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SETH WALKER
 National Blues/Roots/Soul Artist
 On Tour
Return Engagement
 Friday, August 23 8pm

KALA brings national roots/blues/soul artist, and native South Carolinian Seth Walker to the stage in a return engagement on tour with his album "Are You Open," Friday, Aug. 23. Seth Walker and his trio have been a staple in the roots/blues world including multiple support slots for The Wood Brothers, and performances on Delbert McClinton's Sandy Beaches Cruise.

In a "feelings are mutual" performance this past March, Walker and his enigmatic trio, loved the Astoria audience, the live acoustic sound of KALA's room—great vibes resounding all around, and scheduled a come back on the heels of the latest album tour.

Over the past 10 years, Seth Walker has become recognized as one of the most revered modern roots artists in the United States; a three dimensional talent who combines a gift for melody and lyric alongside a rich, Gospel-drenched, Southern-inflected voice with a true blue knack for getting around on the guitar.



Supported by stand-up bass and drums, Walkers an "accomplished guitarist and an even better singer, distilling the soul of Ray Charles, the Southern boy roots charm of Delbert McClinton, and an uptown blues turn of phrase (à la Percy Mayfield) into his own distinct voice," states DC Music Mag The Vinyl District. Or,

as KALA owner, Dinah Urell states, "He's the Tony Bennet of Soul Roots music."

"Are You Open?" marks Seth Walker's tenth studio recording, produced by the Wood Brothers Jano Rix, culling from his time

Tickets On Sale Now!



spent in Havana, New Orleans and Nashville, a soulful brew of roots music from the Americas and beyond.

"Are You Open?" follows 2016's critically acclaimed 'Gotta Get Back,' a stunning collection that found Walker excavating the roots of his love affair with music by reuniting the family that first sparked his fire as a child. That album traced its origins back to Walker's native North Carolina, where he grew up on a multi-family commune and studied classical violin and cello before ultimately discovering his passion for soul, jazz, blues, and folk. He'd go on to deftly mix all those genres and more in his work as a solo artist, organically building up a celebrated two-decade career that's earned him praise everywhere from The Washington Post to NPR, who hailed his "hard-driving" songs and "sweet tenor," in addition to landing him dates with The Mavericks, The Wood Brothers, Raul Malo, Paul Thorn and Ruthie Foster, among others.

Friday, August 23. Doors open at 7:30pm. Music follows @ 8:15pm. Tickets \$20. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878. Ages 16+ accompanied by adult please. Full Bar. Advance tickets online: libertyastoria.showare.com. Pick-up online purchased tickets (aka will call) at KALA, at the door/time of show.

IT'S A SURF ROCK SENSATION • BIKINI BEACH • ANNUAL LIMBO CONTEST

WHEN HE'S NOT proving to people that the ukulele is a real instrument, musician and rock n' roll lifer, Lorenzo Carlson might be playing keyboards, the banjo, the mandolin, but when it comes to classic surf rock, he's definitely on the electric guitar.

Bikini Beach is Carlson's project, enlisting Peter Unander on keys, drums, and Rebecca Newman on bass—a raw, garage-esque vintage 'verb ensues!

With the punk/new wave movement, surf music found its resurgence. One such group Surf Trio from Eugene Or., were rocking the guitar-driven genre back in the 80's, somehow sounding like it was all a part of new movement—what comes around rocks again.

Bikini Beach are into delivering the classic instrumentals, and even if you're not familiar with any particular tune, it won't matter

cause surf music is just so f'n cool.

It's that combination of Latin and Arabic modal scales set to the backbeat of rock, the minor key melodies that work on your emotions, nostalgia, dreams of summer and free spirit. While the Beach Boys of course made famous the songs, surf instrumentals, created by the father Dick Dale (a Lebanese-American inspired by the Arabic music he listened to as a kid), has inspired surf music into eternity.

Bikini Beach puts together this project on an annual basis, it's a kinda one time thing a year. PLUS, the Limbo contest, just for fun and a few prizes, turns out is fairly competitive.

Friday, August 9 at KALA. Doors open 8pm. \$6 Cover. Don't miss it... COWABUNGA!



Lorenzo Carlson

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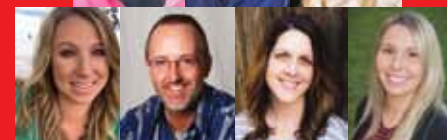
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The Regatta 1000/125 Party in The Pit Townwide Dance Party!



Jeff Daly *THE Underground Tour Connoisseur*

LOCAL RESIDENT and owner/operator of the Astoria Underground, Jeff Daly, welcomes residents and visitors of Astoria to a town wide dance party "in The Pit," where good old fashioned food and fun reign. Daly, an Astoria Native, is the passionate collector and broadcaster of our local history, and well known for his poignant connections to the education of our residents. Featuring his celebrated JoyTrain and Astoria Clown Car, Daly delights in sharing the history of Astoria, the Astoria Clown Car and the Astoria Underground.

"My biggest honor is most likely the opportunity that I've had 1000 times to be able to tell the wonderful story about the beginnings of the Astoria clowns. Period. My father was one of the original founders of this group of true gentlemen; a group of businessmen, lawyers and doctors in town that traveled throughout the northwest to promote the building of the Megler Bridge. To celebrate our 1000th Guest to the Underground and host a Regatta Dance Party and share the history of our town is the ultimate clowning around. We promise it."

Daly's connection to Astoria and the Clown Car fuel his love of the community and efforts to share the past with curious visitors of today. The Astoria Underground Tour is normally reserved for tour guests and private events. The evening of August 10, everyone is welcome to gather together in The Pit for a town wide dance party! Join friends and fellow residents after the parade and day's festivities. The Regatta Dance Party is designed as the perfect end to a day full of fun. Featuring DJ Joey Altruda to keep everyone dancing, Astoria Underground is pleased to reveal the World Premier of the State Championship of Underground Cornhole (a unique game with prizes from Fort George Brewery). Enjoy art and videos featured on the giant projection, a uniquely curated showcase of vintage Astoria historiana, games, food, prizes, and giant bubbles to add to the fun!

The 1000th guest (still a surprise! Who holds the winning ticket?) will receive a prize package from local businesses including Hotel Elliot, Fort George Brewery, Carruthers, Workers Historic Tavern, Blue Collar Collective, The Rusty Cup, Gimres Shoe Store and more! Guests of the dance party will also enjoy prizes, free hot dogs, a peek into the Astoria Underground, photos in the Astoria Clown Car and a Rain Gutter Regatta race. For more information, follow Astoria Underground on Facebook or see oldastoria.com for details.

Saturday, August 10 @ 8 - 10 pm

Where : The Underground Pit | 1125 Marine Drive

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Grand Land Parade

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Regatta Weekend Block Party!

For All Ages

The Fort George is rolling out the big stage and bringing in some of the biggest names in the northwest for the annual block party. Friday will feature an outdoor showing of "Kindergarten Cop" and Saturday and Sunday will provide live music throughout the rest of the weekend. A diverse lineup of folk and rock and roll will be available from 4-10pm on Saturday and Sunday with no cover and all ages welcome.

Saturday Aug 10: The Hackles, Michael Hurley, TAngo Alpha TAngo

Sunday Aug 11: The Get Ahead, Jerry Joseph, Roselit Bone

**Veteran Folk Heroe
Michael Hurley
on Stage for
Regatta Block
Party
Sat 6pm**



**The Hackles
Pensive Folk
from the Astoria Duo
Sat 4pm**

**Dark Americana
Dreamin with
Roselit Bone
Sun 8pm**



MIDAS DIGS Performs at PIER PRESSURE Sat Aug 10

The Entertainment Band of the Year! Midas Digs kicks some booty with frontman Daric Moore's originals, and they're always pulling surprise cover mini-acts out their derrieres, to the likes of QUEEN, Bowie, Sir Elton, and blast from the past tunes...not to mention guitarist Graham Nystroms mighty version of classic surf tune Miserlou..they got a good attitude, music should be fun! Fundraiser for the Theatre, rock out and throw some money! 1015 Commercial in Astoria.



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EDITOR/PUBLISHER:

Dinah Urell

GRAPHICS:

Buggy Bison

Les Kanekuni

Dinah Urell

Michelle Roth

CALENDAR/PRODUCTION

Assistance/Staff Writer: Cathy Nist

Facebook Genie: Sid Deluca

MAGIC WEB WORKER:

Bob Goldberg

Cover Design: Les Kanekuni
Cover Photo: Dinah Urell

BRAVO Liberty! A Million in the Bank!

The Liberty's Grand Drape is beyond repair and has become too difficult to use. The new Drape will incorporate into the performance by opening and flying! The theatre is working with area artists to use the fabric and trim in souvenirs as donation gifts and awards, in honor of the Grand Drape's 90+ years of service.

THIS JULY, State lawmakers directed \$1,000,000 in lottery funds for stage improvements at the Liberty. The money was included in House Bill 5050 - the so-called "Christmas Tree Bill." This result was the culmination of several trips by the ED, President, and Treasurer to Salem to meet with the Ways and Means committee members.

Senator Betsy Johnson and Representative Tiffany Mitchell were instrumental in guiding the Liberty Theatre team. This million dollars brings the raised funds to 40% of the \$3.3 million needed to sharply increase the Theatre's capacity to offer larger and more complex theatrical, musical, and dance performances, and see the theatre thrive.

Renovations in the stagehouse (the fly loft above the stage that controls scenery change), new grand drape and curtains, lighting, concessions update, loading area, wing space, dressing rooms, (currently zero, but work on under-utilized space is already underway), box office updates (adding two ticket windows to the inside of the entry vestibule-no more

standing in the rain to get a ticket), working kiosk and the historic poster cases in addition to a glass entry to keep HVAC in and sound out-work on this beginning in the next month.

Harka Architects has been chosen to create beautiful and inspiring spaces that possess the lowest carbon footprint possible.

According to The Broadway League Study, one \$20 musical ticket price has an economic impact of three times greater. Lets hear it for the performing arts as a part of the growing economy on the coast!!! The Liberty's current economic impact on our local businesses is \$850,000 - the increased attendance to the theater will add another \$250,000-\$500,000 in effect to our local hotels, restaurants, and shops. (Americans For The Arts Prosperity 5 Study of Clatsop County)

The Liberty will be undertaking these renovations in two phases, the first of which has already started. Look to the next Liberty Gala, November 16 for an unveiling of exciting upgrades.

Lisa Arkin presents Sustain Or Sacrifice: Corporatizing Oregon's State Forests Aug 13



Most Oregonians think of our state forests as places to camp, fish, hike, and picnic with family and friends. We go to state forests in search of old growth trees and hiking trails along pristine streams. The reality is different.

State forests are primarily used for industrial timber production.

On August 13 in Nehalem, Lisa Arkin, Executive Director of Eugene, Oregon nonprofit Beyond Toxics will present information from the organization's recent research on Oregon Department of Forestry's (ODF) state forest management, exposing a pervasive use of aerial herbicide sprays.

Timber harvests are carried out using the Forest Practices Act, the same rules that govern private timber corporations like Weyerhaeuser, and "timber taxes" generated from cutting on state forests is divvied up among county, city and junior taxing districts...leading decision makers to turn a blind eye to the devastation and poisoning of watersheds that serve our communities.

Beyond Toxics found that ODF authorizes aerial herbicide sprays in domestic drinking watersheds serving residential users and municipal drinking water systems.

State documents show that over a four-year period, more than 14,800 acres of the Tillamook State Forest were sprayed with herbicides. The vast majority, approximately 70 percent of these acres, were aerially sprayed with herbicides. The other 30 percent of the acres received ground sprays. Tank mixes of 3-5 chemicals included glyphosate, metsulfuron methyl, aminopyralid, imazapyr, sulfometuron methyl plus multiple chemical additives.

The frequency of herbicide sprays and the lack of policies to protect public safety and drinking water quality led Beyond Toxics to recommend legislative action. If Oregonians share the value of clean and abundant water from healthy forests, then keeping pesticides out of drinking water should be one of the State's public health priorities.

For more information see: Oregon's Department of Forestry Sprays Herbicides in Protected Drinking Watershed By Laurie Bernstein and Lisa Arkin. <https://www.beyondtoxics.org/blog/resources/news/oregons-state-forests-under-fire/>

Arkin'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 North County Recreation District, 36155 9th St. in Nehalem. Doors open at 5:30 p.m. for a "Meet and Greet" with light refreshments and music from singer/songwriter Brandon Tigner.

The Oregon Coast Visitors Association will be hosting its annual People's Coast Summit in Garibaldi, October 7th and 8th.

This part party, part conference is becoming increasingly important for coastal business owners as tourism in Oregon just saw its ninth consecutive year of growth. Tourism is one of the three largest industries for employment in rural counties so what can local businesses do to take advantage of the growing number of tourists? Although it's a major industry, there is still a need for better collaboration between businesses and communities, access to the newest trends, and foundational information for how tourism functions in the state. This conference is an opportunity for coastal businesses, large and small, as well as non profits to network and glean new information from experts.

This fall conference is strategically planned in October after the busiest part of the season has passed. It's during this time that businesses can finally take a breather and reflect on what went well, what needs to be improved, and what else is out there. "A lot of sparks are created in this type of setting because there's a lot of information that people gain and it's a wonderful chance to be able to share and inspire everyone" says Katera Woodbridge, Sales and Marketing Coordinator for the coast. This is the only coast-wide tourism conference that aims to bring together coastal stakeholders and offer up-to-date marketing techniques, need-to-know industry trends, and technical skills.

The 2019 People's Coast Summit will be in Garibaldi Oct. 7th and 8th. The Summit is 'campus-style' with breakout sessions occurring in different buildings in town and major keynotes and meals happening at the Old Mill Event Center. More information and registration can be found online at Eventbrite.com. Simply search for 'The People's Coast Summit' in Garibaldi.



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outside the box



STEPHEN BERK

REPUBLICAN members of the Oregon State Legislature were deep in the minority when Democrats introduced a cap and trade bill. But never at a loss for breaking the rules, they ran away to Idaho, stayed a week, and returned only when assured the bill would be remanded to committee. So much for the will of the people. A working cap and trade program has recently gone into effect in California, the nation's biggest, most in-

threaten business expansion. However, cap and trade on the state level remains viable. California began such a program in 2013. Limited initially to under 400 industrial and power plants, as well as fuel distributors, it seeks to reduce carbon emissions by 16% by 2020. California has been concerned with lowering emissions since smog became a serious problem in the fifties. Hence the state developed America's most advanced

of reasons. These things are not now happening all at once, and in order to appreciate them one needs to be aware of how degradation is happening in Earth's diverse environments. We need some knowledge of life in oceans and temperate forests, as well as in rain forests. But most of us now live in largely human made urban/suburban or rural environments. So unless we are involved in forestry or serious backpacking, we are generally unfamiliar with and unable to judge whether a natural environment is healthy or degraded.

Urbanization is destroying natural environments, and an urbanized humanity is losing

HOW OUR PERSONAL CONCERNS DEADEN US TO BIG ISSUES

fluent state economy, which continues to thrive despite such regulatory activity.

Cap and trade works by limiting the total amount of emissions of chemicals, including carbon dioxide, which produce global warming. As such, it addresses the problem of the spike in the Earth's temperature due to industrial activity. State and/or federal regulation would build a brake that would keep global warming with its ensuing pollution from spinning out of control. Such regulation would be issued in the form of permits given to companies to emit a limited amount of carbon dioxide and other greenhouse gases. Over time the amount of emissions permitted would decrease under such a system. Companies that effectively use their permits to reduce carbon emission would fare better than those that do not, as they would remain more competitive as emission permits are reduced.

The European Union created the EU Emissions Trading System in 2005. This year they estimated they would achieve 21% reduction in emissions within the system by 2020. The EU's system spurred the US, during the Obama administration, to introduce a clean energy bill that included a cap and trade provision. It passed the House, but stalled in the Senate. National cap and trade legislation now is likely stalled indefinitely due to Republican aversion to such efforts, which they believe

systems to control all forms of effluents. The original California pollution controls were an important step in generating federal and state intervention to develop more comprehensive systems for containing emissions which produce greenhouse gases. For those concerned about environmental deterioration, cap and trade has become one of the most practical and effective means to do so.

Despite the near universal acceptance of the existence and serious likely consequences of climate change within the scientific community, President Trump insists on calling it a "hoax." Such baseless characterization implies that climate scientists the world over are conspiring to indoctrinate the international public with a false set of assumptions about global warming as causative of a deteriorating world environment, including massive droughts, heat waves, serious decline of potable water, degradation of the oceans, melting of the polar ice caps, all with catastrophic results for the quality of nearly all life on Earth by the latter half of this century. Encouraging people to dismiss the dire warnings of such planetary degradation issued by the community of climate scientists, as the president is doing, is a vast disservice to Americans and our natural environment, as well as to the world at large, wholly irresponsible.

It is easy for the average person to deny such dire predictions for a number

consciousness of nature. Natural scientists are aware of the profound degree of planetary degradation, including continuous extinctions. And they do their best to make the rest of the world's people aware of the situation. But a number of intervening factors get in the way of most people's awareness. From the struggle for survival among the world's poor to preoccupation with technological gadgetry, as well as to accumulation of wealth among the more affluent, people are distracted from the essentials of life. And unlike the Native American tribespeople of several hundred years ago, we lack the knowledge of what forested nature provides and how to maintain it. Few have the knowledge, time or inclination to speak for nature, as Henry Thoreau did in the early American republic, or John Muir did a little over a hundred years ago, when we were setting aside national parks and forests. Hence we lack generalists with the capacity and stature to sound the alarm. We are largely absorbed by personal concerns of occupation, family and entertainment. This is why public life is so atrophied, and reform movements, which used to be the rejuvenating life blood of America are now dormant or dead. What will it take to ignite a movement to radically change this vastly unequal, hyper-personalized society living in a degraded environment?

IT'S OFFICIAL. LNCT Acquires Botts Marsh - 30 Acres of Saltwater Marsh Protected, Forever.

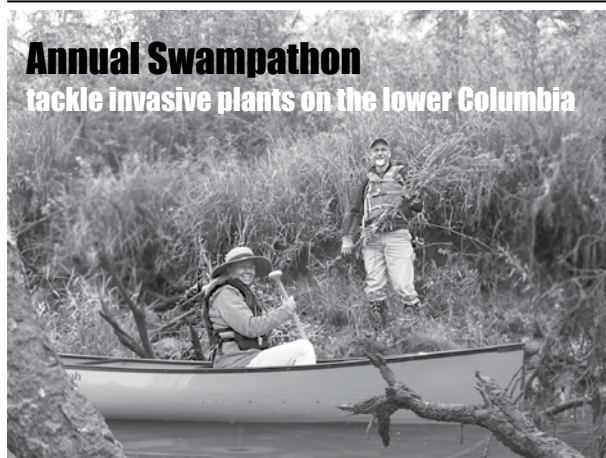
AFTER NEARLY 40 YEARS OF EFFORT by the community to protect Botts Marsh it has finally come to fruition. On June 24, Botts Marsh was acquired by Lower Nehalem Community Trust (LNCT). This acquisition would not have happened without the persistent work by the community to protect the 30-acre salt water marsh from development. Special thanks is due to the North Coast Land Conservancy who, earlier this year, partnered with Craft 3, a regional non-profit, who provided a bridge loan to purchase the property, allowing time for LNCT to complete Federal and State grant requirements.

The acquisition of Botts Marsh is a part of the LNCT effort to "Protect the Edge" of Nehalem Bay. Botts Marsh is an intact salt marsh that provides habitat for more than 125 species of birds and is a critical rearing habitat for Chinook and Coho salmon. Conservation of the marsh also provides an opportunity to educate the public about intertidal wetlands and how they provide a variety of ecological services. These range from fish and wildlife protection



to flood control, and carbon sequestration - important factors in offsetting climate change.

Funding for the acquisition was provided by gifts from individual donors, the Oregon Watershed Enhancement Board and the U.S. Fish and Wildlife Service, through its North American Wetlands Conservation Act grant program.



Annual Swampathon tackle invasive plants on the lower Columbia

NORTH COAST Land Conservancy's largest habitat reserve is a globally rare Sitka spruce swamp, inaccessible by foot. So NCLC staff and volunteers are spending the weekend of Aug. 10 and 11 weeding Blind Slough Swamp by canoe. More volunteers are being sought to take part in this two-day stewardship event known as Swampathon 2019.

Conservation of 902-acre Blind Slough Swamp, on the lower Columbia River near Knappa, was transferred from The Nature Conservancy to NCLC earlier this year after years of collaborative stewardship. TNC is partnering with NCLC on Swampathon.

The weekend will target two invasive plant species: purple loosestrife and English ivy. Purple loosestrife grows along the lower Columbia and spreads easily, threatening to overwhelm the diverse wetland ecology of this area and crowding out native plants such as cattail and wapato, which feed native wildlife. English ivy grows up the

ancient Sitka spruce trees that grow on hummocks in the swamp. Ivy grows into high into the trees' canopy to get enough sunlight to produce berries that birds help spread. The weight of the ivy vines will bring down these majestic trees, some as much as 400 years old and many of which support bad eagle nests.

On Saturday volunteers will attack ivy in the

Big Creek unit of the habitat reserve from 1 to 5 pm, while the tide is out. On Sunday those volunteers will paddle upstream on larger side channels of the Columbia to attack loosestrife growing at the water's edge from 9 am to 4 pm. Volunteers are welcome to camp together at Brownsmead Grange and share dinner Saturday night.

This important work is strenuous and can include disembarking from a canoe onto a steep and slippery bank, walking through dense jungle-like vegetation, and balancing on uneven ground while working with sharp tools. Canoes, rather than kayaks, will be used to access the target sites and carry out plant materials. Registration is limited to 16 people due to boat capacity, unless you are able to bring your own canoe. More details are available at NCLCtrust.org/events. To sign up and receive directions and camping details, please contact NCLC Stewardship Director Melissa Reich at 503-738-9126 or melissar@nclctrust.org.

SOLVE's Beach & Riverside Cleanup, September 21 Sign Up!

JOIN thousands of Oregonians this September for SOLVE's annual Beach & Riverside Cleanup, in partnership with the Oregon Lottery. Registration for the event is now open and SOLVE invites all Oregonians who are passionate about caring for their state's natural areas to participate. Volunteers will help remove invasive plants, restore natural spaces, and cleanup litter from hundreds of miles of coastline, rivers, and city streets before fall rains wash it into storm drains, waterways, and out to sea. Volunteers are encouraged to make this event more sustainable by bringing their own work or gardening gloves and cleanup buckets or reusable bags.

Who: SOLVE, in partnership with the Oregon Lottery, along with an estimated 5,000 Oregonians will come together for the 36th annual Beach & Riverside Cleanup.

What: Since 1984, more than 130,000 volunteers have removed over 1.7 million pounds of litter and marine debris from project sites across Oregon. This statewide event is family-friendly and is a part of the International Coastal Cleanup and National Public Lands Day.

When: Saturday, September 21 from 10 AM - 1 PM (exact project times and dates may vary).

Where: This event encompasses over 100 restoration and cleanup projects across the state, including 45 coastal beaches.

How: Visit solveoregon.org or call SOLVE at 503-844-9571 to find out more and sign up.

COASTAL ECOLOGIST Stewart Schultz will speak on "The Natural History of Northwest Beaches" at Fort George Brewery and Public House (1483 Duane St.) in Astoria on Thursday Aug. 22, 6-8 p.m., and at the North County Recreation District (36155 9th St) in Nehalem, Saturday Aug. 31 5-6:30. The events, sponsored by the CoastWatch program of the Oregon Shores Conservation Coalition, are free and open to all. Food and drink are available for purchase from Fort George. Stewart will lead a beach walk on Manzanita Beach after the Nehalem lecture.



Coastal Ecologist Stewart Schultz The Natural History of Northwest Beaches

Dr. Schultz is author of *The Northwest Coast: A Natural History*, and a leading expert on the coastal ecology of the Pacific Northwest. He will describe the life found on the shore and within the sands. Tidepools are fascinating to many, but beach ecosystems are an equally fascinating realm.

Dr. Schultz has wide-ranging experience in studying the Oregon coast, making him a knowledgeable guide to the shoreline environment. An Oregonian who grew up playing on the shore near Gearhart, he went to Reed College and obtained his doctorate in botany from the University of British Columbia. He worked on the Oregon coast for the Nature Conservancy, the Oregon Department of Fish and Wildlife and the U.S. Fish and Wildlife Service, gaining wide field experience before pursuing an academic career as a professor at the University of Miami, and now the University of Zadar in Croatia. During the academic year he studies marine ecology, as well as his specialty of plant evolution and genetics, but every summer he returns to the Oregon coast to teach shoreline science.

The event will also be an opportunity to meet new CoastWatch Volunteer Coordinator Jesse Jones, an Astoria resident, who will introduce Schultz and speak briefly about CoastWatch and its citizen science projects.

FMI, contact Jesse Jones, (503) 989-7244, jesse@oregon-shores.org.

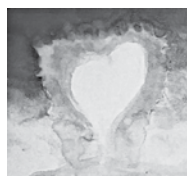
The Life and Times of Pomp: Jean Baptiste Charbonneau

IN THEIR FOOTSTEPS free speaker series event. On Sunday, August 18, at 1:00 PM Garry Bush will present *The Life and Times of Pomp: Jean Baptiste Charbonneau*.

As an infant, Jean Baptiste Charbonneau accompanied the Corps of Discovery to the Pacific. He grew to be a fur trade legend. After traveling in Europe, he was involved with the Santa Fe Trail, the Mexican War, and the California Gold Rush. Garry Bush will share the epic story of Sacagawea and Toussaint Charbonneau's well-traveled son, "Pomp."

Garry Bush is a retired high school teacher from Lewiston, Idaho who enjoys living history. He has been giving presentations about both Jean Baptiste Charbonneau and Toussaint Charbonneau for many years.

This third Sunday of the month forum is sponsored by the Lewis & Clark National Park Association and the park. These programs are held in the Netul River Room of Fort Clatsop's visitor center and are free of charge.



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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.

-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

2019 Astoria Pride Thank You Event!

Sponsors, Volunteers, Ambassadors, Performers, Committee Members and Vendors are invited to join PRIDE Thursday, August 15th at the ElTapatio restaurant (Downstairs Party Room) from 5:30-7:30. Drop in for great conversation and appetizers and meet all those who helped make 2019 Astoria PRIDE a success. Hosted by Dida DeAngelis and Don Duncan 2019 Pride Co-Chairs



PHOTO: Gretchen Voss Gallagher

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

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

CREATE • Sept 19 Columbia River Estuary Action Team

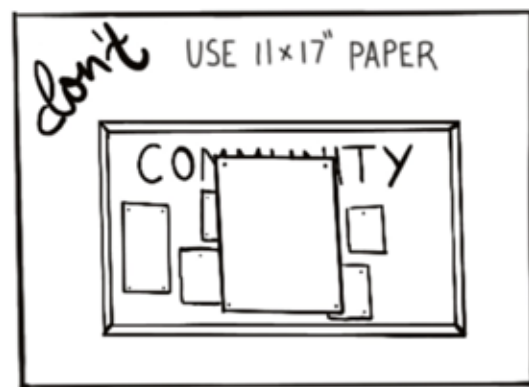
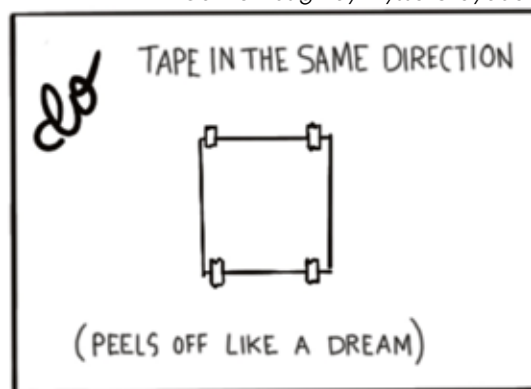
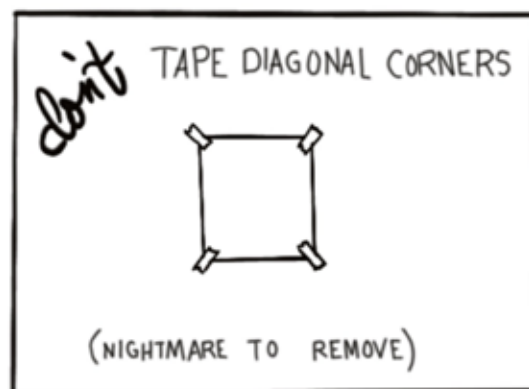
CREATE is a group of citizens working to protect the unique Columbia River Estuary and the rivers and streams that flow into it. All are welcome!

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

New members are always welcome. Come and join in at 6pm, 3rd Thursdays at the Blue Scorchers in Astoria. No Aug. CREATE - will resume in Sept.

THE HIPFISH GUIDE TO POSTERING *Etiquette*

Comic Design by Alyssa Graybeal



Once upon a time there were electrical poles. Well, there still are electrical poles, but no longer are they plastered with event posters dutifully stapled by exuberant impresarios—this due to a city ordinance passed in the earlier 2000's. Now even more cultural happenings vie for space offered by various venue windows and poster boards. Depending on any day of the week, there may or may not be room to post. In the age of social media, we still look to hard copy images to entice and inform. Be mindful in your efforts to entertain...put it on, and they shall come.



SUMMER bazaar August 10th 10-5pm

Celebrating the homegrown and the handmade.

- Vegetables and locally raised meats, wind chimes, bags, garments, succulent planters, homemade children's clothing and toys, naturally dyed silks and linens, wood furniture, bags, jewelry, greeting cards, soap, ceramics, gourmet ice cream, art prints, sculpture, hand knit + crocheted gifts, paintings, cutting boards, tacos, and handmade paper lights . . .
- Hosted by HiiH Lights, makers of custom handmade paper lights for residential and commercial settings. Monthly tours of their studio second Saturdays and by appointment. 503.493.4367 Also found in Astoria at Imogen Gallery.
- 89120 Lewis and Clark Road Astoria, Oregon www.HiiHLights.com.



North Coast Chorale: New Season, new members WELCOME! + Annual Rummage Sale Coming Up

- THE NORTH COAST CHORALE will hold a Rummage Sale at the Performing Arts Center (PAC) on Aug 16 and 17, 10am to 4pm. One will be able to find a variety of items ranging from art to collectables. Don't miss this opportunity to find something you can't live without.
- Next on the calendar, on Sunday, August 25th, North Coast Chorale (NCC) will gather its members and those considering membership for a potluck picnic. There will be a short meeting with an overview of the program for a winter concert, an outline of the Chorale's participation in the Cascadia Chamber Opera's performance of "H.M.S. Pinafore" and some great food. New and potential members of the Chorale, please call Cheryl (503-791-5681) for directions.
- The Chorale welcomes new singers in all four parts with all levels of talent, including students with strong voices in grades 7-12, senior citizens and those in between. Clatsop Community College students earn one credit each term with their participation in this community chorus. No auditions; anyone interested is encouraged to take part. For more information, please the Director, Denise (503) 338-8403 or Frank, (561) 635-1194.
- NCC will begin its new season on September 10th at the Performing Arts Center (PAC) on the corner of 16th and Franklin St. Registration will begin at 6 p.m. with rehearsals from 6:45 p.m. until 9 p.m. every Tuesday evening.

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Your grandfather's fishing pole?
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INCO NEWS INDIVISIBLE North Coast Oregon



U.S. Rep Suzanne Bonamici local Town Hall

INCO Astoria Community Group
Saturday, August 3,
10:30 am
Winekraft, Astoria

INCO Advocacy Team
Wednesday, Aug. 7,
6:30 pm
Seaside Library Board Room

Forestry-Climate Change Working Group
Thursday, Aug. 8, 7 pm
Astoria; email incoregon@gmail.com for directions

INCO at Astoria Regatta Parade
Saturday, August 10,
noon Astoria

INCO Seaside-Gearhart Community Group
Tuesday, August 13,
6:30 - 8: 30 pm
Email incoregon@gmail.com for location

Vote the Future Team
Wednesday, Aug. 17, 6:30 - 8pm. Seaside Library Board Room

Gun Sense Advocacy with Moms Demand Action
Thursday, Aug. 29, 6:30 - 8pm Seaside Library Community Room

INCO Events Aug 2019



Legislature Enacts FAIR ELECTIONS LAWS

NATIONAL POPULAR VOTE: Following a long campaign to correct the problems caused by an anachronistic Electoral College, Oregon finally (after 5 tries) PASSED SB 870, to enact the Interstate Compact Agreement Among the States to Elect the President by National Popular Vote (NPV). This passed the Senate on a partisan vote with President Courtney voting against it. It passed the House on a purely party line vote. The NPV will take effect when it has been enacted into law by states possessing 270 electoral college

votes (out of 538). Currently, it has passed in 16 jurisdictions with 196 electoral votes, and has passed one house in 8 additional states with a total of 75 more votes, sufficient to bring it into law if it passes the other house.

CHANGING THE CONSTITUTION: Oregon is one of a few states whose Constitution bans campaign contribution limits. That is why the legislature PASSED, and the Governor signed, SJR 18, a resolution that will put this Constitutional change before the voters. SJR 18 will "permit Legislative Assembly, governing body of city, county, municipality or district, or people through initiative process, to enact enumerated laws or ordinances relating to use of moneys in political campaigns within its jurisdiction (OLIS, SJR 18 Enrolled, "Legislative Catchline/Summary)". It also will require that sources of funding be disclosed, and that political advertisements name their largest funders.

Demand Accountability

THE MOST MEMORABLE – and disconcerting – event of the past Oregon legislative session occurred when the GOP Senators walked out, abandoning

their jobs in order to deny the Senate a quorum. That meant the Senate could not vote on any bills, specifically the Clean Energy Jobs Act, H.B. 2020, which addressed the climate crisis. The GOP Senators refused to return to the Capitol until it was clear there would be no vote on the bill.

Democratic Sen. Betsy Johnson (SD 16) did not criticize the GOP for their walkout. To the contrary: She worked throughout the session to oppose the Clean Energy Jobs bill.

This should come as no surprise.

Johnson is one of only two state Democratic senators who has accepted money from the Koch brothers. Titans in the oil and gas industry, the Kochs have

notoriously undermined efforts to combat the climate crisis.

Johnson's other campaign contributions during this past session came largely from corporations and individuals affiliated with the timber industry, transportation, oil and gas companies, electric utilities, agriculture, and real estate development. Her other contributors include tobacco, insurance, and pharmaceutical companies. (Details at Votesmart.org.)

Following the money, it's easy to see why the status quo works for Johnson. But the future of our planet depends on humankind drastically reducing greenhouse gas emissions and holding large polluters responsible. Our future requires investments in energy efficiency and renewable energy industries.

Johnson consistently sides with large polluters rather than the people of her district – those communities on the coast, in rural areas, and in small cities who would greatly benefit from improved energy efficiency and a transition to an economy based on renewable energy. Already, ocean acidification caused by climate change has hurt the oyster and crabbing industries. Severe damage to our health, our natural resources, and economy will follow if we don't act to curb the crisis.

by Laura Allen for INCO's
Vote the Future Team.

It was not just on the Clean Energy Jobs Act that Johnson voted with the GOP.

In the past four years, she also voted against:

- The National Popular Vote, which makes each vote count by authorizing Oregon to be part of an interstate agreement requiring election of the President by national popular vote
- Automatic voter registration and postage-paid ballots
- Increase in the minimum wage
- Paid sick leave for employees
- Law prohibiting employers from penalizing employees for discussing wages.
- Laws passed to address homelessness, such as the prohibitions on no-cause evictions and rent increases in the first year of tenancy
- Gun safety laws, such as a background check for a gun transfer, expanding the definition of domestic partner banned from possessing firearms upon an abuse or stalking conviction to include dating partners, and restricting gun ownership for those determined by a court to be at risk of suicide
- Prohibition against using coal as an energy source
- Law to reduce diesel fuel emissions
- Bill to prohibit use of polystyrene in restaurant food takeout containers
- Drivers licenses and school financial aid for Oregon residents regardless of U.S. citizenship.

During this past legislative session, Johnson held no town halls in Clatsop County for constituents to ask her questions. Many complain that she fails to acknowledge, let alone respond to, constituent calls, emails, and letters. On the radio, she recently complained about people calling her office more than once on the same issue. Even constituents who've traveled to Salem to meet with Johnson have repeatedly found her unwilling to make time for them.

In contrast, Representative Tiffany Mitchell (HD 32) held 6 town halls in Clatsop and Tillamook Counties during the 2019 legislative session, responded to over 3,000 emails, and held weekly meetings with local stakeholders on various issues.

Elected officials should be accountable to their constituents. Call Sen. Betsy Johnson at 503-986-1716 and ask her to hold a town hall where she will answer questions about her voting record.

CAMPAIGN ADVERTISING/ TRANSPARENCY: The legislature also passed HB 2716 and 2983. HB 2716 will require that some political ads name their largest funders (known as disclaimers or taglines). SJR 18 would allow this to be expanded. While OO preferred more extensive disclaimer requirements, HB 2716 is a move in the right direction and reverses the 2001 Oregon Legislature's drastic mistake of removing all disclaimer requirements from political ads.

HB 2983 creates additional transparency by requiring requiring non-profit organizations that spend large sums of money on political campaigns disclose some of their largest donors. Again, OO preferred broader disclosure, but HB 2983 is a start that establishes the principle that campaign money should not be hidden inside a labyrinth of nice-sounding non-profit cover names.

SMALL DONOR ELECTIONS: Disappointingly, HB 3004 to establish a Small Donor Elections Program to enable candidates for office of state Representative and state Senator to receive 6-to-1 match on small dollar donations FAILED. Work on this concept will continue.

POSTAGE FREE BALLOTS: SB 861 PASSED both houses and is likely to be signed. This bill will require the state to cover the cost of return mail ballot envelopes. This is of particular benefit to "shut-ins" and last minute mailers. This was considered to have limited fiscal impact.

Source: Onward Oregon

HOP SPOTS

Clatsop County is the pilot community for the Healthy Oregon Project

By Katherine Lacaze

CLATSOP COUNTY RESIDENTS are being sought to participate in a long-term scientific study that is designed to increase understanding of how genetics and a person's environment, behaviors, and lifestyle contribute to their risk of developing cancer or other chronic diseases.

Clatsop County is the pilot community for the Healthy Oregon Project (HOP), a study initially sponsored by the OHSU Knight Cancer Institute's Cancer Early Detection Advanced Research Center (CEDAR), and locals from across the region have been invited to participate as of July. The goal is to eventually enroll more than 100,000 Oregonians in the study.

"We're trying to build the biggest data set we can," said Dr. Jackie Shannon, a population scientist at OHSU. "We need a lot of people to make any kind of statement about what we're seeing."

Clatsop County residents can participate in the research study for free. Once they've downloaded the HOP app onto their smartphone, created a profile, and given consent to have their information used for scientific purposes, they can fill out short yet validated surveys about their lifestyle choices and environment to provide information on how those elements factor into various health risks.

Another aspect of the project is genetic screening. Participants can visit a "HOP Spot," or designated station where they can pick up or drop off a screening kit to submit a salivary sample from which researchers can extract and analyze DNA.

Although HOP was initiated by the OHSU Knight Cancer Institute, the project is being conducted in partnership with other health- and medicine-related organizations, including the University of Oregon's Media Center for Science and Technology, OCHIN, Providence Cancer Institute, and Kaiser Permanente's Center for Health Research.

Using the data for public health

According to Shannon, HOP – which was already piloted at OHSU and the Nike Headquarters before being taken to a community level – is "starting out as a cancer project, with the capacity to look at a host of other chronic diseases."

The surveys provided to participants currently cover a variety of topics pertaining to environment and lifestyle, including tobacco and alcohol use, dietary intake, and levels of stress. In order to investigate the associations and complicated interactions between variables and provide data to support which ones are linked to health risks and why, researchers need "a whole lot of people in the data set," Shannon said.

However, since HOP is designed to be a long-term project that builds over the years based on what information is gathered, participants also receive feedback and insight based on their survey results. If their behaviors or lifestyle choices are putting them in a higher-risk category for cancer, then HOP can provide recommendations for what changes may be useful for mitigating the risk.

"When we ask something of a participant we return something to them roughly in proportion to the request," Dr. Paul

Spellman, a geneticist at OHSU, said, adding what researchers "want is a meaningful exchange from both directions."

Making genetic screening more accessible

From the salivary samples – which are not a requirement for participating in the study – HOP researchers can analyze participants' DNA to see if it contains genetic variations that indicate a risk for certain inheritable cancers.

"Broadly, we're interested in what goes wrong and when cancer gets developed," Spellman said.

Since these genetic variants are incredibly rare, most participants who submit a salivary sample will gain nothing more than peace of mind that they don't fall into that small

sect of the population. However, those who test positive for a genetic risk for an inheritable cancer will be contacted by an OHSU genetic counselor to discuss the results.

The counselor can help the participant identify steps they should take, such as following a different screening regiment. General recommendations are based on people having normal levels of risk, but if people fall into the high-risk category, the recommendations would be different in order to help with prevention and early detection, which can significantly increase the likelihood of successfully treating the cancer or increasing people's quality-adjusted life years.

Meanwhile, researchers can also look at associations between environment-related variables and genetic variables, and whether there are genetic features that are modifiable by environment, Spellman said. For example, he added, the rates of many cancers in Japan are lower than in the United States, and first-generation Japanese-Americans experience similar rates. However, second- and third-generation Japanese-Americans develop cancers at rates akin to the broader U.S. population.

"It is absolutely the case that genetics is at the underpinning of all of this," Spellman said, adding further research will provide more information on how the variables interact and impact one another.

Interacting with the general public

HOP representatives started introducing the project to the local community at the Astoria Sunday Market in mid-July. Their booth will be at the market again Aug. 11 and 25 and every Sunday throughout September. They also will have a presence at the Hood to Coast Relay that concludes in Seaside on Aug. 24.

Representatives can help prospective participants download the app, get enrolled in the study, and submit their salivary sample, if they would like. HOP Spots containing vending machines with the screening kits will also be installed at various locations throughout the county, starting with one at the Sunset Empire Park and Recreation District in Seaside.

After Clatsop County – which will give researchers a chance to gauge their processes for engaging the public and make adjustments, Shannon said – HOP will become statewide, with representatives taking the study from region to region.

"We'll continue enrollment over several years until we reach our goal of 100,000 or more," Shannon said. "We see this as a project for Oregon, so we really hope Oregonians will participate."

For more information, visit HealthyOregonProject.com.



Dr. Jackie Shannon population scientist at OHSU.



Pick up a HOP screening kit at the Astoria Sunday Market Aug. 11 and 25 and every Sunday throughout September.

For example, BRCA1 and BRCA2, although unrelated, are described as "breast cancer susceptibility genes" because if they are damaged by a BRCA mutation, it increases a person's risk for breast cancer. Lynch syndrome, or hereditary non-polyposis colorectal cancer (HNPCC), is another type of inherited syndrome associated with a genetic predisposition to certain types of cancer.

The chance of having a high-risk genetic variation is slim, one in a hundred or one in a couple hundred, Spellman said. However, the vast majority – or about 80 percent – of individuals who possess these syndromes are unaware.

Currently, Shannon said, the standard approach for identifying whether someone falls into a high-risk category for an inherited genetic variant is to gather data about their family history. However, she added, "there is a lot of room for error when you're trying to determine whose at risk based on those types of algorithms," not least because patients may have significant gaps in their knowledge of their family history.

"We're missing people that may be carriers of these genetic mutations," Shannon said. "If the screening was provided to everyone, can we define how many people really do carry these mutations and help them begin to follow other types of screening recommendations."

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

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Bringing Back The Village: An Alternative Housing Model

IN 1950, the U.S. Census reported the average square footage of a single-family home with three occupants to be 983 square feet. By 2012, the single family home average had risen to 2,500 square feet, with less than three persons per household. In addition to homes tripling in size, the same census found 10.1% of housing stock—over 13 million houses, to be vacant.

In his book, *Tent City Urbanism*, urban planner Andrew Heben uses this kind of eye-opening information to help us question our modern housing paradigm and the ways our existing thinking holds back progress in addressing our housing crisis and the issue of homelessness.

With 13 million vacant houses in the country, housing stock is not the issue. A recent Clatsop County Housing Study came to the same conclusions in this area; we actually have plenty of housing per person, but like the national trend, much of it is vacant.

While there may be a solution to addressing the vacant homes issue, Heben's perspective is to downsize home size drastically and to shift from the taken-for-granted grid layout to the tiny house village.

"Tiny house villages offer a new paradigm for transitional and affordable housing that is more economically accessible and sustainable," he posits. "The human-scale development...establish[es] a grassroots model for developing low-cost housing without dependence on government subsidy."

Andrew Heben is also the Project Director for Square One Villages, the non-profit supporting tiny home villages in Eugene. He works alongside Executive Director and Pastor Dan Bryant, who recently presented to advocates and community leaders in Astoria, on the success of Opportunity and Emerald Villages, the transitional and low-income tiny home villages in Eugene.

While Bryant travels around Oregon, inspiring other communities with this model, Heben's book provides an opportunity to go deeper, guiding readers to shift our thinking around housing, right-to-space, and to see solutions and direct-democracy at work in unsung places.

First, he frames the housing crisis in its historical context via the undemocratically mandated development of the grid system (see National Land Ordinance 1785), and the demise of formerly abundant Single-Resident-Occupancy Units (see Uniontown in the early 20th century) that served the low-income sector. Heben then dives into grassroots solutions for a lack of accessible, economical, housing options: The American Tent City.

Visiting and living among several tent cities around the U.S. during and after his graduate work, Heben was attracted to them "because they presented a striking opportunity—a foundation for a self-managed, human-scale model of low-coast and low-impact housing."

Whereas the media portrayal of tent cities is of desperation and chaos, instead Heben saw self-organized tent cities as examples of how the unhoused are "collectively finding solutions to their own problems in their day-to-day struggle for survival."

While most tent cities are unsanctioned, many have organized and made headway to become sanctioned and gain long-term status within their communities. Heben details several sanctioned tent cities as models for bottom-up housing solutions, including Dignity Village in Portland Oregon and Camp Take Notice in Ann Arbor



Michigan, among others. Dignity Village, which has existed in Portland since 2001, became a direct model for Opportunity Village in Eugene.

Heben makes the case that this "bottom-up" approach to housing puts power back in the hands of the people served, and flips the current narrative from the top-down, costly, bureaucratic processes we currently rely on to address housing needs. He shows clearly that tiny home villages are far less expensive, minimize environmental impacts, and foster tolerance and autonomy among members and the community.

Both tent cities and tiny home villages are typically built in "piecemeal" fashion, or a build-as-you go approach. Heben calls this more "alive" than waiting for everything to be in place, which is the industry norm. This approach offers more adaptability to the community itself and doesn't rely on large sums of money to make headway. For example, during the building of Opportunity Village, members lived in Conestoga shelters while constructing their more permanent, insulated units.

The strengths of this model are not only applicable to those struggling to obtain housing, but those looking to down-size as well. Desperation is not a requirement for simplifying one's life or to value a community-based living model.

In the book's final section, Heben details the development of Opportunity and Emerald Village, including a guide for communities looking to start their own. This includes advice on how to advocate for a village, from developing a vision to forming a non-profit organization. Heben offers transparent advice for gaining traction within the community and among elected officials with the power to issue permits and help find available sites for development. At every applicable stage, examples from Opportunity Village, such as their Vision Statement, Site Criteria and Community Agreement, project design, and even village manual are included, lest would-be villages get stuck trying to reinvent the wheel.

Heben's book provides the right kind of information for local housing advocates to rally around as well as practical tips to breaking the process down into actionable, human scale steps. Additionally, he offers a reduced price for multiple copies of the book at thevillagecollaborative.net to support local groups spreading education and gaining traction.

Whether a housing advocate, a person struggling to find shelter, or an elected official, this book offers the wisdom of experience with a model many of us have at least considered. Who among us hasn't referred to the idyllic future "commune" or evoked the common platitude, "it takes a village?"

In fact, "cottage cluster housing," that is, smaller homes built around a common space, is a form of housing already written into Astoria code. The Clatsop County Housing Study recommended the same allowance in Warrenton. This recommendation is meant to address our "missing middle" housing stock, that is, housing accessible to low-and middle income-residents.

Does this mean there is already a spark of support for the village model in Clatsop County? Or would our time be better spent addressing the vacant home issue? What would happen faster: constructing several 100 square foot tiny homes and a larger central communal space, partly built by residents; or convincing property owners to sell off their second homes? And is there a book on that strategy for comparison?

By Alyssa Garybeal

SARAH WYCKOFF Uplifts Clients into Self-Love at Freeheart Ranch in Nehalem

SARAH WYCKOFF, a native San Diegan, moved to Nehalem in December of last year, bringing her transformative coaching practice, Freeheart Ranch, with her. Why Nehalem? "Since I was knee-high to a boll weevil, I've been doing rain dances," Wyckoff says, "wanting to live in an area with more rain."

After some time in the Caribbean and the Southern Hemisphere, she landed on the cooler coast of Oregon. She practices out of her home on the Nehalem river, the windows of which look out on a meadow with bald eagles and great blue herons, and a river otter who visits daily. "The presence of nature and the sweetness of this river are unspeakably appreciated elements to my workspace. And I love that it's tidal!" she says. "The connection with the sea and river is just so special."

Wyckoff holds B.A. in physical education and psychology from UC Davis and an M.A. in dance/movement therapy from Boucher College near Baltimore. And after more than 30 years of professional experience, she's integrated many modalities.

Freeheart Transformative Coaching is Wyckoff's signature concoction of transformative coaching, movement therapy, meditation, and expressive art-making. "It's a whole way of assisting that is inclusive of several techniques, the combination of which is unique to me." She also integrates her background in dance/movement therapy with authentic movement, contact improvisation, and Quantum Touch into a blend she calls Inner-active Movement.



Wyckoff notes that Freeheart Transformative Coaching and Inner-active Movement are not exclusive of one another—they overlap. For example, "if someone comes for transformative coaching, the option to move can augment the coaching process; and movement therapy definitely has an element of awareness practice, using guided conversation to increase awareness of what's happening in the movement."

At Freeheart Ranch, Wyckoff applies her grab bag of modalities to help clients access self-love, then to live through that experience of self-love in their lives and relationships. While Wyckoff often

focuses on relationships in her sessions with clients, she emphasizes that one's relationship with oneself is by far the biggest relationship that gets addressed. "It's the defining element of every other relationship," she says. "There's that old saying, 'wherever you go, there you are,' so why not have a really great relationship with yourself? When we don't like ourselves, it's really hard to relate to other people, because we're not feeling good to start with."

To that end, she eases clients into a calmer experience of life. "I work through a process that's somewhat didactic, greatly in the moment, and responsive to what's alive today," she says.

Wyckoff's favorite part of the process of working with clients? "My favorite part is falling in love with every single person with whom I work," she says. "There's something so precious that hap-

pens every time. They become so dear."

While Wyckoff has worked in the psychotherapeutic modality of dance therapy, her transformative coaching differs from psychotherapy in important ways. In coaching sessions, while clients' past experiences are acknowledged, they are far from the predominant focus in the work. She relates information about past experiences to what's happening in the moment.

"What's predominant is attending to what's alive right now and what a client intends to generate moving forward."

She also intentionally leaves off the therapist hat, for a relationship with clients that's much more of a partnership. "I share my personal experiences if I intuit that they will be instructive to what my clients are experiencing, and it's really useful for me and my work to have a certain amount of transparency," Wyckoff says. "While I still have professional boundaries, I really like using my life as a teaching tool or inspiration, and to give hope or create relatedness. When people witness my life, they can recognize experiences and see what's possible for them."

In uplifting others, Wyckoff explains that, "I like to stand as an example of a great depth of enjoying life unconditionally and, by that example, being of service."

In particular, her experience of having been in the world with her son, Zion, a person with "disabilities," informs her own learning process. She supported him in connecting with those things that drew him forward, rather than insisting on traditional classrooms. "Because he learned to be confident in himself, events fell open to him and he accomplished things in ways I never could have orchestrated," Wyckoff says. "He taught me so much about unconditional joy, and how he lived his life and my experience of him were deeply informative."

Wyckoff is primarily available on an individual basis for transformative coaching, and she may hold movement groups in the future. She has some flexibility as to time and day of the week for sessions, and she can work with clients over the phone or in their own homes, if necessary.

"It's a process of getting to know each other that really begins with an initial contact," Wyckoff explains, "but learning happens over time." She encourages clients to commit to a certain number of sessions, usually 7-10, to get momentum going in the learning process.

Find out more at www.freeheartranch.com, or for information and scheduling, call 619-246-4595 or email sarah@freeheartranch.com.



Graceful Waves Grand Opening Celebration • Aug 17 2pm - 4pm

DR. DAWN SEA KAHRs, DC and Graceful Waves Chiropractic celebrate the grand opening of the new Graceful Waves Wellness Center. The new center located in Wheeler Oregon, sits at the edge of the Nehalem River.

Not only will the center continue to feature a specialized form of Chiropractic care optimizing energy and resourcefulness, it will include new classes & modalities; yoga, massage, dance, coaching, Himalayan Singing Bowl sessions, community film nights and more, offered by outstanding local practitioners.

One of the center's missions is to reach and better serve the underserved. Graceful Waves has created a scholarship program which offsets the cost and care at a time when it's most needed, helping clients not only recover, but flourish, and to achieve a coherent spine and nervous system to make all the difference.

Graceful Waves celebrates all who have helped to inspire, create, build and contribute to the center project. Included in the opening celebration, a 5-year Gratitude Time Capsule reading and placement for Scholarship sponsors and special contributors, and toast a glass to the future VIBRANCE of ALL those who are uplifted by this amazing new center!!!

Graceful Waves. 206 Marine Dr. in Wheeler, OR 503.368.9355 gracefulwaveschiropractic.com





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ART ON

Three Shows Featuring Pacific Northwest Artists at RiverSea Gallery

RIVERSEA GALLERY presents three exhibitions featuring artists from the Pacific Northwest: figurative oil paintings by Beth Kehoe, abstracted landscapes in encaustic and acrylic by Karl Kaiser, and a trunk show of jewelry and art objects by Tabor Porter. All exhibitions open on August 10 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 folk guitarist Paul Chasman. Artwork will remain on display through September 10, 2019.

Continuance: A Journey is a solo show of the expressive and dream-like oil paintings of Seattle artist Beth Kehoe, who portrays the vulnerability of humans in the wilderness and in those unguarded moments spent alone. Through intuition and gestural strokes of paint, she interprets her decades of experience backpacking solo in the Pacific Northwest into sensitive works that explore the mystery and drama of interacting with the natural world. The artist states, "These paintings are about life's experiences intersecting with the moments that we spend alone. My aim is to entice the viewer with works that are direct and beautiful, disturbing and quiet." Kehoe spent twenty years as a nationally collected ceramic artist before returning to school to become a painter, graduating in 2015 from the Gage Academy of Arts Contemporary Figure Painting Atelier in Seattle. She has exhibited her paintings mostly in Seattle and northern Washington State, and has been juried into the Au Naturel group show at Clatsop Community College three times since 2016.

In the Alcove, Portland artist Karl Kaiser presents Horizontal Dimensions, abstracted interpretations of landscape with an emphasis on the horizon line. His signature encaustic paintings are lush and vibrant, with thick layers of pigmented beeswax adding luminous depth.



K Kaiser, Wave6 18x24

A Collection from the Collective Unconscious is a trunk show of art jewelry, small sculpture and fabulous gemstones featuring Astoria artist Tabor Porter in collaboration with Theodore Pizanis, a gem dealer from San Francisco who is his long time source. This show will open at 3pm on Saturday, August 10, just ahead of Artwalk, and continue through 8pm. Porter draws inspiration from his decades long habit of collecting objets d'art: the vintage, the arcane, the low-brow, the exquisite. He finds joy in both extraordinary curios and the everyday knickknacks that are part of cultures around the world. With the eye of an artist and skills of a metalsmith he creates delightful and improbable collectibles like no other. Porter's collection will remain on view through September 10. Pizanis deals in unusual gems and will have a special selection for this show available through this weekend only.

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



B Kehoe, Red Queen 6x24 oil on canvas

Weird Sisters Freak Boutique New in Underground Astoria

JOINING a newly revived Underground Shoppes space in Astoria, at the corner of 10th and Marine. Weird Sisters is opening the LAB - an experimental art/ retail incubator. WSFB will begin scheduling next month to give artists and creative retailers on every level of the journey to entrepreneurship opportunities for pop-ups, workshops, and more! This month's theme is: ANOTHER WORLD

For the opening, The LAB will be hosting Burning Man philosopher, Benjamin Wachs (AKA Caveat Magister of the Burning Man Blog) from 4:00 - 5:30 signing and reading from his new book: *THE SCENE THAT BECAME CITIES What Burning Man Philosophy Can Teach Us About Building Better Communities*. After this Benjamin will be performing an as yet secret performance, most likely an interactive one. Most definitely not to be missed!



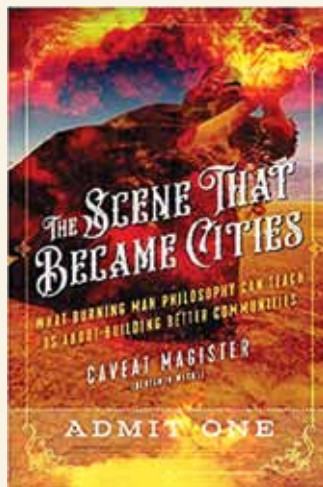
Kathleen Barber Photography

You can find out more about the many faces of this interesting and some say "Fascinating" man here: fascinating-stranger.com/

Benjamin's performance, the LAB will open as a pop-up gallery exhibiting some of the works of local artists William Brown, Kathleen Barber and Brenda Marie West.

Terry Robinett, artist, and owner of Merrytime Bar and Grill, is bringing her nameless creatures out of the shadows to hide in the shadowy corner of the LAB reminding us all of our inner monsters.

William Brown will be exhibiting some of the original paintings he created for one of Benjamin Wachs' Previous books, *Lamenting Avalon and Other Fairy Tales for Adults* (which was only available to collectors who funded it through Kickstarter but will be for sale in limited supply at Weird Sisters Freak Boutique).



EUGENIE JONES at Jazz & Oysters Aug 17



EUGENIE JONES is described as a performer that makes audiences feel jazz. Vocally described as possessing, "A voice that covers words like pieces of silk covering precious stones," Jones is an emotive, engaging song stylist that entertains, dazzles and decisively wins over audiences."

Reminiscent of style and sophistication of iconic vocalists of the past, Jones sings and scats her way vivaciously through mainstream jazz, but also draws listeners inside contemporary story lines, sharing original tunes that have earned her recognition as a cleverly gifted lyricist. Born and raised in West Virginia to parents who loved jazz and soul, older siblings that were into the Motown-sound, and having a mother who sang lead in their church choir, exposed Jones to a variety of musical foundations as a child and before making her professional debut as a singer/songwriter in Seattle, WA.

Eugenie headlines the roster of jazz performance (5pm) at the festival. The Ilwaco High Jazz band kicks off at 12pm, North Coast Big Band 1pm, Good Co. Jazz at 3pm. Enjoy food & drink, and great music all at the Nahcotta Boat Basin in Ocean Park, WA. Tickets \$25. Gates open 11:30am. Tickets and Info watermusicsociety.com

Sean Koreski – Master of the Pan Flute in concert:

SEAN KORESKI will be performing a selection of Classical Music accompanied by chamber organ. Joining him this year is guitarist Alberto Benitez and organist Gary Becerra who will play the Estey pipe organ at the Astoria Performing Arts Center.

His concerts feature a unique twist on classical music. His music is hailed as being like hearing the classics for the first time; look forward to hearing the works of Bach, Mozart, Tchaikovsky, Purcell, and others! Sean has also composed and performed new age music as well as performed melodies of the Peruvian Andes.

Saturday, August 24, 8:00 pm - \$15/
ages 5-17 \$10. At The PAC, 16th & Franklin in Astoria.



EUPHORIA

KALA PRESENTS a performance by Brazilian groove-oriented group, **EUPHORIA**, AT 8PM FRIDAY AUG 30. 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.



Doors open 7:30pm. Show at 8pm. \$15 @ the door. 1017 Marine Dr. in Astoria



AUG CALENDAR

Tuesday 6

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

CINEMA

Library Summer Movie Matinee. Shanghai Deco. 1-2pm at the CCC Library in Astoria.

HAPPENING

National Night Out Against Crime. Games, activities, resources and more. 5-7pm at the City of Rockaway Beach.

Wednesday 7

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

Clon Von Fitz. 6pm at the Cove in Long Beach.

Fred Carter. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Scheckie & Co. JAZZ. 7:30pm at Albatross in Astoria.

FOOD & DRINK

Chef Outta Water pay What You Can Pop-Up Lunch. Street Foods of Mexico. 11am-2pm at Baked Alaska and Nekst in Astoria.

HAPPENING

Astoria Regatta. astoriaregatta.com

Tillamook County Fair. 10am-8pm at the Fairgrounds in Tillamook.

THEATER

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

Thursday 8

MUSIC

Mr Ben. A free, all ages kids' show. 1-2pm at the Sou'wester Lodge in Seaview.

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

Basin Street NW. 6pm at Bridgewater in Astoria.

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

Will West and the Friendly Strangers. No cover, 7pm at the Gearhart Hotel.

HAPPENING

Astoria Regatta. astoriaregatta.com

Tillamook County Fair. 10am-8pm at the Fairgrounds in Tillamook.

LITERARY

Lunch in the Loft. With author Ellie Alexander. \$10, includes lunch. Noon at Beach Books in Seaside. RSVP to 503-738-3500

OUTSIDE

Beach Volleyball Tournament. 11am-4pm on the beach near the Broadway Turnaround in Seaside.

THEATER

Shanghai'd 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 9

MUSIC

Bikini Beach Surf Rock. + Limbo Contest. \$6 at the door. 8pm at KALA in Astoria.

David Drury. 6pm at Bridgewater in Astoria.

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

Simon Levene. 7pm at WineKraft in Astoria.

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

Allan Byer Project Band. 8pm at the Schooner Restaurant in Tillamook.

Tiger Touch with Perfect Buzz. No cover, 9:30pm at the Labor Temple in Astoria.

Michael Shay's Texas Express

Alternating between Michael Shay's decidedly Texas-flavored originals and Spud Siegel and Annie Staninec's bluegrass, ragtime, and Western Swing offerings, the Texas Express duo, trio, quartet, or quintet (just add banjo!) features vocal harmonies galore and an exciting chemistry expressed through the band's eclectic repertoire. Texas Express released a debut CD "Disfruterial!" in Ecuador in 2012 and is now based out of the Pacific Northwest, featuring Michael Shay on guitar/vocals, Peter "Spud" Siegel on mandolin/vocals, Chris Kee on bass/vocals, and Annie Staninec on fiddle/vocals.



The Texas Express Trio; Shay, Siegel and Kee are making the rounds on the coast this summer. Catch them at Fort George Aug 8 at 8pm, the Nehalem Bay Winery on Aug. 17, 3-5pm, and enjoy them for brunch at the Bridgewater Bistro in Astoria on Aug 18, 11:30am-2pm.

CINEMA

Kindergarten Cop. 9pm at Fort George in Astoria.

FOOD & DRINK

America's First Foodie Dinner. This annual dinner pays homage to the father of American cuisine, James Beard with a multicourse dinner based on Beard's love of the Oregon Coast. \$100, 7-10pm at the Gearhart Hotel. Get tickets at mcmenamins.com/events

HAPPENING

Astoria Regatta. astoriaregatta.com

Tillamook County Fair. 10am-8pm at the Fairgrounds in Tillamook.

OUTSIDE

Beach Volleyball Tournament. 11am-4pm on the beach near the Broadway Turnaround in Seaside.

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.

Saturday 10

MUSIC

Regatta Weekend Block Party. With Roselit Bone, Michael Hurley, The Hackles. 4-10pm at Fort George in Astoria.

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

Jennifer Goodenberger. 6-8pm at Bridgewater in Astoria.

Ron Barnes. 6pm at the Cove Restaurant in Long Beach.

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

Adam Torres + Matt Emmons. No cover, 8pm at the Sou'wester Lodge in Seaview.

Allan Byer Project Band. 8pm at the Schooner Restaurant in Tillamook.

Samsel. 8pm at Public Coast in Cannon Beach.

Long Knife, Dead Hunt, Decomp, and Deep-haven. \$8 cover, 9pm at Charlie's Chop House in Astoria.

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

ART

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

Summer Bazaar. Celebrating the homegrown and handmade. 10-5pm in the studio/showroom at HiiH Knights, Astoria.

CINEMA

An Afternoon with Lisa Penner. Plus Astoria in the 1950's. 1pm at the Seaside Library.

FOOD & DRINK

Pig Roast & Salmon BBQ. Plus silent auction. \$20, 4-9pm at the Chinook Event Center.

HAPPENING

Astoria Regatta. astoriaregatta.com

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

Tillamook County Fair. 10am-8pm at the Fairgrounds in Tillamook.

Lincoln City Flower Show. Noon-5pm at Lincoln City Parks and Recreation.

OUTSIDE

Beach Volleyball Tournament. 11am-4pm on the beach near the Broadway Turnaround in Seaside.

THEATER

Shanghai'd 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.

Sunday 11

MUSIC

Rhythm Method. 10am-3pm at the Astoria Sunday Market.

Richard T and friends. 11:30am-2pm at Bridgewater in Astoria.

Regatta Weekend Block Party. Jerry Joseph, The Get Ahead and Tango Alpha Tango. 4-10pm at Fort George in Astoria.

Orquesta Pacifico Tropical. 5pm at 2nd and Spruce in Cannon Beach.

Jennifer Goodenberger. 6-8pm at Bridgewater in Astoria.

The Regatta 1000/125 Party in The Pit. 8-10pm. With DJ Joey Altruda. 103 14th St. in Astoria.

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

HAPPENING

Lincoln City Flower Show. Noon-5pm at Lincoln City Parks and Recreation.

Nesika Illahee Pow-Wow. Starting at noon at Pauline Ricks Memorial Pow-Wow Grounds in Siletz.

OUTSIDE

Beach Volleyball Tournament. 11am-4pm on the beach near the Broadway Turnaround in Seaside.

THEATER

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

Monday 12

MUSIC

Todd Pederson & Peter Unander. 6-8pm at Bridgewater in Astoria.

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

LECTURE

Oregon Able Savings Plan Presentation. 3pm at the Warrenton/Hammond School District.

Mingle and Muse. Presentation and book reading by award-winning investigative journalist and author Rebecca Clarren. 4:30pm at the Sitka Center, Otis.

→ cont. p19



Foxy Queen Karla
the Mother Goddess of Bellydance

Bellydance Festival 2019

PAINTED LADY LAVENDAR FARM, a fragrant garden retreat nestled in the trees at the mouth of the Columbia presents its annual festival. Featured Bellydancers take the lovely outdoor stage over the 2 day event, along with musical performances, workshops for dancers, and vending delights, including jewelry, collectibles and botanicals.

Aug 17, 12-6, Aug -18, 12-4. \$10. Ages 5-12 \$5. 1664 HWY 101 South, Ilwaco WA

FMI: lavenderbellydancefestival.weebly.com



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...

www.coastertheater.com

All performances begin at 7:30pm.

Summer Rep Thru Sept 1, 2019.

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.

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>.

MJ Anderson and Christos Koutsouras

From There to Here

IMOGEN Gallery

IMOGEN GALLERY commemorates a 7th anniversary presenting a dual exhibition for internationally known artists MJ Anderson and Christos Koutsouras, who bring From There to Here, focusing on the human form in both two and three dimensional portrayals. The exhibition opens for Astoria's Second Saturday Artwalk August 10, with an artist's reception 5 – 8 pm. Sculptor MJ Anderson will be present and available to answer questions about the work. The exhibition will remain on display through September 10.

MJ Anderson and Christos Koutsouras, both legendary for their work share common threads to their creative process. The two carefully balance careers that connect the Mediterranean to the Pacific Ocean. For Anderson that means splitting her time between her two studios, one located in the small coastal town of Nehalem, Oregon and the other in Carrara, Italy where she is close to the marble quarries she hand selects her own stone to sculpt. Christos Koutsouras, a painter also manages a career that takes him from his birthplace of Samos, Greece where he still maintains a studio, to his stateside home base of Astoria.

Regarded as one of the Northwest's most important sculptors, MJ Anderson focuses primarily on the female form in her work. Hand selecting her marble, she has moderate control of what will occur once the chisel hits the surface. For MJ the magic happens within the stone itself, she reveals rawness to become part of the finished form. MJ utilizes her skills to portray woman as survivor, to serve as example of woman who has overcome adversity.

Koutsouras, who was born on the island of Samos, Greece, came to the lower Columbia Region while preparing for his second solo exhibition at the Indianapolis Museum of Contemporary Art. Koutsouras knew he wanted to create a body of work about the ephemeral yet powerful Pacific Ocean. During a trip down the Oregon Coast, he was inspired by the landscape, and tenacity of those who settled here.

Working towards this exhibition shared with MJ Anderson, Koutsouras took inspiration from her marble torsos, going back to his love of the human form. Smaller works on paper and canvas, mostly in oil show his deft and muted palette handled with calculated nuance. Ghost-like forms languidly recline across the paper, with compositions that place the figure within the landscape of the region.

Imogen Gallery is located at 240 11th Street. Open Monday through Saturday, 11:00 to 5:00, 11:00 to 4:00 each Sunday. 503.468.0620 www.imogengallery.com



La Strada Paonazzo
Marble 22x13x8



The Thin Blue Line 30x20 mm.

From Spirit To Science, "Source2" Examines Our Responsibility To Living Water

ON FRIDAY, AUG. 9, the Lincoln City Cultural Center will be overflowing with water: sculpture, painting, stories, science, conservation and collaboration, all about water and its role in the health of our world. This event, which is free to the public, is a collaboration between the LCCC, artist Liisa Rahkonen and artist Sandra Roumagoux. The project is called "Source2."

The evening will begin at 5 pm with a reception for "Source2," an exhibition of paintings by Roumagoux and paintings by Rahkonen, in the PJ Chessman Gallery at the LCCC. The reception, which includes a chance to meet the artists along with light appetizers and wine, will be followed at 7 pm by a free presentation in the adjacent LCCC auditorium. The program will include several speakers who will explore the spiritual, societal and scientific needs of water, as well as a dance performance and a heritage interview on video.

"Source2" will encompass "our relationship and responsibility to protect the living water around us ~ clean streams, rivers, estuaries, lakes and the sea. This show is about vulnerability, and a call to action," said Rahkonen.

Featured speakers and performers at Source2 will include: Duncan Berry – photographer, Elizabeth Wilson Peace Village Global, Jerri Bartholomew – Glass artist, and head of the Department of Microbiology at Oregon State University, Dancers from the LCCC Ballet Program – Led by Diane Christiansen, performing to "Time to Swim" by the Shook Twins; and, A recorded interview with Agnes Baker Pilgrim – Also known as "Grandma Aggie," Takelma and Confederated Tribes of Siletz Indians.

Those who find themselves inspired to take action on clean water issues in the region will find information from local agencies and nonprofit organizations. Rahkonen is also planning a "Gratitude Wall," which will thank local groups and individuals for the work they have already done.

The Lincoln City Cultural Center is located at 540 NE Hwy. 101 in Lincoln City. Summer hours are 9am to 5pm, Wed through Mon. Source2 is a one time event, the exhibit will be on display at the Chessman Gallery through Sept 9.



Liisa Rahkonen "Pleading"
Stoneware



Sandra Roumagoux "Rising Tide" oil on canvas

AVA Center for the Arts 3 Artists

AVA CENTER FOR THE ARTS presents three artists during the Astoria Second Saturday ArtWalk in August: Portland painter, Ruth Lantz; ecological artist, Shelby Silver and artist and lighting designer, Jill Mulholland.

Sites.Unseen/Ruth Lantz paintings explore the intersections between painting, digital language and landscape. "Commingling abstraction and representation I approach my work through a series of perceptual and painterly filtrations. I present how technology has altered the way we understand, mediate or degrade our visual environments." Lantz received her Masters in Visual Studies from the Pacific NW College of Art (PNCA). Her work is featured nationally, and is represented by Elizabeth Leach Gallery in Portland.



Shelby Silver, Eco-Artist

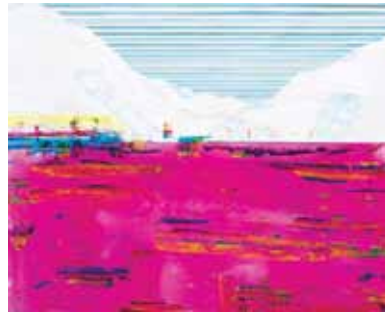


Jill Mulholland, Light Confetti

Jill Mulholland works with light and glass as her art medium and creates delightful pieces she calls Light Confetti, which disperse multi-colored moving lights from a direct light source. Her fascination with light, color, reflection and shadows lead her to a Masters in Interior Architecture from the University of Oregon with her dissertation Light Celebrating Place and works of light art. Currently, she coordinates a non-profit board for the International Association of Lighting Designers.

Shelby Silver identifies herself as an "Ecological Artist" with a deep value for the health of the environment, especially the sea. Her work is concentrated working with P.M.D. (Plastic Marine Debris) to create awareness of the decline of marine habitat, and to highlight positive outcomes to reclaim and restore wild places. She will be showing new sculpture and jewelry made from recycled fishing ropes and nets.

AVA Center for the Arts, 5-8pm, located at 1010 Duane Street in Astoria. Open Fri – Sun, noon to 5pm.



Ruth Lantz, Bright light

3 Years in the Art Cave Sam Vaughan The Secret Gallery

SEVERAL THEMES that keep popping up in Sam Vaughan's work include: dark history, absurdity, nudity, people staring at potatoes, and Civil War general George Custer. He has a particular affinity for painting Custer and describes the General as "like the annoying neighbor from over the psychic fence - always stopping by and mooching a beer."

The works in this show were created over the last 3 years in a shipping container attached to an industrial building in Berkeley, California which Sam has dubbed the "Art Cave." Although he claims it's too depressing to be used as even a storage unit, Sam finds the Art Cave conducive to his "intuitive and improvisatory" way of working.

Sam attributes his strong sense of narrative to his long-standing interest in printmaking and its history. According to Sam, "the strict procedures and limitations involved in printmaking, especially lithography, are another help in my work - a brake on the chaos. I enjoy ink drawing for much the same reason - you can't correct it or reverse course, which provides some sort of anchor amidst the mania, and focuses the mind while working."

The Secret Gallery will be holding an opening reception for "3 Years in the Art Cave" from 5 to 8:30pm on Saturday, August 10 at the Secret Gallery, and an artist talk with Sam Vaughan will take place on Sunday, August 11 at 1pm.



Study for European Politics

Constance Waisanen at TEMPO Gallery

TEMPO ART GALLERY welcomes new member, Constance Waisanen, fine arts fabric artist. Her vibrant art pieces are inspired by organic forms and incorporate her own hand dyed fabrics. She will also be showing her silk scarves and free form concrete sculptures. Meet Constance at the May 10th Art Walk from 5-8 Music by Peter Unander on Jazz keyboard. Wine and refreshments will be served.

Tempo Gallery is located at 1271 Commercial St. in Astoria. Open 12-4 Fridays & Saturdays.



TREE, Quilted Wall Hanging

LIGHTBOX

Gallery hosts the artists' opening reception of "Extending Tradition 2 on Saturday, Aug 10, from 5-8pm. Thirty-six photographers will show work in this exhibit celebrating the traditional approach and beauty of large format film photography.

In Extending Tradition 2 LightBox celebrates the work of photographers shooting with large format film or plates, generally 4 x 5 inches and larger, giving recognition to those whose interest and talent follow the masterful path of traditional large format film photography.

This is the second time LightBox features the work of photographers using the traditional tools and methods from the early days of photography. These photographers find reward in the practice and their work method is disciplined and results in distinctively unique photographs.

LightBox is located at 1045 Marine Dr. in Astoria. Hours are Tuesday – Saturday, 11 - 5:30. lightbox-photographic.com



We've Never Met Before Today Becca Van K and Andrew Cortes Art Trailer/Sou' Wester Lodge

WE'VE NEVER Met Before Today is an exhibition featuring sensory textiles and fiber landscapes by east coast artist Becca Van K and sculpture-like mosaic-based work by west coast artist Andrew Cortes. This show will also include collaborations in needlepoint and mosaics between these two artists who share similar themes and were brought together by residencies at the Sou'wester that spurred them to become creative partners in this exhibition.

We've Never Met Before Today is the result of two Sou'wester artists-in-residence's Instagram connection in the immediate aftermath of their respective times at the Lodge in the winter of 2018. Like ships in the night (Cortes one week, Van K the next), the artists never had the opportunity to meet in person, but serendipitously found each other on social media through Sou'wester posts. The two have formed a kinship and collaborative relationship through their mutual reverence for each other's work. Until the show's installation, they have never met in person, as Cortes is a resident of Los Angeles, CA, and Van K is from New York's Hudson Valley. Shipping works from coast to coast, they work together to create elaborate studies in spiritual, meditative repetition and love for the natural world. Each piece contains mosaic mementos from Cortes's travels and each Van K needlepoint is directly inspired by a landscape that she has visited. This exhibition is a combination of individual works and collaborations.



Andrew Cortes



Becca Van K

Opening Reception August 9, 6-9pm, in the vintage travel trailer turned permanent art gallery, Sou' Wester Lodge in Seaview, WA. Through Nov 3. OPEN: Fri/Sat/Sun 9am-9pm (and by request: visit the lodge front desk).



Waiting Fox

Marit Berg Imprint Gallery

A NEW EXHIBITION of linocut printmaking by Marit Berg opens at Imprint Gallery in Cannon Beach on Saturday August 10. Marit Berg will be in the gallery from 4:30pm through 6:30pm to chat about her work and techniques.

Although Marit works in an expressive-realist style, she is not always concerned with the pure representation of her subject matter. Her work frequently features animals with a subtext that expresses the delicate balance of life within the natural world and how animals develop particular traits to thrive in their habitats. For the past few years Marit has been drawn to portraying hares, and there is a dove of hares in this show. Most recently, with three new pieces, she has turned her attention foxes.

Marit grew up in a printmaking studio, where her father taught for over 30 years, but primarily saw herself as a painter; following the footsteps of her mother, a Fulbright scholar abstract expressionist painter. After receiving her MFA in Painting and Printmaking from San Diego State University she took a position in the printmaking department of Tacoma Community College. Teaching printmaking for the last 15 years has allowed her to dig deep into processes while focusing on craftsmanship and discipline.

The exhibition is part of Imprint Gallery's program of printmaking shows, in their upper gallery, at 183 N Hemlock Street, Cannon Beach. www.imprintgallery.com. The exhibition continues through September 15th.

Luminari Arts hosts Carol Edwards and her whimsical collection of Bird People, mixed media dolls using up-cycled materials such as vintage lace and fabrics, and faux bird heads! Luminari Arts-open daily at 1133 Commercial in Astoria. 503.468.0308



Sitka Center Mingle and Muse Author Rebecca Clarren

OTIS, OR This summer, Sitka Center is offering a series of free events featuring invited speakers on issues of culture, creativity and community. The last Mingle and Muse of 2019 series will be on **Monday, August 12th**, with a presentation and book reading by award-winning investigative journalist and author Rebecca Clarren of Portland, OR on the topic: Fiction, Nonfiction and the American West.

For twenty years, Clarren has been writing about tribal members, rural communities, immigrants, and the environment for a variety of national magazines. Her journalism, for which she has won the Hillman Prize and an Alicia Patterson fellowship, has been published in The Nation, High Country News, Orion, Mother Jones and Salon.com. Clarren's 2018 novel, Kickdown, tells the story of two sisters' struggle to save their family's cattle ranch in rural Colorado, and was shortlisted for the PEN/Bellwether Prize for Socially Engaged Fiction; the Washington Post called it, "an impressive debut."

Mingling starts at 4:30 pm, presentation starts at 5pm in the Boyden Studio and Maveety Courtyard, Sitka Center for Art and Ecology, 56605 Sitka Drive, Otis OR 97368.



Seaside Library hosts documentary filmmaker Ron Walker as he presents his film series "An Afternoon with Lisa Penner" and "Astoria in the 1950s" in the Community Room at 1pm on Aug 10.

Local filmmaker, Ron Walker, returns to the Seaside Library for another showing of two of his documentary films. Walker has a deep interest in the history of Clatsop County and his film with Lisa Penner is a tribute to our county's history. Lisa has been the archivist for The Clatsop County Historical Society, for many years, and has a wealth of knowledge about the county. Walker interviewed her over a period of several months and his film is a portrait of a truly remarkable lady. In "Astoria in the 1950s" through archival footage, and man on the street interviews, Walker shows us a portrait of a bygone era where movie tickets cost 60 cents and Homburg and Porkpie hats were being replaced by pompadour hairstyles.

Ron Walker, is a filmmaker, musician, and artist. He learned the craft of filmmaking when he worked as the resident music composer for the Film Loft in Portland in the 1980s. During this period, he composed the music for the Mount St Helens film "This Place in Time" which is shown at the Mount St. Helens Interpretive center. Ron shoots, edits and composes the music for the films he produces. His films are about people, their hobbies and passions and often feature historical themes centered on the North Coast. *The Seaside Public Library is located at 1131 Broadway. (503)738-6742 www.seasidelibrary.org*

Clay Wheels & Striped Shirts: Skateboarding Films from the 1960s

A special screening of rare skateboarding films from the 1960s gathered from the Dead Media Hour Archive by head researcher Stephen Slappe. Two early classics, Skaterdater (1965) and Rouli Roulant, a.k.a. The Devil's Toy (1966) will be presented in glorious 16mm film. A never-before-seen collection of beautiful skateboarding home movies filmed in Oakland and Berkeley in 1965 will also be shown.

Stephen Slappe is an artist and professor based in Portland, Oregon. Slappe's work has exhibited and screened internationally in venues such as Centre Pompidou-Metz (France), Portland Institute for Contemporary Art's TBA Festival, The Horse Hospital (London), The Sarai Media Lab (New Delhi), Centre for Contemporary Art (Glasgow), and The Karachi Biennial (Pakistan). Slappe is an Associate Professor at Pacific Northwest College of Art where he created a Video & Sound department that focuses on experimental media production. He also operates an ongoing archival media project called Dead Media Hour, connecting neglected recordings of the past to present times.

Friday, August 30. Films will be shown in the Lodge Living Room. This screening is free & open to the public. Sou' Wester Lodge in Seaview, WA.



Tuesday 13

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

CINEMA

Library Summer Movie Matinee. First Face of America. Noon – 1pm at the CCC Library in Astoria.

Wednesday 14

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

Steve Frost. 6pm at the Cove Restaurant in Long Beach.

Deadpan Dan and the Expressionless Pickers. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

Scheckie & Co. 7:30pm at Albatross in Astoria.

HAPPENING

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

LECTURE

Art of Aging. Navigating Life's Changes. With Mary Ruhl & Tela Skinner. \$5, 3 – 5pm at the Hoffman Center in Manzanita.

THEATER

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

Thursday 15

MUSIC

Basin Street NW. 6pm at Bridgewater in Astoria.

Brian O'Connor and George Coleman. 7pm at the North Beach Tavern in Long Beach.

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

CINEMA

Library Summer Movie Matinee. First Face of America. Noon – 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

The TEN-FIFTEEN Series. Two performances in a cabaret-style atmosphere. 10:15 am and 10:15pm at Pier Pressure Productions in Astoria.

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 16

MUSIC

David Drury. 6pm at Bridgewater in Astoria.

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

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

HAPPENING

North Coast Chorale Rummage Sale. 10am – 4pm at the PAC in Astoria.

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

Garibaldi Night Market. Featuring local vendors selling their wares, everything from homemade soaps to fresh off the dock seafood. Plus food vendors, live music, door prizes and more. 5 – 9pm in the event tent at the Port of Garibaldi.

Old Iron Show. See antique tractors, gas engines, vintage vehicles, blacksmith demonstrations, and more. Noon – 5pm at Blue Heron French Cheese Company in Tillamook.

Comedy on the Coast. Headliner Vince Morris is joined by Milt Abel with Chase Mayers hosting. \$15, 8pm at Chinook Winds in Lincoln City.

THEATER

Shanghai'd in Astoria. Musical melodrama. \$10 - \$20, 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 17

MUSIC

Jazz & Oysters. \$25, 12 – 7pm at the Nahcotta Boat Basin, Ocean Park. Tickets and info WaterMusicSociety.com

Red Yarn. 1pm at 2nd and Spruce in Cannon Beach.

Special Kids' Show!!! Mr. Ben

Mr. Ben plays live music for kids and families in and around Portland, OR. His shows are the perfect blend of entertainment and education. Your child can participate as much or as little as they choose — they are free to explore new musical ideas and concepts at their own pace and in their own way.

Thursday August 8, 1-2pm at the Sou'wester Lodge in Seaview

Children's Theater Co. presents "The Enchanted Bookshop"

"The Enchanted Bookshop" brings to the stage a vast array of beloved literary characters, who come alive each night at a used bookstore, aptly titled A Likely Story.

In "The Enchanted Bookshop," written by Todd Wallinger, six characters — Dorothy Gale, Robin Hood, Pollyanna, Sherlock Holmes, Heidi, and Tom Sawyer — band together to help Margie, the absent-minded owner, save her struggling store. However, they're not allowed to leave the building or be seen by human eyes. So when a pair of smugglers comes looking for a stolen necklace hidden inside one of the books, the characters are torn between warning Margie — and facing the risk of disappearing forever — or trying to defeat the crooks on their own.

The cast of "The Enchanted Bookshop" is comprised of 16 elementary, middle and high school-aged children from across Clatsop County. This will be third annual summer production put on by the Clatsop Children's Theater Company in conjunction with the recreation district.

"The Enchanted Bookshop" performances are free and open to the public. Donations for the children's theater are welcome. For more information, visit the Clatsop Children's Theater Company Facebook page or email director Katherine Lacaze at cctc.artsdirector@gmail.com.

Performances take place at 6:30 p.m. Friday, Aug. 16, and Saturday, Aug. 17, in addition to a 2:30 p.m. matinee Sunday, Aug. 18. Doors open a half hour before each performance. At the Seaside Civic and Convention Center.

Red Yarn - Concert in the Park

A special, kid-centric Saturday matinee for families and children of all ages. **Aug 17, 1pm, Cannon Beach Downtown City Park.**

Partners for the PAC Presents: The Marin and Erin Show

Marin Donohue and Erin Grauff present Musical Comedy Duets. An AHS Senior Project, Marin and Erin are 2019 recipients of scholarships for music lessons from the Friday Musical Club. The 45 min. show is a fundraiser for the Astoria High School Theatre Depart. Accompanied by Dr. Susan Buehler and Dawby Barnes, both performers have participated in musical theatre at AHS.

Sunday, August 25, 2019 7:00PM, doors open 6:45. Suggested \$10 Donation. CCC Performing Arts Center (the PAC) at 588 16th Street, Astoria.

Michael Shay & The Texas Express. 3 – 5pm at the Nehalem Bay Winery, Nehalem.

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

Giants in the Trees. 6 – 7:30pm at 115 Bolstad Ave W in Long Beach.

Jennifer Goodenberger. 6 – 8pm at Bridgewater in Astoria.

Cary Novotny. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

Niall Carroll. 7pm at WineKraft in Astoria.

New Victorian. No cover, 8pm at the Sou'wester Lodge in Seaview.

Umphy. 8pm at Public Coast in Cannon Beach.

Yurr Daddy. 9pm at the Manzanita Lighthouse.

FOOD & DRINK

Clatskanie Garlic Festival. Over 30 varieties of garlic will be offered for sale. 10am – 2pm at the Clatskanie Farmers Market at Cope's Park in Clatskanie.

Special Olympics BBQ Rib Dinner & Auction. \$45, 5:30pm at 310 Pleasant Ave, Astoria.



HAPPENING

Bellydance Festival. General public \$10, dancers \$15 per day. Dancing starts at noon at the Painted Lady Lavendar Farm, Ilwaco.

North Coast Chorale Rummage Sale. 10am – 4pm at the PAC in Astoria.

Love, Lust, and Leather Burlesque. \$10, 10pm at the Labor Temple in Astoria.

Garden Party Fundraiser. For the Hoffman Center. Dinner and auction. \$100, 5 – 8pm at the Hoffman Center in Manzanita.

Old Iron Show. See antique tractors, gas engines, vintage vehicles, blacksmith demonstrations, and more. 9am – 5pm at Blue Heron French Cheese Company in Tillamook.

Comedy on the Coast. Headliner Vince Morris is joined by Milt Abel with Chase Mayers hosting. \$15, 8pm at Chinook Winds in Lincoln City.

LITERARY

Bookstore Romance Day. Find a blind date with a book, nibble sweet treats and meet Romance author, Julie Cameron. 9am – 8pm at Beach Books in Seaside.

OUTSIDE

USA Beach Rugby. On the beach at Seaside.

Break the Chains 3 Mile Run. \$30 (includes t-shirt). Registration table opens at 8am, race starts at 9am at 12th Ave and the Prom in Seaside.

THEATER

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 18

MUSIC

Dave Quinton & Brad Griswold Duo. 10am – 3pm at the Astoria Sunday Market.

Spud Siegel and Michael Shay and his Texas Bluegrass. Brunch at the Bridgewater Bistro 11:30am to 2pm, in Astoria.

Cash'd Out. Johnny Cash Tribute Group. \$20, 2 – 4pm at the Raymond Theater in Raymond.

Echoes of Yazgurs. Noon – 4pm at 113 Bolstad Ave W, Long Beach.

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

Dan Sternadel. 6pm at Bridgewater in Astoria.

In a Landscape: Classical Music in the Wild. With Hunter Noack. \$25, 6 – 7:30pm at the Tillamook Forest Center.

Michael Shay's Texas Express. 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

Bellydance Festival. General public \$10, dancers \$15 per day. Dancing starts at noon at the Painted Lady Lavender Farm, Ilwaco.

Old Iron Show. See antique tractors, gas engines, vintage vehicles, blacksmith demonstrations, and more. 9am – 3pm at Blue Heron French Cheese Company in Tillamook.

THEATER

Shanghaied in Astoria. Musical melodrama. \$15 - \$20, 2pm 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, 2pm at Theater West in Lincoln City.

Monday 19

MUSIC

Dan Sternadel. 6pm at Bridgewater in Astoria.

HAPPENING

Washington State International Kite Festival. On the beach at Long Beach. kitefestival.com

Tuesday 20

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

HAPPENING

Washington State International Kite Festival. On the beach at Long Beach. kitefestival.com

Wednesday 21

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

George Coleman. 6pm at the Cove Restaurant in Long Beach.

HAPPENING

Pacific County Fair. \$12 for 4 day pass. At the Pacific County Fairgrounds, Raymond.

Washington State International Kite Festival. On the beach at Long Beach. kitefestival.com

THEATER

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

Thursday 22

MUSIC

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

Basin Street NW. 6pm at Bridgewater in Astoria.

Chris Baron Trio. No cover, 7pm at the Gearhart Hotel.

Wes Warhmd. 7pm at the Seaside Library.

ART

Art Fair & Farmers Market. With Oregon mermaids. At the Rockaway Beach Chamber of Commerce. rockawaybeach.net

HAPPENING

Pacific County Fair. \$12 for 4 day pass. At the Pacific County Fairgrounds, Raymond.

Washington State International Kite Festival. On the beach at Long Beach. kitefestival.com

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 23

MUSIC

Seth Walker Trio. Roots Soul. \$20. libertyastoria.showare.com, and at the door. 8pm at KALA in Astoria.

David Drury. 6pm at Bridgewater in Astoria.

Kenny Lee & The Sundowners. 6pm at Pacific Restaurant in Tillamook.

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

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

Zuhg. 8pm at Public Coast in Cannon Beach.

ART

Art Fair & Farmers Market. With Oregon mermaids. At the Rockaway Beach Chamber of Commerce. rockawaybeach.net



Blair Crimmins & The Hookers Going down the Coast? Coming Live.... from Atlanta to Coos Bay

**September 2: Seven Devils, 247 S. 2nd Ave
Coos Bay, OR
7:00 pm showtime
No Cover**

Blair Crimmins began his current music career in Atlanta, Georgia, with a determination to bring Ragtime and 1920's style Dixieland Jazz to new audiences. While playing small rock clubs around the Southeast he developed a sound that is at once modern while also being deeply rooted in the past. Now four years, and five hundred shows later, he's toured the country playing large venues, opening for acts such as Mumford & Sons and Preservation Hall Jazz Band.

CINEMA

Manzanita Film Series. Mostly documentaries from the Northwest Film School in Portland. \$5, 7:30pm at the Hoffman Center in Manzanita..

HAPPENING

Pacific County Fair. \$12 for 4 day pass. At the Pacific County Fairgrounds, Raymond.

Washington State International Kite Festival. On the beach at Long Beach. kitefestival.com

THEATER

Shanghaied in Astoria. Musical melodrama. \$10 - \$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.

Saturday 24

MUSIC

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

Jennifer Goodenberger. 6 – 8pm at Bridgewater in Astoria.

Curlew's Call. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Unexpected Brass band. 7pm at Waikiki Beach, Cape Disappointment State Park, Ilwaco.

Cannon Beach Hootenanny. With Thistle & Rose, Julie Amici, Bill Hayes, and Bryan Umphenour. \$15, 7:30pm at the Coaster Theater in Cannon Beach.

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

Sean Koreski. Pan flute and chamber organ. \$15, 8pm at the PAC in Astoria.

ART

Art Fair & Farmers Market. With Oregon mermaids. Rockaway Beach Chamber of Commerce. rockaway-beach.net

Tillamook Downtown District Artwalk. 1 – 3pm at businesses in downtown Tillamook.

Nestucca Valley Artisans Festival. Original artwork and crafts by local artists. 10am – 5pm at the Kiawanda Community Center in Pacific City.

FOOD & DRINK

Hayday Beer Fest. \$30 general admission, \$50 for VIP. 3 – 7pm at Public Coast Brewing in Cannon Beach. publiccoastbrewing.com

HAPPENING

Pacific County Fair. \$12 for 4 day pass. At the Pacific County Fairgrounds, Raymond.

Washington State International Kite Festival. On the beach at Long Beach. kitefestival.com

Antique Jewelry Appraisals. 1pm at the Seaside Library.

Hood to Coast Relay Finishing Line. Beer garden, food, music, and more. On the beach (usually near the Broadway Turnaround) in Seaside.

Surf City Classic Car Show. 9am – 5pm at Chinook Winds in Lincoln City.

THEATER

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

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

Sunday 25

MUSIC

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

Richard T and friends. 11:30am - 2pm at Bridgewater in Astoria.

Juliet Smith. 6pm at Bridgewater in Astoria.

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

ART

Nestucca Valley Artisans Festival. Original artwork and crafts by local artists. 10am – 5pm at the Kiawanda Community Center in Pacific City.

HAPPENING

Washington State International Kite Festival. On the beach at Long Beach. kitefestival.com

Monday 26

MUSIC

Todd Pederson & Peter Unander. 6 – 8pm at Bridgewater in Astoria.

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

Tuesday 27

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

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

Come Out for CUMBIA!!!





Wednesday 28

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

Scheckie & Co. Jazz 7:30pm at Albatross in Astoria.

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.

LITERARY

An Evening with Karl Marlantes. The author will read from his newest novel “deep River.” 7pm at Beach Books in Seaside.

THEATER

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

Thursday 29

MUSIC

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

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

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

Moody Little Sister. \$20, 7pm at the Lincoln City Cultural Center.

Ships to Roam. No cover, 7pm at the Gearhart Hotel.

THEATER

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.

Friday 30

MUSIC

David Drury. 6pm at Bridgewater in Astoria.

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

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

The Out-Patientz Band. 8pm at the Manzanita Lighthouse.

CINEMA

Clay Wheels & Striped Shirts. Skateboarding Films from the 1960s. 8 – 9:30pm at the Sou'wester Lodge in Seaview.

HAPPENING

Come and Play on Labor Day. Parade, carnival, fireworks, and more. In South Bend.

Lewis & Clark and Feis Na Mara. A celebration of Irish dance, music, and culture. All day at the Seaside Convention Center. pacificceltic-foundation.org

THEATER

Shanghaied in Astoria. Musical melodrama. \$10 - \$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.

Saturday 31

MUSIC

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

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

Jennifer Goodenberger. 6 – 8pm at Bridgewater in Astoria.

Bruce Thomas Smith. 7pm at the North Beach Tavern in Long Beach.

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

The Out-Patientz Band. 8pm at the Manzanita Lighthouse.

Talkin' to Johnny. No cover, 8pm at the Sou'wester Lodge in Seaview.

ART

Chinook Arts Festival. At Hwy. 10am – 5pm at 101 & Olympia St in Chinook.

FOOD & DRINK

All About Albacore. Culinary instruction and hands-on demonstration with Jennifer Burns-Bright. Free, pre-registration required. 1pm at the Seaside Library. 503-738-6742

HAPPENING

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FLASH CUTS

MOVIES & MUSINGS



THE ART OF RACING IN THE RAIN (Aug. 9) Adaptation of the bestselling novel by Garth Stein about the life of an adorable golden retriever pup named Enzo and his race car driver Denny. Synopsis: The Art of Racing in the Rain is a heartfelt tale narrated by a witty and philosophical dog named Enzo (Kevin Costner). Through his bond with his owner, Denny Swift (Milo Ventimiglia), an aspiring Formula One race car driver, Enzo has gained tremendous insight into the human condition and understands that the techniques needed on the racetrack can also be used to successfully navigate the journey of life. The film follows Denny and the loves of his life – his wife Eve (Amanda Seyfried), their young daughter Zoe (Ryan Kiera Armstrong), and ultimately his true best friend, Enzo.

Dora and the Lost City of Gold (Aug. 9) Movie adaptation of the long-running animated TV show, Dora the Explorer about a precocious 7-year-old adventurer with a talking backpack and pet monkey. With the live action movie, Dora (Isabela Moner) has been turned into a 16-year-old living in the Peruvian jungle with her zoologist mother (Eva Longoria) and archeologist father (Michael Peña). Independent, ever-curious Dora has no fear of the jungle but when she's sent to L.A. to go to high school she discovers the real jungle. There, even her cousin Diego (Jeff Wahlberg) can protect her from harassment by snooty Sammy (Madeleine Madden). Dora is an outcast, a fish out of water. Only nerd Randy (Nicholas Coombe) takes to her. The four are kidnapped and up back in Peru where they try to find their parents who are searching for the lost city of Parapata before the bad guys close in.

The Kitchen (Aug. 9) With last year's Widows and Ocean's Eight and upcoming Jennifer Lawrence and Jennifer Lopez

Previews

FILM.

BY LES KANEKUNI



crime dramas, female-led crime movies have become the new Hollywood trend. Synopsis: In the 1970s, the Hell's Kitchen wives – Kathy Brennan (Melissa McCarthy), Ruby O'Carroll (Tiffany Haddish) and Claire Walsh (Elisabeth Moss) – of three New York gangsters Jimmy Brennan (Brian d'Arcy James), Kevin O'Connor (James Badge Dale) and Rob Walsh (Jeremy Bobb), continue to operate their husbands' rackets after the men are sent to prison by the FBI. The ladies take the Irish Mafia's matters into their own hands – and to everyone's surprise, they turn out to be adept at running the rackets – even when it comes to taking out the competition.

Blinded By the Light (Aug. 16) British director Gurinder Chadha returns with her best film since 2002's Bend It Like Beckham with an uplifting story of a teenager born to Pakistani immigrants who has his life changed by the music of Bruce Springsteen. Kaira (Vivek Kalra) is a 16-year-old in late '80s Thatcher England living in a housing project in the drab town of Lufton. Kaira is an inward-looking teen who secretly writes poetry but has no sense of who he is. His family is dominated by his immigrant father Malik, who's worked at the local GM plant for 16 years and has nothing but scorn for the decadent Brit culture surrounding them. Kaira's life changes that fall when he returns to school and meets the new English teacher (Hayley Atwell) who will discover his talent, a classmate, Eliza (Nell Williams) who'll discover him personally, and most important, Roops (Aaron Phagura) a classmate who changes Kaira's life by giving him cassettes of Born to Run and Darkness on the Edge of Town.



Don't Let Go (Aug. 30) David Oyelowo stars in this supernatural thriller about an L.A. cop who tries to undo the murder of his brother's family. Jack (Oyelowo), steps in as a figure for his niece Ashley (Storm Reid) when his brother struggles with drug problems. It's a shock for Jack when he arrives at his brother's house and

finds the entire family murdered. Jack confesses to his partner Bobby (Mykelti Williamson) that he's overwhelmed with guilt as he did not answer his phone when Ashley called him shortly before discovering the murders. "I prayed that God would give me a second chance." Jack gets his wish when he receives a call from Ashley, four days prior to her murder. As the clock ticks forward toward the murders, Jack, with the help of Ashley in the past, must figure out who killed her and her family.

It Chapter Two (Sept. 6) The sequel to the smash hit from two years ago that covered the first part of Steven King's book arrives, covering the lives of the grownup Losers' Club. Twenty seven years after the events of the first film, the



Losers' Club has scattered far from Derry, except for Mike (Isaiah Mustafa) who becomes the town librarian and keeps watch for any sign of Pennywise. After a hate crime in which a young gay man is attacked by youths, Mike begins to suspect that Pennywise has returned and rounds up the Losers who return to Derry to do battle with Pennywise once and for all. Jessica Chastain plays grownup Beverly, James McAvoy plays grownup Bill, Bill Hader plays grownup Richie. Bill Skarsgård returns as Pennywise.

FREE WILL ASTROLOGY

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♈	♊	♉	♈	♊	♉	♈	♊	♉
11°	6'	27°	7'	15°	54'	0°	48'	

ARIES (March 21-April 19): “Dear Diary: Last night my Aries friend dragged me to the Karaoke Bowling Alley and Sushi Bar. I was deeply skeptical. The place sounded tacky. But after being there for twenty minutes, I had to admit that I was having a fantastic time. And it just got better and more fun as the night wore on. I’m sure I made a fool of myself when I did my bowling ball imitation, but I can live with that. At one point I was juggling a bowling pin, a rather large piece of sweet potato tempura, and my own shoe while singing Led Zeppelin’s “Kashmir”—and I don’t even know how to juggle. I have to admit that this sequence of events was typical of my adventures with Aries folks. I suppose I should learn to trust that they will lead me to where I don’t know I want to go.”

TAURUS (April 20-May 20): In his poem “Wild Oats,” poet W. S. Merwin provided a message that’s in perfect alignment with your current astrological needs: “I needed my mistakes in their own order to get me here.” He was not being ironic in saying that; he was not making a lame attempt to excuse his errors; he was not struggling to make himself feel better for the inconvenience caused by his wrong turns. No! He understood that the apparent flubs and miscues he had committed were essential in creating his successful life. I invite you to reinterpret your own past using his perspective.

GEMINI (May 21-June 20): Even if you’re an ambidextrous, multi-gendered, neurologically diverse, Phoenician-Romanian Gemini with a fetish for pink duct tape and an affinity for ideas that no one has ever thought of, you will eventually find your sweet spot, your power niche, and your dream sanctuary. I promise. Same for the rest of you Geminis, too. It might take a while. But I beg you to have faith that you will eventually tune in to the homing beacon of the mother lode that’s just right for you. P.S.: Important clues and signs should be arriving soon.

CANCER (June 21-July 22): What would a normal, boring astrologer tell you at a time like now? Maybe something like this: “More of other people’s money and resources can be at your disposal if you emanate sincerity and avoid being manipulative. If you want to negotiate vibrant compromises, pay extra attention to good timing and the right setting. Devote special care and sensitivity to all matters affecting your close alliances and productive partnerships.” As you know, Cancerian, I’m not a normal, boring astrologer, so I wouldn’t typically say something like what I just said. But I felt it was my duty to do so because right now you need simple, basic, no-frills advice. I promise I’ll resume with my cryptic, lyrical oracles next time.

LEO (July 23-Aug. 22): Let’s check in with our psychic journalist, LoveMancer, who’s standing by with a live report from inside your imagination. What’s happening, LoveMancer? “Well, Rob, the enchanting creature on whose thoughts I’ve been eavesdropping has slipped into an intriguing frontier. This place seems to be a hot zone where love and healing interact intensely. My guess is that being here will lead our hero to breakthrough surges of love that result in deep healing, or deep healing that leads to breakthrough surges of love—probably both.”

VIRGO (Aug. 23-Sept. 22): Virgo figure skater Scott Hamilton won an Olympic gold medal and four World Championships. He was a star who got inducted into the United States Olympic Hall of Fame and made a lot of money after he turned professional. “I calculated once how many times I fell during my skating career—41,600 times,” he testified in his autobiography. “But here’s the funny thing: I also got up 41,600 times. That’s the muscle you have to build in your psyche—the one that reminds you to just get up.” In accordance with current astrological omens, Virgo, I’ll be cheering you on as you strengthen that muscle in your psyche during the coming weeks.

LIBRA (Sept. 23-Oct. 22): What’s the story of your life? Psychologist James Hillman said that in order to thrive, you need to develop a clear vision of that story. How do you do that? Hillman advised you to ask yourself this question: “How can I assemble the pieces of my life into

a coherent plot?” And why is this effort to decode your biography so important? Because your soul’s health requires you to cultivate curiosity and excitement about the big picture of your destiny. If you hope to respond with intelligence to the questions and challenges that each new day brings, you must be steadily nourished with an expansive understanding of why you are here on earth. I bring these ideas to your attention, Libra, because the coming weeks will be an excellent time to illuminate and deepen and embellish your conception of your life story.

SCORPIO (Oct. 23-Nov. 21): “Artists are people driven by the tension between the desire to communicate and the desire to hide,” wrote psychoanalyst Donald Winnicott. I think that description fits many people born under the sign of the Scorpio, not just Scorpio artists. Knowing how important and necessary this dilemma can be for you, I would never glibly advise you to always favor candid, straightforward communication over protective, strategic hiding. But I recommend you do that in the coming weeks. Being candid and straightforward will serve you well.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian poet Aracelis Girmay writes, “How ramshackle, how brilliant, how haphazardly & strangely rendered we are. Gloriously, fantastically mixed & monstered. We exist as phantom, monster, miracle, each a theme park all one’s own.” Of course that’s always true about every one of us. But it will be extraordinarily true about you in the coming weeks. According to my analysis of the astrological omens, you will be at the peak of your ability to express what’s most idiosyncratic and essential about your unique array of talents and specialties.

CAPRICORN (Dec. 22-Jan. 19): Sometime soon I suspect you will arrive at a crossroads in your relationship with love and sex—as well as your fantasies about love and sex. In front of you: a hearty cosmic joke that would mutate your expectations and expand your savvy. Behind you: an alluring but perhaps confusing call toward an unknown future. To your left: the prospect of a dreamy adventure that might be only half-imaginary. To your right: the possibility of living out a slightly bent fairy tale version of romantic catharsis. I’m not here to tell you what you should do, Capricorn. My task is simply to help you identify the options.

AQUARIUS (Jan. 20-Feb. 18): How many handcuffs are there in the world? Millions. Yet there are far fewer different keys than that to open all those handcuffs. In fact, in many countries, there’s a standard universal key that works to open most handcuffs. In this spirit, and in accordance with current astrological omens, I’m designating August as Free Yourself from Your Metaphorical Handcuffs Month. It’s never as complicated or difficult as you might imagine to unlock your metaphorical handcuffs; and for the foreseeable future it will be even less complicated and difficult than usual for you.

PISCES (Feb. 19-March 20): People who sneak a gaze into your laboratory might be unnerved by what they see. You know and I know that your daring experiments are in service to the ultimate good, but that may not be obvious to those who understand you incompletely. So perhaps you should post a sign outside your lab that reads, “Please don’t leap to premature conclusions! My in-progress projects may seem inexplicable to the uninitiated!” Or maybe you should just close all your curtains and lock the door until your future handiwork is more presentable. P.S. There may be allies who can provide useful feedback about your explorations. I call them the wounded healers.

Homework: Fantasize about ways you could make money from doing what you love to do. Report results! FreeWillAstrology.com.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

Shifty Types

THE EXCITEMENT of riding my new ten-speed, a gift for my tenth birthday, turned to alarm as I started up a hill. Why were the pedals turning so sluggishly? I asked Dad what had gone wrong, and he called over his shoulder, “Nothing—you just have to shift gears!” But Dad, an intellectual notorious for forgetting he or anybody else was embodied (he often spaced on eating because he was absorbed in a book), hadn’t shown me how to shift the gears. Had he assumed I’d figure it out, or was it just one of those bothersome manifestations of physicality he routinely forgot?

We pulled onto the sidewalk and he showed me the funny levers, which I now know as down-tube shifters. These simple metal bars (and their cousins, stem shifters, still found on older road bikes) work by friction, changing the tension in the shifter cable to move the chain. You had to reach down to shift, which was a pest on congested Bronx streets. Also, I had to memorize which gear was where, as they weren’t labeled.

Modern bikes come with thumb, twist-grip, or drop-bar integrated combo shifters. You’ll encounter the first two kinds on bikes with straight handlebars, like mountain or hybrid bikes. Thumb shifters are found near the brake levers, convenient for using your thumb to shift. Unlike stem or down-tube shifters, these shifters come with the gears handily numbered.

Twist-grip shifters remind me of motorcycles: you twist a movable part on the handlebars to shift to a labeled gear number. Because they’re integrated into the handlebars, they’re easy and intuitive, but they’re annoying to repair, as you have to take the whole handlebar apart to reach them. They can loosen

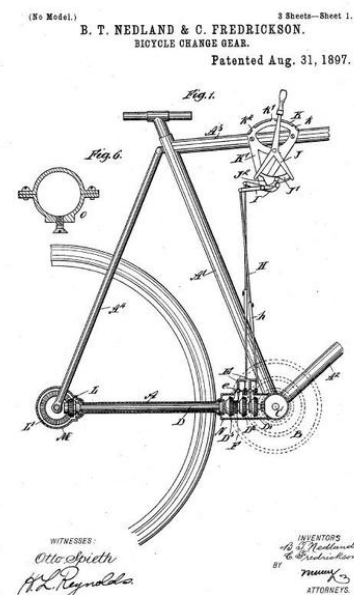
over time and stop sending the signal to the derailleurs to move the chain.

Drop-bar integrated combo shifters appear on racing or road bikes, any type with curved handlebars. The brakes and the shifters hang out together as a unit, but they don’t interfere with one another’s functioning. They have to be fitted carefully during assembly, though, and they aren’t easily interchangeable, so instead of replacing a component, you might need to replace the whole thing.

Regardless of shifter type, some common problems afflict them all. One is improper cable tension (mostly too loose). Cables stretch over time, and grime builds up on them, so you need to clean them periodically with the same solvents you’d use on your chain and replace them from time to time. You’ll notice a baggy cable when the gears shift sloppily; you might

hear a grinding noise or feel slippage before the gears engage. If your chain comes off when shifting, you may need to adjust the limiter screws on the rear derailleur, which determine how far the chain swings from one cog to the next. While we’re on the topic, other drive-chain components, like the derailleurs or the chain itself, can also cause rough shifting. The rear derailleur can become misaligned if you crash or the bike tips over, or even if someone bumps it. When chains get gunked up, it affects shifting, so keep your chain clean and lubed.

Over time, I got used to my ten-speed’s gearing system and came to appreciate the technology that enabled me to scale hills in relative comfort and zip down the other side. Now if only I could keep my own rear in gear with the same ease! (Is there a shifter for that?)



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'. 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.WholeSpirit.com

BOTANICAL DRAWING. August 5. With Dorota Haber-Lehigh. Explore the fundamentals of botanical drawing while learning about non-native invasive plants of the Pacific Northwest region and specifically Circle Creek. Learn how to observe various botanical features and how to represent them in a sketch or a more complete study. Free, 1 - 3:30pm at the NCLC Circle Creek Habitat Reserve, Seaside. Register at eventbrite.com

HOW THE LIGHT GETS IN. August 10. It can feel unbearable to carry the pain of our world in this unprecedented era of social upheaval and ecological destruction. Through vinyasa, meditation, group activities and time spent in nature, you will learn to honor our pain as a precious signifier of our compassion and care for our world and develop a robust and muscular hope, rooted in the very unpredictability of these times. Sliding scale, \$20 - \$40. 11am - 3pm at the Sou'wester Lodge in Seaview. Register at souwesterlodge.com

HUNTER SAFETY COURSE. August 12 - 17. Hunter education classes focus on three broad topical areas: firearms and outdoor safety, wildlife management, and hunter responsibility. Free, registration required. 6 - 9pm at the Long Beach Police Department. Register at wdwf.wa.gov

COASST BEACHED BIRD TRAINING. August 17. Through an interactive, hands-on workshop, trainees will become acquainted with the custom COASST field guide, Beached Birds, and have a chance to try out their newly acquired identification skills on seabird species common to the North Pacific. 10am - 4pm at the PUD Auditorium in Long Beach. RSVP to 206-221-6893.

COASST MARINE DEBRIS TRAINING. August 17 or 18. Through an interactive, hands-on workshop, trainees will learn how to collect data that speaks directly to the source and transport pathways of debris, as well as to the potential harm to people, wildlife, and local coastal ecosystems. On the 17th, 10am - 4pm at Towler Hall at CCC in Astoria. On the 18th, 11am - 5pm at the Port of Tillamook Bay, Suite 100. RSVP to 206-221-6893.

BODY WORK•YOGA•FITNESS

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

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

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

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

RIVERSZEN YOGA and Ki-Hara Resistance Stretching Studio. Located at 399 31st St. 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.

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

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

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

CB T'AI CHI. The Center for the Contemplative Arts, Manzanita: Wednesday Mornings 10-11:30. \$30/month. Call 368-6227 for more info.

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

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

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

SPIRITUALITY

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

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

for the "spiritual but not religious," as well as those who draw from new thought sources or from more than one faith tradition. Time: Sundays 9:30 - 10:30 am Location: Franklin Ave. & 11th St. Astoria, in the Wesley Room of the Methodist Church, (use building entrance on 11th). For more information see <http://cgifellowship.org>, contact info@cgifellowship.org, or call 916-307-9790.

A COURSE IN MIRACLES STUDY GROUP A Course in Miracles study group will meet on Sundays from 3-5pm at the Ocean Park Library conference room as of April 1st. All meetings are open to the public and free of charge. The Course in Miracles is a spiritual practice, Christian in nature, dealing with universal themes and experience. The Course will address existential questions such as "Who am I?", "Where did I come from?", "What is my purpose here?", as well as the practice of undoing fear and guilt, attainment of inner peace, healing of sickness and of relationships, forgiveness and compassion, prayer/meditation and enlightenment. The Course in Miracles books will be available for use and purchase at the meetings. Course in Miracles, cont. For more info, please contact: Kenny Tam (206) 979-7714 (cell).

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

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

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

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

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

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

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

VOLUNTEER

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



MEETINGS/MEET-UPS

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

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

INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8:pm. Benefit from the experience of a more diverse circle of men - all ages - all walks of life - all points of view - let's expand the possibilities. Some of us have been meeting together for 9 years. Others are new to the process. Either way, each man adds to the evening. We all have connection to a vast knowledge. The group intelligence is more expansive than the individual awareness. There is a great release and power in sharing our wisdom and our vulnerabilities. We are confidential. We are inclusive. We are diverse. Bring Yourself - Be Yourself - Add Yourself to the mix. See what happens. FMI: Darel Grothaus, darelgrothaus@raincity.com

ENCORE - Join us for the ENCORE Lunch Bunch the first Friday of each month. Questions about Lunch Bunch? Call Gerrie Penny 360-244-3018 or Carey Birkenfeld, 503-791-3917. ENCORE is a membership organization for people age 50 and older who are interested in life-long learning opportunities. ENCORE (Exploring New Concepts of Retirement Education) is sponsored by Clatsop Community College and offers classes in a variety of subjects, social events, and occasional educational trips. For more information, please refer to our website: www.encorelearn.org or contact Leah Olson, Clatsop Community College Community Education Coordinator, 503-338-2408 OR TOLL FREE AT 1-855-252-8767.



Carve a Wooden Spoon

Taught by self-proclaimed "Crazy Spoon Lady" Emilie Rigby. In this class participants will split logs of freshly cut wood and using hatchets and knives to carve them into beautiful and useful objects. You will leave this class with a spoon and enough knowledge to

continue the craft. \$30 + \$10 materials fee. August 17, 11am - 4pm at the Sou'wester Lodge in Seaview. Register at souwesterlodge.com

Men's Group

Come sit in the circle - listen, talk, be with - play with it all. Sunday evening, August 11th, 5:00pm - 7:00pm. Center for Contemplative Arts in Manzanita. Meets every 2ns Sunday. FMI:garys@nehalemtnel.net



Dance Your Joy at AAMC

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

• **MONDAY**
8:30 - 9:30am Zumba Dance Fitness with Kim Postlewaite
6:30 - 7:30pm: Ballroom with Estelle Olivares

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

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

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

6:45-7:45pm Close Embrace Argentine Tango w/ Estelle and Celeste Olivares
7:45 - 8:45pm Argentine Tango Practica hosted by Estelle and Celeste Olivares

FRIDAY
7-10pm Contra Dance (1st Fri. ea. mnth) LIVE Band
7:00 - 8:15pm Dream Circles Ecstatic Dance with Kimberly O'Bryant (3rd Friday of each month)
6:30 - 8:30pm Wise Women Gatherings with Melissa Henige (4th Friday of each month)

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

NORTH COAST LA LECHE LEAGUE. Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. Astoria: 3rd Tuesdays 5:30-7pm. Blue Scorchers Bakery 1493 Duane St, Astoria.



MESSAGES SONJA GRACE

mystic healer
The Waiting Game

HAVE YOU EVER FELT like you are waiting for something to happen? Maybe it's the right job, or the right person coming into your life – but all you do is wait. This is a symptom of something much greater. We are determined to create the lives we want to have but insist on not recognizing or taking responsibility for our karma from past lives. The karma or unresolved emotional wounds we have incurred lifetime after lifetime is the whole reason we are here.

We are working through the pain and suffering that eludes us each time because we don't connect the dots to our past. We forge through our life wanting, creating, failing, accomplishing and waiting, often feeling disappointed we didn't get a break. If we truly understood our past lives and all that we have created, we might better understand why the very thing we are waiting for hasn't showed up yet. Wait, what about creating what I want? It is simple- the ego. This appeals to your ego, allowing you to believe whatever you want to believe because your ego is going to create what you want. Unfortunately, this is the false ego and vibrationally it doesn't match the karma you are here to resolve.

The bottom line is our karma creates our lives. The emotional wounds we carry –

fear, betrayal, abandonment and more are the templates for this lifetime and how we manifest. For example, a person who loves to dance and act moves to Los Angeles to pursue an acting career. They invest money, time, workshops, coaches and endless auditions but they never get a break. Meanwhile, Creator intervenes, and they end up teaching acting at a youth camp and discover they are great with kids and find their true calling. Another example is the person who wants to have a family with lots of children but learn they can't conceive. They decide after waiting, testing and waiting some more to adopt. Again, Creator intervenes; reuniting the couple with children they have been connected to karmically for lifetimes, allowing a much deeper healing to take place.

All the waiting we do for what we think is right for us is best left in Creator's hands. We may think we know what we want but often the ego gets in the way. Competition runs rampant in our society for who has the best house, car, job, looks, and status all driven by the ego. This agenda pollutes our ability to let go and let Creator handle it. History shows us how the ego has gotten in the way of humanity healing old karmic wounds. We repeat history over and over again with familiar theme songs like betrayal, abandonment, rejection, shock, hatred and more. The only way out of this karmic cycle is forgiveness. When we can truly forgive our enemies, we will stop creating the

karmic pattern we have repeated for centuries. Waiting can be a meditation that clears the mind. Allow yourself to recognize the signals from the Universe. Experience direction from Source. Dance your way into the next moment, and feel you are infinite soul having a human experience. Our purpose is to love at the deepest level of our being. Feel your gratitude for what you have and everything else will fall into place.

Sonja Grace is a highly sought-after mystic, healer, artist, and storyteller with both Norwegian and Native American heritage. She has been counseling an international roster of clients for over thirty years. The award-winning author of Spirit Traveler, Become an Earth Angel, and Dancing with Raven and Bear, Sonja has appeared multiple times on GAIA TV's Great Minds, Inspirations, Ancient Civilizations and Beyond Belief with George Noory and Coast to Coast AM.

*Her latest creation is **ODIN AND THE NINE REALMS ORACLE** a 54-card set containing all original artwork by Sonja Grace who share the wisdom and guidance of the Norse Gods. Findhorn Press/ Inner Traditions Pre -order at: www.sonjagrace.com*

By Tobin Nason

What to do, what to do? **wordwisdom**

EVER GET INDECISIVE? Ever fear making a decision? Ever wish you could have a re-do? Have regret?

Decisions. They're a part of life. Big ones, little ones, crazy ones, funny ones. Learning how to make a decision can be a learned skill.

What's a good decision? One that gets you closer to any goal or desire you harbor. One that benefits you and maybe others. One that feels good. Most people know when they've arrived at a good decision. Today is a day I am worn-out by decision-making. My life is at a crosswalk and I need to decide which path to take. It's a crosswalk of my own making, an awareness that my life has to improve. Only I get to do the improving. So. Do I really want to start down the

unfamiliar path just because I'm tired of the life I have? I think so.

Dissatisfaction is a great motivator, but does it allow you to make the best decision? Maybe whittle down to the nitty-gritty. What is the nugget of feeling? Fill in the blank. I wish....

Decisions then are steps towards a dream.

I've always suggested it's good mental and emotional health to check in with yourself in times of stress. I'm going to say that it may be better to schedule regular check-ins. Make it a ritual. Do it the same day and time.

Sometimes I delude myself into thinking my life is going smoothly. Then all hell breaks loose. That happened this week. I saw no light at the end of the tunnel, just the end of the tunnel.

Today as I write this, I feel like I've stepped Into sunshine. I want to write it down - the miraculous occurrence of events that evolved.

I don't want to lose my ability to believe.

Counselor's Advice: Be creative with problem solving. Talk to trusted friends. Gather ideas. Take action. Create a tentative Plan B. Take inventory of your dreams and wishes. Only if you know what you want can you make a decision that feels right.

Tobin Nason is a Warrenton counselor at 503-440 0687. Thank you for reading my words. It's so nice to be heard.



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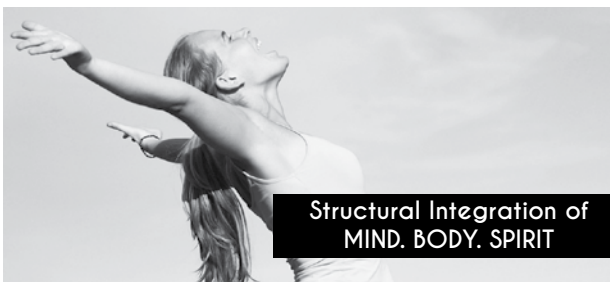
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Take a Social Media Breath

By Kaisa Schlarb

"KAISA, TAKE A BREATH." Whenever people in my life tell me this, I tend to resist and feel resentful.

As someone who practices and has taught yoga, it almost strikes as embarrassing for someone to catch me losing my breath. However, if I fight this advice in the moment, I'm only hurting myself.

"Just breathe" is the kind of advice that is so obvious it is hard to take. When I'm upset or flustered, the idea that something as simple as taking a few breathes could assuage my emotion, inherently invalidates just how big and important my feelings are. If 5 or 6 breaths can dissipate my rage, is it still righteous?

I cling to big feelings as a way to validate them. Letting go is hard, it's a mighty, mighty exhale.

Recently I took a Facebook break, and when I returned, it felt like I was witnessing a lot of people struggling to exhale. From the urgency of climate change to dark fears of fascism as we near the next election, I saw people banging their heads against a virtual wall of GIFs and memes presented as facts by friends and family members. The disconnect is causing people to lose their breath.

The anxiety of it all is making me consider a permanent Facebook break (cheers to those of you who are already there), because I've been in this place. Give me a tight writing deadline and I'll make good work of getting lost on Facebook instead, building fist-shaking anger over a stranger commenting on someone's post. I've gotten caught in the downward spiral of fighting both people I know and don't know, and an hour later I'm unhinged and snapping at someone in-person who faces the no-win scenario of saying "Kaisa, take a breathe."

Facebook, as a form of activism and idea sharing, is not working. We clearly aren't breathing when on this platform,

and I'm going to guess our posture is making some sacrifices as well. I've read social media frustrations where the posters reveals they encountered offensive or frustrating posts in check-out-lines at the grocery store, while breastfeeding children, or on vacations. If we're letting the rage surge while in everyday spaces, who else are we taking it out on?

"Facebook friend, take a breath." And try not to get defensive when I say so, because I am you and you are me.

Yes, climate change is real and Donald Trump has revealed all of us to be participating in long-term white supremacy by his very election. However, none of our overwhelming, righteous issues are going to be addressed if none of us can manage a proper exhale.

So I offer this practice: lengthen your exhale. Try it in the absence of the glow of a screen.

Count your inhale: 1, 2, 3 and then count and even longer exhale: 1, 2, 3, 4. Repeat this several times, noticing how many counts you can lengthen

an exhale. The length of the exhale isn't as important as the awareness of slowing it down.

Caveat: If you are a person posting about your own marginalization, my naming this is not about you (you are welcome to practice the breath work though). When someone uses any platform to amplify or speak up about their own marginalization, space is deserved, and further amplification by others is a way to be an ally.

What I'm talking about is if getting caught up fighting and taking things personally rather than staying motivated to the action needed to make necessary and meaningful change. These outcomes get lost and we harm ourselves when we forget about our exhale.



Clark Miller: New North Coast Child and Adult Therapy Practice Available to OHP patients



CLARK MILLER LCSW is practicing as Clark Miller Therapy in Manzanita, Oregon begun in June, providing services to children, adults and families as a licensed clinical social worker and expert certified substance use treatment professional.

Providing a broad range of behavioral health services including substance use treatment, mental health, chronic pain and child therapy on the north coast will help address challenges for Oregon Medicaid (OHP) patients in this rural region accessing quality services.

Miller has provided therapy services in Oregon and Washington for a decade and a half including two years recently in Tillamook serving adults and youth in coordination with schools, medical providers and other community service providers. With experience practicing in eastern and southern Oregon, central Washington and the Olympic Peninsula, he's committed to build-

ing a lasting private practice in the Nehalem Bay area and serving the North Coast with the uncompromised quality of services and individualized care private practice can offer, "The north coast is home to me now".

Miller provides individualized expert therapy services to individuals of all ages including children as young as 2, with specialized training in child therapy and parent skills training. Behavioral health services for adults include a full range of conditions including major mental illness, PTSD, mood and anxiety disorders.

Special areas of expertise include integrated therapy for substance use and other conditions; also effective therapies for chronic pain and other health conditions including diabetes, hypertension, eating and weight issues.

Beginning hours, with additional days expected, will be Fridays and Saturdays 8 AM to 6 PM and Sundays 8 AM to 11 AM by appointment. New patients may schedule confidentially by phone contact or self-schedule for a free initial visit at the website: www.clarkmillertherapy.com.

In network insurance billed includes Regence and Moda.

Full description of services with hours and contact information found at the website: www.clarkmillertherapy.com. Phone contact 971-324-0061. Location: 60 Laneda Avenue, Ste. 202, Manzanita, Or

OUR HOUSE sits on a curve of land that sweeps into the captivating tidal flow of the Skipanon River as it meanders a short while further along to meet the mighty

Columbia. The location and never-ending panorama of water/no water at 6 hour intervals, is home to umpteen kinds of water fowl, otters, nutria, beaver, the occasional seal or sea lion, yard elk and every other creature smart enough to live around these parts. Our landscaping philosophy can be summed up in three words: Down In Front. We plant nothing that obscures the view. In truth, we plant nothing period. We did put in a trio of fruit trees a few years back and realized our folly as the beaver stole in under cover of darkness, gnawed them down and swam off with them leaving 3 pointy sticks in the ground.

Same deal with our yard. At least, that's what we call it. I have never been impressed or envious of vast expanses of perfect lawn. Much like the voracious Audrey in Little Shop of Horrors, lawns seem to scream Feed Me, Water Me, Weed Me, Mow Me! Way too needy. Further proof that I married the perfect person, my husband's theory is, "If it's mostly green and I need to mow it, it's a yard." Yes, we leave the dandelions to bloom for the bees, yes we let the whole thing turn brown in summer with the exception of the green patches around the bird baths. We have come to decidedly comfortable terms with the fact that our place will never ever be on any home garden tour.

All this by way of explaining the blackberry vines curling their tendrils out over our driveway on the wrong side of the dike. The folks who owned the place before us de-fied the Army Corp and embedded their extensive rock

collection in the side of the dike. Although I admire their grit, I resent their rocks. The city cruises by periodically with one of those big, noisy, mowers but doesn't choose to mow our side of the dike because rocks. So, it's up to us and frankly, we're not always up to it. Now the vines have set fruit and it would be silly to cut them back before the berries

ripen. So they will continue to devour real estate throughout August.

August is the astrological home of Leo. This sign and its matching constellation is a majestic male lion. I am willing to bet dollars to donuts (talk about a win-win!) that August is a lioness. Frankly, I'm pretty sure the male of the species has neither the wiles nor will to produce the most luscious, irresistible food of the month and then punish us so severely as we try to harvest it.

Blackberries aren't technically a berry, but never mind about that, the main thing is they have thorns and a rapacious attitude toward land acquisition. They are August's way of saying, "Here's a little something you might like. In exchange, I will require that you bleed a little and battle brambles forever." If you want a true feel for the zeitgeist of blackberries, you need only read Tom Robbin's STILL LIFE WITH WOODPECKER. Save that for Fall. Right now, eat blackberries. Say yes to August's bait and switch. A wild blackberry, warm from the summer sun, sweating purple juice that stains your hands, your mouth and your favorite shirt is worth whatever price August demands. Pay up and chow down.

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



BLACKBERRIES MATTER SUMMER PUDDING

Adapted from a recipe by Dawn Yanagihara in a 1999 July/August edition of Cook's Illustrated

You can absolutely use any berry or stone fruit or combination you like for this simple dessert. But, when blackberries are at the peak of ripeness, you can't do better than let them shine on their own. Because this deliciousness needs to be enjoyed about 8 hours after assembly, you might want to halve the recipe if you are only treating 2 or 3 people.

You can make this in a bread loaf pan, but I like it best in ramekins. This recipe makes six 6-ounce ramekins. BONUS: No oven time! Perfect August dessert.

4 pints berries, rinsed and sliced if you're using strawberries
1/2 to 3/4 cup sugar, depending on the sweetness of the berries and your taste
2 Tablespoons fresh lemon juice - if you can find a Meyer Lemon, grab it
12 slices potato bread*

The bread needs to be stale, not just day-old. Ideally, you will spread the slices out and leave them overnight. They need to be dry to the touch but still a little pliable.

Heat the berries and sugar in a non-reactive saucepan over medium heat, stirring occasionally until they begin to release their juice and the sugar is dissolved, about 5 minutes. Re-move from the heat and stir in the lemon juice. Set said to cool.

Use a cookie cutter (I use an inverted drinking glass) the right size for the ramekins and cut 12 disks. Spray the ramekins with cooking spray and place on a rimmed baking sheet. Line it with parchment for easy clean up. Use a slotted spoon to place approximately 1/4 cup of the fruit into each ramekin. Lightly soak half of the bread rounds in the juice left in the saucepan and place on top of the fruit. Divide the rest of the fruit among the ramekins, probably about 1/2 cup each. Soak the last 6 bread rounds in the remaining juice and place on top of the fruit. The bread will be above the top of the ramekins. Cover the whole works loosely with waxed paper. Place a second baking sheet on top of the ramekins and weight it down with canned goods from your pantry. The weights are key to your happiness. Put them in the fridge for 8 to 10 hours. Remove weights, top tray and waxed paper, run a paring knife around the inside edge of the ramekins and invert on the dish of your choice. Top with a dollop of whipped cream or creme fraiche.

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

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.

Two More Beach Dances to go: The Beach Dance Oregon schedule for Summer 2019 is:

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.

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'. 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

CERTIFICATION CLASS FOR ACCESS BARS

This is a simple technique where light touch on 32 points on the head gently dissipates the electromagnetic charge that gets locked in the brain by thoughts, feelings and emotions that have stored up over lifetimes.

Each point represents different areas of your life such as creativity, money, hopes, dreams and more. Having your bars run is like hitting the "delete" button on all the old computer files you no longer need! By the end of the course, you can begin using the technique on friends, family, and even clients of your own to create change.

Sun. August 18th, 10am- 5:30pm DESIGNING HEALTH
1428 Commercial St., ASTORIA

Join Access Bars Facilitator® & Reiki Master, Aislinn Kerchaert, in this one-day certification class where you will learn to gift and receive "The Bars". please email nurturedearthhealing@gmail.com Investment: \$350

ALL ABOUT ALBACORE



ON SATURDAY, AUGUST 31

The Friends of the Seaside Library will host food and travel writer Jennifer Burns Bright as she tells us "All About Albacore." The event will take place in the Community Room at 1:00 p.m. You must sign-up for this event and can do so at the Circulation Desk or by phone.

Oregon albacore is one of our most exciting fisheries since it's often available right off the boat. But what do you do with a fresh fillet once you get it? We'll cover what to look for on the dock, breaking down a fillet, freezing, grilling, and delicious ways to cook both fresh and canned albacore. Come hungry to taste samples and take home a hand-out with fresh, seasonal, recipes using the catch of the day.

The class will feature cooking instruction and hands on demonstrations using local catch to prepare classic dishes. This workshop is a culinary primer on basic techniques and recipes for albacore. Attendees can be involved in prepping, cooking, and serving this tantalizing fish, as well as sharing a memorable repast. Is your mouth watering yet?

Jenifer Burns Bright is a food and travel writer based in Port Orford, Oregon. She recently retired from teaching at the University of Oregon, where she led a faculty research group in the emerging discipline of food studies. She holds a PhD from the University of California at Irvine and a Master Food Preserver certification. Her writing appears in Gastronomica, Oregon Quarterly, NPRs The Salt and Eugene Magazine, among others.

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

Clatskanie's 5th Annual Garlic Festival August 17

a pungent note from darro breshears-routon



AROUND HERE, garlic has become a prized commodity. At a recent Market Saturday at Copes Park, one of the vendors hung up some freshly dug green garlic just to provide some color and, you know, atmosphere. After only a few minutes, a very lucky person spotted it and bought the "display". That bunch of Deerfield, a five-star Purple Stripe garlic prized its spicy flavor, originally from Vietnam, didn't last long.

Now, some might feel badly about missing that early season opportunity, but then most of us know the season of heirloom and gourmet garlic is around the middle of August and it's that time again. Mark your calendars: The 5th Annual Clatskanie Farmers Market Garlic Festival will be on Saturday August 17th from 10:00am-2:00pm at Cope's Park on the banks of the Clatskanie River in Downtown Clatskanie, Oregon.

There are a handful of other garlic celebrations in the Northwest, but some of them are in June, when the garlic scapes are just being popped off and the garlic is either still in the ground or "green". Other festivals feature carnival rides and peripheral attractions, but are a bit lean on the goods. Clatskanie brings the fervor. We will have thousands of bulbs. At last count there will be more than 30 different strains, everything from relatively mild softnecks like Italian Late and Nootka Rose to the powerful hot Rocamboles and Deerfield, a Purple Stripe. Around here, we take our garlic seriously.

The local growers have been refining their techniques for years, some for decades. While garlic has a reputation for "growing like weeds,"

good garlic takes patience and meticulous attention to detail: bed preparation, mulching, weeding, adding nutrients, spring watering, weeding, removing scapes (blossoms) from the hardneck strains, weeding, careful harvesting, and finally curing and tagging. Did I mention weeding? Garlic is one of nature's prima donnas. It doesn't fare well with the competition of garden companions. If you want big garlic with skins intact and great flavor, you have to take care of it.

The Festival takes place in the middle of our usual Saturday Market, so if you want something special to accompany the featured product, we'll have artisan breads and fresh vegetables. Our local crafters will be out in force as well. We always have hand-made soaps, art and crafts. Bring your appetite because we once again will be offering free garlic bites prepared on the spot. Artisan bread toasted and hit with roasted garlic spread, garlic sauces, and gazpacho have all been on the menu of previous Festivals. We will also have food vendors to provide more substantial treats and, of course, pastries, cookies, and homemade toffee. The Festival will also feature live music and lawn games for kids of all ages.



So while this Festival will not be televised and you won't need a map to navigate the site amenities, you will find extraordinary gourmet garlic.

Savvy visitors will head for the vendors offering what is called "seed stock". This is the best of the best, and while you will be tempted to pop these in your roasts, soups, stews, pestos, salsas, hummus, salad dressings, and well, everything else, don't. Pop it in the ground instead. Big, healthy cloves yield big, healthy bulbs. If you haven't a clue about how, when, or in what to grow this bulb, ask a vendor that is selling beautiful garlic. Those bulbs didn't get like that on their own.

**Clatskanie Farmers Market
Garlic Festival. See you there!**



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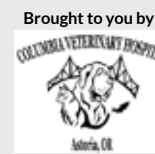
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