEMBER:** Come up with savvy plans to eliminate bad stress and welcome good stress.

**LIBRA** (Sept. 23-Oct. 22): Here are your fortune cookie-style horoscopes for the months ahead. **JULY:** Say this every morning: "The less I have to prove and the fewer people I have to impress, the smarter I'll be." **AUGUST:** Escape an unnecessary limitation. Break an obsolete rule. Override a faded tradition. **SEPTEMBER:** What kind of "badness" might give your goodness more power? **OCTOBER:** You're stronger and freer than you thought you were. Call on your untapped power. **NOVEMBER:** Narrowing your focus and paring down your options will serve you beautifully. **DECEMBER:** Replace what's fake with the Real Thing.

**SCORPIO** (Oct. 23-Nov. 21): Here are your fortune cookie-style horoscopes for the months ahead. **JULY:** Stretch yourself. Freelance, moonlight, diversify, and expand. **AUGUST:** Having power over other people is less important than having power over yourself. Manage your passions like a wizard! **SEPTEMBER:** Ask the big question. And be ready to act expeditiously when you get the big answer. **OCTOBER:** I think you can arrange for the surge to arrive in manageable installments. Seriously. **NOVEMBER:** Dare to break barren customs and habits that are obstructing small miracles and cathartic breakthroughs. **DECEMBER:** Don't wait around hoping to be given what you need. Instead, go after it. Create it yourself, if necessary.

**SAGITTARIUS** (Nov. 22-Dec. 21): Here are your fortune cookie-style horoscopes for the months ahead. **JULY:** Can you infuse dark places with your intense light without dimming your intense light? Yes! **AUGUST:** It's time for an archetypal Sagittarian jaunt, quest, or pilgrimage. **SEPTEMBER:** The world around you needs your practical idealism. Be a role model who catalyzes good changes. **OCTOBER:** Seek out new allies and connections that can help you with your future goals. **NOVEMBER:** Be open to new and unexpected ideas so as to get the emotional healing you long for. **DECEMBER:** Shed old, worn-out self-images. Reinvent yourself. Get to know your depths better.

**CAPRICORN** (Dec. 22-Jan. 19): Here are your fortune cookie-style horoscopes for the months ahead. **JULY:** You have an enhanced capacity to feel at peace with your body, to not wish it were different from what it naturally is. **AUGUST:** You can finally solve a riddle you've been trying to solve for a long time. **SEPTEMBER:** Make your imagination work and play twice as hard. Crack open seemingly closed possibilities. **OCTOBER:** Move up at least one rung on the ladder of success. **NOVEMBER:** Make yourself more receptive to blessings and help that you have overlooked or ignored. **DECEMBER:** You'll learn most from what you leave behind—so leave behind as much as possible.

**AQUARIUS** (Jan. 20-Feb. 18): Here are your fortune cookie-style horoscopes for the months ahead. **JULY:** I'll cry one tear for you, then I'll cheer. **AUGUST:** Plant seeds in places that hadn't previously been on your radar. **SEPTEMBER:** You may seem to take a wrong turn, but it'll take you where you need to go. **OCTOBER:** Open your mind and heart as wide as you can. Be receptive to the unexpected. **NOVEMBER:** I bet you'll gain a new power, higher rank, or greater privilege. **DECEMBER:** Send out feelers to new arrivals who may be potential helpers.

**PISCES** (Feb. 19-March 20): Here are your fortune cookie-style horoscopes for the months ahead. **JULY:** Your creative powers are at a peak. Use them with flair. **AUGUST:** Wean yourself from pretend feelings and artificial motivations and inauthentic communications. **SEPTEMBER:** If you want to have greater impact and more influence, you can. Make it happen! **OCTOBER:** Love is weird but good. Trust the odd journey it takes you on. **NOVEMBER:** If you cultivate an appreciation for paradox, your paradoxical goals will succeed. **DECEMBER:** Set firm deadlines. Have fun disciplining yourself.

Homework: What were the circumstances in which you were most vigorously alive? FreeWillAstrology.com

**FREEWILLASTROLOGY.COM**

# Bike Madame

By Margaret Hammitt-McDonald

## The Seduction of DIY Bike Modifications

ON MY LUNCHTIME WALK along the beach, one of my daughter's teachers rolled by on his vintage one-speed beach bike. I noticed his seat post looked a whole lot like a red alder limb, complete with lichens. Since he teaches outdoor education, his organic seat post matched his professional expertise, and when I asked about it, he explained that the original had rusted and he'd replaced it with the alder piece and its lichen community.

It's amazing (and sometimes amusing) how much creativity people put into personalizing their bikes. Some riders go beyond plastering the frame in stickers, or wrapping it in fake leopard fur, to replacing stock components with ones that are more high-end and/or suited to the individual's riding conditions and preferences. The true DIY masters modify the whole bike, welding things to the frame or even a second frame, in the case of tall/jousting bikes. Although I do my own maintenance and some repairs, the biggest modification I'd ever made was to add a tube that raised the handlebars on my hybrid mountain/road bike so I wouldn't have to lean so far over the handlebars.

Souping up things runs in my family—my brother restores old cars and motorcycles—and I fantasize about creating monster bikes or attaching a recliner to a cargo bike like a side car, upholstering it in purple pleather, and seat-belted my mom into it for a spin around the block. However, I'm also cautious about engineering failures, especially as I have no training in metal fabrication. That's why I stick to simple changes like replacing a standard set of sprockets with a more advantageous gear ratio. I envision frames warping, metal fatiguing, welds separating, and all manner of catastrophes. My recliner-

bike daydream might someday take form, but as a stationary bike.

A year ago, I bought an add-a-bike for my daughter, which was compatible only with upright bikes. I'd hoped to be able to tow it behind our tandem recumbent the same way as we'd towed her trailer for years. I asked someone at Rose City Recumbents whether anyone manufactured couplings to connect it with a recumbent, and they said that so far, no one had, and they advised me against trying to build one myself because it would be too easy for something to go wrong and the add-a-bike to separate from its "host," a dangerous situation, needless to say. This warning reinforced my hesitancy to pursue any hardcore DIY bike projects...I think I'll stick with stickers.

Although I've accepted that I'll never create a mutant bike in my garage, I still enjoy getting inspired by the funky projects I see on the Internet, such as a bike with a treadmill attached (I'm puzzled about the need for this, for isn't cycling enough exercise without adding a treadmill?) or a bike that slip-slides along with shoes attached to spokes rather than wheels (Charlie Sorrell, "The Craziest Home Made Bike Mods," February 24, 2009, <https://www.wired.com/2009/02/the-craziest-ho/>). Hannah Jupiter offers modifications we all can do, such as tucking paint swatches into your spokes for a rolling rainbow effect, crocheting a seat cozy, or "studding" your tires with zip ties for a snowy day (Hannah Jupiter, "20 DIY Ways To Pimp Your Bike," <https://www.buzzfeed.com/hjupiter/bikes-diys>). Now that's more my speed, except for the crocheting part. My efforts would produce something more Frankensteinian than cozy.

So, with structural and safety concerns in mind, I wish you luck, fun, and ingenuity in your efforts to transform your bike into something magical.





# network.

## 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](http://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](http://www.WhaleSpirit.com)

**SIGNS AND SIPS.** A sign-making Class. July 10. With Dana Jones. Make and take home your choice of Cannon Beach-inspired signs for your home. PNW Wine and bites provided. \$60, 5:30 - 7:30pm at Cannon Beach Makers. Register at [eventbrite.com](http://eventbrite.com)

**CREATIVE PROCESS WORKSHOP.** July 18 & 19. With Sara Swink. Beginning with guided exercises in collage, doodling and clay, some discussion of the creative process and common obstacles, the workshop culminates in an image journal, clay sketches and ways to keep moving forward. \$215 plus \$20 materials fee. 10am - 5pm at the Hoffman Center in Manzanita. Register at [hoffmanarts.org](http://hoffmanarts.org)

**JUNIOR NATURALISTS SUMMER CAMP.** July 22 - 26. For children entering 3rd and 4th grade. campers will visit wetlands, forests and other habitats at the center, then learn about the animals and plants that call these ecosystems home. \$150, 8am - noon at the Wildlife Center of the North Coast, Olney. Register at [eventbrite.com](http://eventbrite.com)

**KIDZ FINE ART CAMP.** July 22 - 26. For kids entering 2nd - 8th grade. Kidz Camp will explore art media through classroom and hands-on experience. \$160, register by 7/16 at [trailsendart.org](http://trailsendart.org). 9am - 1pm at Trails End Art Center in Gearhart.

**TERRASKIN MIXED MEDIA WORKSHOP.** July 27 - 29. Participants will learn how to layer mediums, that can be presented individually or combined. Proficiencies in mediums can be greatly expanded on new ground by working through a series of exercises emphasizing brushwork techniques. \$100, 10am - 4pm at the Hoffman Center in Manzanita. Register at [hoffmanarts.org](http://hoffmanarts.org)

## BODY WORK•YOGA•FITNESS

**QIGONG WALKING AND FORMS.** Mondays, starting January 23. With Donna Quinn. Qi-gong 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 at 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](http://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](mailto: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](mailto: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](mailto: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](http://cgifellowship.org), contact [info@cgifellowship.org](mailto: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](mailto: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 deveoping a regualr practice. All welcome.

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

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

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

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

## VOLUNTEER

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



## MEETINGS/MEET-UPS

**GRIEF SUPPORT GROUP. ASTORIA/SEASIDE.** Lower Columbia Hosice is currently offering free bereavement and grief support group meetings twice per month: 1st Thurs. 2-4pm@ Bob Chisholm Comm.Center, Meeting Rm. 1, 1225 Ave. A, Seaside. 3rd Tues. 4:30-6pm, Columbia Memorial Hospital, Columbia Center, Chinok Rm, 2021 Exchange St., Astoria. Qeustions 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 - 8:pm. 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](mailto: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](http://www.encorelearn.org) or contact Leah Olson, Clatsop Community College Community Education Coordinator, 503-338-2408 OR TOLL FREE AT 1-855-252-8767.

## COMMUNITY LISTINGS

### Channeling the Creative Self Through Tarot and Magic with Coleman Stevenson Sat, July 13 @ 11:00 am - 4:00 pm At Sou' Wester Lodge in Seaview



This workshop will introduce a range of spontaneous and magical methods for accessing creative impulses. Find "the muse" in unexpected places and practice allowing it to come through without restriction. This class is designed for artists and writers who want to broaden or recharge their practices, or for anyone seeking a greater connection with their creative self.

Coleman Stevenson is an artist, writer and tarot practitioner based in Portland, OR. She is the creator of the Dark Exact Tarot Deck, the Vitriolic Tarot, the Personal Oracle, and the East O' the Sun Oracle.

**COST:** \$30 plus a \$10 material fee (Please pay material fee directly to the instructor.) There will be a variety of tarot decks (new and vintage) available for purchase at the workshop as well.

For further details go to [souwesterlodge.com](http://souwesterlodge.com)

## 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](http://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 Scorchers Bakery1493 Duane St, Astoria.





## MESSAGES SONJA GRACE

mystic healer  
The Foundation

WE HOPE TO have a good foundation under our home and not worry about cracks or crumbling but in rare instances houses can slide right off the foundation and we must move it back into place. Our lives are this story - we hope to have a good foundation and stand strong throughout life. But occasionally we can lose what our parents gave us and crack or crumble or even slide off our base and be forced to bring ourselves back to center.

The moment we leave home that foundation holds us up helping us to make decisions and forage our way into adulthood. College, Marriage, careers and children move us rapidly into adult responsibilities. If the foundation is cracked or crumbling it makes our journey much harder often leaving us with a life filled with instability and pain.

When we take responsibility for our own foundation and process our feelings and emotional wounds with another adult, we can repair what has been difficult and at times debilitating. Often parents are not yet adults themselves, raising children and doing their best to survive. This can set the stage for parents leaning on their children who become little adults before they are old enough to handle such responsibilities.

These children grow up being able to wash the dishes and mow the lawn and drive the car at very young ages that can set the stage for resentment and anger later in life. Many of us grew up with responsibilities that might have reached beyond our age at the time. As our parents would say 'it builds character'. In the past people often grew up on farms and rural settings that required all hands-on deck.

From the age of a newborn to three years old, a child will strive to roll over, eventually walk, talk and do simple motor skill tasks like stacking blocks. When we ask a child this young to try and do something that is beyond their skill level, we are causing stress and anxiety that will become the focus for them as adults. Being a 'little adult' often goes hand in hand with wanting approval. Every child wants to be approved of and if parents set the bar high, they will suffer trying to be enough. That little person grows up feeling they are not enough and work hard for the approval of their peers, boss, and community. Stress and anxiety are a daily reminder that they are not enough, and the cycle repeats over and over again.

When we figure out our adult lives have been a remake of childhood anxiety, stress, pain, fear and shame and we decide to take responsibility- we can move the house back onto the foundation and start to gain some clarity. This means we are no longer hiding behind blame because in all cases our parents did the best job they knew how to do. These emotional wounds have been passed down through generations like

a good doily. Blaming parents never did anyone any good. They parent the best they know how, the children grow up and leave home and everyone moves on, even if it is not healthy or the best of situations. It is important to process feelings and emotional wounds, with a therapist or adult who is not a part of the family history. That is when we can air our feelings and grieve the loss of the little five-year-old inside us who didn't get to be a child but had to work and be a 'little adult'. Forgiveness is key to our lives here on earth. Forgive your parents and forgive yourself. The point to having a human experience is to be free. Feel the foundation under yourself and trust you can repair and reset whenever you need to.

*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.sonjagraces.com](http://www.sonjagraces.com)*

By Tobin Nason

## wordwisdom

JULY . . . how did you get here so fast?

HERE WE ARE - in summer! I'm not feeling it, as the phrase goes--too many cloudy days. It's okay in many ways. I'm basically an indoor person, a fair weather sort of adventurer. I don't mind staying in and reading a book or watching a movie. I guess I've adapted. Content in clouds or sun. I guess I'm doing okay. Not feeling it, but doing okay.

I personally have had a few struggles in the last few months: a few health issues and then my dog Milly went downhill fast and I had to put her under. Within a few days, she could not walk, and the last night, she screamed in pain, a dog voice I had never heard before. I felt helpless. Nothing I could do for her. They gave her a sedative at the vet's the next morning and before the vet could euthanize her, she died from the sedative. I swear she had a tiny smile of peace going on.

I miss her. I reach for her. My whole routine is changed. I don't get up as early

as I did. Dog Park is questionable. I went a few times to check in with friends and walked along the river. Inevitably, I'd end up in tears. Milly should be with me! Why am I walking alone??

So lately I've been thinking those deep thoughts, such as: Am I walking alone? How did I handle other losses? What am I supposed to do with these feelings?

If you've never lost an animal to death, then imagine the loss of a relative, a friend. Their presence if missed. I find I reach out to pet her on the couch or in the car and she's not there. My heart hurts.

Yes, I will miss her immensely. I have to find ways to grieve and still perform my daily obligations. We all have experienced some grief, some blatant, some less so. Loss of childhood, loss of a parent, child, pet. Loss of any meaningful sort, be it a person, a position, a home, a sense of wellness, and much more begets

grief. It also triggers memories of other grief's. In other words, we enter the world of Sad and Lonely.

While many can commiserate, no one should keep you from feeling the sting of loss. No one. Many philosophers feel our whole lives are a tribute to loss. We gain wisdom from the experience of loss. It's painful, but ultimately adds to our growth as caring human beings. Loss in itself is hard. Learning how to process loss makes life palatable.

Counselor's advice: Before the grief, there was immense love. Remember that. Grief is not a negative or weakness. It is what humans feel when we lose loved ones. That's all. You loved. You will love again. Yes, you will.

Tobin Nason lives in Warrenton and can be reached at (503) 440 0587.



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Dog Food – Nature's Domain (Costco)

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Bleach

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Feline Pine Cat Litter

Tennis Balls

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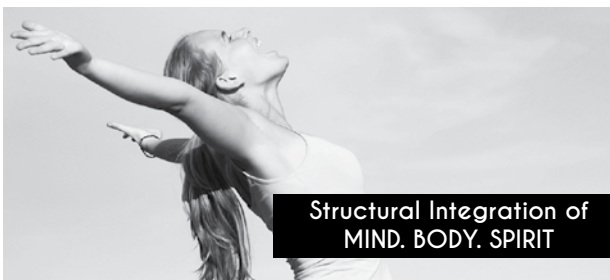
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## Whole PLANET Health

By Margaret Hammit McDonald



I COME FROM A FAMILY where people need to take special care of their hearts.

So, too, do we all.

My father's family has passed down cardiovascular vulnerabilities over the generations: my father's father and all of his aunts and uncles had died of heart disease in their 50s or 60s.

With youthful certainty, I'd assumed my healthy lifestyle would prevent the paternal curse from afflicting my heart. Having grown up impoverished, later in life they'd indulged in the high-saturated-fat foods they'd associated with prosperity and its rewards; they'd gone from heavy labor to sedentary retirements; they'd been prone to anxiety and depression. Imagine my dismay when I discovered in my early 30s that I too had hypertension, despite being athletic, vegetarian, and practicing mind-body awareness techniques like Qigong to replace my anxious tendencies with a peaceful heart.

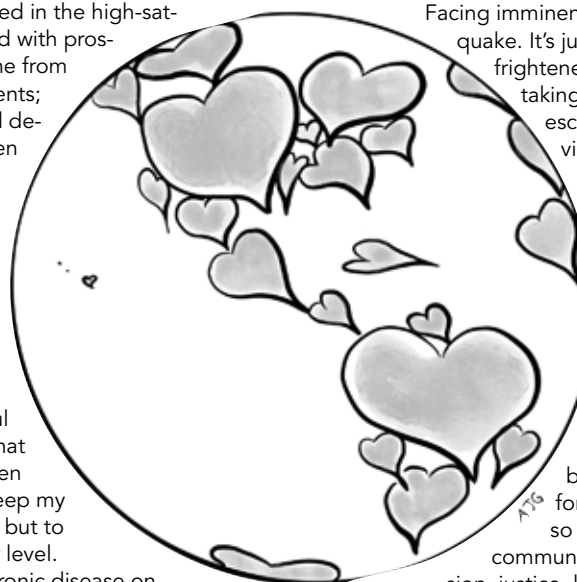
After this sobering realization, I didn't give up on my healthy lifestyle. Instead, I remain thankful for the good health I enjoy and that my inherited challenges have given me the opportunity, not just to keep my blood pressure in an ideal range, but to stay heart-conscious on a deeper level.

Often, we lay the blame for chronic disease on individual lifestyle choices when cultural and environmental factors also contribute. While I encourage both myself and my patients to view our lifestyle and health as works in progress that one can always improve, in growing toward self-actualization, we need to remain gentle with ourselves, to forgive ourselves for being imperfect, and to remember that

being generous, genuine, and joyful are just as important as having "good" blood sugar, cholesterol, and blood-pressure readings. And we must remember that we eat food grown in depleted soils, breathe polluted air, drink tainted water, and endure destructive sociocultural influences such as racism, sexism, homophobia, transphobia, ableism, ageism, and size bias. These problems seem insurmountable, and it becomes easier, safer, and more empowering to focus on what we can change: what we eat and drink, how much we move, and how we communicate. Yet we all live in the heart of Earth, Sky, and Sea, and how can our hearts not hurt when our species has done so much harm to the great Heart that is our home?

Facing imminent global catastrophe makes our hearts quake. It's just too big. Some harden their hearts, frightened by their own helplessness and taking refuge in uncaring armor. Others escape into virtual lives: social media, video games, and all the seductive otherworlds that seem so much more enthralling than our shared, embattled reality. But we can take on this global challenge locally, starting with our own hearts. We can choose to connect heart to heart with others: our friends and family, acquaintances, coworkers, and people who annoy us or whom we don't like. We can care for the earth, air, and water where we live. If we can get out of bed early to walk around the block and forego that soda to drink water instead, so too can we work with others in our communities to create microcosms of compassion, justice, love, and fulfillment.

Maybe I'll never have a perfect heart, no matter what I do (or avoid doing). But it's a human heart that can celebrate beauty, cherish friendship, create poetry and music, remain open and embracing to all I meet, and play with children of all ages. We're in this Earth-Heart together. Let's create a rhythm we can all dance to.



## Laura Ross-Paul at The Hoffman Center Artist to Discuss Breast Cancer's Impact on Her Art

CELEBRATED PORTLAND AND MANZANITA PAINTER Laura Ross-Paul will present "Life for Breasts," a recounting of her experience with breast cancer and how it has affected her painting imagery, Saturday, Jul. 6, at 5 p.m. at the Hoffman Center for the Arts in Manzanita. The talk is free and open to the public.

Ross-Paul will be one of two artists featured at the Hoffman Gallery during the month of July. An artists' reception is scheduled at the Gallery between 3 and 5 p.m., Jul. 6, just before the talk. Her exhibit focuses on Sumi Ink Life Paintings that celebrate the female form.

Funds raised by the sales of Ross-Paul's paintings, presented as scrolls, will go to the non-profit Breast Cancer Freeze Foundation and will be used to raise awareness and patient assistance funding for a new Cryoablation program which is about to be launched in the Portland area.

Ross-Paul is 16 years into a personal journey, after volunteering to be the first woman to treat her breast cancer with an experimental technique that is now becoming globally accepted as a breast-conserving and immunity-stimulating way to treat the

disease. She is a Patient Pioneer and advocate, and co-authored a book on the subject -- "They're Mine and I'm Keeping Them."

Included in the Hoffman Gallery exhibit will be paintings Ross-Paul did in her Manzanita yurt studio and inspired by her coastal experience.

Ross-Paul has been painting professionally for over four decades and has been represented by nine different galleries on the West Coast from Seattle to Laguna Beach. She has exhibited her work throughout the Pacific Northwest.





SEEMS LIKE I START MOST EVERY DAY pissed off at someone, almost always someone I don't know, who is making dire decisions for we the people and the planet. Worse, I'm impatient with people who think that's no big deal. I tend to file those folks in the obnoxious ignoramus category and judge pretty much everything they do from that perspective. Clearly, I'm an idiot. Here's a column from 2013 about that very thing from a food perspective. I reprint it to remind myself to pipe down and girl up:

You know how some psychologists say that the thing you dislike most about someone who annoys you is probably something you dislike about yourself? And the whole thing comes off as being so preachy and judgmental you could just scream? But if you did you'd call attention to yourself and then everyone would know you could actually be one of the case studies? Me, too!

One thing that reliably trips my trigger is the tendency of some folks to be imperious when it comes to food. Applying the formula above would indicate that I am a frightfully judgmental person. To which I respond, anybody who says that is a consummate idiot!

Almost all joking aside, I know myself to be pretty darned opinionated about politics, environmental issues and raising children. I am uniquely unqualified to have a say about any of them having never held office, washed a seabird covered with crude oil or had kids. All of



which is my point exactly. None of us is qualified to judge our neighbors about much of anything. If we could remember that, we'd be less likely to cross the line into the Land of the Astonishingly Obnoxious and more likely to forgive others who missed the sign and wound up there.

Being defensive or offensive about food is a classic slippery slope. Most of us live somewhere between the all drive-thru/microwave diet and the locally grown, organic vegan diet. Do I wish every one of us would learn to love to cook? You bet! It's a valuable life skill, better for our health, a foolproof builder of family and community and a money saver. I'd like to be able to say that's why I do it, teach it and write about it. I'd like to be able to, but I can't. I do it because it's a pleasure and a gift to those I love. It's primal and inescapably erotic.

If you can eat a ripe peach on a summer day, hear the juicy hollow scrunch of a knife piercing a ripe watermelon, awaken to the sound of sizzling bacon or catch a whiff of bread just coming out of the oven and not be moved by it, your meds need some serious adjustment. Cooking is luxury unrelated to cost, reward in huge proportion to effort and a wake up call to all five senses.

How about we reserve judgment and have lunch together instead? This chili is cheap, easy and completely delicious. It makes the house smell good, can simmer happily away in the crock pot while you do something else and warms even the coldest hands and hearts. Serve it with warm cornbread muffins for the ultimate treat. Leftover muffins can be sliced, grilled and embellished with a drizzle of maple syrup or a dollop of jelly. Cornbread - melty butter, cascading honey - it's a reason to live and a whole other column.

Serve chili over a scoop of rice. Add a side of fresh pineapple spears whose acidic sweetness calms the gases our digestive systems produce from the sheer joy of eating slowly simmered beans.



## NON JUDGMENTAL CHILI SERVES 4 - 6

- 28 ounces diced tomatoes with their juice
- 2 cups dried beans, soaked overnight in the fridge and drained
- OR
- 2 15 ounce cans of beans
- You can use Kidney, Pinto, Black, White or all of the above)
- 2 or 3 fresh Jalapenos seeded and minced
- 1 teaspoon sugar
- 2 Tablespoons olive oil
- 1 onion, minced
- 1 red bell pepper, minced
- 3 Tablespoons chili powder
- 2 teaspoons cumin
- 3 cloves garlic, minced
- 1 1/2 cups fresh, frozen or canned corn (optional but fabulous)
- 2 Tablespoons fresh cilantro minced
- salt & pepper

At this point you have a hearty, completely delicious vegan chili to which you could add diced butternut squash, zucchini, diced carrot, fresh herbs, etc.

### OR INCLUDE

2 pounds of meat - I like a combination of ground beef or elk, Italian sausage and ground lamb, turkey or chorizo. Equally luscious - cubed pork shoulder and chuck roast. You can also use leftover roast beef, pork, chicken or meatloaf.

Put the tomatoes in a large pot and use your hands to squish them into even tinier pieces. You could use a potato masher but why deprive yourself? Add the beans, jalapenos, sugar and 1/2 teaspoon of salt and bring to a boil. Reduce heat and leave to simmer until you're ready for it.

Heat the oil in a fry pan and add the onion, bell pepper, chili powder, cumin and 1/8 teaspoon salt. Cook just until soft. Add garlic and stir until the garlic starts to smell good. Fold everything into the tomato mixture.

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](http://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.

## DREAM CIRCLES ECSTATIC DANCE

What wants to move through you? Explore ecstatic dance at the Astoria Arts & Movement Center 3rd Fridays. A once a month event with dream specific themes and opening circle. With Kimberly O'Bryant  
**Friday, July 19, 7pm - 8:30pm. \$10. 342 10th St. 2nd Flr, Astoria.**

## FREE FORM DANCE at the White Clover Grange in Nehalem

Dances held Sundays this July from 11am - 12:30pm. \$5 - \$10 Sliding scale. Questions: [lane@nehalemtnet.net](mailto:lane@nehalemtnet.net)

## BEACH DANCE OREGON

Optimize one hour on the beach. Tune into your dance, with playlist on Ipod provided. Community-oriented, low stress, immense joy, fresh air and the sand beneath your dancing toes. To reserve a spot, and logistics details contact: [denise.lofman@gmail.com](mailto:denise.lofman@gmail.com).

The Beach Dance Oregon schedule for Summer 2019 is:

July 19 - Friday at 6pm in Cannon Beach at Chapman Point  
July 20 - Saturday at 10am in Manzanita at Neahkahnie Beach  
August 17 - Saturday at 10am in Manzanita at Neahkahnie Beach  
September 7 - Saturday at 10am in Manzanita at Neahkahnie Beach

Donations (\$10-20) are appreciated, but are not required to dance.

**LEARN TO SURF CAMP**. July 11 or 25. With Sunset Empire Parks & Rec. designed for beginners who are confident in swimming abilities and not afraid of the cold Oregon waters. Surfing takes place on the gentle breakers of Short Sands Beach located at Oswald West State Park. Soft top surfboards are provided along with transportation, helmet, and lunch. \$65, 9am - 3pm at Sunset Empire parks & Recreation in Seaside. Register at [Sunsetempire.com](http://Sunsetempire.com)

**SURF WEEKENDER**. Surfing and yoga camp for women ages 13-70. July 13 & 14. Learn 12 essential surfing skills (beginner to intermediate level skills), understand surf forecast ingredients and how they help you to pick a perfect surf session, be coached with NW women instructors. \$475 and up, 11am Saturday to 4pm Sunday. Cleanline Surf in Seaside. FMI and registration at [campscui.active.com](http://campscui.active.com)

## WHALE SPIRIT DRUM CIRCLE

An 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. The 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](http://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](http://www.WhaleSpirit.com)



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## It's Market Time!



The Warrenton Fisher and Farmer's Market at  
the marina kicks off this season

- **Clatskanie Farmers Market.** Saturdays, through September, 10am - 2pm in Copes Park, Clatskanie. Accepts SNAP and FDNP. [clatskaniefarmersmarket.com](http://clatskaniefarmersmarket.com)
- **Svensen Grange Farm Stand.** Noon - 4pm at the Svensen Grange.
- **Columbia-Pacific Farmer's Market.** Fridays, Noon - 5pm, through September 27. At 111 3rd St SE, Long Beach, WA. SNAP accepted.
- **Saturday Market at the Port.** Saturdays, Through September 28, 10am - 4pm. Located along the waterfront in Ilwaco, WA.
- **Astoria Sunday Market.** On 12th st in downtown Astoria. Sundays, 10am-3pm, through October 13.
- **Warrenton Fishermen and Farmers Market.** Thursdays, 3 - 7pm, through September 26. At the Warrenton Marina.
- **Seaside Farmer's Market.** Wednesdays, 2 - 6pm, Through September 25. At the Seaside Broadway Middle School Parking Lot, adjacent to the Seaside Chamber of Commerce SNAP accepted. [seasidemarket.org](http://seasidemarket.org)
- **Cannon Beach Farmers Market.** At the intersection of Gower & Hemlock. Tuesdays, 1 - 5pm through September 24.
- **Manzanita Farmers Market.** At Laneda Ave & 5th Place. Fridays, 5 - 8pm through August 30, then 4 - 7pm until September 13.
- **Saturday Market at the Port.** Along the waterfront at the Port of Ilwaco, WA. Saturdays, 10am-4pm through September.
- **Tillamook Farmers Market.** On the corner of 2nd and Laurel. Saturdays, 9am - 2pm, through September 28.
- **Pacific City Farmers Market.** Sundays, until September 29. 10am - 2pm at the Pacific City Library.
- **Neskowin Farmers Market.** Saturdays, Memorial Day through September, 9am - 1pm. At the Neskowin Beach Wayside.
- **Lincoln City Farmers and Crafters Market.** Sundays, in the courtyard through October 6, moves indoors through late december. 9am - 3pm. Located at the Lincoln City Cultural Center. The market accepts debit and SNAP cards.

FOODGROOVE

## BUOY BEER COMPANY continues their rotating 12oz can line-up with HOPPY BLONDE ALE



ASTORIA OREGON - Buoy Beer Company continues their rotating 12oz cans with 6-packs of Hoppy Blonde Ale, the second of four styles that will make up the 2019 line-up. Hoppy Blonde is a new style for Buoy Beer, brewed to be a refreshing summer beer.

"When the discussion started to decide the summer rotating can, the ABV was the first point to be agreed on." Said Kevin Shaw, Brewmaster. "We wanted something light... a light, crisp drinker for the summer."

Buoy's Hoppy Blonde Ale is bright and straightforward with an ABV of 4.8%. A blonde ale with a subtle, yet solid malt bill and a healthy dose of Pacific Northwest Comet, Simcoe, and Meridian hops. Hoppy Blonde is fresh and grassy with notes of citrus and pine, a perfect partner for beach walks, hours of sturgeon fishing, and sunny porch days.

"There's so many great activities to do in the summer, especially around Astoria." Said Jessyka Dart-Mclean, Marketing Manager.

"Fishing, paddle boarding, hiking, or just chilling at the beach, you definitely need to bring along a few fresh beers on those excursions."

Hoppy Blonde will be available in 6-packs of 12oz cans distributed in Oregon & SW Washington. Look for the cans everywhere you bought Buoy Helles Lager cans. The rotating 12oz can lineup will continue to change throughout the year.

## Weight Loss And Transforming Your Mindset With Certifide Health Coach Jenn Visser At Seaside Library

ON JULY 20 The Friends of the Seaside Library will host certified health coach Jenn Visser. The event is free, and takes place in the Community Room at 1pm.

Have you ever lost weight and gained it back? Many of us have "been there" with Yo-Yo Dieting. We know in our "heads" that eating healthy food and avoiding unhealthy food works to create and maintain a strong vigorous body. However, the results often don't last because our thoughts about eating in a certain way have not changed. Without changing underlying beliefs and thoughts around food, permanent weight loss is difficult to sustain.

At this event, participants will learn how to stop craving unhealthy food and break negative eating patterns. Jenn will share methods for creating a healthy body and mindset that will promote good attitudes about food. Her down-to-earth methods are designed to help create healthy lifestyles that fit into our busy schedules.

Longtime Seaside resident, Jenn Visser, has a background in health coaching, nutrition, and holistic wellness, she specializes in the psychology of habits. Jenn is the founder and owner of the Healthy Hub Wellness Center.

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







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# ASTORIA OPEN STUDIOS TOUR

## JULY 27 - 28

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astoria visual arts

Photo: J Redland Anderson lightnshadow.net

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Full Details: [libertyastoria.org](http://libertyastoria.org)

office Hours:  
2pm - 5:30pm  
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325.  
5922. x55

## COMING UP: KALA

Wed July 17 - 8pm  
**Serpentine Choir from New Orleans**  
Candlelight show Wed July 17, 8pm  
\$12 @ the door. Doors open 7:30pm



Saturday July 20 - 8pm  
**Myshkin Warbler — Torch Poet**  
with Ecology for Keyboards  
— Electro Atmospheric  
\$10 @ the door, Doors open 7:30pm

Thurs July 25 - 8pm  
**Alec Hutson Band from Boston**  
folk/soul/pop  
\$15. Advance tickets  
[libertyastoria.showare.com](http://libertyastoria.showare.com)  
Doors open 7:30pm



## IN AUGUST

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Aug 23 - SETH WALKER (On Sale now at  
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