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September 2019 • vol 20 • issue 247

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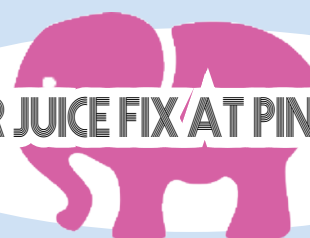
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Sept 28

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STEVE RUSSELL RETROSPECTIVE CLASSIC SURF PHOTOGRAPHY at KALA



KALA presents the works of photographer, photo journalist, and Portland /Astoria resident, the late Steve Russell.

This work features classic surf photography by Steve Russell taken on Hawaii's legendary North Shore, featuring some of the most celebrated names in surfing. Steve spent twelve years on the North Shore of Oahu, from the winter of 1981 until 1993, covering many of the Triple Crown of Surfing events and more, all from his front row seat in the water. Steve was in the water shooting during the first two Eddie Aikau Big Wave Classic events at Waimea Bay. "The water shot", Steve said, "what better way to capture the perfect surf shot than to get up close and personal, the fish-eye view. I had the best seat in the house at all of the events. The water shot is the most difficult photographic image in surf photography, the subject is moving, the background is moving, and the photographer is swimming with one arm".

Steve grew up in San Diego, the son of a Navy photographer. Surfing and photography was a natural progression. Throughout the 1980's and into the 1990's, Steven Russell swam in the turbulent waters of Oahu's North Shore, with a camera in one hand and waves crashing all around, to record the moments and the art of big wave surfing. Steve shot with a

film camera, only 36 shots in a shooting session, not nearly as easy as the digital photography of today.

Steve also wrote for numerous water sports magazines and covered the surf and sports beat for local papers, in addition to being an avid surfer and skater.

Steve Russell passed in 2014 in Astoria. In tribute to his work, Steve's wife Polly Pope will be present to greet and answer questions about his work. All pieces are for sale. These photographs were chosen for their artful qualities from Steve's photo archives, restored, printed and exhibited in 2011 by LightBox Gallery owner Michael Granger.

**Saturday, Sept 14, during Astoria Art Walk,
5 - 8pm. Following the art walk, Astoria's
classic surf rock band, Bikini Beach plays.
Great dance music! No Cover. Cocktails.
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An Astoria Jazz
Festival Event
The King Louie
Organ Trio
Oct 31
at 8pm

Kathryn Claire
Album Release Concert
Eastern Bound for Glory
Oct 18 8pm
At KALA

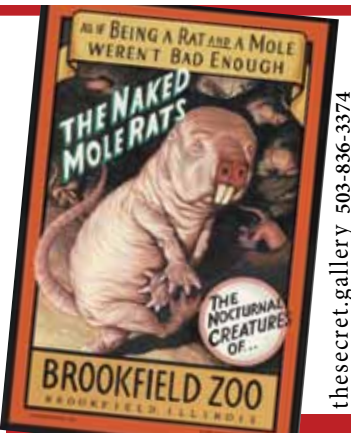


50 Year Sensation THE DAVE McMACKEN Retrospective

Opening Reception
Sat. Sept 14
5-8:30pm

160 10th St. Astoria

ARTIST TALK Sept 15, 1pm



THE SECRET GALLERY

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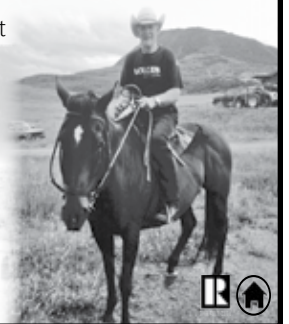
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WORKSHOPS FROM 1-5
EVENING ACTIVITIES FROM 6-8 IN THE THEATER**

**KEYNOTE ADDRESS:
RALPH BLOEMERS
OF THE CRAG LAW CENTER**

**MUSIC BY NOAH DOOLEY
FOREST FAIRIES
STUMPY
"RUN WILD, RUN FREE"
A NEW FILM BY SHANE ANDERSON**

**TABLES OF INFORMATION
BY LOCAL GROUPS WORKING
TO PROTECT WATERSHEDS**

"WILD" SOUP & "WOLFMoon" BREAD DINNER

**JASON GONZALES
OREGON WILD
PETER HAYES
REGENERATIVE FORESTRY
CHANDRA LEGUE
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18th Annual Pacific Northwest Brew Cup • Sept 27 - 29

just east of the Barbey Maritime
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Maritime Museum.

Friday - 12pm to 10pm
Saturday - 11am - 10pm
Sunday - 11am - 4pm

NOW IN ITS 18TH YEAR, the Pacific Northwest Brew Cup boasts an impressive craft beverage lineup with 36 offerings including IPAs, stouts, ciders and mead. Beer highlights include Great Notion, pFriem, Modern Times, Sunriver, Culmination and Trap Door.

- Sunday features a Corn Hole Tournament with first, second, and third place prizes. The Columbia River Maritime Museum's education staff will be on-site helping you create one-of-a-kind fish print shirts. And of course, Growler Fill Sunday continues with the opportunity to fill your growler for just \$10.

- Tasty accompaniments will be offered from a selection of Astoria's favorite food trucks, and activities for children are hosted by Purple Cow Toys.

- Over 200 volunteers make the Pacific Northwest Brew Cup possible. If you're interested in volunteering, please email ADHDA at office@astoriadowntown.com or visit: www.pacificnorthwestbrewcup.com

FRIDAY

Sharon Hartley Band alongside
Mike Coykendall (M. Ward, Bright Eyes)
Freak Mountain Ramblers

SATURDAY

Hearts of Oak
Matt Hopper and the Roman Candles
Michael Hurley
Giants in the Trees

SUNDAY

Wanderlodge
The Brownsmead Flats



MATT HOPPER & THE ROMAN CANDLES are an American rock and roll band that has been releasing music since 1999. A dizzying array of music rooted in classic rock tradition and modern rock experimentation with a penchant for stargazey jams and tender folk lie within their catalog. Think Wilco, Tom Petty & The Heartbreakers and My Morning Jacket.



WANDERLODGE are two longtime Portland, OR roots-rockers who weave together musical styles from folk, country and classic rock. Their music features gritty, soulful vocal harmonies, fierce slide guitar work, and dark, vibey songs.



The band that needs no introduction in these parts of the woods, rural, and from the north shore of the lower Columbia, **GIANTS IN THE TREES**, now with two albums, their self-titled debut and Volume II rock the Brewfest stage. From psychedelia to pop smarts and accordion whimsy, members Jillian Raye (vocals, bass & banjo), Erik Friend (percussion) Ray Prestegard (guitars), and Krist Novoseli, (bass & accordion) keep the creative juices of rock flowing and beating!

FREE to get in. All ages. Beer Mugs \$12, tokens, tokens, tokens!



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The Harbor Hosts an Open House for Community Members and Potential Volunteers! Oct 3

ARE YOU INTERESTED in really making a difference? Does the idea of changing the world one person at a time appeal to you? The Harbor is inviting all interested community members to an Open House at the Advocacy Center at 801 Commercial Street in Astoria on Thursday, October 3 from 5:00 to 7:00 pm! Enjoy a glass of wine and a snack and find out what the Harbor does for the community and how you can play a role. We're proud of our long history in Clatsop County and we're looking forward to sharing our mission with the community as well as welcoming new volunteers into our family.

October is Domestic Violence Awareness Month and the statistics, locally, nationally and worldwide are staggering. On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. Over the course of one year, this equates to more than 10 million women and men. In 2018, Oregon domestic and sexual violence programs answered 128,786 calls for help. 1,420 of those calls came to the Harbor and 834 were about domestic violence in Clatsop County. The need is great and with your help, the Harbor can be here to answer it.

The Harbor believes we can change the culture and make domestic violence a thing of the past in Clatsop County. Volunteering for the Harbor is a great way of making an immediate difference in peoples' lives. The Harbor is looking for volunteers to fill a wide variety of open slots from office work, fundraising and events to answering the crisis line and working directly with survivors. It's a challenging yet very rewarding way to give back to the community.

Volunteer trainings will take place through the month of October, find out how you can be a part at the Open House! Questions? Call Felicity Green, Volunteer & Event Coordinator at (503) 325-3426 or email felicity@harbornw.org

CREATE FORESTS

A Community Grassroots Restoration Project Meet Ed Kerns • Sept 18

JOIN CREATE for an inspirational evening with ED KERNS, former logger, environmental activist, adept community organizer and visionary who transformed miles of decommissioned railroad track into a regionally acclaimed, award-winning, hands-on community restoration project, replacing embedded invasive species with 75,000 native trees, shrubs, grasses and wildflowers.

EXPLORE with CREATE...how this expansive model could create new diversified forests and beautiful green spaces on our own communities' public lands and help mitigate the harmful effects of climate change.

Thursday, September 19, 6 – 7pm (doors open 5:30pm) at Clatsop Community College, Columbia Hall, Room 219. FREE AND OPEN TO THE PUBLIC. Sponsored by CREATE and The Forest Visions Project

REPAIR Café

JOIN THE FUN at our own local Repair Café Event where enthusiastic volunteers will do their best to repair, sew, sharpen and give expert advice on pretty much anything that is broken, torn, dull or in need of repair, coming up Wednesday, Sept 25, 6 – 8pm, 1010 Duane St. in Astoria.

Why do volunteers weigh each item you bring in? Because a major goal of Repair Café is keeping anything that can possibly be repaired out of the local landfill.

Since the beginning of this year over 1100 pounds have been diverted from the local landfill - thanks to you and the efforts of the Repair Cafe volunteers. Bring in your items for repairs and watch these numbers grow.

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

Volunteers work on many things such as toys, clothing, scissors, knives, household appliances, garden tools and sometimes things that need to be glued (no gas engines).

Future Repair Café events will be held on these Wednesdays: September 25, October 23, and November 20, 2019. <http://facebook.com/repairastoria>

More fresh fruit and vegetables for low income Oregonians

Astoria Co+op is first grocery store in the state to pilot Double Up Food Bucks



SHOPPERS using Supplemental Nutrition Assistance Program or SNAP (formerly known as food stamps) will soon be able to load up on more healthy fresh fruit and vegetables. In September, for every \$5 spent on fresh produce using an Oregon Trail Card, Astoria Co+op will give a \$5 voucher to spend on more produce; up to \$10 per visit.

This is a grant-funded pilot, made possible by Oregon Food Bank, to work through the logistics of offering Double Up Food Bucks (DUFb) more long-term at grocery stores. DUFb is a nutrition incentive program that matches SNAP benefits to enable shoppers to buy more fruits and vegetables.

After running at more than 60 farmers' markets around the state from 2015 to 2018 using federal grant funding and other sources, DUFb will be expanded to select Oregon grocery stores for the first time thanks to an investment from the state. In July, the Oregon Legislature approved \$1.5 million in the 2019-2021 biennium budget to continue and expand the program.

"Double Up Food Bucks has proven to be a hit among SNAP customers, farmers, and market managers, not just in Oregon, but around the country. Expanding the program to retail outlets like the co-op will further support local businesses and growers, while providing low-income community members with year-round access to quality fruits and vegetables," said Kelly Fraser, Oregon Food Bank's Statewide Network Developer.

Astoria Co+op will be the first grocery store to pilot Double Up Food Bucks under the program's expansion. The co-op is a community-owned grocery store, but you don't need to be an owner or have a membership to shop. Any beneficiary of SNAP via the Oregon Trail Card is eligible to take part in this program.

"I am excited to increase access to the unique produce offering we have at the co-op. More folks purchasing local and organic fresh fruit and veggies is a win for the entire community," said Matt Stanley, Astoria Co+op's General Manager.

According to Double Up Food Bucks Oregon, only 11% of Oregonians consume enough fruit and vegetables for a healthy life. For the one in six Oregonians experiencing food insecurity, eating the recommended servings of produce isn't affordable. A diet rich in fruits and vegetables lowers the risk of many serious and chronic conditions including heart disease, high blood pressure and diabetes



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outside the box



STEPHEN BERK

FOLLOWING the Second World War, which saw the US and UK allied with Russia, then the Union of Soviet Socialist Republics, the US and Soviet Union became rivals competing to make the rest of the world either capitalist (always called democracy) or communist (an authoritarian variety of socialism). The earth was divided, according to Western news organizations, between the "Free World," largely the West, and the

the transition would be a bumpy ride, with the Russian state having to take back some of its power to dethrone economic oligarchs who were capturing control of all resources.

As oligarchs with Western backing assumed power in the Russian transition, nationalistic elements feared loss of Russian control over its own resources and industries. Vladimir Putin became the outstanding leader, who reasserted state

tion has abandoned a number of treaties, including one with Russia sharply limiting intermediate range nuclear missiles. At the same time, the US since the Obama administration has placed missiles aimed at Russia in westernized former Soviet client states in Eastern Europe. Despite this hostile American posture, Putin still seeks cooperation with the US in promoting peace and

security. However, Trump relies on high placed neoconservatives, foreign policy advisor John Bolton, and secretary of state Mike Pompeo, in constructing foreign policy. Neoconservative ideology is grounded in militaristic nationalism, hardly the cooperative spirit Putin is calling for.

At the same time, Trump administration nationalism has largely jettisoned the free trade policies that have drawn much of the world closer together in the past several decades. Believing that China's burgeoning economy has taken unfair advantage of the US in trade and intellectual property rights, Trump is resorting to tariffs on China, and we now find ourselves in a trade war with the giant Chinese state and economy. Trump's economic nationalism simply does not work well in a highly integrated world economy. As much of the world now appears to be entering recession, it would be wise of the Trump administration to seek greater economic harmony and cooperation with other world powers: the European Union, China, Russia and Latin America. Trump's "America First" nationalism has been characterized by pulling out of important multilateral treaties, including the JCPOA, which would keep Iran from developing nuclear weapons, and the climate treaty, which would commit the US to limiting emissions. Dumping these treaties has undermined trust of the US abroad. As the world economy slows and climate change, lack of potable water and other world problems become acute, the US and the world can ill afford Trump's myopic nationalism.

BEYOND BEING THE SUPERPOWER

"enslaved" communist world, in parts of Europe and Asia. Proxy wars like the Vietnam War were fought between Soviet allied communists and American allied capitalists.

But the cold war narrative was changing in the eighties. Following the death of Leonid Brezhnev, the last Soviet strongman, a declining Russian state in economic crisis became less and less able to manage an unwieldy union of diverse smaller states, each with its own separate identity and history. Hence, centrifugal forces pulling the Union apart gradually became stronger, while the central government in Moscow became weaker. In a changing world highlighted by a more and more integrative capitalist world order, the Soviet bloc, mainly in Eastern Europe, disintegrated as such, each country resuming its separate identity. Russia thus returned essentially to its pre-Soviet form without the tsarist autocracy.

With Russia thus diminished, the US began to lay claim to the status of "sole superpower." The attractions of the Soviet breakup for the United States revolved about the dominance America could now lay claim to as "sole superpower." That exalted position implied that the US now faced no opposition to spreading its capitalist system within the former Russian client states. Russia would also reinstate capitalism, though

authority. During the Bush II presidency, the US, under neoconservative leadership, became more directly involved in contested resource rich regions, notably the Middle East. And in the period of Russian decline, the US fought two wars against oil rich Iraq, on the Russian border, defeating Iraqi nationalists and eventually killing head of state, Saddam Hussein.

In the Obama administration, a Russophobic Hillary Clinton, served as secretary of state. During that time Vladimir Putin, who had been Russian head of state since 2000, openly spoke of improving relations and even creating a partnership with Washington to foster peace and security. But the US, under Clinton's State department, remained unresponsive. Putin's predecessor, Mikhail Gorbachev, the reformer who had begun experimenting with capitalism and reaching out to the West, had drawn a warm response from conservative president, Ronald Reagan. But after Reagan no American president of either party broke new ground promoting partnership with Russia.

President Trump, with long time business interests in Russia, claims to be open to improving relations between the two countries. He is limited, however, by his administration's economic nationalism and its unilateralist approach to world politics. The Trump administra-

NATURE NEWS

WILDLIFE CENTER OF THE NORTH COAST is looking for volunteers to help rehabilitate orphaned and injured wildlife.

The non-profit wildlife rehabilitation center is seeking volunteers in the area, that are able to help on-site with the animal care and animal care support teams. The hospital is open 7 days a week and has flexible shifts available to work within your schedule. Because the organization relies so heavily on volunteers, they ask you make a 6-month commitment to volunteering, as well as coming on a regular, weekly basis.

Wildlife Center of the North Coast's mission is to promote compassion, empathy and respect for all life through wildlife rehabilitation, ecological teachings, and wildlife conservation.

Volunteer Orientation will be held Saturday, September 21st, 2019 at the Wildlife Center's Facility in Astoria. For more information about volunteering, visit www.CoastWildlife.org.

For more information about Volunteer Orientation, questions, and to RSVP please contact: volunteer@coastwildlife.org or (503)338-0331.



Calling All Bird Lovers!

Friends of Cape Falcon Marine Reserve Pelican Survey

FRIENDS of Cape Falcon Marine Reserve and Audubon Society of Portland offer an exciting Citizen Science Opportunity! Join them in the early evening for our Pelican Survey on Saturday, September 14th.

Although the Brown Pelican was removed from the Endangered Species List in 2009, new threats are challenging this bird's survival. In recent years this species has suffered huge nest failures on its breeding grounds off southern and Baja California, which is thought to be tied to declines in their main food source, forage fish (primarily anchovies).

This survey is conducted two days each year from Baja California to Washington, with a goal to help define the distribution and abundance of Brown Pelicans and track shifts in population structure to help better protect this majestic bird.

You can help by joining the effort to count pelicans at local rocky island pelican roosting sites in the Cape Falcon Marine Reserve just off the community of Falcon Cove between Manzanita and Cannon Beach, Oregon.

No experience necessary. Email capefal-conmr@gmail.com for location and details.

Dorothy Horn At The Lower Nehalem Watershed Council October Speaker Series

ON OCTOBER 10TH the Lower Nehalem Watershed Council Speaker Series will feature PhD candidate Dorothy Horn from Portland State University for a discussion titled "Marine Debris and Microplastics in our Watersheds". In this talk she'll discuss the overall problems with marine debris on coastal ecosystems. This will include a discussion of her research focused on the impacts of microplastics on invertebrates here in Oregon and some ways we can all make changes to help with the problem. This will be a very informative talk for anyone interested in marine debris and microplastics along the Oregon coast.

Dorothy grew up in southern California going to the beach every weekend with her family. After high school she joined the Marine Corps and trained as a helicopter crew chief. On returning from the Marines she finished her Bachelors degree at California State University Channel Islands in Environmental Science and Biology where she began her research on microplastics. In 2017 she began her PhD in Marine Ecology at PSU. She is currently funded with a fellowship from the National Science Foundation to investigate what happens to crabs and fish when they

ingest microplastics. She has pursued her marine debris investigations along the coasts of Oregon, California, the California Channel Islands, Hawaii, and Costa Rica.

The presentation will be held at the Pine Grove Community House, 225 Laneda Ave in Manzanita. The program will begin at 7 pm.

This event is part of the Lower Nehalem Watershed Council's regular Speaker Series at the Pine Grove Community House each 2nd Thursday in January through May, October, November, and December for natural resource focused presentations. A gift certificate or special item from a local business is raffled off during each event. Raffle tickets will be available for a \$5 donation at the door and the winner will be drawn at the end of the presentation. "I The Nehalem River" bumper stickers will also be available by donation.

This presentation will be preceded by a meeting of Lower Nehalem Watershed Council's Board of Directors. Join them at 5 pm to get a glimpse behind the scenes of the LNWC's work!



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.

Lewis and Clark National Historical Park hosts the 10th annual free South Clatsop Slough Scramble on National Public Lands Day, Saturday, September 28 at 9:00 a.m.

The start/finish line will be at the park's Netul Landing, approximately 1½ miles south of Fort Clatsop. Free registration is from 8:00 a.m. to 8:45 a.m. at Netul Landing. Participants younger than 18, must have a parent or guardian sign their registration.



10th Annual South Slough Scramble 10K & 5K Fun Run

Come for either an approximately 5k walk/run or a roughly 10k run along the park's trails. Both loops will take participants along the ups and downs of the South Slough Trail, into the coastal hills, and along the Lewis and Clark River. The routes cross a number of scenic boardwalks and bridges and are not accessible for most wheelchairs or strollers. Please, no pets on the course during this event. The first runners to complete each course will be awarded a prize. All 5k/10k participants will be entered in a prize drawing. The park is open daily from 9:00 a.m. to 5:00 p.m. National Public Lands Day is an annual event to encourage everyone to visit outdoor sites such as national parks. The National Environmental Education Foundation coordinates National Public Lands Day events. Admission to all National Park Service sites is free September 28, 2019. This South Clatsop Slough Scramble fun run is sponsored by the Lewis & Clark National Park Association.

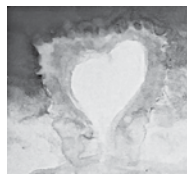
For more information, call the park at (503) 861-2471 or visit the park's web site at www.nps.gov/lewi or find the park on Facebook at [LewisandClarkNationalHistoricalPark](https://www.facebook.com/LewisandClarkNationalHistoricalPark).

In Their Footsteps John Colter's Impact on American History

LEWIS AND CLARK National Historical Park, Fort Clatsop is pleased to announce the next In Their Footsteps free speaker series event. *John Colter's Impact on American History* by Christopher Hodges will be on Sunday, September 15, at 1:00 p.m.

Private John Colter was a principle hunter and guide for the Lewis and Clark Corps of Discovery. He was the only soldier in the permanent party to leave the expedition before its conclusion, and he returned to the west five more times. This presentation will include comparisons between Colter and another American explorer: Neil Armstrong, as well as a discussion about America's enthusiasm for exploration.

Christopher B. Hodges is an historical fiction author with a great curiosity regarding how common people become historical figures. Hodges' insights into economic, political and social realities derive from his Ph.D. in applied economics and his experiences in business, government, and the clash of cultures. His writing leads readers to contemplate their own lives and their place in history. His 2017 novel, *Colter's West Wind*, will be available for purchase at this event which will include a book-signing after the talk.



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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

Clatsop County City Grants Awarded To The Harbor For D/Sart Emergency Services

THE HARBOR announces a receipt of city grants from Astoria, Seaside and Cannon Beach. Combined, these cities award \$30,800 annually to support The Harbor's work throughout Clatsop County. In particular, they fund the D/SART after-hours crisis response team, which sends trained advocates to local hospitals and police stations when called on by law enforcement and hospital staff.

D/SART is shorthand for Domestic/Sexual Assault Response Team: a team of trained people drawn from domestic and sexual assault advocacy, medical personnel and law enforcement personnel. The SART model is considered best practice in sexual assault response by the Justice Department and is the standard for responding to adult and adolescent victims of sexual assault. In Clatsop County, law enforcement or medical personnel alert The Harbor via the crisis line whenever there is an emergency situation involving domestic violence or sexual assault. Harbor advocates then meet the survivor at the hospital or the police station or occasionally at another neutral location.

Each member of the D/SART plays a vital and specific role in responding to emergency situations. The Harbor's role as advocates is to provide support for just one person—the survivor. Advocates provide emotional support and ensure that the survivor's needs and wishes are respected. This support looks different for each survivor based on their individual needs. For some, it may be as simple as a change of fresh clothing. For others, it can be a hand to hold during a medical examination or a few safe nights in the confidential emergency shelter. The Harbor will continue to be there for the survivor as long as it is needed.

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

.....
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. pacificcountydems@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 Scorch in Astoria.



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SINGING OUT For One And All Portland Lesbian Choir

"They sing to bear witness to the power of music to transform the world—or at least our corner of it." Founded in 1986, The Portland Lesbian Choir will make their first appearance in Astoria in a benefit show for The Lower Columbia Q Center. The benefit performance will help fund support groups, outreach and plans to hire a first Q Center Coordinator.

Saturday, September 28 at 7pm at the CCC Performing Arts Center, 588 16th St in Astoria. Tickets are \$15, \$10 Senior, Five and under Free.

Portland's Top Musical Talent to Headline North Coast Musicfest

FOR TEN DAYS in October the first annual North Coast Musicfest will offer Northwest musical acts in venues from Cannon Beach, Manzanita and Nehalem. The festival, a collaboration between the Cannon Beach Arts Association (CBAA) and Fly Me To The Moon, runs from October 3 to October 13, 2019. Proceeds from the festival will benefit both of these non-profit organizations.

Cara Mico, program director at Cannon Beach Arts Association, is committed to bringing events like this to the coast. "Music and art are integral to humanity and essential for wellness," said Mico.

The North Coast Musicfest begins in Cannon Beach on October 3 at multiple venues including The Chamber of Commerce, the Wine Shack, Cannon Beach Gallery, and Public Coast.

The Manzanita and Nehalem, or the Fire Mountain portion of the festival, runs from October 9-13. Events include several guitar workshops in addition to performances at the NCRD Performing Arts Center, Wild Manzanita, and St. Catherine's Church, and other venues.

Dean Mueller, director of Fly Me To The Moon is responsible for the southern portion of the festival in Manzanita and Nehalem sites. "As a performer and producer, it is exciting to help bring this festival to the North Coast," said Mueller. The collaboration between Fly Me To The Moon and CBAA has allowed us to bring some of Oregon's top-tier artists to the coast, and to provide support for these two great organizations."

MUSIC: Featured artists include Curtis Salgado, 3 Leg Torso, Julie Amici and Dean Mueller, LaR-



Curtis Salgado
featured

honda Steele, Brooks Robertson, Grammy winner Doug Smith, and many more.

WORKSHOPS: a series of guitar workshops will be offered open to musicians of all levels, taught by Brooks Robertson, award-winning fingerstyle guitarist and Berklee College of Music graduate and Grammy award winner Doug Smith.

TICKETS & PACKAGES

Ticket prices are listed on the website, with some shows free. There are several packages available for the Manzanita and Nehalem events. The Fire Mountain Music Package offers discounted prices on six of the fabulous shows included in the southern portion of the festival.

Among them is the Nina Simone Tribute concert and pre-event reception on Saturday, Oct 12 at the North Coast Recreational District (NCRD) in Nehalem.

Tickets may be purchased in advance on the festival website, or at the venues. Organizers recommend purchasing tickets in advance of the shows as seating is limited for the shows. See the complete list of concerts and workshops online at For times and ticket info, go to:

www.cannonbeacharts.org/music-festival.



"Between Friends"

A Concert of Classical and Jazz Tunes

"BETWEEN FRIENDS", a concert which blends the classical and jazz genres featuring Shelley Loring Barker on Flute, Johnny Barker on Drums and Percussion, Paul Brady on piano and Todd Pederson on string bass will be presented on **FRIDAY SEPTEMBER 13TH, 7:30PM**, at the Astoria Performing Arts Center. This concert will be a benefit for the Performing Arts Center. The concert will feature the music of Chick Corea, Astor Piazzolla, George Gershwin, Claude Bolling and others.

Shelley has performed with each of the members of this quartet in other settings, and is thrilled to be performing this benefit concert with the group. It's a special treat to be performing with her son, percussionist Johnny Barker. She has been an active supporter of Partners for the PAC.

Shelley Loring Barker completed her music degrees at San Francisco State University and Portland State University. She also studied with classical flutist, Leone Buyse and with jazz flutist Hubert Laws. She has performed with many orchestras, chamber and jazz ensembles in the San Francisco Bay area and the Portland Metro-

politan area, including playing substitute/extra Flute with the Oregon Symphony and touring the western United States as a member of the Ralph Wells Trio. Over the many years that she has lived on the Oregon Coast Shelley has become an active participant in the local musical community, performing with North Coast Chamber Orchestra, North Coast Symphonic Band, Little Ballet Theater Nutcracker Orchestra, the Goodenberger/Loring Duo, the jazz trio Equinox, and other groups. In addition to performing, she currently teaches flute, piano and Kindermusic classes with the Astoria Conservatory of Music.

Johnny Barker attends Portland State University, studying percussion under the direction of Chris Whyte, Joel Bluestone, and John Greeney. Paul Brady has been teaching piano at the Astoria Conservatory of Music since 2012. He earned his BA in Music with an emphasis in piano performance from Western Oregon University. Todd Pederson plays stand-up bass and earned a Bachelor of Art in music from Central Washington University, and can be heard regularly at the Bridgewater Bistro in Astoria.

Pianist/Composer Phillip Hammond Performs

Philip Hammond, Internationally recognized Composer and Pianist presents a piano concert to benefit the NCRD New Pool Campaign. Dr. PHILIP HAMMOND has pursued an encompassing musical career in teaching, performing, writing and composition. He retired as a Director of the Arts Council of Northern Ireland in 2009 after twenty years including two years of designing, programming and managing an international arts festival in Washington DC to complement Northern Ireland's presence at the Smithsonian Folklife Festival in 2007. Since retiring, he has been engaged as a presenter and correspondent by the BBC and RTÉ (Ireland's leading broadcasting company) and has written for the Belfast Telegraph and various websites. He is well known in Ireland as a composer and a respected arts journalist. His large choral work "Requiem for the Lost Souls of the Titanic" was performed and broadcast worldwide in April 2012 and a new piano concerto, commissioned by BBC Radio 3, was written for Irish pianist Michael McHale and premiered by the Ulster Orchestra in January 2015. Dr. Hammond has written for many leading musicians such as Sir James Galway, Sarah Walker, Su-

zanne Murphy, Tasmin Little, Barry Douglas, Michael McHale, Nikolai Demidenko and Dame Ann Murray.

Sunday, September 15, 3pm at Nehalem Bay United Methodist Church, 36050 10th Street, Nehalem. Tickets available at TicketTomato.com. \$18 plus ticket fee, \$22.75 at the door Seating is limited!





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INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS SEPT 2019

INCO Astoria Community Group
Saturday, September 7, 10:30 am
Winekraft, Astoria

**Town Hall with
State Representative Tiffany Mitchell**
Sunday, September 8, 3 – 4 pm
Clatsop Community College,
Columbia Hall 219, Astoria

**INCO Forestry-Climate Change
Working Group**
Thursday, September 5, 7 – 8:30 pm
Email incoregon@gmail.com for location

INCO Warrenton Community Group
Saturday, September 14, 11:30 am
El Compadre Restaurant, Warrenton

**INCO Seaside-Gearhart
Community Group**
Tuesday, September 10, 6:30 – 8:30 pm
Email incoregon@gmail.com for location

INCO Vote the Future Team
Wednesday, September 18, 6:30 – 8 pm
Seaside Library Board Room

Global Climate Strike Rally
Friday, September 20, noon – 1 pm
Intersection of Broadway and
Hwy 101, Seaside

"From Paris to Pittsburgh"
Free film screening and community
discussion on the climate emergency
Sunday, September 22, 3 – 5 pm
Columbian Theater, Astoria

Global Climate Strike Rally
Friday, September 27, noon – 1 pm
16th and Marine Drive, Astoria

National Voter Registration Day
Tuesday, September 24, 10 am – 2 pm
Register to vote or update your address
and party affiliation Astoria Senior Center;
Clatsop Community College Towler Hall

Postcards to Voters
Fridays, 2 – 4 pm
Mary Blake Playhouse,
1215 Avenue A, Seaside

PERHAPS YOU'VE HEARD? The climate is
changing and it's becoming a crisis. We need to
be doing something about it.

Have you read about her? Greta Thunberg is the
Swedish teenager who is bringing worldwide atten-
tion to the climate crisis. She left school on Friday,
August 20, 2018, and sat alone in front of the Swedish
Parliament building with a sign that said, "Striking for
Climate." She has continued every Friday thereafter,
and eventually others joined her. On September 23,
2019, she will address the United Nations Climate
Conference. Google her, or look her up on YouTube.
You will be amazed at what this one teenaged girl has
accomplished.

Did you know? Inspired by Greta, high school stu-
dents around the world have been leaving school on
Fridays since late in 2018, striking to bring attention to
climate change. In March 2019, over a million students
in more than 2,000 cities worldwide walked out of
school to demand action on the climate crisis.

Would you like to help? Greta and students around
the world are organizing Global Climate Strikes on two
successive Fridays, September 20 and September 27.
The students are fighting for their future, and they are
asking adults to help. They shouldn't have to be the
ones taking responsibility—the adults should be taking
care of the kids—but that's where we're at.

What can you do? Those who want to organize
strikes can register at <https://globalclimatestrike.net/usa/>. In addition, Indivisible North Coast Oregon
(INCO) is hosting activities right here in Clatsop
County to support the movement and to bring more
public awareness to the climate emergency. Here's
what's happening:



Global Climate Strike Activities in Clatsop County Sept 20-27



Friday, September 20 12:00-1:00 pm
Rally at the Seaside Big Orange Chair at the corner
of Highway 101 and Broadway. Bring your signs

Sunday, September 22 3:00-5:00 pm
View the film "Paris to Pittsburgh" and join
the open community discussion afterwards at the
Columbian Theater, 1102 Marine Drive, Astoria.
No admission charged; donations accepted. "Paris
to Pittsburgh" reveals the inspiring steps commu-
nities across the country are taking to confront the
severe health and economic threats posed by
climate change. Providing a hopeful roadmap for
the future, the film is a National Geographic Docu-
mentary Film produced by Bloomberg Philanthro-
pies in conjunction with RadicalMedia.

Friday, September 27 12:00-1:00 pm
Rally in Astoria, Marine Drive between 16th and
18th. Bring your signs.

Who should attend? Everyone is welcome to any and
all events. We all have to work together. The climate is
changing, and if we do nothing, the consequences for
ourselves, our children, and their children are going to
be very unpleasant. We must act now for a safer and
healthier tomorrow. Please come and join us, and join
millions around the world, to speak out for action on
the climate emergency.

Want to learn more? Go to globalclimatestrike.net. There you can learn more about what's going on
around the world, and you can even sign up for the
rallies in Clatsop County.

Events sponsored by Indivisible North Coast Oregon
(INCO). INCO defends democracy by opposing au-
thoritarianism, bigotry, and corruption.

Earth & Ocean Arts Festival Sept 20 - 22

connecting art with the protection and conservation of nature

A NEW OPEN AIR FESTIVAL arises in the Cannon Beach arts community, one that will utilize artistic vision as a bridge between visitors and the environment to raise awareness of fragile local ecosystems.

The environmentally themed Earth & Ocean Arts Festival opening this September is a natural. Artists flock to this region for its awe-inspiring beauty—artists who paint and represent the majestic beauty of our natural environment in their artworks, as well as artists who use their visual expressions to advocate for preservation and protection of the beaches, forests and waterways. And today, vital non-profit coastal environmental organizations strive to connect integral nature with human consciousness, awareness, protection and preservation.

Hard at work over the last year, members of the Cannon Beach Gallery Group have come together in shared vision to launch the inaugural festival. No easy task, Dragonfire Gallery owner and artist Eeva Lantela stated, "I didn't want to be a part of another festival unless it was a fundraiser for the environment."

Voilà! Five North Coast organizations will be the recipient of proceeds; half of the \$50 event pass will be donated. Some artists are giving proceeds from sales directly to the non-profits. The presence of non-profit environmental organizations at the festival will further public interest in maintaining protection of our North Coast region.

The environmentally themed festival was Eeva Lantela's original concept, and while she stresses the magnitude of the group effort, "to create something from nothing, everyone has to bring their own vision," she says, Lantela began experimenting some years ago, with how her gallery could give back. Over the last six years, the WILD section, carrying T-shirts, bracelets, cards and such, has raised over \$50,000 for local nonprofit groups working to care for the environment, wildlife and animal shelters. And she says, "I stopped using plastic bags 10 years ago. We've reduced our plastic consumption here at the gallery by 90%. I feel good about what just one business can do."

In shipping her large fused glass pieces, Lantela learned how to ship them without using the common plastic bubble wrap, using recycled paper and cardboard, and she assures all art pieces have arrived intact.

Lantela was also inspired to find a dance company to fit the festival, when she saw a woman gracefully dancing on the beach. She put out a call to find environmentally driven Artichoke Dance Co from New York. While festivals are an ambitious undertaking, Lantela is excited about what festivals can be.

Some festival highlights include an outdoor installation by ecological artist Shelby Silver. The interactive sculpture "We've Made Our Bed", which incorporates ghost netting and marine rope, speaks about marine animals never truly being safe from the hazards of entanglement, entrapment and indigestion from plastic marine debris. Silver is tracking how many pounds of ghost netting were collected for this project.

Ceramic artists Dave & Boni Deal are doing a live raku firing on the beach. For close to 40 years, the Washington artists have collaborated in their rustic off-grid lifestyle using no electricity, that honors Northwest

themes like ferns and herons to adorn their classic forms.

Kathleen Sheard, a wildlife glass artist and sea turtle conservationist, has assembled a team to produce her Spiritual Reliquaries and Wildlife Rondells at Icefire Glassworks throughout the weekend. Sheard works with fused, slumped, cast, and furnace techniques in her glass renditions of animals.

In addition to the wealth of visual arts, the inaugural festival includes nationally acclaimed Artichoke Dance Company who will perform on the beach; the group increases awareness of plastic pollution. Music, land art, plein air painting, and artist demonstrations round out this event, which benefits five local environmental non-profit organizations.

People who buy the event pass get entered into a drawing for a bunch of goodies, including glass art by Kathleen Sheard and a mixed media artwork by Christopher Mathie, as well as a boat tour of Cape Falcon Marine Reserve and a guided hike with the kind folks of the NCLC. The cost of the pass donates a direct \$25 to the non-profits, and people get a cool sustainable tote bag with the festival logo on it and a wine glass for the receptions - which aim to be plastic free!

The \$50 three day festival Event Pass includes an Earth & Ocean tote bag, wine glass, entry to all events, including a private Saturday night beach reception and Alice DiMichele in concert at the Coaster Theater on Sunday.



Alice DiMichele will close out the festival on Sunday afternoon with an inspiring concert.

For over three decades Alice DiMichele has been moving people with her brand of "organic acoustic groove." Accompanied by her long-time bassist Rob Kohler, Alice brings her wide-ranging vocal prowess, humor, and distinctive guitar style to creating music that connects people and inspires them to take a stand for the earth and for justice in the world.



Raku Demonstration & Firing will take place throughout the day at Whale Park with Dave & Boni Deal. There will be one firing during the day and one during the evening beach reception for Event Pass holders.



Friday 5 - 7pm, Twelve local galleries host artist receptions, with live music and hors d'oeuvres. Mixed media artwork by Christopher Mathie, could be yours in the raffle!



Shelby Silver creates a provocative outdoor installation in the Coaster Theatre courtyard. Artichoke Dance Co. will integrate the installation into their performance on Sunday at 10am



Artichoke Dance Company, an environmentally focused group committed to the power of the arts to effect positive change in people's lives and communities, especially in regard to plastics pollution. Through dance, they explore the intersection of art with daily life and address pressing ecological realities with physicality and wit.

Artichoke Dance does their first performance at the foot of 2nd Street on the beach, Saturday at 10am—a very powerful performance, not to be missed!

The Festival is partnering with and raising funds for five local environmental non-profits: Friends of Cape Falcon Marine Reserve, Friends of Haystack Rock, North Coast Land Conservancy, Sea Turtles Forever and Wildlife Center of the North Coast. Meet the nonprofits Friday, 12-5pm at the Chamber Hall.

For Full festival details and passes please visit the Cannon Beach Gallery Group website: <http://cbgallerygroup.com/>





Redemption #4, oil on canvas, 36" x 48"

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Get your juice fix at PINK ELEPHANT JUICE EMPORIUM

WHERE DO YOU GET A BEVERAGE if fully caffeinated but it is still too early for a cocktail? The Pink Elephant Juice Emporium on Commercial Street, which opened in July, diversifies the beverage options in downtown Astoria by providing, fresh, raw, juices with a different set of benefits than typical stimulant - or liquid courage-based options.

The name "Pink Elephant" has layers of meaning for owner Heather Hirschi, an elephant lover, writer, and activist who moved to Astoria last year. It's also a former nickname of the Astor Building, where the juice emporium is located, after it was painted pink for a time in the 50s.

A signature "Pink Elephant" smoothie is a bright concoction of beet, lemon, lime, banana, pineapple, mango, and coconut milk.

For those unfamiliar with juicing, the idea is to juice whole fruits and vegetables in their raw state. Juice enthusiasts tout the benefits of vitamin and nutrient absorption, as well digestive system support via juice cleanses. The mostly vegan menu is divided by juices, smoothies, and Acai bowls.

Juices follow a basic protocol: a selection of vegetables made sweeter with the addition of fruits and coconut water. No sugars or sweeteners are added. Smoothies add thickness to the juice concept by using a base of coconut milk and other ingredients such as chia seeds and coconut oil.

"When someone just wants something fruity and tasty, I want to be able to offer that," says Hirschi, referring to her menu. Recognizing that customers may be more familiar with smoothie chains where sweeter and fruitier drinks are emphasized, her menu is a balance of special ingredients and great, fresh flavors.

These include lesser-known ingredients used for health benefits, such as activated charcoal and bee pollen. There is also a menu of boosters that can be added to juices or smoothies for \$1-\$3 such as turmeric, maca, cacao or protein powder.

The thickest, most substantial of offerings are the Acai bowls, which usually feature the South Acai berry. Bowls are a thick fruit smoothie topped with protein enhancers like granola, hemp and chia seeds and eaten with a spoon.

Playing with this concept to create unique combinations, Hirschi's most recent smoothie bowl is "The PB&J." A take on classic sandwich flavors, it combines blueberries, strawberries and blackberries blended as a "jam," with peanut or almond butter and banana. The bowl is topped with hemp, chia, coconut flakes, honey, and fresh fruit.

When she moved to Astoria from Utah, Heather Hirschi wasn't looking to open a juice bar. She was however, figuring out how to sustain herself in Astoria. After a career of teaching writing in Utah, she spent her first year working on a novel, looking for jobs, and volunteering. It was while working as a docent for the AVA that she met the owners of the former "Nourish Juice Bar," who were looking to

sell their business. "It just kind of fell into my lap," she says.

Hirschi is now a downtown business owner with a space she is excited to share with the community. This summer, she sponsored and participated in the first annual Ferry Street Block Party, a celebration of the emerging identity of 14th St as a unique hub of businesses and community.

The Pink Elephant sources its granola, which is gluten-free, from The Naked Lemon, and also offers Blue Scorchers gluten-free toast with avocado and almond butter. During the winter months, soups from Good 2 Go are available. Customers can shop CBD products from Kit's Apothecary right at the counter.

Hirschi is also running a special to encourage the use of re-usable cups: \$1 off for bringing your own cup, and \$5 for a Pink Elephant smoothie if you bring in one of ceramicist Audrey Long's Pride Month vessels.

Currently, fused glass art by local artist Christine Kende is on display and the space will open for Second Saturday Art Walk. Hirschi has visions of hosting regular creative writing workshops and pop-up movie nights.

So far, it's just Hirschi behind the counter, juicing up concoctions for customers, opening from 9-5 most days. She is closed Wednesday and open 10-4 on Sunday.

As a new business owner, she's in early days, but she's paying attention to what people are looking for and what excites them about juicing. "I definitely sell more of 'The Healers' on Monday mornings," she notes. The drink is made up of kale, spinach, banana, orange juice, pineapple, mango, and likely appeals to folks who are trying to start their week on a good note, or else are recovering from the excitement of the weekend.

Whatever people are looking for, there are refreshing and uplifting options in the form of raw juices. "It's a good menu offering really healthy smoothies," says Hirschi. "That is its own kind of a service."

Pink Elephant Juice Emporium is located at 1423 Commercial in Astoria. Open 9-5, Sun 10-4, closed Wednesdays.



Pink Elephant's Heather Hirschi



The PB&J Bowl:

Blueberries, strawberries, blackberries blended with peanut or almond butter and banana, topped with hemp, chia, coconut flakes, honey and fresh fruit.



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Open for breakfast

LIVE MUSIC

Thursday, Sept 12 • The High Deductibles
Thursday, Sept 19 • Sonny Hess
Thursday, Sept 26 • Camp Crush
Thursday, Oct 3 • Jacob Westfall Band
7 - 10 pm • Free • All ages welcome

Halfway to St. Patrick's Day

Saturday, September 14
Live music by Floating Glass Balls 7 - 10 pm
All day we'll be serving our lucky Irish Stout, Irish iced coffee, Irish reubens and more.

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By Victoria Stoppiello

LOOK UP! Its a Watershed Moment!

"WATERSHED" is a word that evokes several meanings. Looking out our windows here in the Oregon Coast Range we literally see watersheds, the places where our water is collected, first by forests, then by small streams, and finally by major rivers.

Whether your water comes from a municipal supply, a spring or a well, it is the watershed that produces and provides that precious water. Go without it for even a week and you will notice how flowing water is so much a part of our lives that it is easy to take it for granted.

Watershed also means a critical moment marking a turning point in a state of affairs. That's where we are now—at a point where continuing devastation of our formerly forested watersheds has triggered concerns about watershed health and now—potential action.

On Saturday, September 28, North Coast Communities for Watershed Protection (NCCWP) will present "LOOK UP! IT'S A WATERSHED MOMENT!" at the North County Recreation District building, 36155 9th St, Nehalem from noon to 9:00 p.m.

Highlights of the day's events are a new movie by Shane Anderson (who made "Behind the Emerald Curtain"), and an important announcement by keynote speaker Ralph Bloemers of the Crag Law Center.

Starting at noon, workshops will include "Exploring Regenerative Forestry" with Peter Hayes, owner of Hyla Woods, a family-owned restoration forestry business; "Old Growth and Water" presented by Chandra LeGue, author of "Oregon's Ancient Forests: A Hiking Guide"; children's watershed activities for grades 5-8; a panel including fishing guide Bob Rees will discuss multiple factors putting fish at risk, including current forestry and farming practices, climate change, and what we can do to ensure that they survive; and "Fixing Oregon's Logging Laws", by Jason Gonzales of Oregon Wild.

At 5:00, soup, bread and drinks will be provided, followed at 6:00 by the evening program in the NCRD Theater. Forest Fairies will flutter in to start things off with a welcome and thanks, followed immediately by the keynote address by Ralph Bloemers discussing the effects of industrial logging on watersheds, what best science says, what current laws and regulations in Oregon are concerning logging, as well as how money and politics influence forestry management practices and publicly available information.

Bloemers is expected to make an important announcement about a statewide effort to modernize and update forest laws to protect water supplies and community health. He is an attorney with over twenty years of legal experience. As the Senior

Staff Attorney at the Crag Law Center in Portland, he has been working to protect and sustain the Pacific Northwest's natural environmental legacy by dealing with forest and water law policy, as well as through advocacy. To learn more visit www.crag.org.

A brief comedy routine by Stumpy will lead into Shane Anderson's film, "Run Wild, Run Free."

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

<https://healthywatershed.org/> rockawaycitizen.water@gmail.com



Democratic Party Resolution 2019-003: Regarding the Modernization of Forest Practices in Oregon

By Pamela Mattson McDonald

- THE SLOW MOVEMENT of Democracy can try patience. But the users of water-sheds have now forced the hand of the Democratic Party of Oregon. Ever since the Jetty Creek Watershed disaster in 2011, when Rockaway citizens watched in horror as their watershed was clear cut and sprayed with pesticides. Awareness of the disconnect forest industries have on their impact on the communities they border, grows.
- The State Central Committee of the Democratic Party of Oregon, at their most recent meeting in Yamhill, August 10th, proposed a number of resolutions. One of which is Resolution 2019-003: Regarding the modernization of forest practices in Oregon. It calls for a ban on clear cutting in watersheds which supply communities with water services, as well as stopping the applications of pesticides, herbicides and other chemical fertilizers. Additionally, it demands a shift away from unsustainable forest practices towards more climate aware, sustainable timber management. Requiring the modernization of The Oregon Forest Practices Act to meet standards reflecting the best science and best practices. Oregon's government subsidies need to end, if the timber companies will not change their ways to more sustainable growing standards.
- Besides the Jetty Creek watershed debacle, there are other issues which were catalysts for the resolution. A state of emergency was declared in Salem May 2018, by the Governor. Due to algae bloom in elevated temperature water within the city's Detroit Lake reservoir. Due to Climate Change, which clear cut logging contributes to. Trees are excellent storage towers of carbon. And it's been proven that letting trees grow larger and cut less frequently can be economically and environmentally positive. Oregon's forest practice laws are weaker than Washington, Idaho and California. They haven't been effectively updated since the 1970's. And then there's the spray operators.
- These workers who spray the forests with hazardous chemicals in Oregon, unlike operators in most any other state, need no permits, insurance, special training or licenses. In Oregon's government no oversight department exists. There's no recourse for citizens whose lives have been impacted by careless deliverers of toxic compounds. Property damage, health effects, school playgrounds, hospitals or a newspaper carrier accosted with spray drift are all victims of our forestry laws which are inadequate. It wasn't until just recently, that there was a website with a phone number and email where one could find out spray schedules or get automatic notices when they were in your area.
- Climate Change is expected to result in lower water flows, warmer water, landslides, wildfires, outbreaks of insects and disease made worse by our states' current industrial logging techniques.
- Each year the State of Oregon gives three million dollars a year to the timber companies. Effectively funding all-out war on our water supplies. Currently, in the West, there's a movement among communities to own their own watersheds like the City of Astoria. It's what the Arch Cape Water and Sanitary Sewage District is aspiring to. This resolution is a first step to reign in the havoc of the Forest Industries Council.
- It's important for those who want this change to happen to contact their legislators to voice support.
- (The full text of the resolution may be found at - https://dpo.org/party/business/resolutions/2019003?link_id=14&can_id=8ad0fe965ecc1a60413ea05d3205c0)



Cannon Beach Cottage Tour September 13-15
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Call to Artists for the 14th International AU NATUREL EXHIBITION at Clatsop Community College

CLATSOP Community College in Astoria, Oregon invites artists to submit to the 2020 International Juried Exhibition, Au Naturel: The Nude in the 21st Century. The 2020 Au Naturel exhibit will be open for viewing at the Royal Nebeker Art Gallery from January 23 through March 12, 2020 with a special community reception on Thursday, February 6th at 6:00 p.m.

The Au Naturel competition is open to all artists from around the globe working in two-dimensional drawing, painting, or printmaking media with a focus on the nude human figure as subject matter in any form from representational to abstract, and in which the handmade mark is employed as the primary means of image-making. Entrants must be 18 years or older, and submitted artwork must have been executed in the last five years and available for the duration of the exhibit. Visit the Au Naturel exhibit website at <http://www.aunaturelart.com/> to view artwork from previous Au Naturel exhibitions and for further information about the show.

Applications are currently being accepted online via the CaFÉ™ website at: artist.callforentry.org

There is a \$40 fee for the submission of up to three images, and \$5 for each additional image submitted.

The 2020 exhibit awards will include \$1,000 in cash prizes and up to \$2,000 in purchase awards. A select number of Visiting Artist Workshop awards will also be granted. Additionally, one artist will be chosen to be featured in a solo show

for the following exhibition season (2020-2021) at the Clatsop Community College Royal Nebeker Art Gallery.

FOR A PROSPECTUS, download the document from the Au

Naturel website at www.aunaturelart.com. To request a hard copy of the prospectus, contact 503-338-2472 or kshauck@clatsopcc.edu.

Juror for the 2020 exhibit is Henk Pander. Born in Haarlem, The Netherlands, he is represented in prestigious museums and collections across the globe, including the Rijksmuseum in Amsterdam. In addition to winning the first place award in the 2017 Au Naturel, Pander was also an award-winning participant in CCC's ninth annual Au Naturel in 2015. He has been the recipient of many other prestigious awards as well, including: the Regional Arts and Cultural Council Visual Arts Fellowship in 2006-07; the State of Oregon Governor's Award for the Arts in 2005; the Oregon Arts Commission Master Fellowship for Painting in 1991; and two awards in national competitions in the Netherlands in 1961 -- the Silver Medal in the Prix de Rome and the Talens Prize. For more information about Henk Pander, visit: henkpander.format.com



HENK PANDER



DARREN ORANGE at IMOGEN RISE IN A WAKE

IMOGEN GALLERY presents *Rise In A Wake*, new works by Darren Orange. His paintings encapsulate the raw power of the Pacific Northwest through abstract interpretations of landscape. *Rise In A Wake* opens during Astoria's Second Saturday Artwalk, September 14th with a reception from 5 - 8 pm. The exhibition will be available for viewing through October 8th.

Local favorite, Darren Orange brings a strong collection of abstract paintings inspired by the Lower Columbia region. Darren gathers the calm of early morning sunrise to instill in his dramatic abstracted scenes. With the gritty element that has been the pinnacle of his work for decades he depicts quieter moments, reflecting the raw power with dedicated stillness and wonder of the wilds that have carved this region. A continuation of intuitive mark making brings imagery that reflects the power and force of the Columbia River itself, becoming part dance and part meditative practice.

Darren's direct, sometimes raw work, conveys through abstracted landscape his own personal connection to place, and to those who came before, who made their living from the abundant resources of this region. His work pays homage to independence and tenacity and the general spirit of the Northwest.

Within this new series, Darren brings paintings of all scale. His palette shifts from past work to a softer and gentler tone balancing sharp contrast to washes of color. Golden hues of autumnal light emerge from striations of watery blues that seem to dance across canvas. About his new body of work he states: "I continue to explore free association of intuitive mark making, or automatism. I stretch further from the literal reference and deeper into abstraction. Built suggestive imagery from layers of paint reveal the history of the painting process in smear, smudge, and line. In my attempt to make the work of painting fun by the act of play, the process of pigment manipulation, aesthetic chess, and exploration of mark making, carving-out composition has lead me to a quieter practice of activity in meditative focus."

Darren's work has been widely exhibited, reaching all four corners of the United States. He has also been selected by the Oregon Arts Commission for the Art In The Governor's Office program. His work can be found in private, public and corporate collections around the world.

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

Drea Rose Frost, Andie Sterling, and Carol Greiwe at RiverSea Gallery

RIVERSEA GALLERY presents three exhibitions featuring regional artists: coastal landscapes by Drea Rose Frost, abstract linescapes on aluminum by Andie Sterling, and a trunk show of jewelry by Carol Greiwe. These shows open on September 14 during Astoria's Second Saturday Artwalk with a reception from 5pm to 8pm. Meet the artists and enjoy live music performed by John Orr and Peter Hinsbeeck. Artwork will remain on view through October 8, 2019.

In *Coastal Color*, north coast artist **Drea Rose Frost** exhibits mixed media paintings steeped in the atmosphere of Northwest waterways and their environments. Although she often works from reference photographs, Frost always draws upon her own interpretations and memories, lending a dream-like quality to her paintings.

Frost received her BFA from the Oregon College of Art and Craft in 2014. She exhibits in juried shows and galleries in Portland and on the Oregon coast. She currently works as an artist, independent curator and art consultant. She is an avid surfer and ambassador of a clean ocean through environmental awareness.

IN THE ALCOVE: Lines guide me, more than I guide them," says multi-talented Astorian **Andie Sterling**. Illumine, features large paintings on aluminum of stratified waves limned in translucent paint, allowing the metal surface beneath to gleam through. These abstracted linescapes



Dawning 1, 24" x 50" acrylic on aluminum, with myrtle edging



"Way, Way Out Where the Sidewalks Disappear," 16" x 20", mixed media

are impressive works of vibrant color, depth and luminosity inspired by sunset reflections and the illumination of water during the golden hour.

Sterling received an MFA in sculpture and installation from the University of North Texas, is a certified K-12 teacher, and this summer completed a large public mural encompassing Astoria's Thirteenth Street Alley.

Portland metalsmith **Carol Greiwe** shows her sculptural art jewelry in a trunk show opening at 3pm and continuing through Artwalk. She is perhaps best known for incorporating her own handmade ceramic "stones" into her distinctive hammer-textured silver designs. Over the years she has developed non-traditional ways to feature pearls and gems in her work for an edgy modern vibe. She exhibits regularly in juried art show throughout the nation. This will be the largest collection of her jewelry ever presented on the Oregon coast.

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

Sunday in the Park with Art • Oct 6

MARK YOUR CALENDARS, Sunday, October 6 is the next "Sunday in the Park with Art" (SPA), a hike/art experience at Fort Clatsop within the Lewis and Clark National Historical Park.

This season, SPA takes the form of a play with two "acts" along the Netul River Trail, a two mile round trip stroll. Act I will begin at 12pm, at the Netul Landing north shelter. Music, dance and art installations will entice the walking audience northward along the trail to the Fort Clatsop Visitor Center picnic area. Participants will then enjoy an interactive intermission and ready themselves for Act II and the walk southward back to the Netul River parking lot, starting around 1:30. A different experience of music and dance will greet the audience during this segment, as new performers will take the place of the artists from Act I.

Sunday in the Park with Art happens rain or shine and is an all ages, family friendly event. Come dressed for the elements and feel free to add flair. Please arrive early to first purchase a pass at the Visitor Center, \$5.00 for age 16 and older, free for under 16. For more information, please call the Fort Clatsop Visitor Center: 503-861-2471 or keep up to date on the Sunday in the Park with Art FaceBook page



SEPT CALENDAR

Saturday 7

MUSIC

Buzz Rogowski. 6pm at Bridgewater Bistro in Astoria.

Adam Miller. Folksongs of the American Labor Movement. Free, 7pm at the Astoria Public Library.

Noah Kite. Free, 8pm at the Sou'wester Lodge in Seaview.

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

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

Latter Day Skanks, Titty Babies, and Broken Bodies. Punk. \$5 cover, 9:30pm at the Labor Temple in Astoria.

ART

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

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

FOOD & DRINK

Fire Up. Chicken BBQ Fundraiser for Seaside Fire & Rescue. 11am – 5pm at Seaside Fire & Rescue.

Grange Family BBQ. 4 – 6pm at Fairview Grange in Tillamook.

HAPPENING

Rod Run to the End of the World. At Wilson Field in Ocean Park. beachbarons.com

Wheels and Waves car Show. In downtown Seaside. seasidecarshows.com

Dalmation Dog Days of Summer. Fun family activities. Retired and active firefighters will be on hand to answer questions and tell stories. Meet “Duke” the Dalmation. Noon -3pm at the Uppertown Firefighter's Museum in Astoria.

Lewis & Clark Saltmakers Return. A historical reenactment. Free, noon – 5pm in Seaside. Call (503) 738-7065 for location.

Whale Spirit Drum Circle. \$10 suggested donation goes toward venue rental. No experience needed, extra percussion instruments available. 7 – 8pm at the Bob Chisholm Community Center in Seaside. WhaleSpirit.com

Muttzanita Festival. Fun events for doggos and their humans. Vendors, pet parade, games, and more. In Manzanita. muttzanita.com

Oktoberfest in the Dairylands. Beer, Bavarian Cuisine, live music, and Tirolean dance performance. \$10, noon – 10pm at the Monday Musical Club in Tillamook.

OUTSIDE

Race to the Bar. 5K walk/run, 10K run. \$45, 5-8pm at Ft Stevens State Park, Hammond. See Race to the Bar on Facebook for tickets.

THEATER

Shanghaied in Astoria. Musical melodrama. \$10 - \$20, 7pm at the ASOC Playhouse in Astoria.

Sunday 8

MUSIC

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

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

Ladies Music Club of Seattle. \$15, 2pm at the Raymond Theater in Raymond.

Buzz Rogowski. 6pm at Bridgewater Bistro in Astoria.

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

FOOD & DRINK

Crawfish Boil. Plus live music and beer. \$5 for beer, \$20 for dinner. 3 – 7pm at Dough Dough Bakery in Seaside.

HAPPENING

Rod Run to the End of the World. At Wilson Field in Ocean Park. beachbarons.com

Wheels and Waves car Show. In downtown Seaside. seasidecarshows.com

Lewis & Clark Saltmakers Return. A historical reenactment. Free, noon – 5pm in Seaside. Call (503) 738-7065 for location.

THEATER

Shanghaied in Astoria. Musical melodrama. \$10 - \$20, 2pm at the ASOC Playhouse in Astoria.



WITH GLOWING ALBUM and show reviews coming from Pitchfork and The Wall Street Journal, Portland-based folk rock band, The Builders and The Butchers brand of folk-rock is best served live. Audiences can look forward to lively performances, where the fourth wall is broken and the audience is able to participate in call and response sing-a-longs. Sometimes the band will hand out instruments for fans to play, and they'll even get down off stage to perform right on the floor.

Tuesday 10

MUSIC

Blair Crimmins & The Hookers. \$25, 7pm at the Lincoln City Cultural Center.

HAPPENING

See You Next Tuesday. Stand-Up Comedy. Free, 7:30pm at the Labor Temple in Astoria.

Wednesday 11

MUSIC

Howly Slim. 6pm at the Cove Restaurant in Long Beach.

Cross Record. 7pm at Anita in Astoria.

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

Wonderly Road, Bear Chaser, and Casual Cowboy. No cover, 7:30pm at the Labor Temple in Astoria.

FOOD & DRINK

Chef Outta Water. Seafood & the Sea of Cortez. Seafood cooking styles of the state of Sonora Mexico with an emphasis on Paella. With Chef Sergio Mata from the Marinaterra Hotel & Spa in San Carlos, Mexico. \$60, 5 – 7:30pm at Baked Alaska & Nekst in Astoria.

HAPPENING

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

Thursday 12

MUSIC

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

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

The High Deductibles. No cover, 7pm at the Gearhart Hotel.

Cache Dash Splash. Graveyard of the Pacific. Geocaching event various locations on the Long Beach Peninsula. cachedashsplash.com

THEATER

Shanghaied in Astoria. Musical melodrama. \$10 - \$20, 7pm at the ASOC Playhouse in Astoria.

Friday 13

MUSIC

Pacific R&B Festival. \$20 Friday only, \$40 for entire weekend. Starting at 5pm at Port of Peninsula in Ocean Park (Nahcotta). See peninsulabluesfest.com for schedule.

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

Dimitri Matheny Duo. \$20, 6pm at the Cannon Beach History Center and Museum.

Sempre Sonora. 6pm at Bridgewater Bistro in Astoria.

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

Gabriele Strata. 7pm at the Cannon Beach Community Church.

My Generation Rock Show. \$25, 7pm at the Liberty Theater in Astoria.

Ted Pickett. 7pm at Crown Alley Irish Pub in Ocean Park.

Between Friends. Classical Jazz. \$15, 7:30pm at the PAC in Astoria.

ART

Paint Night. Proof is in the Painting, a tipsy painting workshop. \$30, includes all paint materials and supplies. 6:30pm at the Astoria Golf and Country Club, Warrenton.

HAPPENING

Cache Dash Splash. Graveyard of the Pacific. Geocaching event various locations on the Long Beach Peninsula. cachedashsplash.com

Port of Garibaldi Night Market. Featuring local vendors, live music, food, door prizes and outdoor games (if weather allows). Free admission, 5 – 9pm at the Port of Garibaldi.

LITERARY

Author Appearance. Deborah Lincoln will be reading from her recently completed , unpub-

BUILDERS AND BUTCHERS

Astoria's own, **THE FLOATING EASEMENTS**, sing country-folk songs about subjects that everyone can relate to. Scoot your boot to songs about love, dancing, and tacos! Jeff Munger (guitar, vocals) fronts the band with Jaime Greenan (pedal steel), Nathan Crockett (violin), Will Elias (bass guitar), and Brian Bovenizer (drums).

LIBERTY THEATRE September 28th, 8pm. Tickets \$15 general admission Locals with a Clatsop or Pacific County ID get \$3 off at the box office. Will call tickets will be available at 2pm the day of the show. Doors open at 7pm. libertyastoria.org

Enjoy a free outdoor performance, with opener beloved Baby Gramps. Sunday September 22, 4pm at the Cannon Beach Park FREE CONCERT.

lished novel, “Uniontown.” 5 – 7pm at Art Accelerated Gallery in Tillamook.

THEATER

Shanghaied in Astoria. Musical melodrama. \$10 - \$20, 7pm at the ASOC Playhouse in Astoria.

Henceforward. Comic Science Fiction. \$15, 7:15pm at Pier Pressure Productions in Astoria.

Saturday 14

MUSIC

Pacific R&B Festival. \$25 Saturday only, \$40 for entire weekend. Starting at 1pm at Port of Peninsula in Ocean Park (Nahcotta). See peninsulabluesfest.com for schedule.

Buzz Rogowski. 6pm at Bridgewater Bistro in Astoria.

Anna Gilbert. 7pm at Public Coast Brewing in Cannon Beach.

Floating Glass Balls. 7pm at the Gearhart Hotel.

Stephanie Anne Johnson. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Ted Pickett. 7pm at Crown Alley Irish Pub in Ocean Park.

Tim Connell Duo with Eric Skye. \$20, 7pm at the Hoffman Center in Manzanita.

Mouth Painter. Free, 8pm at the Sou'wester Lodge in Seaview.

Lion of Judah Band. Reggae. \$5 cover, 9pm at the Labor Temple in Astoria.

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

ART

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

FOOD & DRINK

Chef's Table Dinner with Marco Davis. Four courses of spectacular local ingredients artistically prepared and served with wines chosen for their ability to elevate the tastes on your plate. \$150, 6 – 8pm at the North Coast Food

→ cont. p19



Cross Record NOT TO MISS!

At ANITA, Wed. Sept 11

In the three years since her last album, Emily Cross has divorced, quit drinking, become a death doula, started the observational podcast “What I’m Looking At,” and toured and recorded with Sub Pop’s Loma. Throughout her new self-titled album, which Uncut Magazine calls a “mesmerising mini-masterpiece,” Cross guides the listener like a sonic Virgil, delivering a textured soundscape of meditative curiosity.

Her new album recently featured on NPR All Things Considered.

Astoria downtown theatre
PIER PRESSURE PRODUCTIONS
officially opens it's doors
this September, with Alan Ayckbourn's

HENCEFORWARD

PIER PRESSURE PRODUCTIONS, at 1015 Commercial Street in Astoria, is presenting **HENCEFORWARD**, a comic sci-fi play set in the not-so-far-off future by Alan Ayckbourn, for its Grand Opening on Friday, September 13. The ribbon cutting ceremony begins at 5:15pm, serving champagne until the doors open at 6:45. The construction of this theater has been a year in the works, under the planning and implementation by Daric Moore and Susi Brown.

Jerome Watkins, an out of work composer, lives in a messy, steel shuttered basement in North London where punks and thugs battle to rule the city. He has lost his muse. His only companion is a robot nanny who's on the blink. Desperately wanting custody of his teenage daughter, he plans to hire an escort/actress to impress his estranged wife and a wired-for-sound child welfare officer. Things take an unexpected turn: a synthesizer, computer circuitry and a screwdriver-what could possibly go wrong?

Susi Brown is the director; Mick Alderman is the technical director.

The cast of Henceforward is comprised of William Ham, Daric Moore, Cherise Clarke, Ann Branson, Gigi Chadwick and Dawson Yukon Shadd. Many actors appear on video only: Dan Eager, Katrina Godderz, Bill Honl, Kelli Hughes, Guillaume



Jambon, Clarissa Johnson, Dan Reiley, the Schimelpfenig Boys, Sheila Shaffer and Slab Slabinski. The technological crew is Jerry Alderman, Jayne Osborn, Marcus Liotta, Celeste Olivares, Maddi Nicole, Dylan Hauser-Schalk and Gabe White.

Henceforward will be performed at 1015 Commercial Street in Astoria. Fridays, Saturdays, Sundays from September 13 to September 28, curtain 7:15 p.m. Tickets are available at the Liberty Theatre's web site libertyastoria.org or at the door of Pier Pressure Productions located on 1015 Commercial St. The tickets are \$15, general seating, The Theater is ADA accessible.



HMS Pinafore or The Lass That Loved A Sailor

SUNG IN ENGLISH, the concert performances will feature soloists, chorus, and piano, telling the tale of love between members of different social classes. Josephine, a middle-class naval captain's daughter (betrothed to the upper-class government official Admiral Joseph, in charge of the Royal Navy) is really in love with a lower-class common sailor, Ralph Rackstraw. Find out how Little Buttercup's secret will affect this love triangle and who will end up tying the knot! Come sail away with the good right Captain Corcoran at the helm and his gallant crew of sailors along with a bunch of sisters, cousins, and aunts and crusty old Dick Deadeye!

The concerts feature ChrisLynn Taylor, Deac Guidi, Will Caplinger, Bob Goldberg, members of the North Coast Chorale, Tim and Victoria McCoy, Sandy Naishtat, Bernie Robe, Jocelyn Claire Thomas, and Zachary Lenox, with Nathalie Fortin at the piano.

Gilbert and Sullivan's HMS Pinafore, a Concert Performance in English with English Supertitles. Friday, September 27 at 7pm and Sunday, September 29 at 4pm. At The Performing Arts Center at 588 16th Street, Located on the corner of 16th and Franklin in Astoria. Tickets are \$20 and available online at Brown Paper Tickets HMS PINAFORE and at the door.

Catch Shanghaied in Astoria this September!

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 "Shanghaing", 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, asocplay.com.

LightBox Symposium for Alternative Process Photography & Exhibit Sept 13 - 15

THE LIGHTBOX SYMPOSIUM for Alternative Process Photography hosted by LightBox Photographic Gallery on September 13, 14 and 15th is a celebration of the myriad of methods photographers have revived from the history of photography. LightBox will dedicate a weekend to celebrate these photographic arts with some of the most passionate representatives and practicing artists working with the alternative photographic processes.

The Symposium is being held at Alderbrook Station, a historical 115 year old net shed on the banks of the Columbia River in the heart of Astoria. Participating is keynote Speaker Christina Z. Anderson as well as Alt Process photographers Jim Fitzgerald, Karen Hymer, Denise Ross, and Michael Puff. Each will be speaking and performing detailed demonstrations of their processes, from hand made Silver Gelatin Emulsions, Photogravure, Platinum Printing, Carbon Transfer Printing and more.

The group of artists and technicians and symposium participants come to Astoria for alternative process photography sharing, learning, network-



Ray Bidegain, Becoming Invisible

ing with alternative process photographers from around the nation. The symposium is for the beginner and the advanced photographer interested in learning about alternative printing processes. A full weekend is planned of gatherings, show openings, talks, demonstrations and opportunities to share work with others. All are invited to be part of a special weekend! Sign up for the Symposium by contacting michael@lightbox-photographic.com

LightBox Photographic Gallery opens the exhibit, Alternative Visions with an artists' reception on Saturday, September 14, 2019 from 5-8pm. The prints in Alternative Visions represent a large variety of processes and all handmade prints, ranging from cyanotype, gum, platinum/palladium, silver gelatin, Van Dyke brown, carbon transfer, photogravure, wet plate, tintype, ambrotype, lith, casein, chemigram, lumenprint, and wet plate collodion. Christina Z. Anderson juries the exhibit.

LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday - Saturday 11 - 5:30. Contact LightBox at 503-468-0238 or at info@lightbox-photographic.com, and visit lightbox-photographic.com for more info and to enjoy past, current and upcoming exhibits.



Harini Krishnamurthy, Mudra



Angel OBrien, Never Fall in Love on a Monday

50 Year Sensation

Dave McMacken Retrospective at Secret Gallery



DAVE MCMACKEN has spent over 50 years working as a graphic designer and illustrator. He got his start designing album art for Frank Zappa in the 1970s and was responsible for creating the epic covers for Zappa's albums "200 Motels" and "Over-Nite Sensation," which depicts the lonely sexual fantasies of a two-headed roadie in the style of a seventeenth-century Dutch painter masterwork.

McMacken's list of album art credits also includes AC/DC's Ballbreaker, Warrant's Dog Eat Dog, Freak Show for The Bullet Boys, Black Market for Weather Report, Reel Mu-

sic for The Beatles, Moving Targets for Flo and Eddie, and Leftoverture for Kansas. He also did work for The Temptations, Jackyl, Bedlam, Angel, and The Beach Boys.

He has worked on films, advertising, and games for Disney, George Lucas, Steven Spielberg, Electronic Arts, Broderbund, Sega Genesis, California Avocados, and various tourist bureaus.

He currently lives and works from his home in Astoria.

The Secret Gallery will present a retrospective of Dave's work in music, games, advertising, film, and books in September, followed by a show of his recent works in October. An opening reception for "50 Year Sensation" will be held on Saturday, September 14 at the Secret Gallery, and an artist talk with Dave McMacken will take place on Sunday, September 15 at 1pm.

Overnite Sensation

followed by a show of his recent works in October. An opening reception for "50 Year Sensation" will be held on Saturday, September 14 at the Secret Gallery, and an artist talk with Dave McMacken will take place on Sunday, September 15 at 1pm.

Visit the Secret Gallery's website at thesecret.gallery to find out about film screenings and other special events at the gallery throughout September and October. 160 10th St. in Astoria.

Impressions from the Boathouse Group Art Exhibition

THE HISTORIC U.S. COAST GUARD BOATHOUSE located at Pier's End in Garibaldi will be hosting a new multi-media art exhibition in the guest artist exhibition space at the Historic U.S. Coast Guard Boathouse on Tillamook Bay, in Garibaldi - an iconic Oregon Coast heritage and tourist landmark.

The exhibition is a group show from eight different artists and members of the newly-formed Nehalem Bay Artists Coalition. Artists include: Corinna Beuchett, Shaunya Dekker, Christine Eagon, Rick Hampton, Rebekah Lu, Janet Maher, Ahna Ortiz, Reeva Wortel, Mike Arseneault (Curator).

The group exhibition can be viewed by the public at The Historic U.S. Coast Guard Boathouse located at 1209 Bay Lane in Garibaldi (turn on S 12th St). The Boathouse is open to the public on Saturdays and Sundays 12-4 pm through Labor Day weekend and group tours can be organized from September 3rd through October 3rd by appointment by contacting Mike Arseneault at savegaribaldipier@gmail.com. Admission for this on-going restoration and preservation project (including the guest artist space) is \$5 for adults (suggested) and free to active and retired Coast Guard and children twelve and under.

The Nehalem Bay Artists Coalition is a group of artists that live and work in Tillamook North County. They were formed and exist to create a stronger, more vibrant, and connected arts community by bringing artists together in unique venues to show work, partner with local business and organizations, and develop and sponsor workshops for adults and children.

This is the first group exhibition for the NBA artists and they'll be hosting their next group show at the North County Recreation District Gallery in Nehalem in December. The artist group is open to all artists. For more information, or to follow the progress, visit www.facebook.com/groups/NehalemBayArtists/



Historic Boathouse, Rick Hampton

Kitty Paino at Trail's End Gallery

TRAIL'S END GALLERY will feature the art of Kitty Paino with a reception on Saturday, September 7th, 2-5pm. Her work will be on display throughout the month. Works from other Trail's End artists will also be on display.

Kitty Paino grew up near the beach in Seaside and now lives in Astoria, Oregon. Although starting out as an artist, life happened, and so she eventually ended up retiring from Clatsop Community College as a dean of continuing education. She states, "I am grateful for the opportunity to now return to the constant experimentation of art without distraction".

Kitty paints in acrylics, but utilizes mixed media using palettes that include organic materials and is constantly exploring with experiments in texture and dimension. "When the journey is the reward, it makes it easier to experiment and a reminder to be mindful and in the moment. I usually choose subjects related to the historic and natural world of the lower Columbia River and the North Oregon coast where I've spent most of my life. Observing the environment on the north Oregon coast has made me appreciate the depth of its intense beauty and I feel fortunate to live here".

Trail's End Gallery is located at 656 A Street in Gearhart, one block south of Pacific Way. Open Wed through Sun, 11am to 3pm. 503.717.9458 trailsendart.org

Sandra Roumagoux "Rising Tide" oil on canvas

Liisa Rahkonen "Pleading"
Copper

ART HAPPENS



Dawn Stetzel

FUGITIVE AVA Center for the Arts

AVA CENTER FOR THE ARTS ipresents FUGITIVE: three artists in collaboration during the Astoria Second Saturday ArtWalk in September, Jessica Schleif, Jesse Jones and Dawn Stetzel. Using the word fugitive as a prompt, the three women connected through walking, dialoguing and gathering discarded objects from North Coast waterways, trash piles and a science lab. Each artist brings her own practice to the task of creating sculpture and meaning from limitless garbage and marine debris.

JESSICA SCHLEIF, currently based in Astoria, was born and grew-up in rural Oregon. Her recent 2017 AVA Invitational Exhibit-SEEDS was an environmental installation in a warehouse above the Columbia River. A 2018 Precipice Grant recipient, Schleif envisioned and collaborated on the year long Tidal Rock Project. She recently completed the Sou Wester Artist in Residence Program.

JESSE JONES, based in Astoria, is the Volunteer Coordinator for Coast-Watch, a program of Oregon Shores Conservation Coalition. She is currently the chair of the North Coast Oregon Chapter of Surfrider Foundation. She studied filmmaking at the Northwest Film Center and graduated from Portland State University. This is her first installation project.

DAWN STETZEL, based in Seaview, WA, graduated from the University of Iowa and has a Master of Fine Arts from the College of Visual and Performing Arts at the University of Massachusetts at Dartmouth. Her work "Tsunami Evacuation" was part of the 2016 Portland Biennial. Recology Western Oregon/AVA awarded Stetzel in 2016 the Coastal Oregon Artist Residency. Her most recent solo exhibit "Ready or Not" was at the Newport Visual Arts Center in 2017.

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



Kathleen Kanas

Her passion is to bring attention to importance of ecological diversity of nature and emphasize nature's and human fragility.

CARL WHITING is an artist, writer, and environmental advocate residing in Wheeler, Oregon. His favorite subject to explore, photograph, paint, and write about is the infinite variety of life around beautiful Nehalem Bay, a place he first visited over 20 summers ago.

KATHLEEN KANAS has resided in Manzanita since 1979, opening the 4th Street Gallery & Studio there in 1994. She has been creating traditional and organic basket styles for over 50 years. Recently, she has begun to explore clay in conjunction with natural fibers. Her work reflects her great appreciation for the natural beauty of the Pacific NW.

The Hoffman Gallery located at 594 Laneda Avenue in Manzanita and is free and open to the public. Open Thurs. - Sun. 1pm - 5pm. hoffmanarts.org

4 Artists at The Hoffman Center Gallery

THIS SEPTEMBER the Hoffman Center Art Gallery features four artists: Nicole Hummel - Ceramics; Dorata Haber-Lehigh - Botanical Drawings; Carl Whiting - Drawings & Paintings; Kathleen Kanas - Basketry and Ceramics. An opening reception will be held Saturday, Sept. 7, 1pm - 5pm, with an artist talk at 4pm.

NICOLE HUMMEL has been a potter for over a decade and this show will feature a selection of her recent work, avenues of exploration as her work continues to evolve. Much of her work is fired in wood kilns across the state of Oregon.

DOROTA HABER-LEHIGH is an artist, educator and a naturalist with a passion for native plants of the Pacific Northwest.



Dorata Haber-Lehigh

Manzanita Writers Series Authors in Conversation

MANZANITA WRITERS' Series presents "Authors in Conversation" on Saturday, September 21st at 7 pm at Hoffman Center for the Arts in Manzanita. Admission is \$7.

What comes to mind when you think about Alaska? Perhaps the Klondike Gold Rush of yesteryear or the ongoing Iditarod Race. While familiar, they offer a predominantly male-centric narrative. Join author Deb Vanasse and poet Carrie Ayagaduk Ojanen as they share perspectives from the 49th state on indigenous women decolonizing the myth of the frontier. They will share readings from their latest works and discuss how indigenous women and men in Alaska seek to retain their traditions and way of life amid pressure from economic forces, both historically and today.

Carrie Ayagaduk Ojanen is a member of the King Island Native Community, Ugiuvamiut tribe and a Peripheral Poets fellow. She received her MFA from the University of Montana. Her first collection of poetry, "Roughly for the North," was published by University of Alaska Press. Her work has appeared in *Prairie Schooner*, the *Louisville Review*, *AS/US Journal*, and *Yellow Medicine Review*.

"Roughly for the North" - A tender and complex portrait of an Arctic and sub-arctic world. Full of lush language and imagery, each poem is an act of devotion and love to one's family and land" - BiblioVault

After 36 years in remote Alaska - an isolating but evocative experience that inspires much of her work - Deb Vanasse now lives on Oregon's north coast. The author of seventeen books, she earned a Master of Arts in Humanities from California State University at Dominguez Hills

and is an alumnus of the Squaw Valley Writers Workshops. She is also co-founder of the 49 Alaska Writing Center and founder of the author collective Running Fox Books.

"Wealth Woman: Kate Carmack and the Race for Klondike Gold" - After dozens of books on the man-dominated, scoundrel-infested side of the Klondike Gold Rush, a fresh, new take on an epic historical event" ~ Kim Heacox, author of "Jimmy Bluefeather and The Only Kayak."

Hoffman Center for the Arts is located at 594 Laneda Avenue in Manzanita. visit www.hoffmanarts.org/writing/manzanitas-writers-series/



Zine Launch: Wasted on F***book

CHECK OUT The Astoria Studio Collective during the September 14th Art Walk from 5-8 pm, where collective members Heather Douglas and Kaisa Schlarb will be launching their Zine: *Wasted on F***book*. This quarterly publication aims to harness some of the passion lost on social media and put it back into the printed word.

Offering prompts for local writers and artists, this first zine is themed "Coming of Age/Gender." 10 local writers participated and were encouraged to take this loose theme in any direction. Come discover and enjoy their creativity and a

celebration of printed expression.

Snacks, a sweet playlist, and a few readings by contributors will take place in the ASC Common Room, located in the Van Dusen building at 1010 Duane. ASC is on the second floor, entrance on 10th Ave.

Themes for the next zine will be announced during the event and those interested in participating can inquire to Kaisa Schlarb kaisaschlarb@gmail.com or Heather Douglas lavenderheather@gmail.com

Deborah Lincoln Sip + Shop at the Art Accelerated Gallery

ART ACCELERATED, a local non-profit arts-related organization, presents Deborah Lincoln reading from her work at the Art Accelerated Gallery (1906 Third Street, Tillamook) on September 13, 5pm -7pm.

Deborah Lincoln grew up in Ohio and Michigan and graduated from Michigan State University and the University of Michigan. After careers in the Oregon State Government, Deborah and her husband retired to South Tillamook County. Deborah is the author of the award-winning novel, *AGNES CANON'S WAR* (2014), based on the lives of her twice-great-grandparents during the Civil War era. For the Sip + Shop, she will be reading from her recently completed, unpublished novel, *UNIONTOWN*, [PA]. In addition, she will talk about historical research and how historical novels relate to today's news.



The Writer's Guild Of Astoria Tarot Cards As Writing Prompts

TAROT CARDS can be powerful tools to harness the power of our subconscious. Join local Astoria author Kate Deeks for this workshop on using the cards to inform and inspire our writing. Are you stuck? Having trouble starting? Discouraged and depressed about your process? Ready to try something new? Both participants very familiar or totally unfamiliar and curious about Tarot will find the cards a helpful tool for the creative process of writing. This workshop will have explanation and exploration of Tarot, card decks to inspire, one or more writing prompt activities, and a chance for sharing results. Kate welcomes writers of all styles and levels, and creates a professional, fun, enriching and inclusive environment. Participants will leave with a new perspective and inspiration for future projects. Ages 16 and up.

Kate has led her writing critique and support group, Write Astoria, since November 2015, been a Writing Instructional Assistant at Clatsop Community College for four years, and is past-Chair of the Astoria Public Library Advisory Board. Reading Tarot since age 16, Kate recently completed the advanced level of Tarot School presented by Psychic Siamese Terror at Chariot in Astoria.

Saturday, October 12, 10am to 1pm, Astoria Studio Collective, 372 10th St in Astoria. email: info@thewritersguild.org



Holocaust Survivor Ruth Lindemann At Seaside Public Library

SEASIDE LIBRARY will host author Ruth Lindemann on Saturday, September 28. The event will take place in the Community Room at 1pm. Ruth will be speaking about her books of historical fiction "To Survive Is Not Enough" and "They Will Not Be Forgotten." She will also speak about her experiences as a child survivor of the holocaust

Ruth was born in Vienna, Austria in 1933. Austria was taken over by the Nazi's five years later in March of 1938. She lived with her grandmother during this period and remembers all of the Jewish men being arrested and taken to the camps. In 1939 Ruth and her mother were moved into a Jewish ghetto, where they

lived, while awaiting paperwork that would allow them to go the United States. During a final visit to her grandmother, in 1940, Ruth and her mother escaped being captured by going into hiding in a neighbor's house. Her grandmother, aunt, uncle, and cousins met a different fate and were among the masses who were interred. Ruth and her parents eventually fled to the United States and were able move to Portland, Oregon before settling in Longview Washington. In recent years, Ruth has been a lecturer at the Holocaust Museum in Portland and the Tolerance Education Center in Rancho Mirage, California

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

Web in Astoria. Register at northcoastfoodweb.org

HAPPENING

Cache Dash Splash. Graveyard of the Pacific. Geochching event various locations on the Long Beach Peninsula. cachedashsplash.com

Bodyvox @ Big Creek. A special evening of dance under the stars in a working forest. \$20, 5:30 - 8pm at Big Creek Forest, Knappa. Meet at Knappa High School to catch a shuttle to the site from 4 - 5:30pm. Register at brownpaper-tickets.com

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

Cannon Beach Cottage Tour. Featuring vintage cottages and beach dream homes.. Maps available at the Cannon Beach History Center and Museum starting at noon. \$40 (get tickets at the museum), tour is from noon - 4pm, reception 6 - 8pm.

LECTURE

Luncheon and Lecture. Lunch catered by Dough Dough Bakery. Janet Eastman will discuss Cannon Beach History. \$30, 11:30am - 1pm at Tolovana Hall in Tolovana Park. Call 503-436-9301 for tickets.

OUTSIDE

Cape Kiwanda Longboard Classic. capekiwand-longboardclassic.com

THEATER

Shanghai'd in Astoria. Musical melodrama. \$10 - \$20, 7pm at the ASOC Playhouse in Astoria.

Henceforward. Comic Science Fiction. \$15, 7:15pm at Pier Pressure Productions in Astoria.

Sunday 15

MUSIC

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

Juliet Smith. 11:30am at Bridgewater Bistro in Astoria.

Hightime. Celtic. 2 - 4pm at the Lincoln City Cultural Center.

Philip Hammond. \$22.75, 3pm at Nehalem Bay United Methodist Church in Nehalem.

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

FOOD & DRINK

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

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

English Style Garden Tea. \$25, advance ticket sales only. 11am - 1pm at the Cannon Beach History Center and Museum. Call 503-436-9301 for tickets.

Art of Growing Oysters Tour. Tour shellfish hatcheries and processing facilities in Netarts, Tillamook, and Garibaldi. Free, preregistration required. 8:30am - 12:30pm in Register and see more information at eventbrite.com

HAPPENING

Cache Dash Splash. Graveyard of the Pacific. Geochching event various locations on the Long Beach Peninsula. cachedashsplash.com

LECTURE

In Their Footsteps. John Colter's Impact on American History. With Christopher Hodges. 1pm at the Netul Room in the Lewis & Clark National Historic Park Visitor Center, Astoria.

LITERARY

Meet Matt Myers. Artist and children's book author Matt Myers will be at Beach Books in Seaside from 2 – 4pm.

OUTSIDE

Cape Kiwanda Longboard Classic. capekiwandalongboardclassic.com

THEATER

Henceforward. Comic Science Fiction. \$15, 7:15pm at Pier Pressure Productions in Astoria.

Monday 16

MUSIC

Buzz Rogowski. 6pm at Bridgewater Bistro in Astoria.

HAPPENING

Bar Fight Live Game Show. Cheerleaders, Jeerleaders, costumes, and bribery encouraged. 7:30pm at the Labor Temple in Astoria.

Wednesday 18

MUSIC

Doug Smith. With Judy Koch-Smith. \$15, 7pm at the Peninsula Arts Center in Long Beach.

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

HAPPENING

Community Preparedness Fair. Individuals and community coming together to prepare for emergencies. 6 – 8pm at the Neah-Kah-Nie High School Gym in Rockaway Beach.

Thursday 19

MUSIC

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

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

Tunes in the Dunes. With the Ukulele All-Stars. \$22, 6:30 – 9pm at the Lincoln City Cultural Center.

Sonny Hess. 7pm at the Gearhart Hotel.

The Burning Hell. Free, 8pm at the Sou'wester Lodge in Seaview.

FOOD & DRINK

Chocolate & Whiskey Adventure. . A pairing of five whiskies with eight chocolates from around the world. \$39, 5:30 – 10pm at Blaylock's Whiskey Bar in Astoria. Get tickets at eventbrite.com

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.

Comedy on the Coast. Operation Laughter. With Steve Mazan, Mike James, and James P Connolly. \$15, 8pm at Chinook Winds in Lincoln City.

Friday 20

MUSIC

David Drury. 6pm at Bridgewater Bistro in Astoria.

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

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

ART

Earth and Ocean Arts Festival. Plein air painting, performance art, music, gallery events, and more in venues in Cannon Beach. \$50 for 3-day festival pass. FMI and tickets at cbgallerygroup.com

HAPPENING

Jeep Long Beach. On the beach at Long Beach and at Barons Field in Ocean Park. For schedule, see Jeep Long Beach on Facebook.

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

Comedy on the Coast. Operation Laughter. With Steve Mazan, Mike James, and James P Connolly. \$15, 8pm at Chinook Winds in Lincoln City.

THEATER

Henceforward. Comic Science Fiction. \$15, 7:15pm at Pier Pressure Productions in Astoria.

The Savannah Sipping Society. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 21

MUSIC

Buzz Rogowski. 6pm at Bridgewater Bistro in Astoria.

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

Silverhill. 7pm at the Ghost Hole Public House in Garibaldi.

The Spire Duo. Presenting "Her Light Escape." \$25, 7pm at the Lincoln City Cultural Center.

Stephen Beus. \$10, 7pm at Cannon Beach Community Church.

Tim Connell. Art of the Mandolin. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Doug Smith. Acoustic guitar. \$25, 7:30pm at the Liberty Theater in Astoria.

Beth Willis. 8pm at Public Coast Brewing in Cannon Beach.

Plastic Cactus. Free, 8pm at the Sou'wester Lodge in Seaview.

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

ART

Earth and Ocean Arts Festival. Plein air painting, performance art, music, gallery events, and more in Cannon Beach venues. \$50 for 3-day festival pass. FMI and tickets at cbgallerygroup.com

FOOD & DRINK

Annual Pig Roast. Food will be served at 3pm, live music by Countryside Ride on the patio 4pm – 9pm. At the Olney Saloon & General Store, Olney.

HAPPENING

Jeep Long Beach. On the beach at Long Beach and at Barons Field in Ocean Park. For schedule, see Jeep Long Beach on Facebook.

Jordan's Hope for Recovery Rally and Fun Run/Walk. Speakers, live music, kids, activities, information booths, fun run/walk. Starting at 9:30am at Astoria High School. jordanshope.org

Comedy on the Coast. Operation Laughter. With Steve Mazan, Mike James, and James P Connolly. \$15, 8pm at Chinook Winds in Lincoln City.

LITERARY

Manzanita Writers Series. Authors in Conversation. Perspectives from Alaska. Author Deb Vanasse and Poet Carrie Ayagaduk Ojanen in conversation and reading from their latest works. \$7, 7pm at the Hoffman Center in Manzanita.

THEATER

Henceforward. Comic Science Fiction. \$15, 7:15pm at Pier Pressure Productions in Astoria.

The Savannah Sipping Society. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 22

MUSIC

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

Juliet Smith. 11:30am at Bridgewater Bistro in Astoria.

Danny Sternadel. 6pm at Bridgewater Bistro in Astoria.

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

Ten Spiders. 7:30pm at Seaside Brewing.

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

ART

Earth and Ocean Arts Festival. Plein air painting, performance art, music, gallery events, and more in Cannon Beach venues. \$50 for 3-day festival pass. FMI and tickets at cbgallerygroup.com

CINEMA

Paris to Pittsburgh. A climate change film. Free, 3 – 4pm at the Columbian Theater in Astoria.

HAPPENING

Jeep Long Beach. On the beach at Long Beach and at Barons Field in Ocean Park. For schedule, see Jeep Long Beach on Facebook.

Tomas Kubinek - Miracle Man. A comedic performance. Equal parts comic brilliance, virtuosic vaudeville and irresistible charm. \$15, 2pm at the Raymond Theater in Raymond.

THEATER

Henceforward. Comic Science Fiction. \$15, 7:15pm at Pier Pressure Productions in Astoria.

Monday 23

MUSIC

Danny Sternadel. 6pm at Bridgewater Bistro in Astoria.



Cheap Whiskey and Dirty Jokes, at Astoria's Labor Temple Friday Sept. 20

Hosted by local comedian Public Emily Number One and features headliner **ADAM PASI**, Tony Ward, Brandon Lyons and Astoria's Brian Lee. One of Portland's funniest persons, Pasi is quickly becoming among the most recognized names in Northwestern comedy. Born in Tacoma, WA and raised on army bases on the East Coast and in Germany, Adam's unique outlook on life allows him to craft absurd yet relatable stories, culminating in admittedly ridiculous calls to arms. Adam has appeared on the IFC show "Portlandia" and has performed on the Limestone, Wenatchee, and Bridgetown comedy festivals. He is a regular host at Helium Comedy Club, as well as a co-host of the bi-monthly comedy game show Funny Humans vs. The Wheel. Frequently intense, but never taking himself too seriously, Adam Pasi encourages all who will listen to join him in his mostly imaginary, but always amusing crusade against... well, something. Whatever it is, being loud and silly is the only way to fight it.

Tony Ward is a Portland based comedian who was a semi-finalist in Portland's Funniest in 2018. She has performed at the all Jane Festival and is the founder of the Undertow comedy festival in Lincoln City. She performs in bars and clubs all over the Pacific Northwest. Brandon Lyons hosts comedy nights at Helium and Al's Den.

The event starts at 8pm and there is a \$5 cover charge. 21+ only.

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

Tuesday 24

MUSIC

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

LITERARY

Lunch in the Loft. With author Linda B Myers who will read from her work. \$25 includes a catered lunch from Dough Dough and a signed copy of Myers' newest book "Fog Coast Runaway." Noon at Beach Books in Seaside. RSVP by calling 503-738-3500

Wednesday 25

MUSIC

Scheckie & Co. 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.

Thursday 26

MUSIC

Equinox. 6pm at Bridgewater Bistro in Astoria.

Camp Crush. 7pm at the Gearhart Hotel.

HAPPENING

Wings Over Willapa Festival. Workshops, speakers, guided hikes, and more in and around the Willapa National Wildlife Refuge. See schedule at wingsoverwillapa.org

Friday 27

MUSIC

HMS Pinafore with Cascadia Chamber Orchestra. \$20, 7pm at the PAC in Astoria.

David Drury. 6pm at Bridgewater Bistro in Astoria.

Mojo Holler. 6pm at The Sand Dollar Restaurant in Rockaway Beach.

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

CINEMA

Manzanita Film Series. \$5, 7:30 – 9:30pm at the Hoffman Center in Manzanita.

FOOD & DRINK

Pacific Northwest Brew Cup. Regionally brewed craft beer, live music, food, and more. Just east of the Barbey Maritime center at the Columbia River Maritime Museum in Astoria. Free admission. pacificnorthwestbrewcup.com

Crave the Coast. A coast-to-table food festival featuring food locally sourced from coastal farms, fishers, producers and foragers. \$25 admission, noon – 6pm at the Port of Garibaldi. Get tickets at brownpapertickets.com

HAPPENING

Wings Over Willapa Festival. Workshops, speakers, guided hikes, and more in and around the Willapa National Wildlife Refuge. See schedule at wingsoverwillapa.org

THEATER

Henceforward. Comic Science Fiction. \$15, 7:15pm at Pier Pressure Productions in Astoria.

The Savannah Sipping Society. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 28

MUSIC

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

Mojo Holler. 6pm at The Sand Dollar Restaurant in Rockaway Beach.

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

Bill Scorzari. 7pm at Crown Alley Irish Pub, Ocean Park.

The Portland Lesbian Choir. \$15, 7pm at the PAC in Astoria.

The Builders and The Butchers. With The Floating Easements. \$15, 8pm at the Liberty Theater in Astoria.

Dream Date, Time & The Bell, Nate Lumbard. Free, 8pm at the Sou'wester Lodge in Seaview.

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

ART

Artwalk. 1pm in downtown Tillamook.

FOOD & DRINK

Chinook Oktoberfest. Dinner and silent auction. \$25, 5 - 9pm at the Historic Chinook School Event Center.

Pacific Northwest Brew Cup. Regionally brewed craft beer, live music, food, and more. Just east of the Barbey Maritime center at the Columbia River Maritime Museum in Astoria. Free admission. pacificnorthwestbrewcup.com

HAPPENING

Wings Over Willapa Festival. Workshops, speakers, guided hikes, and more in and around the Willapa National Wildlife Refuge. See schedule at wingsoverwillapa.org

Fall Festival. Silent auction, raffle, baked goods and homemade artisan and craft items for sale. 10 - 5pm at the Cannon Beach Library.

Look Up, it's a Watershed Moment. Presented by North Coast Communities for Watershed Protection. Workshops, lectures, and more addressing the deforestation of watersheds. Noon - 9pm at NCRD in Nehalem. tpud.org/events

LECTURE

Winterizing Your Garden. Presented by the Clatsop County Master Gardeners Association. 3pm at the Clatsop County Fairgrounds, Astoria.

LITERARY

Holocaust Survivor Ruth Lindemann. Ruth will speak about her books of historical fiction and her experiences as a child survivor of the holocaust. 1pm in the Community Room at the Seaside Library.

OUTSIDE

South Slough Scramble. 5K run/walk and 10 K run on trails at Lewis & Clark National Historic Park, Astoria. Free, registration 8 - 8:45am. Race start and finish is at Netul Landing.

THEATER

Henceforward. Comic Science Fiction. \$15, 7:15pm at Pier Pressure Productions in Astoria.

The Savannah Sipping Society. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 29

MUSIC

Ray Prestegard. 10am - 3pm at the Astoria Sunday Market.

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

HMS Pinafore with Cascadia Chamber Orchestra. \$20, 4pm at the PAC in Astoria.

Buzz Rogowski. 6pm at Bridgewater Bistro in Astoria.

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

FOOD & DRINK

Pacific Northwest Brew Cup. Regionally brewed craft beer, live music, food, and more. Just east of the Barbey Maritime center at the Columbia River Maritime Museum in Astoria. Free admission. pacificnorthwestbrewcup.com

HAPPENING

Wings Over Willapa Festival. Workshops, speakers, guided hikes, and more in and around the Willapa National Wildlife Refuge. See schedule at wingsoverwillapa.org

THEATER

The Savannah Sipping Society. Comedy. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

Wednesday 2

MUSIC

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

Thursday 3

HAPPENING

Open House at the Harbor. For Community Members and Potential Volunteers. Enjoy a glass of wine and a snack and find out what the Harbor does for the community and how you can play a role. 5 - 7pm at the Harbor in Astoria.

Friday 4

MUSIC

North Coast Music Festival. performances and workshops in several venues in Cannon Beach. See schedule at cannonbeacharts.org

ART

Peninsula Arts Association Fall Art Show. 10am - 5pm at the Long Beach Depot Building.

HAPPENING

Contra Dance. \$5 - \$10, 7pm at the AAMC in Astoria.

THEATER

Topsy Turvey Shanghaied. A cross-dressed version of Shanghaied in Astoria.

Musical melodrama. \$10 - \$20, 7pm at the ASOC Playhouse in Astoria.

The Savannah Sipping Society. Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

FLASH CUTS

MOVIES & MUSINGS



HUSTLERS (SEPT. 13) Jennifer Lopez stars in the true life story of female empowerment. Set in the mid oughts, Lopez plays Ramona, a stripper on the wrong side of 30 facing a bleak future which looks even bleaker when the recession hits in 2008 and the strip club business tanks. Ramona has an idea. She, along with galpals Destiny (Constance Wu) and Diamond (Cardi B), hatch a plan to find and scam wealthy clients. Ramona and her crew invite their marks to upscale strip clubs where they swarm them with attention, drug them and max out their credit cards. The next morning, their victims wake with no memory of what happened except for a good time being had and a huge credit card bill. The girls are soon doing very well. Ramona's business empire grows as the money rolls in. Of course what the girls are doing is not strictly legal, and like their Wall Street counterparts, it all comes crashing down.

AD ASTRA (SEPT. 20) Postponed



from it's original May release date, Brad Pitt toplines director James Gray's space thriller. Gray has stated that for this film he wanted to feature "the most realistic depiction of space travel that's been put in a movie..." Synopsis: In the future, the U.S. government has been building a giant telescope to find life outside our solar system. Engineer/Astronaut Roy McBride (Pitt) heads the telescope project on Earth. His father, Clifford McBride

Previews

FILM.

BY LES KANEKUNI



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

DOWNTON ABBEY (SEPT. 20)

Movie picks up two years after the end of the TV show in 1927. The household is thrown into disarray with the announcement that King George V and Queen Mary are visiting Downton Abbey. With fewer servants and the royal visit looming, Lady Crawley asks retired head butler Carson to return to the estate to make ready. Carson agrees and the table is set for the big event. All the series cast returns.



JUDY (SEPT 27) Fifty years after her death, Renee Zellweger plays stage and screen legend Judy Garland in the last year of her life. Once the childhood star of The Wizard of Oz who made an Oscar-nominated comeback in the '50s with A Star is Born, Garland in 1969 was struggling to keep her career alive. Addicted to drugs and alcohol and in a custody battle with ex-husband Sid Luft (Rufus Sewell), Garland bounces from hotel to hotel with all refusing to accommodate her for unpaid bills, forcing her to leave her children Lorna and Joey with Luft. Desperate for work, Garland has no choice but to accept an offer for a series of shows at a glitzy London supper club. Lacking confidence, calling the English "insane" for wanting her, Judy's shows are a train wreck. She refuses to rehearse and shows up late and drunk to her own shows and pays most of her attention to new young lover Mickey Deans. At intervals, we flash back to Garland's youth in the business that made her into a star but also planted the seeds of her destruction. Zellweger does her own singing in the part.

JOKER (OCT. 4) One of the most anticipated movies of the fall is director Todd Phillips' Joker origin story, featuring an incredible performance by Joaquin

Phoenix as a mentally ill aspiring standup comedian who evolves into the homicidal villain known as the Joker. Set in the 1980's in a decrepit, rundown Gotham City made even seedier by a strike that leaves piles of garbage on the streets, Arthur (Phoenix) works as a clown-for-hire. Holding an "Everything Must Go" sign outside a failing business, Arthur has his sign stolen by teenagers and is then beaten. "Is it just me, or is everything getting crazier?" Arthur asks his social worker. Arthur suffers from a Tourette's-like syndrome that causes him to break into laughter at inappropriate moments. His mother has told him that he was "put on this earth to spread joy and laughter." Arthur has standup comedy aspirations and yearns to be on smarmy TV talk show host Murray Franklin's (Robert DeNiro) program. Particularly with DeNiro in the cast, there are strong similarities to of his most notable movies - Taxi Driver and The King of Comedy. Hearing about Arthur's beating a co-worker slips him a gun to protect himself. That night, after inadvertently laughing at a group of drunken stockbrokers, Arthur is beaten again, but this time he pulls the gun and makes his first kills. The Joker being part of the DC Comics universe and specifically the Batman character, Arthur, who has always yearned for his absent father, travels to Wayne Manor after his mother Penny tells him Thomas Wayne is his father. At the Manor his path crosses with Wayne's young son, Bruce. But Wayne rebuffs Arthur, telling him his mother's belief is a fantasy and that she is sick. The personal rejection and simmering rage Arthur feels is brought to a crescendo when his social worker tells him that due to budget cuts he can no longer get his meds. Then his hero, Murray Franklin, who has seen a clip of Arthur doing his (unfunny) act, invites him on his show as a joke. Arthur appears on Franklin's show, not as himself but as his new persona - the Joker

FREE WILL ASTROLOGY

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

ARIES (March 21-April 19): Here are examples of activities I recommend you try in the coming days. 1. Build a campfire on the beach with friends and regale each other with stories of your most interesting successes. 2. Buy eccentric treasures at a flea market and ever thereafter refer to them as your holy icons. 3. Climb a hill and sit on the grass as you sing your favorite songs and watch the moon slowly rise over the eastern horizon. 4. Take naps when you're "not supposed to." 5. Sneak into an orchard at night and eat fruit plucked just moments before. 6. Tell a beloved person a fairy tale in which he or she is the hero.

TAURUS (April 20-May 20): The hardest creature on the planet may be the bacterium known as *Deinococcus radiodurans*. It can endure exposure to radiation, intense cold, dehydration, acid, and vacuum. I propose we make it your power creature for the coming weeks. Why? Not because I expect you'll have to deal with a lot of extreme conditions, but rather because I think you'll be exceptionally robust, both physically and psychologically. If you've been waiting for the right time to succeed at demanding challenges that require you to be in top form, now is a good time to do it. P.S. *Deinococcus radiodurans* is colloquially referred to as Conan the Bacterium, borrowing from the spirit of the fictional character Conan the Barbarian, who is renowned for his strength and agility.

GEMINI (May 21-June 20): In the yearly cycle of many Geminis, retreating into a state akin to hibernation makes sense during the end of August and the first three weeks of September. But since many of you are high-energy sophisticates, you often override your body's signals. And then nature pushes back by compelling you to slow down. The result may be a rhythm that feels like constantly taking three steps forward and two steps backward. May I suggest a different approach this year? Would you consider surrendering, even slightly, to the invitation to relax and recharge?

CANCER (June 21-July 22): If you decide to travel to a particular place via hot air balloon, you must be prepared for the possibility that your route will be indirect. At different altitudes, the wind may be blowing in different directions: toward the east at a hundred feet high, but toward the southwest at two hundred feet. The trick for the pilot is to jockey up and down until finding a layer that's headed toward the desired destination. I see your life right now as having a metaphorical resemblance to this riddle. You have not yet discovered the layer that will take you where you want to go. But I bet you will soon.

LEO (July 23-Aug. 22): Considering how bright you have been burning since the Flame Angels designated you as the Hottest Cool Person of the Month, I hesitate to urge you to simmer down. But I must. Before there's a meltdown in your vicinity, please lower your thermostat. Not a lot. Just a little. If you do that, everyone will continue to see your gleaming charisma in the best possible light. But don't you dare extinguish your blaze. Don't apologize for your brilliant shimmer. The rest of us need your magical radiance.

VIRGO (Aug. 23-Sept. 22): *Shogun* is a bestselling novel about an Englishman who transforms himself into a samurai warrior in seventeenth-century Japan. Written by James Clavell, it's over 1,100 pages long. Clavell testified that the idea for the story sprang up in him when he read one line in his daughter's school book: "In 1600 an Englishman went to Japan and became a samurai." I suspect it's highly likely you will soon encounter a seed like that, Virgo: a bare inspiration that will eventually bloom into a Big Thing.

LIBRA (Sept. 23-Oct. 22): Libran athlete Mickey Mantle is in Major League Baseball's Hall of Fame. He had a spectacular 18-year career, winning the Most Valuable Player Award three times, playing in 12 World Series, and being selected to the All-Star team 16 times. So it's astounding that he played with a torn ligament in his knee for 17 years, according to his biographer Jane Leavy. She quoted

an orthopedic surgeon who said that Mantle compensated for his injury with "neuromuscular genius." I'm thinking that in the next few weeks you're in a position to accomplish an equivalent of Mantle's heroic adjustment.

SCORPIO (Oct. 23-Nov. 21): Most people who belong to the Church of Satan neither believe in nor worship Satan. (They're atheists, and don't believe in the supernatural.) I think a comparable principle is true for many rightwing fundamentalist Christians. Their actions and words are replete with bigotry, hard-heartedness, materialism, and selfishness: so contrary to what the real Jesus Christ taught that they in effect don't believe in or worship Jesus Christ. I mention this, Scorpio, in hope of inspiring you to take inventory of whether your stated ideals are reflected in the practical details of how you live your life. That's always an interesting and important task, of course, but it's especially so for you right now. The coming weeks will be an excellent time to purge any hypocrisy from your system and get your actual behavior in close alignment with your deepest values.

SAGITTARIUS (Nov. 22-Dec. 21): It's the right time for you to create a fresh mission statement and promotional campaign. For inspiration, read mine: "My column 'Free Will Astrology' offers you a wide selection of realities to choose from. With 4,212 years of dedication to customer service (over the course of my last 13 incarnations), I'm a reliable ally supporting your efforts to escape your oppressive conditioning and other people's hells. My horoscopes come with an ironclad guarantee: If the advice you read is wrong, you're under no obligation to believe it. And remember: a panel of 531 experts has determined that 'Free Will Astrology' is an effective therapy for your chronic wounds and primordial pain. It is also dramatic proof that there is no good reason to be afraid of life."

CAPRICORN (Dec. 22-Jan. 19): Here are good questions for you to meditate on during the next four weeks. 1. How can you attract resources that will expand your mind and your world? 2. Are you bold enough to reach out to wise sources and provocative influences that could connect you with useful tricks and practical treasures? 3. What interesting lessons can you stir up as you explore the mercu-rial edges, skirt the changeable boundaries, journey to catalytic frontiers, and make pilgrimages to holy hubbubs? 4. How best can you encourage lyrical emotion over polished sentimentality? Joyous idealism over astringent zealotry? Exuberant integrity over formulaic kindness?

AQUARIUS (Jan. 20-Feb. 18): "It is the beginning of wisdom when you recognize that the best you can do is choose which rules you want to live by," wrote author Wallace Stegner, "and it's persistent and aggravated imbecility to pretend you can live without any." That will be an excellent meditation for you during the coming weeks. I trust you are long past the time of fantasizing you can live without any rules. Your challenge now is to adjust some of the rules you have been living by, or even dare to align yourself with some new rules—and then completely commit yourself to being loyal to them and enjoying them.

PISCES (Feb. 19-March 20): Given the astrological omens that will symbolize your personal story in the coming weeks and months, I think Piscean author Nikos Kazantzakis articulated the perfect prescription for you. I invite you to interpret his thoughts to fit your circumstances. "We're going to start with small, easy things," he wrote. "Then, little by little we shall try our hand at the big things. And after that, after we finish the big things, we shall undertake the impossible." Here's an additional prod from Kazantzakis: "Reach what you cannot."

Homework: What do you want most for the person or animal you love best? FreeWillAstrology.com

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

Other People's Hydrocarbons...and Your Lungs

STANDING on its handlebars and seat for a tire change, my bike's underside revealed a sorry sight: caked-on carbon deposits. When I started scrubbing, the gunk on the rear derailleur pulleys came off in a long, sticky strip, and grungy chunks detached from the chainrings like tarry hail. There's nothing like cleaning your bike's components to demonstrate just how much pollution glides through the air and settles on roadways.

A Portland study analyzed variables in cyclists' exposure to air pollution, including road types, weather (wind, precipitation, and humidity), vehicle types, and the rider's respiratory rate. Researchers equipped their subjects' bikes with sophisticated monitoring equipment that measured levels of carbon dioxide, carbon monoxide, and volatile organic components, while physiology monitoring straps sensed the rider's respiratory and pulse rate. GIS units collected information about traffic volume and speed, and video cameras recorded road conditions. The research team concluded that exposure to airborne pollutants is a significant health hazard for cyclists, but rather than counseling riders to take the bus and stick with the stationary bike at the gym, they offered solutions for lowering exposure rates and health risks (James F. Panko et. al., "Evaluation of Bicyclists' Exposure to Traffic-Related Air Pollution Among Distinct Facility Types," Portland: Transportation Research and Education Center, 2014).

Changes in road infrastructure can reduce exposure to airborne pollutants from motor vehicles. Taking low-traffic streets and traveling at off-peak times are reasonable measures, but these more circuitous routes also mean the rider is on the streets longer, breathing in more hydrocarbons. On the other hand, traffic-calming features, such as speed bumps, cause motorists to slow down too, thereby reducing emissions.

(Panko et. al.; Vicky Gan, "How to Reduce Cyclists' Exposure to Air Pollution," www.citylab.com).

A better long-term solution is to invest in bike-pedestrian path infrastructure that's removed as far as possible from motorized traffic...as long as they're not near industrial areas releasing noxious clouds. Not only are riders farther away from internal combustion engines, but not having to stop as often means not inhaling as many pollutants.

The separate bike path approach makes sense for other reasons too. Portland's Street Trust (formerly the Bicycle Commuter Alliance) did a survey about ten years ago, noting that more



people are interested in cycling to work or just to get around town than actually do so, and safety is one reason for their hesitation to get in the saddle. Seniors, recreational riders, and families with young children aren't as comfortable riding with traffic as vehicular cyclists like me are. Creating separate bike-walking paths would help this population to get out of their cars and reduce their exposure time to car-produced gunk.

Cleaning the internal-combustion-produced stuff off my bike is an exercise in both elbow grease and awareness. I can't help recalling mental pictures of people living in areas with lower air quality, riding down the congested street wearing masks. Creating dedicated cycling-walking infrastructure is one solution; giving public transportation a meaningful piece of the transit pie is another; and then there's the need for automakers to make electric vehicles the dominant members of their fleet rather than a few niche models. Riding a bike regularly can reduce one's lifetime risk for cardiovascular disease by 11%, according to the Portland traffic researchers I've cited earlier. Those benefits shouldn't have to come with risks our lungs...or our planet.

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

AGRICULTURE AND FOREST LANDS WORKSHOP: September 9. With Tim Murphy. The workshop covers Statewide Planning Goals 3 (Agricultural Lands) and 4 (Forest Lands). Free and open to the public. 10am - 3pm at the Judge Boyington building in Astoria.

EMPOWER YOUR INNER CEO with Mindfulness and Emotional Intelligence Seminar. September 13. With Scott Crabtree. Mindfulness and emotional intelligence empower your inner CEO by simply enabling you to pay complete attention to the present moment without judgment, and to calibrate to the emotions of those around you. \$45, includes lunch, 9:45am - 3pm at Tongue Point Job Corps Center in Astoria. Register at Ichрма.org

ZEN WRITING WORKSHOP: September 14. Presented by the league of Intertidal Writers, with Matt Love. The workshop will feature writing and discussion prompts inspired by classic Zen-themed literature. Participants will engage in a series of light physical activities intended to help the creative process. \$60, 10am - 1pm at a private home in Astoria. To register, email leagueofintertidallwriters@gmail.com.

INDIGO FEST. The Craft of the Vat. September 20. With Iris Sullivan Daire and Brittany Boles. You'll use locally-sourced ingredients to learn intuitive vat building and start to finish processes for creating your own organic indigo vats from scratch. \$150, preregistration required. 6 - 9pm at North Fork 53, Nehalem. Register at eventbrite.com

MEMOIR WRITING. SEPTEMBER 21. With Andrew Zigg. The workshop will focus on various permutations of memoir and will examine excerpts from acclaimed autobiographical nonfiction. Writers will create content from a series of prompts. 10am - 1pm at The Writer's Guild in Astoria. FMI call 415-240-6406.

WORLD OF SPICE COOKING CLASS. Moroccan. September 25. With Pat Milliman. The workshop will focus on the cuisine of Morocco and the spices used to create those flavors. The participants will learn how to use whole and ground spices to season dishes and learn and/or reinforce basic cooking techniques. \$65, 5:30 - 8pm at the North Coast Food Web in Astoria. Register at northcoastfoodweb.org

BODY WORK•YOGA•FITNESS

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

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

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

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

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

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

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

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

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

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

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

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

SPIRITUALITY

LOOKING FOR A DIFFERENT APPROACH TO RECOVERY? Join us every Wednesday evening at the Mary Blake Playhouse, 1218 Avenue A in Seaside from 7:30 to 8:30. Refugee 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 St. 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.

You're invited to
Learn to Play

Mah Jong
with the
River
Dragons.

Astoria Senior Center, Wednesdays

Lessons beginning September 11th. Lessons will last between 8 and 10 weeks, depending on skill and previous experience. "Max Robertson" Rules Book will be used and available for purchase.

More info - Kay@kmb3422@hotmail.com. Sign up at the Senior Center front desk

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 Tree of Life: Yggdrasil

THE ANCIENT TREE YGGDRASIL is at the center of Norse Mythology and the Universe. This holy tree of life encompasses the nine realms at the center of the Universe. The tree resembles the human nervous system and spans the heavens and beyond. It has three main roots that lead to the realm of hell, the frost giants and humans. Like the akashic records, all history and wisdom are held in the trunk and roots of the tree. Yggdrasil has many names and is referenced in many religions. The Norse God Odin hung from Yggdrasil for nine days in effort to sacrifice some part of himself to gain knowledge; he received the 24 runes that became important symbols throughout Norse history, translating a spiritual message that also held magic.

The Norse Gods first came to Earth crossing the bridge known as Bifröst. This portal originates in a stone circle called Castlerigg in the sleepy village of Keswick, Cumbria in the British Isles. Castlerigg marks the portal where the Norse Gods arrived from Asgard and is receiving cosmic energy. When I

visited the site in person, I experienced this energy like waves of heavy air filling the circle. There were several people in my expedition, and they all felt it too. We all experienced feeling very light in our bodies and energetically altered. While standing inside this ancient stone circle I could see Bifröst spanning across the cosmos connecting Midgard to Asgard. I had time traveled to this site prior to visiting it in person and I saw the Norse Gods cross this bridge in my Spirit Travels. The energy of the circle keeps the bridge open. When we left the ancient site, there was a feeling of being out of sorts and extremely tired, as if we had traveled off planet.

The Norse Gods transported from Castlerigg, through the portal known as Stoplesteinan in Norway to help shape and develop the humans of that region. These stone circles are used by the Demi-Gods to travel to and from Earth, as well as from portal to portal. My own ability to time travel has allowed me to gather information on sites around the world, learning how they were built and what they were used for. I Spirit Traveled to Fredrikstad, Norway to the nine stone circles of Hunn Gravfelt. I was shown by the Norse Gods how the nine stone circles represented the Nine Realms.

The Norse gods took me through each of the stone circles where I witnessed each realm and met those who live there. In my book 'Odin and the Nine Realms Oracle' I describe in detail the different realms all held within the branches of Yggdrasil. It is through the realms that various portals and stone circles connect with the energy of the great tree and the cosmos.

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

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

By Tobi Nason

wordwisdom

it'd be rude not to: MY NEW CATCH PHRASE... it'd be rude not to... applied to any occasion where a decision in my favor and desire has to be made. It'd be rude not to...

Backtrack. I am on day 10 of a self-imposed 90 day shape-up plan. Shape-up as in my habits. I had slowly, over the last few years, devolved into a mess of sloppy habits. Most habits impacted other ways of living. I had a habit of stopping after work (9pm) at Freddie's for a snack. Maybe a chicken breast or a container of pea salad, and I'd wash it down with a beer. I reasoned that I hadn't had a proper meal since I was working at the time, so it was okay. It was not. It impacted my budget and my health. I decided walking was boring and chose to read my mornings away. That impacted my energy level and also not a healthy choice. I also enjoyed eating out, and thought Happy Hour offered the best deals. Which they do, but again - a choice that doesn't add to my health and well-being. These are the kind of changes I've made: exercise everyday in some way; eat at home, eat good food;

tend to my surroundings and enjoy what I have and what I do. 90 Days. I can do it! Day Ten as I write this. I feel good. I eat lentil salad and yogurt. I get up and walk at the dog park. I take a legal pad and write. Sometimes it's my gratitude list and sometimes it's a memory of Milly. Sometimes it's the beginning of a story. I'm on a mission, even if I'm technically counting the days - as if I'm serving a prison sentence.

Maybe that's part of my plan. Get out of habits that had the ability to "imprison" me with debt, ill health and a sense of chaos. I knew cognitively that things needed to change, but the thought of never, ever spending a morning in bed reading or never entering a restaurant with a friend seemed like too much. My little joys were threatened. I decided, when I decided to start my new 90 days of living, that I would give myself a break now and then. Which I have. I ate an appetizer with a friend to hear about her visit home. Someone at work brought each of us a huge cinnamon bun, so I gratefully brought mine home and ate it.

Talking to someone yesterday about my 90 days, and told her I felt a bit off track eating that appetizer - did not need it, not healthy, not in budget. She said, "Well, it'd be rude not to..."

Yes! That's it. Occasionally I have to join the world of others and realize that eating together (yes, spending money in a restaurant on something most likely deep-fried or loaded with butter) - well, it would be rude not to...

I love that phrase. It would be rude not to... I also think it applies to my 90 days. It would be rude not to give myself the best my life has to offer, but I have to do the work. If I want health, I need to eat clean and exercise. If I want a roof over my head, I need to tend to business, work and watch where the money flows. If I want to feel physically better, have an optimistic mindset, and reap the rewards that these better habits offer, I need to choose to do the work. I make that lentil salad and love it.

It would be rude not to...

Tobi Nason, counselor, lives in Warrenton and can be reached at (503) 440-0587. Currently accepting new clients.



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Dog Kongs (Black only please)

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Also we take Cash Donations

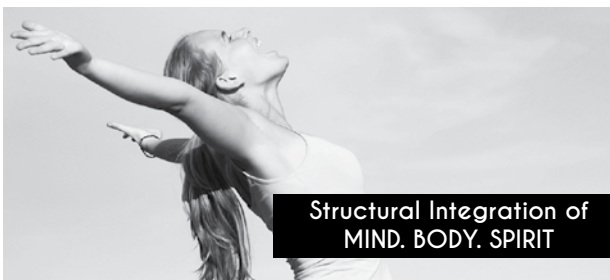
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Whole PLANET Health

By Margaret Hammitt-McDonald

HAND SANITIZER keeps popping up in more places: in public buildings' hallways, fastened to shopping carts, and hanging from handbags in holsters festooned with plastic bling. I also catch people armed with antibacterial wipes to use on everything from doorknobs to those naughty shopping-cart handles. But does this relentless quest to de-germify every conceivable surface (including our skin) keep illness at bay...or foster it?

Improved hygiene has had an unquestionable benefit on public health, reducing the incidence and severity of infectious diseases, such as cholera and hepatitis A. Indoor plumbing, hand-washing, water treatment, and other public-health measures have contributed to longer average lifespans and increased wellness throughout life. However, trying to turn one's personal space into a sterile environment better suited to a surgical suite than a home produces a whole new set of modern problems: more allergies, asthma, and possibly autoimmune disease, along with antibiotic resistance. (As a gender-justice activist, I'm also painfully aware of how increasingly stringent cleanliness expectations have oppressed those who identify as women, who are assigned a disproportionate degree of responsibility for household tasks in patriarchal societies.)

In 1989, David Strachan, a British epidemiologist, proposed the hygiene hypothesis: that growing up with siblings and dogs, soil and dust—and catching common colds—enables the immune system to develop normally, without identifying harmless environmental triggers as dangers. The immune system learns adaptively, and without microbes to challenge it, its growth becomes stunted (Katia Moskvitch, "Can We Be Too Clean?" BBC, November 19, 2015; <http://www.bbc.com/future/story/20151118-can-you-be-too-clean>).

Louis Pasteur's germ theory brought about the understanding that microbes (not "bad air" or the evil eye) cause diseases, and his discovery led to safer food-handling and preserving techniques. However, we now know that many bacteria and yeasts are normal residents of the human body, like the commensal bacteria in the large intestine that convert several vitamins to their active form. Overuse of antibiotics eliminates these beneficial bacterial populations too. If you've ever had diarrhea or yeast vaginitis after taking a course of antibiotics, you'll know what I mean.

I'm not suggesting a return to dirt floors, but a spotless kitchen, bathroom, or body isn't necessarily a healthy place. Common-sense cleanliness works, such as hand-washing to

**Is Germaphobia or Grunge Better
for the Immune System?**

prevent the spread of viruses that cause colds and wiping down food-preparation surfaces to avoid transmitting food-borne illness. But you don't have to pry your toddler away from sampling soil by mouth.

Speaking of "by mouth," what about the five-second rule for food dropped on the floor? Even the swift can't beat the bacteria—they get there instantaneously, especially as all surfaces have microbial inhabitants. (If you leave the food a while, you give the bacteria more time to gather, so there is a dose-dependent relationship between length of contact time and numbers of microbes, but five seconds don't make much difference.) However, researchers who've measured bacterial colony density on different surfaces have found that refrigerator handles, kitchen counters, and dishes can harbor many times the bacterial populations that a kitchen floor does (Sabrina Stierwalt, "Is the 5-Second Rule True?" Everyday Einstein, October 31, 2016; <https://www.quickanddirtytips.com/education/science/is-the-5-second-rule-true?page=1>). Moreover, surfaces that we perceive as clean may not be any less contaminated than surfaces we perceive, or assume, are dirty, like the good old toilet seat. (Not that I'm suggesting eating off a toilet seat...)

I'll always wash hands before and after doing a physical exam (thanks, Dr. Semmelweis), but where households, bodies, and dropped food are concerned, we can benefit from advice a wise elder once gave me: "God made dirt; a little won't hurt."

Sacred Waters

A Journey of connecting with the Elements

Sept 14 -15

HOSTED BY Our Sacred Transformations, a fun weekend of techniques and practices that support awareness of spirit and body in time and space. In present time we can heal our lives, experience more freedom and joy. Held at Yoga Gypsy Studio in Astoria. Limited to 12 participants.

Highlights include, Water Ritual, Meditation and acknowledgment of the ancestors, Ask for blessings and assistance in our healing work, Class on the present time and past lives – including techniques on how to process/heal/learn from past lives.

In a group setting individuals can ask one question for a clairvoyant reading. In the circle we all can heal / release similar issues that we might hold to the questions being asked.

About our Sacred Transformations:

Ann Robben Dott: Endorsed as an Interfaith Chaplain, Ann is an ordained minister of 34 years with a personal meditation practice of 40 years. As a spiritual counselor and healer, she brings experience and amusement to her readings and workshops.

Heidi Buswell: As an ordained minister, Heidi has over 33 years of experience teaching classes both in meditation and healing, she also provides energetic readings both in-person and remotely. She maintains office space in Chehalis, Washington. Heidi brings experience and validation to her practice and workshops.

Lara Rose Wood: During her 30-year meditation and healing practice, Lara helped many people with energetic readings and healings. She works both remotely and in person. For the last eight years, she has taught meditation and healing techniques. In her early twenty's she used the same energy techniques she teaches to heal from her childhood trauma to become the grounded and spiritually free being she is today.

For more info and to register, call Ann 503.791.3365. \$100 deposit to secure your spot. Total fee \$350, includes lunches.



CORN might be the New World's most important contribution to the cuisine of mankind. You could argue that potatoes, tomatoes, peppers of all kinds, vanilla, tobacco, beans, avocados, peanuts, pecans, cashews, pineapples, blueberries, sunflowers, cacao (chocolate), and squash should have equal billing. When I'm enjoying a cup of coffee, a bite of dark chocolate or adding vanilla to almost everything I bake, I'd be inclined to agree. But, if I had to choose, it would be corn. No contest.

When Christopher Columbus hit the beach in 1492, he thought he was in Japan. Turns out, it was The Bahamas. In Christopher's defense, he was banking on Marco Polo's claim to know where Japan was. He didn't. Frankly, nobody had yet bothered to mention the Pacific Ocean, so I think we ought to take all miscalculations with a grain of sea salt. Once ashore, Columbus sent a couple of his shipmates inland to find the Emperor of Japan. The Emperor was conspicuously missing. What they found, among other things, was people smoking tobacco, a practice they heartily embraced and maize or corn. In due time, the residents of Western Europe were suitably "amaized" by this. Corn soon became big business all over the world. Americans liked it so much they named a belt after it.

Our collective fascination with kernels, ears, cobs, silks and husks led to corn meal, grits, corn flakes, corn flour, corn mash, corn syrup and corn oil. These items morphed into whiskey, acetone, dye, soap, shoe polish, plastic, paint, varnish, fuel, rayon and lots more.

Despite all these uses, the bulk of corn grown in the US is used for animal feed. Subtract the 10% to 20% of the remaining corn crop that we export and you get a tiny remainder that we, the people, actually eat and much of that is in the form of high fructose corn syrup. I am not going to get on my soapbox about this. And you know why? Because it's corn season! And because my soapbox is woefully overworked these days.

No matter how you shuck it, corn is never better than when it's just picked. This fresh corn casserole is sweet with summer's crisp, juicy treasure. In truth, it's just a dollop of sweetened creme fraiche or Mascarpone away from being desert. Factor in summer's additional lavish gifts, sun-ripened tomatoes and fresh basil, and you have an E Ticket to rival anything The Mouse offers in the Magic Kingdom.

Corn is the gateway drug to harvest season. You have about another month to get "as corny as Kansas in August."



"AS HIGH AS AN ELEPHANT'S EYE" CORN CASSEROLE

Adapted from a recipe found in a
2007 Gourmet Magazine
Serves 6 to 8

- 2 lbs vine-ripened tomatoes cut into
- 1/2" thick slices
- 2 teaspoons salt or to taste
- 1 teaspoon black pepper or to taste
- Fresh corn kernels cut from 5 ears of
- corn (4 cups +/-)
- 1 cup whole milk
- 1/2 cup heavy cream
- 2 cups fresh bread crumbs-Grind your own from
- day old bread, crust and all.
- (You can use commercial bread crumbs, but this
- gorgeous casserole will definitely not be the same)
- 1/2 cup fresh basil, chopped
- 1 ounce freshly grated Parmesan
- 6 Tablespoons butter, diced into small pieces, plus
- a bit more for buttering the baking pan

• Place a baking rack on a rimmed sheet pan. Season

• both sides of the tomato slices with salt and pep-

• per and place them on the rack to drain. Allow

• about a half hour for the excess juice to drip away.

• In a 2 or 3 quart saucepan, bring the milk, cream

• and a pinch of salt to a simmer. Add the corn

• kernels and continue to simmer until corn is tender.

• This only takes about 5 minutes. Don't overdo it!

• Cool slightly.

• Preheat oven to 375. Butter a 2 quart baking dish.

• Toss bread crumbs, basil, cheese and a pinch each

• of salt and pepper together.

• Cover the bottom of the pan with tomato slices,

• sprinkle with bread crumb mixture, dot with butter

• and cover with about half of the corn mixture.

• Repeat with about half of remaining tomatoes,

• bread crumbs, butter and ALL of the corn mixture.

• Arrange remaining tomatoes as a top layer, sprinkle

• with the last of the bread crumbs and dot with

• butter.

• Bake until golden and bubbly, about 40 minutes.

• Cool about 15 minutes before serving.

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.

Jiva Yoga Festival. September 20-22.

Attend fun informative workshops from world-renowned ex-
perts on the subjects of breathwork, meditation, happiness,
nutrition, and more. \$20 - \$299. From 6pm on the 20th to
5pm on the 22nd at Ocean Park Camp and Retreat Center.
Preregister at eventbrite.com

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

Fall Cleanse!

This free informational meeting will go over why we should
cleanse, and what this particular 30-day cleanse entails. The
goal is to make this program doable in your day-to-day life,
while being a gentle way to reset the liver and digestive
tract. Come with your questions!

The event will be lead by Paula Crossfield, Ayurvedic
Advisor and d TERRA Wellness Advocate. More info: 917-
297-9458 or paulacrossfield@gmail.com
Designing Health, 1428 Commercial Street, Astoria, Or-
egon, Sept 19th 6:30-7:30pm

A Soul Midwife's Journey

In Honor of Marta Saarheim

Join Designing Health as Dawn Young shares her experience
of sitting with the dying in our community. She will discuss
ways we can all make dying more peaceful and healing for
our loved ones and ourselves.

About Dawn Young: Dawn attended the Soul Midwives
School in Dorset, UK. She is a Certified Soul Midwife and is
a companion to the dying and their families at Clatsop Care
and Columbia Memorial Hospital. She co-facilitates a com-
munity grief group and is a Reiki II Practitioner. She co-owns
Designing Health.

A FREE Talk at Designing Health, September 24 at 7pm.
1428 Commercial in Astoria.

Lunch Time Health Conversations

Join the Cancer Collaborative for informative and informal
lunch-time conversations about improving your health. Light
bites will be provided.

Sept 4 You Want Me to Eat What?! CMH Registered
Dietitian Arna Vanebo will provide guidance on increasing plant
based foods in your diet and share about the benefits of con-
suming a plant based diet.

Sept 12 Join Linda Moreland, CPA, CFP, RICP, Financial
Consultant with Thrivent Financial and CMH Foundation Board
member, as she shares tips for managing your financial health &
well-being.

Sept 17 Come visit with CMH Physical Therapist Tiffany
Nguyen as she shares about pain science and techniques for
managing persistent pain.

Sept 25 Engage in conversation and demonstration regard-
ing occupational therapy interventions and lymphedema care
with Blair Cocking, CMH Occupational Therapist & Certified
Lymphatic Therapist.

Presentations are 11am-12pm in the CMH-OHSU Knight Can-
cer Collaborative Activity Room, 1905 Exchange St., Astoria,
Oregon. For questions or more information, call the Resource
Center Coordinator at 503-338-4520. Check out this and other
events at



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Clatsop County Master Gardeners Assoc. Presents:
WINTERIZING YOUR GARDEN
Saturday Sept 28th, 10 am - 3 pm
Clatsop County Fairgrounds

The beginning of a productive garden starts in Fall and Winter. Winterizing Your Garden focuses on Preparation and Planning to insure a healthy abundant growing season for next year. Attention to soil is crucial and Keynote Speaker, Rose Marie Nichols McGee provides the answers. All Day Mini Workshops provide more gardening information. A Plant Sale, Garden Treasure Sale, Raffles and Kids Activities make this an event for everyone. Fresh Veggies will also be for sale. Bring your garden problems for solutions from Master Gardeners.

A small **Plant Sale** starts the day with plants that thrive in our growing areas including Hostas, Daylilies, Hellebores, Spring Garden Bulbs and winter over Vegetable starts. There will be small tree starts of Japanese Maple, Hazelnut, Alder and espaliered Apple. Pre planted "Salad Bowls" are also planned. Master Gardeners will answer questions and advise on best planting techniques and growing requirements.

11:00am: Putting Your Garden to Bed
Rose Marie Nichols McGee is President of the prestigious Nichols Garden Nursery located in the heart of the Willamette Valley. She co-authored "Bountiful Container Gardening" and writes the famed high demand yearly Nichols Garden Nursery catalog, "Herbs, Fine Seeds and Goods for the Gardener Cook". She has a passion for organic food gardening and shares winterizing advice focusing on quality soil maintenance and cover crops. She will also recommend plants that thrive in Winter and show gardeners how to build a Circle Garden with a compost pile center. She promises to bring Seeds from Nichols Nursery and her book will also be available.

All Day: Mushroom Foraging on the Coast
- Dane Osis, Park Ranger at Fort Stevens, has taught Mushroom Identification for fourteen years. Learn about common species both edible and poisonous, Rules and Regulation for mushroom foraging and tools needed.

All Day: Mini Workshops by Clatsop County Master Gardeners
Bees/Pollinator Plants - Learn how to encourage the declining pollinator population in your garden with pollinators favorite plant preferences.

Bulb Forcing for Inside Spring Flowers - Forcing bulbs in winter brings Spring into your house early. Learn easy ways to do this.

Composting and Mulching - Learn the amazing value of composting for your garden and the environments best health. The magic of making compost will be demonstrated.



Keynote Speaker
Rose Marie Nichols McGee

Garden Tool Maintenance - A demonstration of sharpening basic garden tools and the tools needed to keep equipment clean.

Plant Division- This form of plant propagation allows gardeners to increase their plant population at no cost. Learn to separate new plants from the parent plant.

Ph Soil Testing - Proper Ph balance influences plant growth by affecting the nutrients available for optimum plant health. Bring one cup garden soil in plastic bag to assess you own Ph levels. Master Gardeners will advise on solutions to proper Ph levels.



Clatsop Co. Master Gardeners Presents:
BEE SWARMS

TOM TRUSEWICK presents "Bee Swarms". Swarming is the process by which a new honeybee colony is formed when the queen bee leaves the colony with a large group of worker bees. In the prime swarm, about 60% of the worker bees leave the original hive location with the old queen. This swarm can contain thousands to tens of thousands of bees. It is important for home gardeners to recognize and respond appropriately to Bee Swarms in order to protect the new colony.

Trusewick teaches beginning Bee Keeping at Clatsop Community College and the Oregon State Beekeepers Conference. He is a knowledgeable and popular speaker throughout the Pacific Northwest and will answer questions regarding all things Bees.

Wed Sept 11th, 6pm Columbia Hall, Room 219, Clatsop Community College

FOODGROOVE



WHETHER you're too busy or just too damn lazy to clean your travel mug, Street 14 Café in Astoria has a solution for you and the environment. Designed to reduce the use of single-use cups, HUSKEE Cups are part of a new swap program that cafes all over are starting to offer. Street 14 is the first on the block in Astoria, plus Insomnia Coffee in Cannon Beach, and Portland.

The well-designed travel mug, (made from up to 50% coffee husk, a by-product that's often discarded at the milling stage of coffee production, and an eco-polymer, non-toxic and BPA free materials that feel great in your hand and make Huskee Cups super sturdy) keeps your drink hot and hands from burning. Price: Ten bucks!

And here's the cool part; swap your Huskee cup and lid for a clean set every time you stop in at Street 14 for a beverage, or any café with Huskee cups!



DUNDEE, Ore. On September 14th, Argyle Winery and the Pacific Northwest College of Art (PNCA) will celebrate the unveiling of the 2019 Art of Sparkling artwork at a special complimentary event at the Argyle Tasting House. Created by Argyle Winery to support the talents of student artists, the Art of Sparkling program is a unique collaboration with PNCA. Each year, three PNCA student artists are selected to receive the Argyle scholarship. The students then immerse themselves in the Argyle story by visiting the vineyards, winery and Tasting House. This experience serves as inspiration for their artwork.

The three pieces of art are then turned into labels for the Art of Sparkling 3-bottle set. The original labels created by this year's winning artists—Haley Howell, Olivia Harwood and Lydia Mercer—will be unveiled at the Argyle Tasting House, and online, on Saturday, September 14th with a presentation that begins at 2 p.m. The 2019 Art of Sparkling 3-bottle set, featuring the 2016 Argyle Vintage Brut, will be available for purchase.



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Coast Community Radio

KMUN 91.9, 88.9, 91.3, 104.3

KMUN broadcasts 7,500 watts of power from its main transmitter on Megler Mountain, and 10 watts each from translators in Wheeler, Cannon Beach and South Astoria.

KTCB 89.5

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

KCPB 90.9

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



Randall David Tipton



Kathleen Sheard

CANNON BEACH ART FESTIVAL



EARTH & OCEAN ARTS FESTIVAL
CANNON BEACH, OREGON

Logo © Steve Schuchman

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benefit the Environment

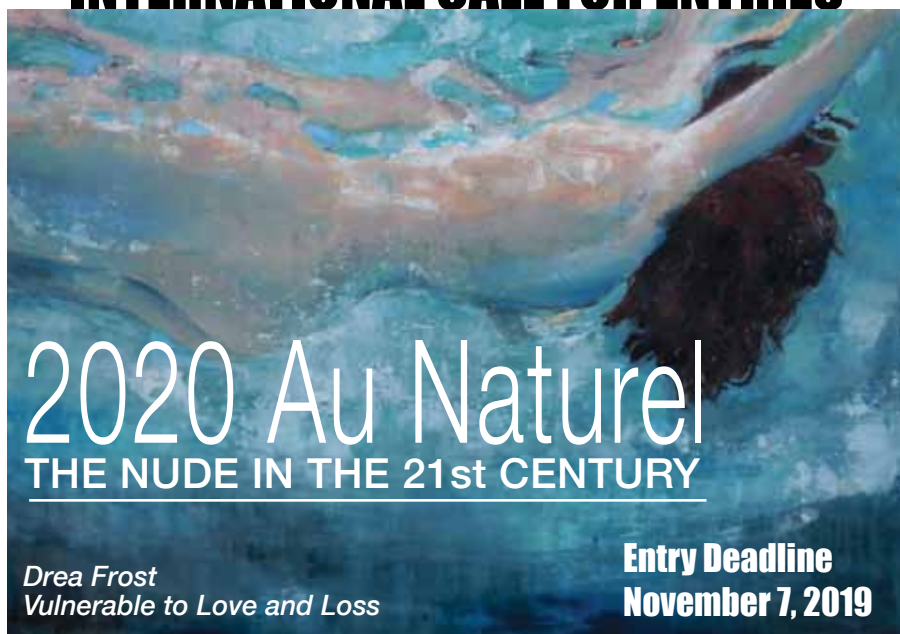
September 20-22, 2019

Participating Environmental
Nonprofit Organizations:

Friends of Cape Falcon Marine Reserve,
Friends of Haystack Rock,
North Coast Land Conservancy,
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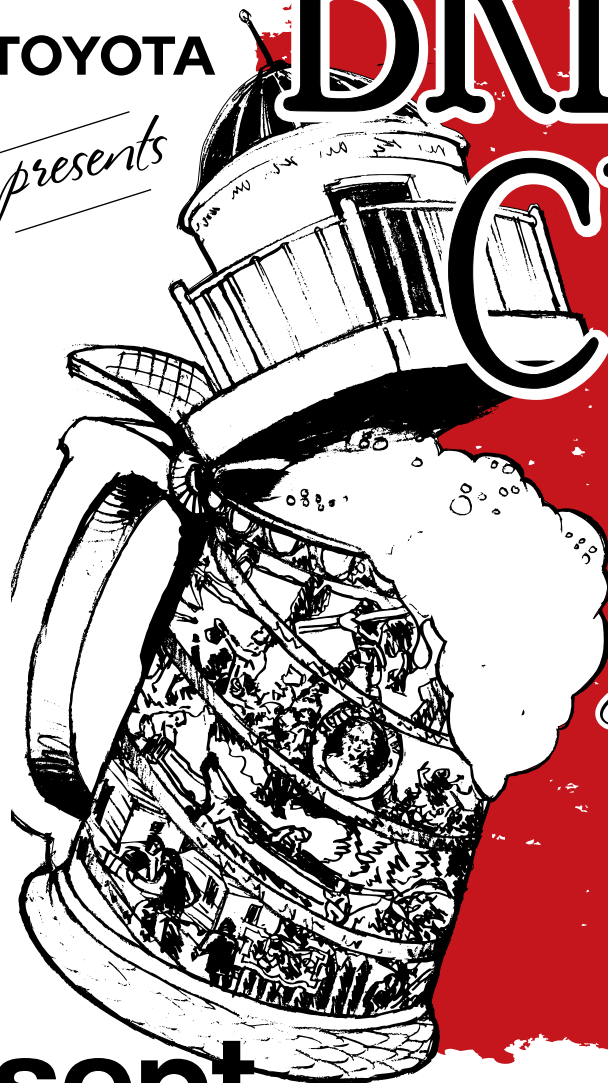
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