

March 2020 • vol 22 • issue 254

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

5G FUTURE

HEALTH RISKS AND OUR
FUNDAMENTAL RIGHTS
SHOULD WE CARE?

BETTY'S GOTTA 5G...
SHE SAYS WE HAVE
TO GET WITH THE
ROLLOUT ...

5G? I THOUGHT
SHE WAS A 36D.

MARCH IS WOMEN'S HISTORY MONTH



WINGS Conference
Women's Educational Journey

**2020: On the Shoulders of
Remarkable Women • March 25**


Her Quiet Revolution
**Marianne Monson's historical fiction
on the first female State Senator**

Storyteller WILL HORNYAK
**Tales of Ireland's Warrior Queens,
Saints, Hags and Heroines**
March 20

Karen Bain directs
"The Weir"




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Cello Artist Helen Gillet

KALA welcomes New Orleans-based cello artist Helen Gillet to the stage on Friday, March 13 at 7:30pm.

Known as the "Whirling Dervish of the Cello", Gillet has made a strong musical mark on the world with her synthesis of art form: from avant-garde jazz, French chansons to New Orleans funk and the bohemian flair of the Velvet Underground. Trained as a classical cellist with a Master's Degree in Music, her training as an improviser began with North Indian Hindustani cellist Nancy Leash in '98, launching her into the worlds of free improvisation, jazz, funk, rock and song writing.

Over the years — working in New Orleans with musicians of all stripes, from avant-garde jazz and classical to pop and funk — Gillet has developed a singular polyglot style. The core of her work is solo performance with live looping, layering cello parts and vocal lines. Rhythmic figures emerge with bowed or plucked ostinatos or a variety of rubbing and slapping on the body of the cello, then enhanced with melodies played or sung in her haunting alto.

She is composer/singer-songwriter, and collaborator. Gillet recently recorded a duo album with multi instrumentalist Jeff Coffin (Dave Matthews Band, Bela Fleck), scheduled to come out summer 2020 on Ear Up Records. She is founder of Tephra Sound Records and has several upcoming releases scheduled for 2020 including Shaking Souls; her Duo project with Swiss drummer Simon Berz. FMI: hellengillet.com

Friday, March 13. Doors open at 7pm. Show at 7:30. \$15.



Seth Walker March 29

A FAVORITE on the KALA stage, Acoustic Blues/Soul artist Seth Walker returns! Soul, jazz, blues and folk, Seth Walker deftly mixes all those genres and more in his work as a solo artist, organically building up a celebrated two-decade career that's earned him praise everywhere from The Washington Post to NPR, who hailed his "hard-driving" songs and "sweet tenor," in addition to landing him dates with The Mavericks, The Wood Brothers, Raul Malo, Paul Thorn and Ruthie Foster, among others.

"...an accomplished guitarist and an even better singer, distilling the soul of Ray Charles, the Southern boy roots charm of Delbert McClinton, and an uptown blues turn of phrase (à la Percy Mayfield) into his own distinct voice." — *The Vinyl District*

General admission seating. Doors open at 7:00 pm. \$20. Advance: libertyastoria.org. Full Bar, 21+ please. PLEASE NOTE: Tickets purchased online are held at the door at KALA at the time of the show. 503 338-4878 to contact KALA.



Storyteller

William Kennedy Hornyak presents A Storytelling Show and Workshop

**at Kala
March 20 and March 21**

Show: Erin's Daughters

Tales of Ireland's Warrior Queens, Saints, Hags and Heroines

From pirate queen Grace O'Malley and mighty Maeve to saintly Brigit and the ancient Hag of Beara, a toast in story, song, poetry and lore to the multi-faceted Celtic feminine. Mature audiences only.

Friday, March 20 at 7:30pm.

KALA. \$15 Tickets: libertyastoria.org also at the door.

Storytelling Workshop

Well Told: Crafting Personal Narratives

We all have stories to tell and a unique voice and style with which to tell them. Truly memorable personal stories have a mythic quality to them. They provide a window to a larger world through the ordinary moments of our lives. The work of telling personal narratives is often to distill the universal from the personal, to find the common veins of meaning that connect to us all.

During this workshop share stories from our lives and explore the varied threads of meaning that run through them using traditional folktales and myths as a backdrop for our own stories and create a supportive environment to develop our own storytelling voices and styles of telling.

Consider the basics of a well-told tale and the tools required for all storytellers, be it for rendering personal narratives or traditional tales.

**Saturday, March 21, 10-2:30 at KALA. \$35.00
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By Katherine Lacaze

Karen Bain Directs Connor McPherson's THE WEIR haunting drama rooted in Irish Folklore at The TEN FIFTEEN THEATRE



THE TEN FIFTEEN THEATRE in Astoria is preparing to stage a production of Connor McPherson's "The Weir," a haunting drama that is deeply rooted in Irish folklore and the murky boundary between reality and the supernatural, truth and imagination, and life and death.

Director Karen Bain described the one-act play, which opens March 13, as "extremely Irish." It is set in a small pub called The Weir outside of Sligo in Northern Ireland. At the pub, proprietor Brendan, played by Simon Caron, and his regulars Jack and Jim—played by Rick Gray and Bennett Hunter, respectively—frequently engage in banter, gossip, and the swapping of stories.

"It's kind of home to these guys," Bain said.

The audience gets a taste of their rapport when a local businessman and former pub regular Finbar Mack, played by Mick Alderman, shows up one evening with Valerie, a woman who recently moved to the area from Dublin. While it's not scandalous for the woman, played by Nancy Montgomery, to be in the pub, it does cause a bit of a stir to the men's regular routine, Bain said. In the course of the



Director Karen Bain

play, however, she joins the others as they exchange stories of their individual brushes with the supernatural.

The stories cover a range of topics steeped in Irish customs and culture, such as fairies, apparitions and mysterious happenings. They also reference the building of a hydroelectric weir, or irrigation dam, built on a local waterway in the 1950s. In being privy to this storytelling exchange on a dark night in the countryside, Bain said, the audience can expect laughter, an Irish experience, and "a little bit of the chills."

Developing Authenticity

While Bain had not seen "The Weir" staged before, she was drawn to it as "a great ensemble piece" written by an incredible playwright who won the Laurence Olivier Award for Best New Play in the late 1990s.

"It's about five people in a rural bar, telling haunted stories," she said. "Who could resist that?"

Bain's cast includes a number of seasoned actors, along with Caron, who is performing in his first play after taking her acting class last year. Gray in particular has an extensive acting background that includes a wide range of genres and venues.

"I love the idea that I have a seasoned professional and a beginner and that the performances are balanced," Bain said.

One unique challenge for the actors in staging the play was learning the Irish dialect, which often required them to research unfamiliar words and terms. Not all the characters are using the same dialect either. While the men use a Northern Irish accent, Valerie, as a recent transplant, has a Dublin accent. While Bain's conscientious attention to detail endows the show with authenticity, she believes it will still be accessible to general audiences, despite the accents and regional dialect.

A Collaborative Process

Although the play touches on deeply intimate and poignant emotions such as grief and loneliness, it is also comprised of humor and lightheartedness wrapped in an envelope of dramatic naturalism.

"It's a really interesting mix," Bain said.

To build the relationships and connections necessary to drive the character-driven performance forward and give it substance, Bain said they use various tools. One is simply giving the actors 10 minutes or so at the end of each rehearsal to hang out. She also asked the men to hug each other every day, enabling them to develop the bonds of long-term friendship that are exhibited onstage.

As the director, Bain said, it is her job to "listen to the play," and then to "marry the play with the actors." Although she possesses an extensive background in theater, including a masters of fine arts, she takes an open-minded, collaborative approach to her productions, drawing from the creativity of her cast.

"I don't know what the play is going to look like until we get there," she said. "I feel like if I collaborate with my actors and designers, we can create something better."

Her forte is to guide the actors through the process of developing their characters and finding the truth in their acting. The actors come with their own set of skills and ideas, and she helps refine them via the building of good techniques.

At some point, however, the actors themselves must own the piece. Bain recalled a recent rehearsal she had to miss because she was sick, yet the cast carried on with the help of her stage manager, Slab Slabinski.

"It's great when you can be ill and you know the art is going on without you," she said.

The production process has been collaborative in other ways, as well. In addition to acting in the show, Alderman designed the sets and lighting. To open the show, Daric Moore, owner and director of The Ten Fifteen Theater, along with Julian Gingerich and Nate Crockett will perform a half-hour of Irish music.

"It sets us up for an Irish experience," Bain said.

"The Weir" starts at 7:30pm on Fridays and Saturdays from March 13 to 28, with two 3:30pm matinees on March 15 and 22. Tickets are \$15 and can be purchased online at the Liberty Theatre website or at the door.



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Annual CASA Fundraiser Hands & Hearts

Clatsop CASA's 22nd annual fundraiser, Hands & Hearts, will be held at the Bridgewater Bistro in Astoria on March 19, 2020 from 6pm to 9pm. This annual celebration provides the opportunity to enjoy great appetizers and competitive bidding as groups vie to win the dessert of their choice. The appetizers and desserts are specially created by notable Clatsop County chefs.

Hands & Hearts honors the many volunteers who have trained to become Court Appointed Special Advocates (CASA's) and who advocate on behalf of Clatsop County's foster children. CASA volunteers are the only participants in the child welfare system who speak solely for the child's best interest in making recommendations to the court and advocating for services.

Hands & Hearts also celebrates the many others in the community who support the continuation of this valuable work through their contributions to CASA. Clatsop CASA relies on community support to fund the recruitment, training and supervision of volunteers. Funds raised support the activities of Clatsop CASA in working on behalf of Clatsop children. With more than 100 children in foster care in Clatsop County today, the goal is to have and support at least 50 CASA's.

Guest speakers for the evening will be Seaside Police Lt. Bruce Holt and his wife, Dana, who have fostered 19 children over the years.

A highlight of the event will be the drawing of the winning raffle ticket for a round trip Norwegian Cruise Lines Seattle/Alaska cruise for 2 worth \$2000. Raffle tickets are \$50; only 200 will be sold, sales begin February 18. Winner need not be present to win.

Enjoy an evening of gourmet small bites and libations, listening to NW Basin Street and bidding for very special desserts while raising money for advocacy services for children in foster care.

Space is limited for this benefit event; only 150 tickets will be sold. Tickets are \$30 each, \$225 for a table of eight or \$275 for a table of 10. For raffle or event tickets, call 503-338-6063.

A Repair Café Tale By Nancy Holmes

EVERY MONTH IS DIFFERENT; the evening stretches out before us like a two hour puzzle – an unknowable adventure. We never know who will show up or with what to be repaired, mended, or perhaps just for some good advice. At last month's Repair Café event on the fourth Wednesday of the month, in two short hours for example our enthusiastic volunteers repaired a bright purple skinny vacuum cleaner. Cleverly recycled a large and cherished waffle iron- after an embarrassing chorus of 'we don't take waffle irons' (because the success rate is sadly about 5%) instead of a trip to the landfill we suggested that volunteer Rhonda, with a penchant for transforming silver fond on old waffle irons and old toasters, use the metal for jewelry or a mask. Customer agreed. Whew. We were very happy one of our seamstresses could mend Charlie's hat. And so is Charlie – he loves that old black wool hat and he wears it awfully well. Somewhere during the evening three people brought in one well-loved, well-used boom box then hovered over it as the repairs were successful. Suddenly one customer bounced back into the room to announce we had to go see the sky. Okay. Two or three at a time customers and volunteers traipsed out onto the sidewalk to view the stunningly clear western sky and made appreciative comments as we gazed at a lovely waxing crescent moon with Venus shining brightly above it.

What an evening at Repair Café, never the same, always interesting.

Reminder: We do not work on gas engines. (And apparently not waffle irons.)

FIXING, NOT TOSSING

A major goal of Repair Café is keeping anything that can possibly be repaired out of the local landfill. Each item is weighed when you arrive, those numbers are added up and with your help 1,600 lbs. were kept from being tossed last year.

The next Repair Café event is on the fourth Wednesday of the month: March 25, April 22, May 27, and June 24, always 6-8pm. 1010 Duane St. in Astoria.

Celebrate International Mermaid Day 1st Annual Longbeach Mermaid Parade

March 29



Coney Island Diva-Mer!

THE FIRST ANNUAL LONG BEACH MERMAID PARADE WILL BE HELD ON MARCH 29, 2020 in conjunction with International Mermaid Day. Mermaids, mermen and sea creatures – even pirates of all ages are all welcome to join in the fun. Entries may include floats, push/pull carts and walkers. The parade route is approximately half a mile and will go from the Bolstad beach approach to 5th Street SE in downtown Long Beach, Wa. Vendors and parade awards follow the parade, 1-4 pm at the Mermaid Sandcastle.

Event founder, Jenna Austin, also known as "Queen La De Da" says she was inspired by the original and still annual Coney Island Mermaid Parade. She said she has been wanting to have a parade here for years. After recently moving her mermaid themed art business to Long Beach from Ilwaco she felt like the time was right and the parade would be a good fit for Long Beach.

Parade participants are also encouraged to "Save the Mermaids" by participating in the Grass Roots Garbage Gang Beach Clean-up on the day before the parade, Saturday, March 28th. A special incentive will be given to beach clean up volunteers that also participate in the parade. Volunteers may go to any beach approach on the peninsula to participate.

Additional information can be found at www.longbeachmermaidparade.com or through their Facebook event page.

The event is sponsored by the Long Beach Merchants Association.



Recycling Mysteries Explained

RECYCLING MYSTERIES EXPLAINED is the subject of the next talk on Tools for Sustainability. **Held March 21, at the Astoria Public Library Flag Room, 2pm.**

Specialists from Owens-Illinois glass recycling plant in Portland, Recology and

our Clatsop County Environmental Health facility will present a contemporary picture of what happens to recycling after curbside pick-up or using the Williamsport road facility. The event is free and open to the public. FMI: Pamela Mattson McDonald, matmcd2002@gmail.com

Celebrate Bright Futures Gala May 3

"Celebrate Bright Futures" is bringing the energy and excitement of a new event to the sparkling Seaside Convention Center on Sunday, May 3 from 5:00-8:00 pm. Sponsored by the Seaside American Association of University Women (AAUW) Scholarship Foundation, all proceeds go to provide scholarships for local young women. The event features a no-host bar, dinner, auction items, and lively jazz by both Seaside and Warrenton High School musicians. Cheri Folk will be recognized posthumously as the 2020 Breaking Barriers honoree for the countless contributions she made to banking locally and in our state.

Tickets are \$50 per person with a portion being tax-deductible. Tickets will be available starting March 1. Checks should be mailed to Seaside AAUW Scholarship Foundation, P. O. Box 693, Seaside, OR 97138. Tickets may also be purchased online by going to seaside-or.aauw.net. Please refer questions to Jane McGeehan, janem270@gmail.com.

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PeaceVoice



By Rivera Sun

On International Women's Day, say No to drafting women - or anyone!

MARCH 8TH is International Women's Day. It's a day to work for women's equality in all sectors of our world. Yet there's one peculiar effort toward fake equality that must be vehemently opposed by feminists of all genders . . . drafting women - or anyone - into the US military.

On March 26th, the National Commission on Military, National, and Public Service will issue a recommendation to Congress on whether to expand the US military draft and draft registration to women - or abolish it for everyone. Their report is several years in the making, and was triggered when the male-only US military draft and draft registration was ruled unconstitutional by the courts. On March 26th, we'll discover whether they think women's equality means having to live in equal terror of the scourge of the military draft, or if they have the rare foresight to assert that people of all genders should regain/retain their freedom from conscription.

It is important to be clear that women's equality cannot be won through conscription. It cannot be gained through drafting us into the illegal, immoral, unending wars launched by the US government. War is an abomination that causes unequivocal harm to women, their children, and their families. War destroys homes. It bombs children. It destabilizes economies. It causes hunger, starvation, disease, and displacement. We cannot bomb our way into global women's equality - if nothing else, the travesty of wars in Iraq and Afghanistan have shown that all too clearly.

It is not war, but peace that supports women's rights. The processes of waging peace - not militarism - have been shown to advance gender equality. Women are some of the world's greatest advocates and makers of peace. Repeated studies have shown that women are pivotal for peace efforts' success. When higher percentages of government officials are women, the rates of working for peace, instead of war, increase.

For those reasons alone, on International Women's Day, we should all be demanding that the US government abol-

ish the military draft and ensure freedom from conscription for all genders. Drafting women into the US military is a false equivalency - one that has deadly consequences around the world and negatively impacts women's rights in any country where war and militarized violence are present. Women should not be drafted into the grave injustices of the US military. We should organize to liberate our brothers and non-binary fellow citizens from the specter of the draft.



As CODEPINK put it:

Women's equality will not be achieved by including women in a draft system that forces civilians to participate in activities that are against their will and harm others in large numbers, such as war. The draft is not a women's rights issue, as it does nothing to advance the cause of equality and functionally limits freedom of choice for Americans of all genders. While we demand equal pay for women in all areas of our economy, it is irresponsible for the fight for women's rights to seek equal moral injury, equal PTSD, equal brain injury, equal suicide rates, equal lost limbs, or equal violent tendencies that military veterans suffer from. When it comes to the military, women's equality is better served by ending draft registration for everyone.

There are numerous reasons why the military draft system is entirely unnecessary for US defense, why it's immoral, why it's dysfunctional, why it won't slow or stop wars, and so on. A bill is currently being introduced to the US Congress that would abolish military conscription for all genders. Supporters can sign the petition at diy.rootsaction.org.

In a time of "Forever Wars," it is more important than ever that the advancement of women's rights proceed hand-in-hand with the efforts toward peace and demilitarization. War and violence wreak havoc on women's rights and well-being around the globe. While a recent spate of "woman warrior" films glorifies the violence-wielding, gun-toting female assassins and soldiers as a form of "empowered women", the reality is that war is horrific. Women - and their children and families - suffer horribly. No feminist of any gender should advocate war or militarism as a form of women's advancement. It comes at the steep price of an industry that automatically diminishes the safety and well-being of everyone it encounters.

The slogan of International Women's Day 2020 is #EachforEqual, meaning that each one of us must work for equal rights. As we do so, we must speak up for the truth that equality for all women around the world is found not through the shallow concept of drafting US women

alongside young men. It can only be found by abolishing military conscription for all genders, demilitarizing, and ending war. Peace is the greatest advocate of equal rights for all genders. As feminists, as women, as mothers and daughters, sisters, friends, and lovers, we must make waging peace an unshakeable pillar of our work for women's rights.

Rivera Sun, syndicated by PeaceVoice, has written numerous books, including *The Dandelion Insurrection*. She is the editor of *Nonviolence News* and a nationwide trainer in strategy for nonviolent campaigns.

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

NATURE NEWS

Storms of Oregon: The latest exhibit from the Cannon Beach History Center & Museum

WE ALL REMEMBER THAT ONE STORM. The storm that defined our childhood, that made us prepared adults, Oregonians. The latest exhibit from the Cannon Beach History Center & Museum will open late March 2020 and will explore the history, traditions, and shared memories of some of Oregon's most memorable storms.

The exhibit will include oral histories from local Oregonians, archival footage from KGW and other news outlets, as well as artifacts, photos, and documents related to some of the most devastating storms. The exhibit will talk about the tornado that hit Manzanita, Oregon just a few years ago, as well as the storm of '34 that nearly destroyed the light of the Tillamook Rock Lighthouse, the Columbus Day Storm of 1962, and even the 2007 coastal gale that rocked much of the state. This exhibit has been sponsored by the Braemar Charitable Trust.

The Cannon Beach History Center & Museum hosts a series of off-season lectures on various topics from astrophysics



Elliot House at 711 Becker St., CB OR

ics to Sir Francis Drake – even the occasional concert. It is also home to the cannon that Cannon Beach is named for, as well as a longhouse replica, and tide pool exhibit. The museum also features the history of Arch Cape, Cannon Beach, the Tillamook Rock lighthouse, and more.

The Cannon Beach History Center & Museum is located in mid-town Cannon Beach. Admission to the museum is donation. Open Wednesday through Monday from 11:00 a.m. until 4:00 p.m., closed Tuesday. FMI: www.cbhistory.org, find us on Facebook or call 503.436.9301

THE 15TH ANNUAL BIRDING & BLUES FESTIVAL in Pacific City Friday April 17 to Sunday April 19

THIS FESTIVAL AIMS to share the natural beauty and wildlife of the area while offering education and entertainment for visitors and the local community.

The three-day festival commences Friday with two all-day birding excursions including the Three Capes Scenic Route and the Bay-to-Bay Tour. The groups will see views of the Pacific Ocean, bays, headlands, forests, rivers and pastures – each a unique birding habitat – and birders can expect to see 50 bird species.

All are welcome at the free community events on Friday evening at the Kiawanda Community Center in Pacific City. Events include a children's art activity, live birds of prey exhibit, and a show by entertainer and amateur ornithologist Tony Starlight.

This year's keynote speaker is Janet Essley. a painter, muralist, and teaching artist with more than 20 years of experience creating collaborative murals. Essley's presentation will focus on the Red Knot, a large sandpiper that migrates to the Oregon Coast. The

slideshow presentation explores the amazing natural history of these long-distance migratory shorebirds, spiced with stories from human cultures around the world.

On Saturday evening, boogie down at a live Blues concert featuring **Billy D and the Hoodoos** at the Kiawanda Community Center. In the last two years Billy D and the Hoodoos' *Somethin's Wrong* has been on the Billboard Blues Album Chart once and Living Blues chart twice.

Additional presentations over the weekend include those about Oregon's rare Humboldt marten; Orcas: Wolves of the Sea; and Shorebirds: the elegant travelers. This year's field trip locations include Nestucca Bay National Wildlife Refuge and Hawk Creek in Neskowin. Attendees can also visit with local artists, take guided paddle trips, and tour the Nestucca Rivers by dory boat, weather permitting.

For more information and to purchase festival passes and tickets, visit: www.birdingand-blues.org.

Shellfish Talk at the Astoria Library



OREGON'S NATURAL RESOURCES play a critical role in local economies and culture. **Marine biologist Matthew Hunter will give a free presentation and Q&A about one such resource – razor clams – at 7 p.m. Wednesday, March 18 at the Astoria Library.**

This event is part of "Natural Selections," the Astoria Library's monthly science and nature speaker series. Hunter, the shellfish project leader for Oregon Department of Fish and Wildlife's Marine Resources Program, will talk about razor clam biology, fisheries and future concerns in the context of a changing climate. He will touch on past, current and needed research related to the resource's sustainability.

Hunter has worked for ODFW for over 28 years, for the past 20 years as Oregon's razor clam project lead. In a landscape where more time is in the office analyzing data, he continues to be a field biologist, setting a goal of being on the beach at least 100 days per year. In doing so he is able to see subtle changes in the resource, the habitat and the fisheries. Growing up in Clatsop County, Hunter gained an appreciation of how natural resources play a critical role in local economies and how the culture depends upon them.

The Astoria Library is at 450 10th St. For information about library programs and services, contact 503-325-7323 or visit astorialibrary.org.

Sharing the Coast Conference CoastWatch March 13 -15



CITIZEN SCIENCE IS BOOMING in communities across Oregon and around the world. What is citizen science, and how is it taking place on the Oregon coast? Find out by attending this year's Sharing the Coast Conference, March 13-15, based at Southwestern Oregon Community College in Coos Bay.

This is the 11th annual edition of Sharing the Coast, sponsored by the CoastWatch program of the Oregon Shores Conservation Coalition and the Northwest Aquatic and Marine Educators. The talks, panel discussions, and beachwalks will be of particular interest to those interested in participating in citizen science through CoastWatch, or to the educators and interpreters who belong to NAME, but will be of interest to anyone who loves shoreline science and coastal natural history.

Citizen science is the primary theme of Sharing the Coast. Coastal citizen science includes observing and reporting on beached birds and stranded marine mammals; picking up and tallying the contents of marine debris; or documenting the reach of the highest tides of the year through the King Tides Photo Project. These are all topics for presentations at the conference, and are among many other citizen science opportunities available through CoastWatch and other conservation organizations on the Oregon coast.

This year's conference opens in conjunction with the college's Geology Lecture Series on Friday evening, March 13. In "The Future of Ice," Dr. Eric Steig, the evening's featured speaker, will present what he has learned about the melting polar ice caps and how this may affect the ocean. CoastWatch, NAME and other conservation partners will be tabling at Friday's lecture starting at 6:30 p.m. (the lecture begins at 7 p.m.), and those interested in the conference may register that evening. This event, which is free and open to the community, takes place in the auditorium of the Hales Center for the Performing Arts (1988 Newmark Ave., Coos Bay).

The main conference event takes place Saturday, March 14, beginning at 9 a.m. (registration opens at 8:30), also at the Hales Center. Saturday's opening speaker is Trish Mace, the director of the University of Oregon's Charleston Marine Life Center. Another notable speaker will be Sally Hacker, a professor of integrative biology at Oregon State University, where she has been a faculty member since 2004. Her topic will be how invasive grasses and climate change (prompting sea level rise) are interacting to affect coastal ecosystems.

The day is filled with talks and learning workshops on beach, dune and tidepool ecology, marine reserves, marine debris, and birds and mammals encountered on beach walks. Breakout sessions include COASST's Hillary Burgess presenting about bird and marine debris surveys and Oregon Coastal Management Program's Michael Moses presenting about citizen engagement in Oregon's rocky habitats.

For a complete conference schedule, go here: <https://tinyurl.com/uhxeqmh>.

Saturday's activities will be capped by a party and King Tides Project wrap-up event at Dave's Pizza (740 Koos Bay Blvd. in Coos Bay) from 5-7 pm. This event is open to all, whether attending the conference or not. The fun continues on Sunday with field trips and a COASST workshop in Charleston and at area beaches. Conference participants may choose to attend as many or as few activities as they wish. The fee covers both days and lunch on Saturday.

Conference fee for the general public is \$35. For students and CoastWatchers, the fee is \$15. For more detail on the conference, and links to the full conference schedule and to the online registration form, see the CoastWatch website, <https://oregonshores.org/coastwatch>. Or go directly to online registration at <https://tinyurl.com/STCC2020>.

For more information, contact Jesse Jones, CoastWatch volunteer coordinator, at (503) 989-7244, jesse@oregonshores.org.



Lower Columbia Q Center New Location: 171 W. Bond, 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.

OPEN FRIDAY NIGHTS 5:00-9:00pm

Open Hours (YOUTH ONLY)

February 27th 5:00-8:00pm

Every 1st and 4th Thursday

Come on in out of the rain and check out your Q Center living room and offices. It's stocked with snacks, beverages, games, wifi and more importantly; Welcoming people and resources to share in a safe place with YOU.

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. Meets Mondays at 7pm
LCQCAstoria@gmail.com. Regroup in March.
QHOIR Auditions March 2. Contact Dida -
Diedria@gmail.com to arrange time.

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, (541)265-7194, email: pflagocc@gmail.com



Ribbon Cutting Celebration New Q Center 171 W. Bond in Astoria

On February 21, Lower Columbia Q Center board members along with community supporters celebrated the official opening of the new Q Center location in Uniontown Astoria.

"With the strength of our volunteers and donors we've renovated our new office and meeting spaces and we open our doors to this community we love so dearly," says Chair Tessa Scheller.

The street side storefront will house new and continuing programs and support groups to serve the coastal LGBTQIA+ family, friends and allies.

Parties Settle Landmark Lawsuit by Clatsop County Transgender Employee Who Was Unlawfully Denied Medically Necessary Care

PORTLAND, OR – On March 3, 2020, the National Center for Lesbian Rights, along with Debevoise & Plimpton LLP and Meyer Stephenson, announced a settlement on behalf of Christina Ketcham, a transgender woman whose employer-provided health insurance excluded coverage for medically necessary facial feminization surgery.

Clatsop County, Ms. Ketcham's former employer, and CityCounty Insurance Services of Oregon, the public entity that provided the health insurance benefits, agreed to pay \$345,000 in damages, including \$40,000 to cover Ms. Ketcham's facial feminization surgery. Clatsop also agreed to place Ms. Ketcham on administrative leave with full pay until she reached retirement age in June 2020.

The discrimination claims against Regence BlueCross BlueShield of Oregon, the insurance-plan administrator, are still pending before the Circuit Court of the State of Oregon for the County of Multnomah.

For years, Ms. Ketcham has experienced significant distress from the incongruence between her female gender identity and her typically masculine facial features, which has exacerbated her gender dysphoria. Consistent with the standards of care, Ms. Ketcham's treating physicians determined that facial feminization surgery is medically necessary. Ms. Ketcham's health insurance provider repeatedly denied her requests for coverage because her health insurance policy categorically excluded coverage for facial feminization procedures. On July 18, 2019, Ms. Ketcham sued Clatsop, CIS, and Regence for violating Oregon's anti-discrimination laws and the Oregon Constitution.

"This settlement puts employers on notice that health insurance plans provided to employees must cover medically necessary treatments for gender dysphoria, or they are risking significant legal liability," said Asaf Orr, Senior Staff Attorney at the National Center for Lesbian Rights. "We look forward to continuing to vindicate Ms. Ketcham's right to equal treatment under Oregon law."

"Denying a transgender employee coverage for medically necessary treatments not only exposes employers to legal liability, but also undermines an employer's ability to recruit and retain the best employees, which includes transgender employees," said Jyotin Hamid, Partner at Debevoise & Plimpton LLP. The Debevoise team is co-lead by Morgan A. Davis and Justin R. Rassli.

"Oregon law has had strong legal protections for transgender people for many years," said Talia Y. Guerriero, Of Counsel at Meyer Stephenson, "and we are pleased that those laws keep Oregon at the forefront of safeguarding the right of transgender employees to be free from discrimination at work, including in employment benefits."

The National Center for Lesbian Rights (NCLR) is a national legal organization committed to advancing the human and civil rights of the lesbian, gay, bisexual, transgender, and queer community through litigation, public policy advocacy, and public education. Since its founding, NCLR has maintained a longstanding commitment to racial and economic justice and the LGBTQ community's most vulnerable. <http://www.nclrights.org>

PSI-2020 Campaign Volunteer Call

Momentum is building in Oregon for the 2020 campaign to create the country's first regulated, statewide, psilocybin-assisted therapy program!

To succeed, the Psilocybin Services Initiative 2020 campaign needs your help. Volunteers across the state are gathering signatures to help the petition qualify for the ballot, holding educational events, and more. To successfully run the campaign and win, we must first qualify for the ballot. That means we need to gather 150,000 signatures by an early Summer deadline. With your help we can break the cycle of illness and addiction and give Oregonians the breakthrough options they need.

Please visit www.psi-2020.org/volunteer/ and sign up to volunteer with the campaign in Astoria and the greater Lower Columbia REgion area today! As soon as you do, our volunteer coordinator will reach out to get you connected with your local PSI leadership team.

Coast Community Radio awarded grant from the Templin Foundation

COAST COMMUNITY RADIO (CCR), the nonprofit radio station in the Columbia-Pacific region, has received a \$7000 grant from The Templin Foundation of Pacific County, WA. Station Manager Graham Nystrom wrote the grant for money toward the *Radio For Good* (RFG) campaign. The foundation awarded CCR \$7000 toward phase two of RFG project to repair, replace, and update all of our broadcast equipment from microphone to transmitter.

The Templin Foundation has once again come through for CCR's Radio for Good campaign. Templin Foundation funds are for projects in Pacific County, which is where the main transmitter site is located. For three years in a row, the Templin Foundation has helped replace critical equipment at the transmitter site on Megler Mountain including a broadcast equipment monitor and remote control, KCPB's transmitter, the new KMUN transmitter, and now the upgrade of the Studio-Transmitter Links (STL's) which will help guarantee Coast Community Radio is on the air when we need them.

INCO NEWS INDIVISIBLE North Coast Oregon

INCO EVENTS MARCH 2020

INCO Astoria Community Group

at Campaigns 101
Saturday, March 7, 10 am
Judge Guy Boyington Building
857 Commercial, Astoria

INCO South County Community Group

Tuesday, March 10, 6:30 – 8:00 pm
Seaside Library Board Room

INCO Warrenton Community Group

Saturday, March 14, 11:30 am
El Compadre Restaurant, Warrenton

INCO Write-to-Voters Astoria

Tuesdays, 2 – 4 pm
Winekraft, Astoria

INCO Write-to-Voters Seaside

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

Don't Just Rage. Engage! Primaries coming up.

IT'S HERE. 2020 is finally here. And the voting has already begun. The Iowa caucus, Nevada caucus and South Carolina primary are already behind us.

Fifteen Super Tuesday States (Alabama, Arkansas, California, Colorado, Maine, Massachusetts, Minnesota, North Carolina, Oklahoma, Tennessee, Texas, Utah, Vermont and Virginia) voted on March 3.

Washington's primary is on March 10.

And we've got a lot more primaries to go until the last one is done on June 6.

So, when do Oregonians vote in the primary?

It's our turn on Tuesday, May 19.

Are you ready? Go to sos.oregon.gov, call 1-866-673-VOTE or go to the Clatsop County election office, 820 Exchange, 2nd floor, Astoria, to be sure your voter registration is up to date. April 28 is the last day to register to vote in the primary election.

Are you registered with the political party of your choice? If not, you and all non-affiliated voters (NAV) have until April 28 to choose your party affiliation if you wish to vote in the Democratic or Republican primary.

Are we voting for a Presidential candidate? Yes. To vote for a Democratic Party candidate in a primary election, you must be a registered Democrat. To vote for a Republican Party candidate in a primary election, you must be a registered Republican.

Are there other races on the ballot? You bet! You'll have your say for U.S. Senator, U. S. Represen-



tative, State Representative, Secretary of State, State Treasurer, and State Attorney General.

Why does voting in the primary election matter? Voting in the primary election gives you a chance to vote for the candidates who best represent your values. Have your say in which candidates will advance to the general election in November. Use your voice; make your choice.

Are you thinking about running for office?

Good for you! March 10 is the last day for candidates to file to run for county commissioner, sheriff, and precinct-committee-person (PCP) positions in the May 19 election. To file for county races, visit <https://sos.oregon.gov/elections/Documents/SEL101.pdf>. To file for a PCP position, visit <https://dpo.org/get-involved/precinct-committee-persons/>.

THE SOLAR CIRCUS WAS IN TOWN



Tax credits and incentives from the Federal Government, State of Oregon and Energy Trust (a non-profit) cut the costs of a solar system considerably. The Feds will give you a 26% credit on your taxes in 2020. However, every year beyond this, it goes down a few percentage points. Next year it will be 22%. They also require that you have a W-2 form from your employer. The self-employed can't get the tax credit. But the State of Oregon will issue a rebate to anyone for up to \$5000 per installation, for solar and storage. The Energy Trust of Oregon provides even more assistance. Not only money towards costs, but also referrals for credible, vetted installers and helpful information. Their release of new money for grant applicants this year comes online April 15th.

While attending Solar Power International in Salt Lake City last year. I was overwhelmed by the hundreds of solar product companies.* But the largest growing niche market I saw were "Panel Bots". Small robots to clean the dust off your solar

SOLAR OREGON GETS DOWN WIT IT

By Pamela Mattson McDonald

IF JOE WACHUNAS WAS A MAGICIAN for a solar circus he'd be a star. We witnessed his sparkling quality at the Astoria Public Library on Saturday, February 22. Over fifty people, of various ages, attended, absorbed awareness and data from the representative of Solar Oregon. A non-profit spreading education, tools and funding to Oregon residents.

panels, like a mini robo-vacuum cleaner. Deserts, pollen and large cities can create detritus, hampering the output of your panels. But, at our corner of the Pacific Ocean and Columbia River, have no fear. Rain is here, in copious amounts. To clean what lands on your silicon cells.

At the end of the presentation, participants gently pummeled the speaker with questions and concerns specifically about solar installations on homes and businesses in Clatsop County. Cedar shingles are too fragile a roof material for solar. For the best investment in your home, a ten year roof is the minimum. As solar panel installations, now, have at least a twenty-five year guarantee. So, replacing your roof is a good time to install solar. Participants also wondered about home insurance rising. Usual costs are eight to twelve dollars a year.

Joe highlighted a number of easy energy tricks for everyone. Low flow showerheads, hanging laundry out to dry in warm and/or windy weather, insulating your home and work areas. And take advantage of LED light bulbs, which use way less electricity and pump out the wattage of a much stronger incandescent bulb.

One of the major points the magician of energy emphasized was our Western Pacific Northwest geography. Germany has been implementing solar roof installation for over ten years with the goal of making the country energy self-sufficient this year. And their position in Northern Europe has more cloud cover than we do! It's the ultra violet which comes through, doing the work of changing sunlight to power.

Last year's Oregon State Legislature, passed new measures to fund the above mentioned State rebates. And innovations in physics have made Western Oregon ripe for solar.

** A little Pacific Northwest pride here, the most powerful solar panels in the world are manufactured today by Solar World, just down the road, in Hillsboro, Oregon.*



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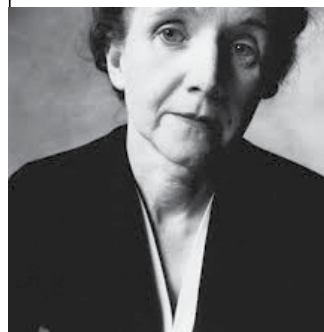
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over ourselves."

— Rachel Carson

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WINGS

Women Interested in Going to School

Annual Women's Conference Encourages Continued Education

THERE ARE MANY REASONS WOMEN HESITATE to start college or get their GED; they're afraid to fail, don't know how to get started, or the timing hasn't felt right. The annual WINGS Conference is designed to offer the encouragement and support they need to continue their educational journey with confidence. Designed for Women Interested in Going to School (WINGS), this one-day free conference offers women all aspects of information to return to school and set them up for success. This year, the conference will be offered on Saturday, March 14, 2020 at Clatsop Community College from 9 a.m. to 4 p.m. with free lunch and child care available. Registration is required.

Co-hosted by Clatsop Community College and the Seaside and Astoria branches of the American Association of University Women (AAUW), WINGS will offer sessions on GED, certificate and degree information, job skills, financial aid, and career guidance. Women looking to develop or update their job skills, change careers, or complete their next level in education are encouraged to attend. In addition to informational sessions, guest speakers, who include past WINGS attendees, share their stories of their educational journey.

One of the guest speakers for this year's conference is Krystal Brailsford, a CCC graduate who worked through her own barriers to earn a degree and set herself up for the future she wants. Krystal attended the WINGS conference in 2008 after hearing about it from a friend. She had been out of school for 7 years, didn't know many people, and was

wanting to do more. "I went to the conference by myself," she said, "I was nervous, but everyone was so nice and helpful. While I was sitting there I observed all of these women supporting each other and thought maybe I could do this."

It wouldn't be until 2015, seven years later, that Krystal actually made it to college. "Life got in the way. I had a baby and was busy with my family, but I knew I wanted more for my son." Krystal had kept the packet of information she had received from WINGS and would take it out periodically and look at it, "What was said at WINGS really stuck with me. I would take the bag out of my closet that had the WINGS information in it and go over it. I knew what it would take to apply and go to school and for a while it just wasn't the right time, but then all the sudden.... it just was and I went for it." Krystal utilized the Lives in Transition and the TRIO student services programs as she studied at Clatsop Community College and earned her Associate degree in accounting this past year. "It may sound funny to some people, but my goal is to work for a company and have my own space, and my own desk, with my own things on it."

Local businesses and individuals provide community support with donations of money and/or door prizes to support promising and productive futures for attendees. Donated funds help cover the cost of the conference.

More than 800 women have attended the conference since 2002. Of the WINGS attendees, most have enrolled in one or more classes at CCC or other institutions throughout the state. They are enriching their lives and becoming a greater economic contribution to our communities.

To register for the free 2020 WINGS Conference, visit www.clatsopcc.edu or call Pat, an AAUW representative, at 503-717-1852.

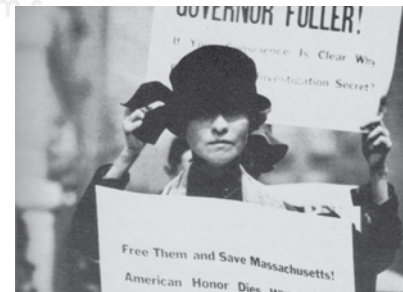


WOMEN'S HISTORY MONTH

2020: On the Shoulders of Remarkable Women March 25

IN CELEBRATION of the centennial year of the 19th Amendment, **LaRee Johnson** will lead an interactive program highlighting remarkable women from U.S. history at 7pm, Wednesday, March 25, at the Astoria Library.

Dressed in authentic 1920s attire, Johnson will describe diverse women who were persecuted for their ideas but persevered to follow their dreams and interests. These women's accomplishments in a wide range of fields – social work, science, politics, athletics, academics and more – improved the lives of their contemporaries and led to greater equality for future generations.



Johnson's presentations showcase vintage clothing and accessories from her personal collection and illustrate how fashion, historically, has revealed much about women's lives and their changing roles in society. Johnson wrote and photographed "Ladies' Vintage Accessories," an



A common connection among the lives of women is trying to raise the standard and a better life for their children and society, often these values were set by the voting class, men. And often the goal was money, or notoriety. It was the women, highlighted on March 25th that broke free from the stereotypical female role, it was the independent spirits that made a difference in our American life today. Much was achieved but there is still work to be done for full equality. As we celebrate the 100th anniversary of Women's Suffrage, we challenge women today to continue to work for the amazing future for generations to come. - LaRee Johnson

Belle Rinehart Ferguson, MD History & Hops Travels the Oregon Trail March 26

BELLE RINEHART FERGUSON, MD was one of the first female doctors in Oregon. Belle was just a toddler when she was brought West by her parents in 1863 on the Oregon Trail. They settled first in the Willamette Valley and then moved to The Dalles. Belle ultimately practiced medicine in several Oregon locations, finally retiring in Seaside.

Oregon native and Gearhart resident, **Nancy Anderson**, will tell her Great Aunt Belle's story, based on Belle's own written account of her life, at the Seaside Museum's next History & Hops. Anderson's daughter, Heather Bell Henry, will join her—creating a five generation span of history.

History & Hops will be held at the Seaside Brewing Co. on Thursday, March 26 at 6pm.

Nancy Anderson is the Director & founder of the Knappton Cove Heritage Center, a museum housed in 1912 US Public Health Service lazaretto/pesthouse on the site of the historic Columbia River Quarantine Station at Knappton Cove. She is an author, free-lance craft designer and former elementary school teacher. Her passion is Historic Preservation & Interpretation.

History & Hops, in its 6th year, is a series of local history discussions hosted by the Seaside Museum at 6pm on the last Thursday of each month, September through May, at Seaside Brewing Co., 851 Broadway.

Preserving Seaside's History since 1974, the Seaside Museum and Historical Society is a non-profit educational institution with the mission to collect, preserve and interpret materials illustrative of the history of Seaside and the surrounding area. The museum is located at 570 Necanicum Drive, Seaside and is open Monday through Saturday from 10A to 3PM. More information can be found at www.seasideoregonmuseum.com



Marianne Monson's New Historical Fiction, *HER QUIET REVOLUTON*, Portrays the Fascinating Life of Martha Hughes Cannon, Frontier Doctor, Senator, and Polygamist

By Alyssa Graybeal



MARIANNE MONSON, Writing Instructor at Clatsop Community College and founder of the Astoria Writer's Guild, just released her new book, *Her Quiet Revolution: A Novel of Martha Hughes Cannon, Frontier Doctor and First Female State Senator*. In conjunction with the 100th year anniversary of white women's suffrage across the U.S., and the 150th anniversary of white women's suffrage in Utah, the novel follows the life of Cannon, a doctor and senator who was active in both national and local suffrage fights.

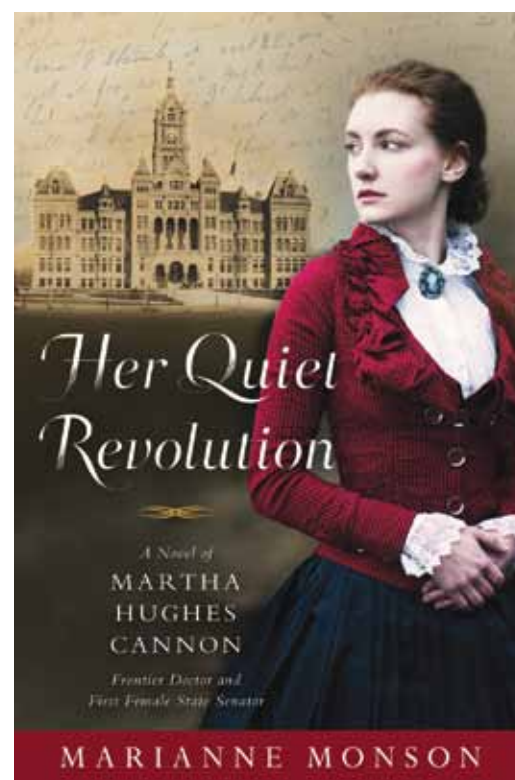
When Cannon ran against her husband for the Utah Senate in 1896, she won and became the first female senator in the United States decades before women even had the right to vote nationally. She then testified before the U.S. Congress as proof that women were, in fact, capable of suffrage. She also spoke at the Chicago World's Fair in 1893 along with Elizabeth Cady Stanton, Susan B. Anthony, and Lucy Stone. "We don't usually think of Mormon polygamist women as being a part of that movement," says Monson, "but they were really right at the forefront."

Monson first learned of Cannon when researching her 2016 nonfiction book, *Frontier Grit*. "I was really amazed I'd never heard of her because I have really strong family ties to Utah. My mom and dad both grew up there, and my grandmother basically raised me on pioneer stories!" So when Monson's publisher asked her if she wanted to expand Cannon's story, she jumped at the chance to write another book of historical fiction, her first love. "Compared to even five or ten years ago, the Church of Jesus Christ of Latter Day Saints have become a lot more open about polygamy and their history, so I had permission to write about Cannon's life without glossing over certain details."

Scholars have begun working on Cannon's life over the last few years, and many provided Monson with access to their unpublished research. Nevertheless, research for *Her Quiet Revolution* remained challenging due to the lack of primary source material. No definitive biography has ever been written about her and, sadly for researchers, she asked that her journals be burned after her death and her son complied with

that wish. "Letters constituted the bulk of primary source materials," says Monson, "and they reveal her personality just enough to make you want to read her journals!"

While nonfiction research tends to be more straightforward, Monson explains that fiction requires more research into day-to-day realities. To this end, Monson received a grant from Clatsop Community



College to visit Wales, where Welsh historians are also looking into Cannon's story. At age three, Cannon emigrated with her parents and sister from the beach town of Llandudno in northern Wales, which Monson describes as similar to Seaside, Oregon. Cannon and her family made up only a few of the approximately 4,000 Mormon Welsh immigrants to Utah around this time. Monson explains, "Wales

was going through an economic downturn, so when Mormon missionaries first came, people were open to the new, strange religion from across the ocean. They also didn't have any allegiance to the Church of England, which had been repressing their culture and language for hundreds of years."

While conducting research closer to home, Monson was thrilled to find Cannon's notebooks from medical school in a Salt Lake City archive, excerpts of which had never been published. Each chapter in *Her Quiet Revolution* opens with a poetic quote from one of these notebooks.

Cannon became a doctor in a fascinating era in the history of medicine, and she didn't see the religious and the scientific as at odds with each other. She knew she wanted to be a healer from a young age, and she wanted to draw upon the Welsh tradition of folk village healers who attended to the working class. "Utah was having a broader discussion about herbal medicine and homeopathy at that time, and Martha is a really interesting integration of that," says Monson. "She believed in women healers just as she believed in religious blessing, and she was also an incredible scientist who wanted the very best scientific learning the country could offer." In addition to her MD from the University of Michigan, Cannon also earned degrees in chemistry, auxiliary medicine, and oratory. "She didn't feel like one degree was enough," says Monson, "so she got four."

Her Quiet Revolution is the first book to openly portray the healing ritual that early Mormon pioneer women engaged in (and which they no longer have the right within the church to engage in), and the first book to openly convey the confinement ritual in which women give blessings to women about to give birth, also no longer practiced.

Marianne Monson will be talking about the extraordinary Martha Hughes Cannon and *Her Quiet Revolution* at Beach Books in Seaside on March 11 at 12pm; the Cannon Beach Library on March 14 at 2pm; and the NW Pilgrims Conference, Seaview Washington, March 28, 10am

Hester's Vintage

PORTLAND, OREGON

HestersVintage.com

2020 Events

Friday, Saturday & Sunday

March 27 to 29

May 15 to 17

July 10 to 12

Birthday Celebration Weekend

September 18 to 20

Facebook.com/HestersVintage/ for details

Instagram: @HestersVintage

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By Kathleen Dudley

TEMPTING as it may be to simplistically consider 5G the solution for communities worldwide, in a vain attempt to bring wireless connection everywhere, exposing biological life, including humans, without health and safety studies, doesn't really make sense. Even though 98% of Americans today use wireless phones.

Of course dead spots and slow connections make folks perfectly miserable. But it is not as if using 5G is the only way to access the *internet* and connect with others. When we attempt to use technologies, in spite of 1,000s of peer reviewed scientific studies clearly showing toxicity to our biology, our brain, heart, and central nervous system, that disrupt hormone systems and cause cancer, it's sort of like burning the house down to get rid of mold—effective sure, but what are you left with?

Marketing 5G To Us

Verizon states, *We are powering the world with the Fourth Industrial Revolution, with 5G. We are blurring the lines between physical and digital. Everything that can be connected will be. We are calling it the new "Cyber Physical" era, building on technologies such as artificial intelligence (AI), robotics and biotechnology.*

Our immersion into their world of Cyber Physical, promises not one sector of our lives will go unchallenged. Says Verizon, *We are changing the way we learn, work, live and play.*

Some concerned scientists are saying that the speed and frequency of this innovation are changing who we are as people, rewiring our brains. If getting informed is the first step toward understanding what industry has in store for humanity, then let us take a deep dive into this technology.

A Little History

150 years ago Thomas Edison wired New York City following the invention of electromagnetism in 1819, opening a vast world of discovery in the electric frequency spectrum. The telegraph

invention in 1844 was eclipsed by the telephone in 1876. Linda Ronstadt's grandfather invented the first electric stove in 1914. By 1946 the first commercial mobile phones linked moving vehicles via wireless electromagnetic radio wave (EMR) frequencies, and a year later, the first long distance phone call.

Skipping forward, by 1980 1G cell phone technology was marketed. Simultaneously, the development of hardwired fiber optic cable technology began reaching consumers.

Cell phone ownership in the US rose to 86.1 million, 32% of the US population with the introduction of 2G technology in the late 1990s. By the early 2000s, 3G technology was available followed in 2010 with 4G.

Today, the number of cell phones eclipses the world population—7.5 billion people with 8.4 billion cell phones, and another 8 billion wireless transmitting devices. Industry projects 75.4 billion wireless devices by 2025.

Hang on Folks. We're Going For a Ride.

Are we ready for 5G and *Internet of Things* (IoT) interconnecting everything from our smart homes, offices, schools, hospitals, cars, cities, roads full of driverless vehicles, our baby's diapers chipped to let us know when they need a change and our dog or cat need to be fed? Our lives flush with virtual reality (VR) screens replacing our own reality—that walk on the beach, enjoying watching salmon and crabbing boats on the Columbia, that glimpse of a whale pod off the shores of Seaside or Gearhart, let alone the touch of another's hand? Do we want to live lives where a technology replaces our need to pay attention or be responsible in our lives without the constant beep of an electronic device reminding us to *live our lives, to take out the garbage? Rather than, living our lives?*

In a recent phone conversation with Mayor Henry A. Balensifer III, City of Warrenton, Oregon, Henry said, *When it comes to Millennials and Generation Z, most of my generation sees the convenience and pleasure of using social media as an acceptable trade. And this*

is exactly what the telecomers are banking upon, quite literally, predicting a \$17 trillion bonanza with 5G fully functioning.

So What is 5G Really About, You Might Ask?

International engineering consultant, Timothy Schoechle, PhD, says that 5G technology is little about our cell phone communication and all about government and industry gathering, storing and transmitting our data—to then sell to third party companies whose use, we have no control over, let alone agreement for this transfer of our personal data.

Shoshana Zuboff, PhD, emeritus of Harvard Business School, parallels Schoechle's perspective in her book *Surveillance Capital*, pointing out that *Capitalism has historically been based on labor as the key economic driver. Now the marketplace is mining data derived from our personal experiences.*

The capacity to gather data on us through every chipped device via our WiFi homes and businesses leaves us vulnerable to anyone who wishes to look into our lives, from collecting data on our habits of when we sleep, or eat, or drink—what we drink or how much we consume, who and when we entertain friends and family, every action in our smart homes in every intimate manner conceivable. Right down to when we leave and return. And with this data, we can be marketed as well as watched, 24/7.



Forbes reports that “we will see an increase in workforce automation....with estimates over the next 10 to 20 years of “14% of jobs at high risk being fully automated, while another 32% at risk of significant change.” News reports indicate that this will include teachers, doctors and nurses, bankers, news anchors and journalists, post office employees, retail clerks, and long haul truckers. It appears, no sector is immune to this plan. In 2019, the UK Observer’s headlines reported, *Study: Banks Will Replace 200,000 Workers With Robots by Next Decade.*

TW Kang, the managing director of Synergy Global Associates, says that 5G will create a tremendous dislocation of society. A “hyper polarization” with the winners take all. Technology development has not slowed down, he said. By 2025-2039, there will exist parity between human and machine connections.

What Exactly is 5G? Or, What is it Not?

The initial marketing of 5G wireless technology, promising speeds upwards of 100 times faster than 4G, is currently scaled back—using an upgraded 4G technology, 4G LTE Advanced. Projections for performance for 5G mmWaves have run into financial and technological glitches, say telecom spokespeople.

But when installed, 5G is primarily reserved for neighborhoods near and in downtowns of [densely populated] cities and high public venues like arenas and stadiums, according to Schoechle.

To use these technologies, small transmitters are installed every few 100 feet on the local right-of-way. Verizon told Astoria’s City Council last December that they intend to place 4G LTE Advanced transmitters in high traffic areas, downtown, and on the outskirts, with promises of future 5G upgrades in the denser areas.

4G LTE Advanced is essentially the same technology as 4G, but more highly modulated and pulsed. While not as fast as 5G, it is actually more dangerous because the modulation and pulsing combined with its 120 degree signal casts a nearly contiguous blanket of EMR waves, constantly. 5G signals, on the other hand, are sent out only if a 5G-enabled phone, calls for a connection, making them on-demand with a narrow 10 degree spread, according to Oram Miller, Los Angeles Bau Biologist.

Alternatives to 5G Wireless Technology and Why

Martin Pall, PhD, professor emeritus of biochemistry and basic medical sciences, advocates for using the advantages of our high-tech technologies, but much more safely with hardwired copper or fiber optic cables directly to the buildings.

Fiber optic cables of light on strands of glass fiber are dependable, with faster speeds than all other technologies—capable of larger volumes of calls than satellites and 5G technology—inherently cyber secure, resistant to inclement weather and safe to biology from exposure to EMR frequencies.



Some Advocacy Groups:

- Physicians for Safe Technology
- Environmental Health Trust
- Canadians for Safe Technology
- 5G Crisis

Kathleen Dudley is a reflexologist, herbalist, writer and musician. . Her educational forums, youtube interviews and research include writing on wireless and 5G. Kathleen is currently on sabbatical in New Mexico writing two books, *Legend of Mora* and *Womans Worth, Man’s Worth—Overfed Body, Underfed Soul.*

Schoechle asserts that self-driving cars, remote surgery, video gaming, and VR run successfully on fiber optics and that, 5G is just hype—that the benefits of 5G are already delivered by 4G—that the 5G expanded antenna densification is an add-on cousin to 4G. It’s mostly smoke and mirrors, he says.

According to Santa Barbara attorney, Julian Gresser, we have the capacity to run all businesses with fiber, sustainably and securely. Today, fiber optic networks are locally owned and installed, thereby capturing the benefits of this with local jobs. Not unlike water lines and septic systems, they can be incorporated into every urban and rural environment.

Wireless technologies use 10 times more energy than fiber, with fiber consuming the least amount of energy of any other technology. The small transmitter proliferation will increase energy by another 10 times says Schoechle. And with only 1% of internet traffic maybe useful, its energy-guzzling is not sustainable with 5-10% of the world’s energy doubling every few years. Besides says he, fiber is best for things fixed—and wireless best for things that move.

Why then, is wireless inside, we might ask?

In 1999, 375 top companies in the microwave industry decided to go wireless and coined the term, WiFi. Their decision to not use fiber optics as their mainstay, gave them a new and more profitable direction. Wireless components are minimally taxed and regulated compared to wired services.

Oh, that’s why.

What About Government Oversight?

The US federal agency, *Federal Communications Commission* (FCC), regulates communications and sets safety guidelines for health exposures to cell phones. They set guidelines in 1996 based upon a study for non-thermal effects after monitoring a 6-minute cell phone call.

In 2011 the *World Health Organization* (WHO) classified wireless technologies a Class 2B Probable Human Carcinogen. At the recommendation of the FDA, the *National Toxicology Program* (NTP) began a 14 year long, \$25 million study on the carcinogenicity of cell phone radiation. Their 2018 results revealed clear evidence of DNA damage and heart, brain and adrenal cancer in laboratory animals.

Italian *Ramazzini Institute’s* peer-reviewed study resulted in the same findings. NTP’s recommendation to the WHO to upgrade wireless technologies to a Class 1 Human Carcinogen, remains unheeded.

It became clear when President Obama appointed Tom Wheeler, a prior head of a wireless industry group, to chair the FCC in 2013, that a conflict of interest sullied the agency’s credibility.



Today, attorney Ajit Pai, appointment by President Trump, also straddles the cell phone industry.

Numerous lawsuits against the FCC are being filed. In January, a group of scientists, consumer health nonprofits, and citizens filed an historic suit for refusing to update its 24-year-old cell phone and wireless EMR guidelines, followed in February by Robert F. Kennedy, Jr.’s *Children’s Health Defense* for wireless harms for its December 4, 2019 decision to decline to review its 1996 guidelines, and for its determination that the guidelines are protective of human health.

Wireless and 5G in Schools—Our Most Vulnerable

The same year President Barack Obama appointed Wheeler to chair the FCC, he announced nearly \$3 billion from the FCC and several private tech companies to bring wireless technology to 99% of American school kids. US News, 2014.

Six years later, Portland citizen advocate, David Morrison, spearheaded SB 283, signed by Governor Kate Brown, making Oregon the first state in the nation to pass legislation requiring state health authority review of scientific studies showing risk of harm from electromagnetic radiation technology used in schools.

Alaska Senator Tom Begich is introducing SB 142 this month at the State Legislature, and California plans actions soon to follow in these footsteps.

Countries around the world have already restricted wireless in daycare centers, pre-school and grade school. France, Israel, and Cyprus, to name but a handful. Frankfurt hardwires internet connections and has for over a decade.—Austria, since 2005, along with Italy and Spain.

Local Level

While the implications of 5G wireless technology might appear daunting, there are many viable alternatives and precautions to implement on the local level. We have only to look back a few years in Clatsop County’s history to the advocates who campaigned for their community rights, asserting, *no LNG Terminal* in Warrenton, and most recently, an Astoria opt out of wireless smart meters, to know that citizens have local power. *The FCC has gone beyond the law and is very vulnerable*, says Schoechle, *and the community hands are not tied.*

But first, we must see clearly the *Emperor’s New Clothes*. And one thing is most certain as we unfold the layers . . . 5G is not a bra size!

HF

North Coast Chorale perform Latin Requiem Lux Aeterna

THE NORTH COAST CHORALE and River City Singers of St. Helen's are combining talents to present "Lux Aeterna" on Sunday, March 29th at 3:00 p.m. Tickets are \$10 with children are admitted free when accompanied by an adult.

"Lux Aeterna" was written in 1997 by internationally honored, Northwest composer, Morten Lauridsen as a 5-part requiem sung in Latin. Lauridsen's creations have been described as "radiant choral works combining musical power, beauty and spiritual depth." "Lux Aeterna", which means light eternal speaks of the comfort of light giving life and hope when all seems dark.

A National Medal of Arts recipient, Lauridsen was composer-in-residence of the Los Angeles Master Chorale and has been a professor of composition at the University of Southern California Thornton School of Music for more than 40 years. Lux Aeterna is one of the most performed modern works in contemporary choral repertoire.

Both North Coast Chorale and River City Singers will present a selection of pieces separately and then unite their nearly 60 voices in singing the "Lux Aeterna" to



complete the evening. Join the celebration of the growing light of Spring and the joy of eternal light – spiritual, artistic, and intellectual.

NOTE: A combined performance scheduled in St. Helens at the Christian Church of St. Helens, on Sunday, March 15th has been canceled.

PNCA and Clatsop Community College Ink Transfer Agreement

Astoria, OR – February 25, 2020 – Clatsop Community College's (CCC) art and design students have an incredible new educational opportunity thanks to a recent transfer agreement between CCC and Pacific Northwest College of Art (PNCA). CCC students who transfer to PNCA are now able to receive a scholarship of \$20,000 per year, guaranteed for up to three years, for a total of \$60,000.

The art scholarship is available to all CCC graduating students who apply and are accepted into PNCA. In addition, the agreement outlines a clear pathway for students to begin their coursework at CCC and complete a Bachelor of Fine Arts degree at PNCA.

The agreement is part of PNCA's broader effort to make its nationally recognized fine art and design education available to more students.

"By providing Clatsop Community College students with an affordable way to transition and achieve their BFA, Pacific Northwest College of Art is helping to further the hub of creativity in the Pacific Northwest," stated David Savinar, member of PNCA's Board of Governors. "We are pleased to formalize our ongoing relationship with Clatsop Community College and look forward to

welcoming their graduates to our campus in the years to come."

"Clatsop Community College has a strong arts program and extremely talented art students, and this agreement is a wonderful opportunity to help our students pursue further studies outside of our program," said Chris Breitmeyer, president of Clatsop Community College. "PNCA has a great reputation in our local community, but for a long time our students and others in Clatsop County thought attending was unobtainable. This agreement changes that way of thinking by providing our students with a direct path to one of the region's premiere art and design schools."



CCC President Breitmeyer and PNCA Interim President Maples

Importance of Art and Music to Children A new summer camp offering at Astoria Art Loft

DOING ART AND MUSIC is essential to optimal child development. Children succeed more in reading and math when they participate in art and music, according to a large body of research. Art and music help develop fine motor skills, enhance concentration, and foster creativity.

In recent years, public elementary schools have discontinued art programs, although a few have music programs. Too great an emphasis on academics may improve standardized test scores, but at what cost? And, how many adults need to demonstrate their ability to do well on a standardized test as they earn a living and go about their daily activities?

Enjoyment of and taking part in art and music can last a lifetime. The more we emphasize these aspects of culture, the better off our children will be.

Two summer camps are available for children of 7-8 through 12 – 13 years of age. Each week-long camp features doing art and music. The five week days will be devoted to participation and hands-on art and music and the 6th day is for show-n-tell for parents and loved ones. The first camp is from June 22 – June 27 and the second camp is from August 3- 8, 2020. The camps will be held at Astoria Art Loft, 106 Third Street, Astoria, from 10 a.m. to 3 p.m. The cost for each week is \$100 and some scholarships are available. All supplies are furnished.

For more information and to enroll, please contact Astoria Art Loft at 503.325.4442 or 503.791.8444 or e-mail at astoriaartloft@gmail.com.

Mutualism IMOGEN GALLERY

Kim Hamblin and Christopher Wagner

IMOGEN GALLERY presents a two person exhibition for artists Kim Hamblin and Christopher Wagner. Linked by a common background in farming, the two bring a series of work inspired by elements important to the lifestyle. Based from personal experiences they explore connectivity of mankind to nature. Mutualism is a close look through metaphor about the relationship between man and horticulture. The exhibition opens for Astoria's Second Saturday Artwalk, March 14th, 5 – 8 pm. Mutualism will remain on display through April 7th.

Working in two distinctly different mediums but sharing the common element of a cutting tool, Hamblin and Wagner bring a new series depicting elements important to the farming culture combined with a common interest in animals, both domesticated and wild, as well as plant life.



Man and Calf 2 20x11x5



K Hamblin, Love Thy Nature 26x28

By definition mutualism is:

- a) the doctrine that mutual dependence is necessary to social well-being
- b) symbiosis that is beneficial to both organisms involved.

With that in mind Kim Hamblin brings a new collection of her intricate hand cut paper assemblages exploring her ongoing interest in connectivity between flora and fauna and the ensuing dialogue with humans. She brings complex compositions that visually narrate her passionate plea for all to consider on the loss of species and habitat. Christopher Wagner provides newly carved and painted reclaimed wood sculpture depicting

man's relationship with animals, some of which are exploited while others are protected. He utilizes his personal experiences with animals to illustrate the direct link between man and domesticated animal and the symbiotic relationship that ensues.

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

A Jury of Your Peers Group Exhibit at LightBox

LIGHTBOX Photographic Gallery will host the opening artists' reception for the "A Jury of Your Peers" Group Exhibit on Saturday, March 14th from 5-8 pm. LightBox released an open call for work and allowed the photographers who submitted work to the exhibit to be the Jurors. Each photographer selected their top ten images from the hundreds submitted. The tabulations were made resulting in an exhibit curated by the collective group, resulting in a beautiful exhibit full of magical work.

Ernst-Ulrich Schafer was voted top Juror Award for the image Calla Lily Season. The remaining award winners will be announced on the night of the opening reception. Congratulations to the 35 Photographers selected by their peers for this Exhibit.

The Jury of Your Peers exhibit will show in the gallery from March 14th until April 7th. All the images can be seen online on the Exhibit Showpage.

LightBox offers memberships as a way to become part of the community that helps to further the mission of the gallery. LightBox is located at 1045 Marine Drive in Astoria, hours are Tuesday – Saturday, 11 - 5:30. Contact LightBox at 503-468-0238,



Ernst-Ulrich Schafer, Calla Lily Season

March 2020

Friday 13

MUSIC

Cello Artist Helen Gillet. The New Orleans-based artist does a solo concert, 7:30pm, \$15 at the door, at KALA in Astoria.

Todd Pederson and Peter Unander. 6pm at Bridgewater in Astoria.

Max Strozzi. 7pm at Public Coast in Cannon Beach.

ART

Sou'wester Arts Week. Installations, exhibits, open studios, performances, and more. 5 – 10pm at the Sou'wester Lodge in Seaview. souwesterlodge.com/art/arts-week

FOOD & DRINK

Savor Cannon Beach. Wine and culinary festival. \$25 - \$50 for individual events, daily pass \$60. At several venues in Cannon Beach. savorcannonbeach.com

HAPPENING

Mama Circle. A monthly gathering for pregnancy and postpartum with snacks, discussion, and movement. \$10 (Babies in arms welcome). 5:30 – 7pm at Sage Water Collective in Astoria. SageWaterCollective.com

Spring Bazaar. Noon – 7pm at the Tillamook Fairgrounds.

THEATER

Almost Maine. Drama. \$12- \$15, 7pm at Fort Columbia State Park, Chinook.

The Weir. Drama. \$15, 7:30pm at the Ten Fifteen Theater in Astoria.

Play On! Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Cocktail Hour. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 14

MUSIC

Run & Tell That. 3pm at the Gearhart Hotel.

David Drury. 6pm at Bridgewater in Astoria.

Ellen Whyte & Jean-Pierre Garau. \$10, 6:30pm at St Catherine's Episcopal Church in Nehalem.

Castletown. 7pm at the Gearhart Hotel.

David Jacobs-Strain with Bob Beach. \$15, 7pm at the Peninsula Arts Center in Long Beach.

Nate Botsford. 7pm at Public Coast in Cannon Beach.

Bruce Thomas Smith Band. \$5, 8pm at the Times Theater in Seaside.

ART

Sou'wester Arts Week. Installations, exhibits, open studios, performances, screenings, and more. Noon – 10pm at the Sou'wester Lodge in Seaview. souwesterlodge.com/art/arts-week

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

CINEMA

The Lorax. Noon – 2 at the Warrenton Library.

FOOD & DRINK

River2River. Food, Culture, and Music of the Delta. A Southern family-style dinner by Chefs David Crews and Stewart Robinson. With live music by Steve Azar. \$80 for dinner and show, \$20 for show only. Dinner at 5pm, show at 7:30pm at the Astoria Armory.

FOOD & DRINK

Savor Cannon Beach. Wine and culinary festival. \$25 - \$50 for individual events, daily pass \$65. At several venues in Cannon Beach. savorcannonbeach.com

HAPPENING

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

Pi Day. A celebration of math with Math Games, Pi-Walk, and more. 1:59 – 6pm in the Patriot Hall Gym at CCC in Astoria.

Lower Columbia Classic Car Club Swap Meet. \$3 admission 8am – 2pm at the Clatsop County Fairgrounds, Astoria.

Basketball Jamboree With The Astoria Clowns. Teams from local law enforcement and the community play basketball with the Astoria Clowns to benefit Special

Sou' Wester Arts Week Studio Tours, Installations Performances March 13 - 14

SOU'WESTER ARTS WEEK: the Sou'wester will be given over to 30+artists and art collectives for a week of residency work and a weekend of open houses and public performances.

The goal of this event is to highlight the creative process and the experiential nature of the Sou'wester Residency Program. Experience these living artifacts at the open studios and weekend performances. Full schedule souwesterlodge.com



Wyly Astley
Conceptual Fiber/Costume Artist

The Liberty Presents Northern Lights Composer Angelique Poteat & Friends

A LIFELONG RESIDENT of the Pacific Northwest, composer and clarinetist Angelique Poteat's music has been described as "engaging, restless" (The New York Times) and "serious and nicely crafted" (American Record Guide). Most recently, her music was performed as part of a concert last June in the newly opened Octave 9: Raisbeck Music Center at Benaroya Hall.

Angelique teams up with an all-star team of musicians from Seattle to perform some of her compositions alongside iconic chamber music for the clarinet and



string quartet, including the transcendent Clarinet Quintet by Johannes Brahms, often considered to be one of the greatest pieces of chamber music ever written. The program will also feature a special performance with the Liberty's Executive Director, Jennifer Crockett.

Friday, March 27, 7pm \$25. This performance takes place in the Liberty's McTavish Room.

Olympics. Donations. 1pm at Astoria High School.

Opulence! A Dance Extravaganza Presented By WORK DANCE COMPANY. With special guests Sparrow Dance Co, Triple Moon Belly Dance, and more. \$15 - \$30. 7:30pm at the Liberty Theater in Astoria.

Spring Bazaar. 10am – 5pm at the Tillamook Fairgrounds.

LECTURE

Surviving a Tsunami. Lessons from Eyewitnesses in Chile and Japan. With Brian Atwater. \$5, 3pm at the Pine Grove Community House in Manzanita.

LITERARY

"Dancing with the Dead" with Author Rosie McGee. Photographer and Grateful Dead insider, Rosie McGee, will reveal previously untold stories of living, traveling, and photographing the Grateful Dead. 1pm in the Community Room at the Seaside Library.

Northwest Author Series. Author Marianne Monson will discuss her popular works focusing on women's issues. 2pm at the Cannon Beach Library.

THEATER

Almost Maine. Drama. \$12- \$15, 7pm at Fort Columbia State Park, Chinook.

The Weir. Drama. \$15, 7:30pm at the Ten Fifteen Theater in Astoria.

Play On! Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Cocktail Hour. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 15

MUSIC

Isabella Morrill. 11:30am – 2pm at Bridgewater in Astoria.

A Day of Bluegrass Music. The Fern Hill Bluegrass Band with the Bloomer Family. \$10, 1:30 – 7pm at the Clatskanie Cultural Center.

Buzz Rogowski. 6pm at Bridgewater in Astoria.

Ides of Swing. No cover. 8pm at Fort George Brewery & Public House in Astoria.

FOOD & DRINK

Sip & Savor. Offering appetizers, wine, and beer tastings, a live and silent auction, and live music. \$35, 4 – 6:30pm at the Seaside Convention Center.

Savor Cannon Beach. Wine and culinary festival. \$25 - \$50 for individual events. At several venues in Cannon Beach. savorcannonbeach.com

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.

THEATER

The Weir. Drama. \$15, 3:30pm at the Ten Fifteen Theater in Astoria.

HAPPENING

Ecstatic Dance. Waves in Motion, 10am to 11:30am, (doors open 9:30am). \$10 - \$20 by Donation, pay what you can. At Graceful Waves Wellness Center in Manzanita.

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

LECTURE

In Their Footsteps Lecture Series. History of Powder Horns. With Scott Morrison. 1pm in the Netul Room at the Fort Clatsop Visitor Center, Astoria.

Monday 16

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

LITERARY

Pacific Story Slam. Travel. Live storytelling competition. 6:30 – 8:30pm at North Beach Tavern in Long Beach.

Wednesday 18

MUSIC

Max Field. \$5, 7pm at the Peninsula Arts Center in Long Beach.

Mike Metzner Jazz. 8pm at Albatross in Astoria.

CINEMA

The Goonies. 35th Anniversary Presentation. Free, 6:30pm at the Liberty Theater in Astoria

LECTURE

Shellfish Talk. A presentation and Q&A about razor clams. With Matthew Hunter. 7pm at the Astoria Library.

LITERARY

Pacific Story Slam. Travel. Live storytelling competition. 7 – 9pm at Workers Tavern in Astoria.

Thursday 19

MUSIC

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

CINEMA

The Art of Astoria. A documentary by filmmaker Ron Walker. 7pm in the Community Room at the Seaside Library.

FOOD & DRINK

Hands & Hearts. Enjoy appetizers and competitive bidding as groups vie to win the dessert of their choice. \$30, \$225 for a table of 8, \$275 for a table of 10. 6 – 9pm at Bridgewater in Astoria. 503-338-6063 for tickets.

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.

LECTURE

Tillamookan Place Names and When the Nestuccas Removed. With David Lewis. 4pm at the Cannon Beach History Center and Museum.

Salty Talks. An evening with author Robert Michael Pyle. 6:30pm at the Salt Hotel in Ilwaco.

→ cont. p18

THEATER & PERFORMANCE



COMEDY AT THE COASTER PLAY ON

The hilarious story of a theatre group trying desperately to put on a play in spite of maddening interference from a haughty author who keeps revising the script. We find this group of intrepid performers at the rehearsal of this dreadful show, then move on to the near disastrous dress rehearsal, and the finally the actual performance, in which anything that can go wrong, does. When the author decides to give a speech on the state of the modern theatre during the curtain calls, the audience is treated to a madcap climax of this thoroughly hilarious romp.

Directed by Patrick Lathrop. CAST: Brittania Williams, Barbi England, Frank Jagodnik, Ellen Jensen Garrett, Ann Branson, Darren Hull, Richard Bowman, Emily Dante, Katherine Lacaze, Danyelle Tinker

Performances: March 13 – April 18. Performances begin at 7:30pm. Sunday shows start at 3pm. Tickets online at coastertheatre.com the Coaster Theatre is located at 108 N. Hemlock in Cannon Beach.

Peninsula Players Musical Comedy: A Bag Full of Miracles



PENINSULA PLAYERS present Tom Northam's whirlwind musical comedy "A Bag Full of Miracles" opening March 20 at the River City Playhouse.

"A Bag Full of Miracles" centers on Maggie Hill (played by Rita Smith), an unmarried, newly-retired school teacher with a meager pension, and Lady Anne Windesmeier (played by Bette Lu Krause), a recent widow who has been swindled by an unscrupulous lawyer, Elmer Strunk (played by Bill Clark). Brought together by their common financial straits, the two seniors convert Lady Anne's San Francisco home into a bed and breakfast, which becomes the setting for a cast of characters that bring with them hilarity, intrigue, romance, warmth, and a twisting chain of events that will shake up the audience in more ways than one. They're also sure to leave the theater humming the memorable songs woven throughout this funny yet sensitive look at senior life.

Performances: March 20 -April 5, Fri & Sat at 7pm, Sundays 2pm, at the River City Playhouse, 127 Lake Street SE, Ilwaco, WA. Opening Night Gala. Tickets: \$15 can be purchased at the Okie's Thriftway in Ocean Park, Stormin' Norman's in Long Beach, and Ole Towne Café in Ilwaco. Will-call tickets are also available by emailing or calling the director, Rita Smith. Email: raskimball@gmail.com Cell phone: 360-244-3517. Tickets can also be purchased at the door.

TAPA presents

I Am My Own Wife

I AM MY OWN WIFE was written by Doug Wright, and stars Mark Johnson. It's the only one person play that has ever won the Pulitzer Prize for Drama. It's a true story about courage, loss, prejudice, and survival. Based on a true story, and inspired by interviews conducted by the playwright over several years, I AM MY OWN WIFE tells the fascinating tale of Charlotte von Mahlsdorf, a real-life German transvestite who managed to survive both the Nazi onslaught and the repressive East German Communist regime.

And its message is especially pertinent to our troubled times today. For this very special event all performances will be at 7pm. Please be advised of adult content. In collaboration with Rising Tide Productions. Directed by George Dzundza.

Opening night, March 20, is Gala Night. Each ticket holder receives one free beverage and complimentary hors d'oeuvres. At the Barn Community Playhouse in Tillamook, March 20 - 22, 27-29, April 3 - 5. Tickets \$15. Ticket Info: tillamooktheater.com



PAPA presents Almost, Maine

PAPA presents Almost, Maine by John Cariani, comprising nine short plays that explore love and loss in a remote, mythical almost-town called Almost, Maine. It premiered at the Portland Stage Company in Portland, Maine in 2004 where it broke box office records and garnered critical acclaim.

Performances: Through March 22, Fri & Sat 7pm, Sun 2pm. \$12 General Admission, \$15 Premium. Peninsula Association of Performing Artists (PAPA) performs at the Fort Columbia Theater in Chinook, WA. Tickets at papatheater.com \$12 General, \$15 Premium

WORK DANCE COMPANY Opulence!

A Dance Extravaganza

Saturday, March 14 7:30pm

@ The Liberty Theater.

Special Guests: Sparrow Dance Co, Triple Moon Belly Dance, Odd fellow dance collective, ELXR, Astoria Arts & Movement Center.



BRINGING you high tech video visual effects, dozens of costume changes, lighting, props, and more! Work dance Company has 24 strong and multitalented dancers that use old school and new school hip-hop and jazz/funk styles and techniques, while adding much needed expression and theatrics.

Opulence, not only has Work Dance Company, but also several local and non local dance studios and

companies that bring you everything from belly dancing, modern, jazz, ballet, contemporary, Hip hop, tap, and many more. Over 70 dancers sharing the liberty stage to make this show come to life. Don't miss this over the top production in The Heart of Astoria for just one night!!! Tickets \$15. + VIP Exp. at 6:30pm - \$30.



The Steep Canyon Rangers

The GRAMMY® Award-winning, North Carolina-based sextet has spent nearly two decades bending and shaping the bluegrass aesthetic, wedding it to elements of pop, country, folk rock, and more to create something original and all their own.

At The Liberty • April 5, 7:30pm

AVA Center For The Arts GROUND LEVEL



ASTORIA VISUAL ARTS presents **GROUND LEVEL**, work by all the artist volunteers that contribute heart, soul, and time to help the AVA Center for the Arts in its first successful year. The exhibit opens March 14 with an artist reception during Artwalk from 5:00 to 8:00pm and runs through April 4.

Also featured for March are prints and drawings by **Astoria Alderbrook Studio artist/poet, Lynn Smith**. Smith, who lived in Astoria in the late seventies and eighties, is a graduate of Sacramento State University. All proceeds from sales of Smith's work support AVA's programs.

Astoria Visual Arts is located at 1000 Duane Street in Astoria and is open Friday and Saturday from 12:00 to 5:00pm and by appointment. AVA is a 501(c)3 nonprofit that works to enhance, promote, and strengthen the arts in Greater Astoria.



Bill Shumway at Fairweather House & Gallery



River Reflections, acrylic

ART EXHIBIT "A Fresh Start" through March 25 at Fairweather House and Gallery, features Corvallis artist Bill Shumway.

Bill Shumway, born in Amherst, MA, grew up in a household full of music. His father taught the family the creative process using barbershop music as a medium to produce harmonic overtone releases while singing close harmony. That experience of letting go of self-awareness to harmonic creation has stuck with Shumway as essential to visual creativity. He still seeks a harmonic resonance between pictorial elements so that they resonate with the whole.

Shumway operated Pegasus Gallery for 35 years until my retirement. The gallery served regional and international artists over the years and generated collaborative events with other galleries. Most recently hosting large scale Cultural Connections exhibits with the Clark Gallery in Roseburg and the Giustina Gallery at OSU in the LaSalle Stewart Building.

Fairweather House and Gallery is located at 612 Broadway St., in Seaside. Gallery hours 11-5, Mon/Thu/Fri/Sat and Sunday 11-3. 503-738-8899

Hoffman Center Inspired By Nature

THE HOFFMAN CENTER for the Arts Gallery show for March "Inspired By Nature," features the work of two artists: paintings by Jenny Stanley and acrylic paintings and prints by Christine Harrison. Additionally ceramics artists of the Hoffman Clay Program, Shane Sjogren and Levering Thomas, will have their work on display.

The show opens Friday, March 6, 1 pm to 5 pm and will run through March 29. An Opening Reception will be held Saturday, March 7 from 3 pm to 5 pm. This is a free event and light refreshments will be served.

Christine Harrison is a visual artist living and working in Tillamook, Oregon. She is a painter, printmaker and sculptor. Harrison is a founding member of Art, Accelerated, a non-profit artist-based organization promoting the arts in Tillamook County, Oregon.

Harrison received the 2013 Oregon Coast Art Council Mid-career Artist award and exhibit, held at the Visual Art Center, Newport, OR. Jenny Stanley lives and works in the Oregon Coastal town of Oceanside. She paints in oils, watercolor, acrylic and also does encaustic work. Jenny majored in Fine Art in college and has studied throughout the United States and Europe. In addition, Jenny is an award-winning illustrator of children's books. Barron's of New York currently publishes her illustrated books.

The Clay Program is celebrating its thirteenth year at the Hoffman, growing from a handful of clay enthusiasts – to a busy, full-fledged studio of creative and accomplished artists.

The Hoffman Gallery is a program of Hoffman Center for the Arts and is located at 594 Laneda Avenue in Manzanita, hoffmanarts.org. Gallery hours: Fridays through Sundays, 1pm to 5pm.



Jenny Stanley



Christine Harrison

TWO SOLO EXHIBITIONS AT RIVERSEA GALLERY

IN TWO SOLO EXHIBITIONS, RiverSea Gallery presents A Modern View, deconstructed still life and landscape paintings by Seattle artist Brooke Borcharding, and Sotto Mare, a new jewelry collection by Lisa Kerr of Cannon Beach inspired by sunken treasure. The two shows open March 14, and continue through April 7, 2020. Meet both artists at the opening reception held March 14 from 5:00 to 8:00 during Astoria's Second Saturday Artwalk.

Borcharding has gained acclaim for her signature style of interpreting the observed world with shattered strokes of brilliant color, lending a dynamic expression to familiar subjects. Her intuitive affinity for color and analytic process of breaking a scene into kaleidoscopic mega-pixels immediately engages the viewer and has often been described as a modern take on pointillism. Borcharding is an award winning

plein air painter and many of the works in this show have been painted on site around the region.

In 2018 she was awarded first place in the category of oil/acrylic painting at the annual Carmel, CA Plein



Boat Gestures, 16x20



Lisa Kerr, Pendant

Air Festival, and in February, 2019 her paintings were featured in American Art Collector magazine.

The title of Kerr's collection of jewelry, Sotto Mare, translates to "under sea" in Italian and embodies the concept of treasure long buried beneath the waves. She has created rings, necklaces and earrings that incorporate unusual gemstones set in textured, patinated silver and encrusted with gold nuggets to emulate timeworn jewels with a mysterious past.

Kerr has followed an unusual path to jewelry design. She was a choreographer, then had a career as a public defender before a love of gems and the sea lured her to relocate from Seattle to Cannon Beach. She has been a jeweler for over ten years now, and has continually built on her metalsmithing skills through study at the renowned Revere Academy in San Francisco and the Silvera Jewelry School in Berkely, CA and a number of other specialty jewelry schools.

RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. 503-325-1270.



Liesa West at Trails End

TRAIL'S END Art Association (TEAA) welcomes featured artist for March is Liesa West, an award-winning photographer in "Somewhere in Time." Other Trail's End artists such as Kitty Paino, Michael Muldoon and Susan Bish will be showing their work as well.

After moving to the coast from Salem with her husband John, Liesa joined Trail's End Art Association and Gallery in 2018. Liesa is a moderator and curator for Viewbug, and has won several awards and recognition for her achievements. You can find her work at www.photosbyliesa.com.

Trail's End Gallery is located at 656 A St. in Gearhart. Winter hours -11-3pm Wednesday through Sunday.

LUMINARI ARTS Expanded!



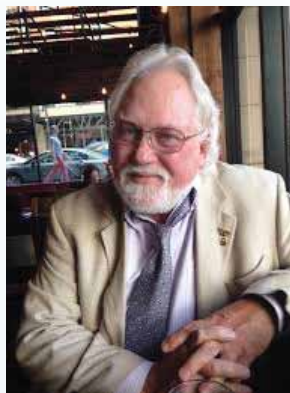
AFTER SIX SUCCESSFUL YEARS on Commercial Street, Luminari Arts has relocated to 1296 Duane Street, Astoria. With an ever increasing inventory of cards, stationery, gifts and jewelry, the business outgrew its current location, and plans to keep expanding in the new location. Look for a Grand Opening celebration in April.

March Art Walk, fresh art by owners Diane Jackson and Charlotte Bruhn, live music with John Orr and Mike Bruhn, tarot card readings with Judith, chain main jewelry by J, and much more! Nibble, imbibe, dance and shop, and enjoy the hip vibe of Duane Street!

Salty Talks : Author Robert Michael Pyle March 19 • Ilwaco

INDEPENDENT SCHOLAR, biologist, and writer Robert Michael Pyle will be the March speaker for SALTY Talks at Salt Hotel and Pub. Pyle will present *Humans and Other Creatures of the Tidewater Reach: A Field Trip in Poems and Prose*. The author has described it as “largely a reading, drawn from many sources, strung together with stories and vignettes of our damp back yard.”

Robert Michael Pyle is a highly respected author and supporter of the arts in the Columbia Pacific region. For thirty-five years, Pyle has been a full-time writer, biologist, teacher, and speaker. He has published hundreds of articles, essays, peer-reviewed papers, stories, and poems. Pyle's books have been honored by the John Burroughs Medal, a Guggenheim Fellowship, a Pacific Northwest Booksellers' Award, three Governor's Writer's Awards, and two National Outdoor Book Awards.



Pyle has recently released an album of poems and acoustic guitar songs with Nirvana bassist Krist Novoselic and Ray Prestegard, *Butterfly Launches from Spar Pole* (butterflylaunch.com). His book *Where Bigfoot Walks* is currently being made into a motion picture, *The Dark Divide*, starring Debra Messing and David Cross, for release in 2020.

Thursday, March 19 6:30pm at Ilwaco's Salt Hotel & Pub. Seating is limited, No reservations. 147 Howerton Way, Ilwaco WA.

APRICOT IRVING: The Gospel of Trees Manzanita Writer Series

The Manzanita Writers' Series welcomes author Apricot Irving reading from her memoir, *The Gospel of Trees*, winner of the 2019 Sarah Winnemucca Award for Creative Nonfiction, at 4pm at the Hoffman Center for the Arts in Manzanita on Saturday, March 21.

Award-winning writer Apricot Irving grew up as a missionary's daughter in Haiti during a time of upheaval. Her father's unwavering commitment to replant the deforested hillsides, despite growing political unrest, threatened to splinter his family. Drawing from her parents' journals, as well as her own, Irving retraces the story of her family, the missionaries in the north of Haiti, and the shattered history of colonization. Beautiful, poignant, and explosive, *The Gospel of Trees* grapples with the complicated legacy of those who wish to improve the world, and bears witness to the defiant beauty of an undefeated

Apricot Irving is the recipient of a Rona Jaffe Foundation Writers' Award and Literary Arts Creative Nonfiction Fellowship. Her writing has appeared in *Granta*, *On Being*, *Tin House*, *Oregon Humanities*, *Portland Monthly* and *Topic Magazine*.

Raised a missionary's daughter in Haiti, Irving has taught literature and writing to students in Indonesia, China, the U.S., the U.K., and Ireland. She reported on post-earthquake recovery efforts in the north of Haiti for the radio program *This American Life* and is the founder and director of the Boise



Voices Oral History Project, a collaboration between youth and elders to record the stories of a rapidly changing neighborhood in N/NE Portland, which was honored at City Hall for civic engagement and innovative storytelling. She currently lives in the Columbia River Gorge with her partner and two wildly imaginative boys. Her reporting on the Eagle Creek Fire was selected for the 2019 anthology *Best American Science & Nature Writing*.

WORKSHOP: 11am to 2 pm April teaches a writing workshop on point of view in memoir. FML: hoffmanarts.org. Hoffman Center for the Arts is located at 594 Laneda Avenue in Manzanita, OR.

Tillamookan Place Names and When the Nestuccas were Removed with Dr. David Lewis

THE LECTURE SERIES at the Cannon Beach History Center & Museum will continue its off-season lecture series with speaker Dr. David Lewis. Dr. Lewis is an anthropologist, ethnohistorian, archivist, educator and author. His presentation on Tillamookan place names and what happened to the Nestuccas takes place on Thursday, March 19 at 4pm.

Dr. Lewis received his PhD in Anthropology from the University of Oregon. He's a native history researcher, and member of the Grand Ronde Tribe. He also has Takelma, Chinook, Molalla, and Santiam Kalapuya ancestry. He is the owner of Ethnohistory Research LCC, a professional consultant, project researcher, speaker, and published author.

Dr. Lewis has written many books on native history. His presentation will explore what happened to the Nestucca tribe following the settlement of the north Oregon coast. This topic has often been shrouded in mystery. New research has revealed the story of the removal of the Nestuc-

cas to the Salmon River Encampment in the 1870's after years of refusal and losses. In addition, a number of original place names for the Tillamookan coast have been revealed and added to the National Geographic Names history database.

The Cannon Beach History Center & Museum is located in mid-town Cannon Beach (1387 South Spruce Street.) Admission is donation based. Open Wed – Mon, 11am until 4pm, closed on Tues. The museum is also home to a replica longhouse, tide pool exhibit and the cannon that Cannon Beach is named for. cbhistory.org. 503.436.9301



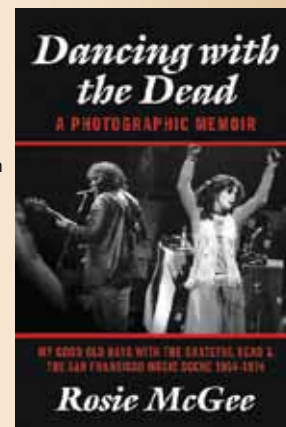
“Dancing With The Dead” With Author Rosie McGee At Seaside Public Library

SEASIDE LIBRARY hosts author Rosie McGee speaking about her book “Dancing with the Dead. Photographer and Grateful Dead insider, Rosie McGee, will reveal previously untold stories of living, traveling, and photographing the Grateful Dead.

She'll share a group of her rare and candid photographs, many never before seen in print. This event is not just for Deadheads or baby boomers—it's for anyone seeking a woman's intimate account of the San Francisco rock music community in the 1960's. Included are firsthand stories and photographs of Autumn Records; The Matrix nightclub; Olompali; life in the Haight-Ashbury; the Human Be-In; and the New York, Toronto and Montreal music festivals. McGee will also detail Altamont; the Dead's Europe '72 tour; and encounters with individuals as diverse as Tom Donahue, Phil Spector, Lenny Bruce, Janis Joplin, Owsley Stanley, Timothy Leary, Jesse Colin Young, Julie Christie and many others. Traveling and working with the Dead, during their first decade as a band, gave Rosie an intimate view of one of rock's iconic musical groups.

Rosie McGee was born in Paris France, the daughter of two Parisians who owned a bookstore. She emigrated to America at the age of 5 and began taking photographs at the age of 12. At 18 she was hired by legendary DJ Tom Donahue, to work for Autumn Records, and her photographic journey began. Rosie now resides in the beautiful Pacific Northwest.

March 14, 1pm in the Community Room at Seaside Public Library located at 1131 Broadway. 503-738-6742 or visit seasidelibrary.org



WRITE ON Seaside Benefit • April 11

The Seaside Public Library Foundation Board will be hosting its annual **Write On Seaside! Writing Extravaganza** on Saturday, April 11, at 5:30pm at the Seaside Convention Center to raise funds for the Seaside Public Library.

This year's event will include a talk with New York Times-bestselling author and Oregon Book Award winner April Henry, a discussion about writing featuring a panel of local authors, an auction, food, and much more! Tickets will be sold at the Seaside Public Library and at the door.

APRIL HENRY is the author of more than 24 mysteries and thrillers for teens and adults. Her novel, *The Lonely Dead*, is a finalist for a 2020 Oregon Book Award. She won an Oregon Book Award in 2015 for her novel, *The Body in the Woods*. She teaches martial arts



and lives in Portland, Oregon, with her family.

THE GOAL of this year's **Write On Seaside! Writing Extravaganza** is fundraising toward a future expansion of the library to create space for more literary events and youth programming. In past years, fundraising projects have included the purchase of a 3-D printer and other items for a Maker Space, books in Spanish for adults, and a Radio Frequency ID (RFID) system for all library books. The Seaside Public Library Foundation has also donated to the Lower Columbia Hispanic Council, placing books in local schools.

Philosofarian's “Wit & Wisdom” March Theme – What Is “Friendship”?

Almost everyone agrees good friends are an important part of having a happy life. But is it true that friends are mirrors of who we are? How important are our friendships to our identities? What makes friendships worthwhile or toxic? And what do the changes in our friendships reflect about us?

Join Wit & Wisdom with Seth Tichenor Thursday March 26, 7pm at Fort George Lovell Room in Astoria.

LITERARY

Pacific Story Slam. Travel. Live storytelling competition. 6 – 8pm at Maggie’s on the Prom in Seaside.

THEATER

The Cocktail Hour. \$15, 7:30pm at Theater West in Lincoln City.

Friday 20

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

ART

25th Annual Peninsula Quilt Show. 10am – 4pm at the Columbia pacific Heritage Museum in Ilwaco.

HAPPENING

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

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City.

THEATER

Story Teller Will Hornyak. Erin’s Daughters, Tales of Islands Warrior Queens. \$15. 7:30pm at KALA in Astoria.

A Bag Full of Miracles. Musical comedy. \$15, 7pm at the River City Playhouse in Ilwaco.

I am My Own Wife. Drama. 7pm at TAPA in Tillamook.

Almost Maine. Drama. \$12- \$15, 7pm at Fort Columbia State Park, Chinook.

The Weir. Drama. \$15, 7:30pm at the Ten Fifteen Theater in Astoria.

Play On! Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Cocktail Hour. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 21

MUSIC

Dr A. 6pm at Bridgewater in Astoria.

Aerosmith Rocks. Aerosmith Tribute Band. \$25 - \$25, 7pm at the Liberty Theater in Astoria.

Eric John Kaiser. 7pm at Public Coast in Cannon Beach.

Niall Carroll. 7pm at WineKraft in Astoria.

Tommy Alexander. 8pm at the Sou’wester Lodge in Seaview.

The Junebugs. \$5, 8:30pm at the San Dune Pub in Manzanita.

ART

25th Annual Peninsula Quilt Show. 10am – 4pm at the Columbia pacific Heritage Museum in Ilwaco.

FOOD & DRINK

Pouring at the Coast Brewfest. \$20 - \$25, 3 – 8pm at the Seaside Convention Center.

HAPPENING

Flea Market. 10am – 4pm at the Seaside Elks Lodge.

Healing Arts Faire. 11am – 4pm at Pine Grove Community House in Manzanita.

Comedy on the Coast. \$15, 8pm at Chinook Winds in Lincoln City.

LECTURE

Recycling Mysteries Explained. With Crystal Bates, Rhonda Green, and Michael Nichols. 2 – 3pm in the Flag Room at the Astoria Library.

LITERARY

Manzanita Writers’ Series. Author Arcot Irving will read from and discuss her work. \$7, 4pm at the Hoffman Center in Manzanita.

THEATER

A Bag Full of Miracles. Musical comedy. \$15, 7pm at the River City Playhouse in Ilwaco.

I am My Own Wife. Drama. 7pm at TAPA in Tillamook.

The Weir. Drama. \$15, 7:30pm at the Ten Fifteen Theater in Astoria.

Almost Maine. Drama. \$12- \$15, 7pm at Fort Columbia State Park, Chinook.

Play On! Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Cocktail Hour. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 22

MUSIC

The Glenn Miller Orchestra. 2 – 4pm at Tillamook High School.

Buzz Rogowski. 6pm at Bridgewater in Astoria.

The Two Tracks. 7:30pm at Seaside Brewing.

An American Forrest. No cover. 8pm at Fort George Brewery & Public House in Astoria.

ART

25th Annual Peninsula Quilt Show. 10am – 4pm at the Columbia pacific Heritage Museum in Ilwaco.

HAPPENING

Matt Baker Comedy and Stunt Show. \$8 - \$16, 7pm at the Lincoln City Cultural Center.

THEATER

A Bag Full of Miracles. Musical comedy. \$15, 2pm at the River City Playhouse in Ilwaco.

The Cocktail Hour. \$15, 2pm at Theater West in Lincoln City.

Play On! Comedy. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

The Weir. Drama. \$15, 3:30pm at the Ten Fifteen Theater in Astoria.

I am My Own Wife. Drama. 7pm at TAPA in Tillamook.

Monday 23

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

HAPPENING

The Amazing Bubble Man. \$8 - \$16, 7pm at the Lincoln City Cultural Center.

Tuesday 24

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

HAPPENING

The Amazing Bubble Man. \$8 - \$16, 7pm at the Lincoln City Cultural Center.

Wednesday 25

MUSIC

Musician’s Jam. Players and singers welcome. House Band Raizz the Bar. No sign up, just show up. 7pm to 10pm. No cover. At KALA in Astoria.

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

Mike Metzner Jazz. 8pm at Albatross in Astoria.

Sonny & the Sunsets. With special guests the Gonks. \$15, 8pm at the Sou’wester Lodge in Seaview. Get tickets at brownpapertickets.com



10th St. Stage
Barbara Anne Gaidosh
pays tribute
to Women in Folk Music

The Astoria Library presents 10th Street Stage – Rainy Season, a three-part concert series situated in the library’s reading room (450 10th St.). The series wraps up with a performance by Oregon folksinger and storyteller **Barbara Anne Gaidosh at 7pm, Friday, March 20.**

All ages are welcome. Admission is FREE.

Weaving together story and song, Barbara Anne Gaidosh will discuss and perform music by influential folksingers such as Connie Converse, Elizabeth Cotten, Kate Wolf, Judy Collins and

Joan Baez. She’ll play original compositions, also, and talk about what inspired her to write her own music.

Gaidosh was born and raised in Oregon, and has over 50 years of experience performing music solo, in a duo and as the lead singer in a five-piece country rock band. In 1968, she traveled the I-5 corridor, playing in coffee houses in all the major Oregon towns. In recent years, she’s returned to her roots as a folksinger, singing and strumming at farmers’ markets and other North Coast venues.

10th Street Stage is sponsored by the Liberty Theatre, the Astoria Oregon Public Library Foundation and the Astor Library Friends Association. For more information, contact 503-325-7323 or visit astorialibrary.org.

Friday 27

MUSIC

Angelique Poteat & Friends. \$25, 7pm in the McTavish Room at the Liberty Theater in Astoria.

CINEMA

Manzanita Film Series. The Space Between Words. \$7, 7:30pm at the Hoffman Center in Manzanita.

HAPPENING

Oregon Ghost Conference. Starts at 3pm at the Seaside Convention Center. Cost varies. oregonghostconference.com

Comedy Magician Kevin Allen. \$8 - \$16, 7pm at the Lincoln City Cultural Center.

THEATER

A Bag Full of Miracles. Musical comedy. \$15, 7pm at the River City Playhouse in Ilwaco.

The Real Lewis & Clark Story, or How the Finns Discovered Astoria. Musical Melodrama. \$10, 7pm at the ASOC Playhouse in Astoria.

I am My Own Wife. Drama. 7pm at TAPA in Tillamook.

The Weir. Drama. \$15, 7:30pm at the Ten Fifteen Theater in Astoria.

Play On! Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Cocktail Hour. \$15, 7:30pm at Theater West in Lincoln City.

Saturday 28

MUSIC

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

Buzz Rogowski. 6pm at Bridgewater in Astoria.

Max Strozzi. 7pm at Public Coast in Cannon Beach.

Nothing to No One, PDX. 7pm at the Labor Temple in Astoria.

Pigs on the Wing. Pink Floyd Tribute Band. \$22 - \$25, 7:30pm at the Liberty Theater in Astoria.

J Graves & Jason McCue. 8pm at the Sou’wester Lodge in Seaview.

ART

HiiiH Lights Open Studio. See their latest hand-made paper lights. 10am – noon at HiiiH Lights near Astoria. hiihlights.com

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

HAPPENING

A Night in Old Havana. silent and live auctions, raffles, prizes, games, music, Cuban nibbles, refreshments, and dinner. “Tropicana Club,” attire encouraged. Starts at 5pm at the Chinook School.

Jane Barnes Revue. A topsy-turvy fashion show. \$25, 7pm in the Ruins at the Astor Building, Astoria.

Oregon Ghost Conference. At the Seaside Convention Center. oregonghostconference.com

THEATER

A Bag Full of Miracles. Musical comedy. \$15, 7pm at the River City Playhouse in Ilwaco.

The Real Lewis & Clark Story, or How the Finns Discovered Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

I am My Own Wife. Drama. 7pm at TAPA in Tillamook.

The Weir. Drama. \$15, 7:30pm at the Ten Fifteen Theater in Astoria.

Play On! Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

The Cocktail Hour. \$15, 7:30pm at Theater West in Lincoln City.

Sunday 29

MUSIC

Seth Walker. National Roots/Soul artist. \$20. Advance tickets libertyastoria.showare.com. \$20. 7pm at KALA in Astoria.

Richard T and Friends. 11:30am – 2pm at Bridgewater in Astoria.

The High Kings. \$15, 2pm at the Raymond Theater in Raymond.

North Coast Chorale. Lux Aeterna. \$10, 3pm at the PAC in Astoria.

Buzz Rogowski. 6pm at Bridgewater in Astoria.

Gus Clarke & the Lease of His Problems. No cover. 8pm at Fort George Brewery & Public House in Astoria.

HAPPENING

Long Beach Mermaid Parade. Starting at 1pm at the Bolstad Beach approach in Long Beach.

Oregon Ghost Conference. Ending at 2pm at the Seaside Convention Center. oregonghostconference.com

THEATER

A Bag Full of Miracles. Musical comedy. \$15, 2pm at the River City Playhouse in Ilwaco.

Play On! Comedy. \$20 - \$25, 3pm at the Coaster Theater in Cannon Beach.

I am My Own Wife. Drama. 7pm at TAPA in Tillamook.

Monday 30

MUSIC

Buzz Rogowski. 6pm at Bridgewater in Astoria.

LITERARY

Pacific Story Slam. Long Beach Semi-Finals. Live storytelling competition. 6:30 – 8:30pm at North Beach Tavern in Long Beach.

The Hackles

Beloved Astorian roots folk duo The Hackles. Luke

Hoffman Center to Screen Independent Film “The Space Between Words” Mar. 27

THE HOFFMAN CENTER for the Arts in Manzanita will screen the 2019 feature film “The Space Between Words,” written and directed by Portland independent filmmaker Ian Stewart Fowler, Friday, March 27, at 7:30 p.m. Admission will be \$7.

The film tells the story of an unassuming bookstore owner trying to accept new love five years after the death of her wife, when a chance encounter reawakens buried feelings.

Shot in Portland, the film stars Lindsay Klein, Michael J. Draper, Beth Moesche, and Willow Finney, and runs 103 minutes.

Indianapolis-based Independent Critic Richard Propes said, “‘The Space Between Words’ is an entertaining, engaging romantic comedy with quirks that never feel overly quirky and dialogue that makes you laugh with but never at these consistently enjoyable characters.”

Born in Vancouver, Wash. but raised in Gastonia, N.C., Fowler moved around for several years before settling in Portland. He studied fine art and spent his early career as a painter.

He directed his first feature film “Crazy Right” in 2016, earning nominations and awards from film festivals in the U.S., Italy, and Canada.

Fowler recently took on the role of Program Director for the Covellite International Film Festival in Butte, Mont. The festival provides a showcase for independent films from around the world. He is also developing his third feature -- “How To Say Goodbye In 12 Easy Steps.”

Fowler plans to attend “The Space Between Words” screening in Manzanita to discuss the film and answer audience questions.

The Manzanita Film Series is a program of the Hoffman Center for the Arts in Manzanita. Films are screened monthly throughout the year.



FLASH CUTS MOVIES & MUSINGS



BLOODSHOT (MARCH 13) Vin Diesel stars as an augmented human supersoldier not unlike his previous turn as Riddick. Synopsis: After he and his wife are murdered, marine Ray Garrison (Diesel) is resurrected by a team of scientists. Enhanced with nanotechnology, he becomes a superhuman, biotech killing machine - Bloodshot. As Ray first trains with fellow super-soldiers, he cannot recall anything from his former life.



But when his memories flood back and he remembers the man that killed both him and his wife, he breaks out of the facility to get revenge, only to discover that there's more to the conspiracy than he thought.

THE HUNT (MARCH 13) Originally scheduled to be released in September 2019, film was pulled by Universal after mass shootings in Dayton and El Paso. Written by Nick Cuse and Damon Lindelof (Lost), The Hunt (originally titled Red State Vs Blue State) takes the concept of humans hunting other humans for sport from The Most Dangerous Game and recasts it as a social thriller where elite Blue Staters capture and hunt white trash Red Staters (referred to as “deplorables”) in an unnamed location.

Synopsis: Twelve strangers wake up in a clearing. They don't know where they are -- or how they got there. In the shadow of a dark internet conspiracy theory, ruthless elitists gather at a remote location to hunt humans for sport. But their master plan is about to be derailed when one of the hunted, Crystal, turns the tables on her pursuers.

A QUIET PLACE: PART II (MARCH 20) Two years ago, John Krasinski's small horror film about a family threatened by monsters with supersensitive hearing blew up into a worldwide hit. Now Krasinski returns with what is apparently an equally terrifying sequel. In Part I, alien creatures which are blind but possess hypersensitive hearing have ravaged humanity, leaving survivors like the Abbott family to scavenge for food and live in on a farm rigged with alarm systems while living in silence. The slightest sound means death. After Lee (Krasinski) sacrifices himself to save the children, Evelyn (Emily Blunt) and her children Regan (Millicent Simmonds) and Marcus (Noah Jupe) discover a weakness the creatures have and prepare to fight back. In Part II, the surviving Abbotts plus a newborn must leave the protection of their farm and venture

out into a dangerous world made even more dangerous by survivalists like Emmett (Cillian Murphy) who refuses to help anyone but himself. Film also flashes back

to the beginning of the crisis three months previous, when the creatures first appeared and killed anything that made a sound.

MULAN (MARCH 27) Disney continues its run of live action remakes of animated films with a new version of the 1998 animated musical. Director Niki Caro has taken the story in a different direction than the animated film, however, there are no talking dragons and characters do not burst into song. The new Mulan is an action-fantasy that is more realistic and more grounded in the traditional Chinese story it is based on. The new Mulan is also the rare film with mostly Asian characters played by Asian actors. Mainland Chinese actor Liu Yifei plays the title character. Synopsis: When

FILM. BY LES KANEKUNI



the Emperor of China issues a decree that one man per family must serve in the Imperial Chinese Army to defend the country from Huns, Hua Mulan, the eldest daughter of an honored warrior, steps in to take the place of her ailing father. She is spirited, determined and quick on her feet. Disguised as a man by the name of Hua Jun, she is tested every step of the way and must harness her innermost strength and embrace her true potential. It is an epic journey that will transform her into an honored warrior and earn her the respect of a grateful nation...and a proud father.

THE NEW MUTANTS (APRIL 3) The Fault in Our Stars director Josh Boone was hired to basically create a YA version of the X-Men, using the Marvel Comics characters. What he came up with was a horror/superhero take with a story about five young mutants being imprisoned and experimented on in a secret government facility. Blu Hunt plays Mirage, a Native American mutant who has the power to create illusions and has vowed revenge against the Demon Bear that killed her parents. Maisie Williams plays Wolfsbane a Scottish Lycanthrope with a religious background. Anya Taylor-Joy plays Magik, a Russian sorcerer who is sister to Colossus. Charlie Heaton plays Cannonball, a mutant with the ability to fly like a jet. Henry Zaga plays Sunspot, a Brazilian mutant who can absorb and redirect the power of the sun. Movie had a tortured production history with Boone and co-screenwriter Knate Lee crafting a horror-focused story only for the studio to mute the horror approach. However, when it became a big hit, the studio backtracked. Reshoots were planned to re-emphasize the horror angle, but according to Boone in 2019, they never happened.

Wednesday 1

MUSIC

Mike Metzner Jazz. 8pm at Albatross in Astoria.

LITERARY

Pacific Story Slam. Astoria Semi-Finals. Live storytelling competition. 7 - 9pm at Workers Tavern in Astoria.

Thursday 2

LITERARY

Pacific Story Slam. Seaside Semi-Finals. Live storytelling competition. 6 - 8pm at Maggie's on the Prom in Seaside.

Friday 3

ART

PAA Spring Art Show. 10am - 4pm at the Long Beach Train Depot.

HAPPENING

A Trip to Cowtown. Join Peggy Pilgrim and Toe Tappin' Tommy for a performance collage of song, story, and object play. \$5, 7:15pm at the Ten Fifteen Theater in Astoria.

LITERARY

Get Lit at the Beach. A Gathering for Readers. Friday only \$30, complete package \$95. 5 - 9pm at various locations in Cannon Beach. getlitatthebeach.com

THEATER

A Bag Full of Miracles. Musical comedy. \$15, 7pm at the River City Playhouse in Ilwaco.

The Real Lewis & Clark Story, or How the Finns Discovered Astoria. Musical Melodrama. \$10, 7pm at the ASOC Playhouse in Astoria.

I am My Own Wife. Drama. 7pm at TAPA in Tillamook.

Play On! Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Saturday 4

MUSIC

Johnny Credit & the Cash Machine. 9pm at the Labor Temple in Astoria.

ART

PAA Spring Art Show. 10am - 4pm at the Long Beach Train Depot.

Opening Reception. Watercolor Society of Oregon exhibit. At the Royal Nebeker Gallery at CCC in Astoria.

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

HAPPENING

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

Volunteer Locally Fair. Noon - 3pm at Pine Grove Community House in Manzanita.

LITERARY

Get Lit at the Beach. A Gathering for Readers. Saturday evening only \$65, complete package \$95. 10am - 9:30pm at the Surfsand Ballroom in Cannon Beach. getlitatthebeach.com

THEATER

A Bag Full of Miracles. Musical comedy. \$15, 7pm at the River City Playhouse in Ilwaco.

The Real Lewis & Clark Story, or How the Finns Discovered Astoria. Musical Melodrama. \$15 - \$20, 7pm at the ASOC Playhouse in Astoria.

I am My Own Wife. Drama. 7pm at TAPA in Tillamook.

Play On! Comedy. \$20 - \$25, 7:30pm at the Coaster Theater in Cannon Beach.

Sunday 5

MUSIC

William Howard. \$25, 3pm at Camp Winema, Neskowin.

Steep Canyon Rangers. \$35, 7:30pm at the Liberty Theater in Astoria.

ART

PAA Spring Art Show. 10am - 4pm at the Long Beach Train Depot.

FREE WILL ASTROLOGY

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MARCH 2020

ARIES (March 21-April 19): Giacomo Puccini's famous opera *Tosca* premiered in 1900. It featured a heroine named *Tosca*. In 1914, Puccini's favorite *Tosca*, a soprano singer named Maria Jeritz, was performing in a production at New York's Metropolitan Opera. As she got ready to sing an aria entitled "I Live for Art," she stumbled and fell. Rather than struggle awkwardly to rise, she pretended that this was all quite natural—called for in the script. She sang the entire piece while lying on the floor. Puccini loved it! Ever since then, most of the singers who have played the role of *Tosca* have sung "I Live for Art" while prone. I suggest you regard this as an inspirational teaching. What lucky accidents could you make into permanent additions or enhancements?

TAURUS (April 20-May 20): Taurus poet Gary Snyder said, "Three-fourths of philosophy and literature is the talk of people trying to convince themselves that they really like the cage they were tricked into entering." Personally, I think that many of us, not just philosophers and writers, do the same thing. Are you one of us? Your first assignment during the next four weeks will be to explore whether you do indeed tend to convince yourself that you like the cage you were tricked into entering. Your second assignment: If you find that you are in a cage, do everything you can to stop liking it. Third assignment: Use all your ingenuity, call on all the favors you're owed, and conjure up the necessary magic so that you can flee the cage.

GEMINI (May 21-June 20): "Your body is not a temple," declared author and celebrity chef Anthony Bourdain. "It's an amusement park. Enjoy the ride." I half-agree with him. I'm deeply devoted to regarding the body as an amusement park. It should be a source of endless fun and enjoyment. We have the right—indeed, I'd say a duty—to wield our bodies in ways that immerse us in the mysteries and miracles of pleasure. But here's where I disagree with Bourdain: I believe the body is also a temple that deserves our reverence and respect and protective tenderness. Your assignment in the coming weeks, Gemini, is to raise your commitment to treating your body as both an amusement park and a holy temple.

CANCERIAN (June 21-July 22): Early in his career, Cancerian painter Jean-Baptiste-Camille Corot (1796–1875) sold only a few paintings. But eventually his luck improved. Once he was financially successful, he became very generous. He wielded his influence to get jobs for other artists, and mentored many artists, as well. Sometimes he added a few dabs of paint to the finished works of younger, struggling painters, then signed the canvases with his own name so that the works could more easily be sold. The coming weeks will be a favorable time to adopt your own version of Corot's approach toward those around you who could benefit from your help and support. (P.S. It's in your selfish interest to do so, although the reasons why may not be clear for a while.)

LEO (July 23-August 22): Composer Brian Eno has testified that African music underlies and influences much of his work. He exults in the freedom and unpredictability it encourages. Why? Here's one reason: In African songs, there are often multiple rhythms. And they're not locked together; they float freely in relationship to each other. Eno says this is different from Western music, whose salient quality is that all the rhythmic elements are contained "in little boxes"—locked into a tyrannically mechanical clockwork pattern. According to my reading of the astrological omens, dear Leo, the coming weeks will be an excellent time for you to experiment with Eno's insight. How? Escape mechanical clockwork patterns and activate the "multiple, free-floating rhythm" metaphor in everything you do.

VIRGO (August 23-September 22): Are you interested in enhancing your mastery of togetherness? Are you open to my suggestion that you should seek out practical education about the arts of

intimacy? Would you be willing to meditate on how you might bring additional creativity and flair into your close alliances? If you answered yes to those questions, the next six weeks will provide you with ample opportunities to dive in to all that fun work. "Collaboration" and "cooperation" will be words of power for you. "Synergy and symbiosis" should be your tender battle cry.

LIBRA (September 23-October 22): As you come to the climax of your Season of Good Gaffes and Lucky Bloopers, I'll remind you of folk singer Pete Seeger's definition of a "productive mistake." He said it had these five qualities: "1. made in the service of mission and vision; 2. acknowledged as a mistake; 3. learned from; 4. considered valuable; 5. shared for the benefit of all." Let's hope, Libra, that your recent twists and turns fit at least some of these descriptions!

SCORPIO (October 23-November 21): Would you consider making one more push, Scorpio? Can I coax you to continue your half-confusing, half-rewarding quest? Are you willing to wander even further out into the frontier and take yet another smart risk and try one additional experiment? I hope so. You may not yet be fully convinced of the value of these forays outside of your comfort zone, but I suspect you will ultimately be glad that you have chosen what's interesting over what's convenient. P.S. In the coming weeks, you could permanently expand your reservoir of courage.

SAGITTARIUS (November 22-December 21): A traditional astrologer might say that you Sagittarians typically spend less time at home than any other sign of the zodiac. Some of you folks even rebel against the idea that having a stable home is a health-giving essential. You may feel that you can't be totally free unless you always have your next jaunt or journey planned, or unless you always have a home-away-from-home to escape to. I understand and appreciate these quirks about your tribe, but am also committed to coaxing you to boost your homebody quotient. Now would be a perfect time to do that. You're more open than usual to the joy and power of cultivating a nurturing home.

CAPRICORN (December 22-January 19): The more crooked the path, the faster you'll get to where you're going. Every apparent detour will in fact be at least a semi-valuable shortcut. Any obstacle that seems to block your way will inspire you to get smarter and more resourceful, thereby activating lucky breaks that bring unexpected grace. So don't waste even a minute cursing outbreaks of inconvenience, my dear, because those outbreaks will ultimately save you time and make life easier. (P.S.: During the coming weeks, conventional wisdom will be even more irrelevant than it usually is.)

AQUARIUS (January 20-February 18): When I was a young adult, I was unskilled and indigent. Many restaurants exploited my feeble prowess at washing pots and pans and dishes, but the meager wage they paid me barely kept me fed and housed. You will perhaps understand why, now that I'm grown up, I am averse to cleaning pots and pans and dishes, including my own. That's why I pay a helper to do that job. Is there an equivalent theme in your own life? An onerous task or grueling responsibility that oppressed you or still oppresses you? Now is a good time to find a way to declare your independence from it.

PISCES (February 19-March 20): I suspect your fantasy life will be especially potent in the coming weeks. Your imagination will have an enhanced power to generate visions that could eventually manifest as actual events and situations. On the one hand, that could be dicey, because you can't afford to over-indulge in fearful speculations and worried agitation. On the other hand, that could be dramatically empowering, because your good new ideas and budding dreams may start generating practical possibilities rather quickly.

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

Duets on a Bike (or Trike)

REMEMBER THAT OLD SONG about a couple flirting on a "bicycle built for two"? Tandem bikes conjure romantic images of the "comic pratfall" sort as the riders attempt to coordinate their movements without crashing. The reality can be more alarming than rose-colored, as my spouse, Seth, and I learned the first time we tried out a two-wheeled tandem and almost heeled the bike over on its side at a stop sign. Still intrigued by the idea of the ultimate in riding togetherness, we tried out, and bought a tandem recumbent trike. Balance problems—gone!

Two-person rides made their appearance sometime in the late 19th century. Often called "Daisy Bells" in honor of that song (written in 1892), tandems received their moniker not because they have two riders, but because they ride one behind the other, in tandem, in contrast with sociable bikes, where riders sit side by side, as in the famous Seaside surreys. In fact, tandems can carry more than two people, as with the four-person bike Seth remembers attempting to ride with three other kids in high school as a fundraising stunt. (They did fine until they tried to turn a corner.) In a weird moment in military history, tandem bikes even served in the Second Anglo-Boer War. (My guess is they were used for messages or transport, not on the battlefield.) Interest in these bulky, sometimes awkward and peculiar bikes declined after World War II, until a revival in the 1960s. The same technological improvements that have affected single-person bikes also have improved the quality of tandems. ("Tandem Bicycle," Wikipedia, https://en.wikipedia.org/wiki/Tandem_bicycle).

Some things to know about tandems, gleaned from over ten years of riding: Coordination is everything. Expect to wobble when you get started (unless it's

a three-wheeler), and exercise caution when making turns. But beyond that, because tandems have a single drive chain for all riders, you need to compromise on cadence. That challenged us at first because Seth likes to spin fast in a low gear and I like to crank slowly

but with power in a high gear. Trial and error allowed us to arrive at a mutually comfortable (although not perfect for either) cadence.

On a related note, if you're the rider in front, you'll be making the decisions about shifting gears,

braking, and steering. It's critical not to surprise the person behind you with, for example, a quick shift into a higher gear that's uncomfortable for them, or a fast dodge to avoid an obstacle they can't see around your back. I always "check in" before changing gears or commencing a downhill coast. You may also need to use lower gears than you're used to when climbing a hill, especially if you're towing a trailer behind you, full of children, dogs, and/or inanimate, non-pedaling cargo. You'll need extra time to brake so you don't end up halfway through the intersection.

Sociable bikes offer an easy to balance alternative to tandems, and as the name suggests, you can talk without shouting. The downside is that they don't fit on the road's shoulder like a tandem, and steering can be awkward (witness those eight-person surreys getting stuck on the sidewalk while turning).

The sky's the limit when it comes to multiple-rider designs, from a round-table "conference bike" (no more boring, sedentary meetings) to a bar on wheels (everyone pedals, but a non-drinker steers), and even pedal-powered buses: the ultimate in a "bicycle built for a village"! Fun as they are, though, don't give away your single-person bike. Bikes and people still need time alone.



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

BUILD YOUR NEST MINI CLASS. March 14 or 29. A postpartum planning class for expectant parents. 2 - 3:30 at Sage Water Collective in Astoria. sagewatercollective.com

ADULT CRAFTING. March 19. Make an envelope and embellishments with upcycled materials. Please bring scissors, glue, or stickers if you have any. 6 - 8pm at the Warrenton Library.

WATERCOLOR CLASS. March 24, April 14, May 5. With Eric Wiegardt. Eric will create the techniques and principles he uses to create stunning paintings, in demonstrations and hands-on lessons. Watercolor is the primary focus with other mediums accepted. \$120, 4 - 6pm at the Peninsula Senior Activity Center, Klipsan Beach. Register at ericwiegardt.com

HOW THE LIGHT GETS IN WORKSHOP. March 21. With Suzie Kassouf. Through vinyasa, meditation, group activities and time spent in nature, we will learn to honor our pain as a precious signifier of our compassion and care for our world. Most importantly, we will develop in ourselves a robust and muscular hope, rooted in the very unpredictability of these times. Sliding scale \$40, \$30, or \$20. 11am - 5pm at the Sou'wester Lodge in Seaview. RSVP at 360-642-2542.

LEARN TO PLAY THE CELTIC HARP. March 28. With Aryeh Frankfurter and Lisa Lynne. The instructors will provide lovely sounding Celtic Harps for participants to use and practice on. Lisa and Aryeh will also demonstrate how easy it is to create music on this beginner friendly instrument. Free, RSVP required. 1pm at the Seaside Library. 503-738-6742.

r. HOMEMADE PASTIES. April 5. With Christina and Chris Karna. Participants will learn how to make a proper Cornish style pasty and then we will discuss the how-tos of choosing other filling ingredients, getting the perfect crimp, and pastry storage. \$65, 4 - 7pm at the North Coast Food Web in Astoria. Register at northcoast-foodweb.org

LITTLE BIRD PARENT-CHILD MUSIC CLASS. Enjoy the experience of connecting with your child through music, and take that experience home with you when you go! Appropriate for children from infancy to age five with an adult, from babies-in-arms to jumping toddlers. Taught by musician and music teacher Gabrielle Macrae. Feb 29 - April 11. Saturdays 10:45 to 11:30am. Drop-in \$12. At RiverZen Yoga in Astoria. FMI: gabriellemacrae@gmail.com

BODY WORK•YOGA•FITNESS

QIGONG WALKING AND FORMS. Tuesdays, 7:30am. 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 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 in Seaside for Refuge Recovery meetings. Refuge Recovery is a program using Buddhist based principles and meditation to support our recovery from addictions of all kinds. Each meeting includes a meditation session, study of recovery related materials and group discussion. Meetings are held every Wednesday evening at the Mary Blake Playhouse, 1218 Avenue A in Seaside from 7:30 to 8:30, or Thursdays at the Seaside Library board room from 6:30

to 7:30. For additional information contact Roger at roger.s.oakes@gmail.com, or website refugerecovery.org.

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. All meetings are open to the public and free of charge. The Course in Miracles is a spiritual practice, Christian in nature, dealing with universal themes and experience. The Course will address existential questions such as "Who am I?", "Where did I come from?", "What is my purpose here?", as well as the practice of undoing fear and guilt, attainment of inner peace, healing of sickness and of relationships, forgiveness and compassion, prayer/meditation and enlightenment. The Course in Miracles books will be available for use and purchase at the meetings. Course in Miracles, cont. For more info, please contact: Kenny Tam (206) 979-7714 (cell).

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

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

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

ASH WEDNESDAY. First United Methodist Church, located on the corner of 11th and Franklin, announces Ash Wednesday Prayer, Meditation and Ashes on February 26th

between 5:30 and 7:30 p.m. For more information call the church office at 503-325-5454.



VOLUNTEER

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

MEETINGS/MEET-UPS

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

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

INCLUSIVE MEN'S GROUP. Meets at the Center for Contemplative Arts in Manzanita. Sunday evenings. 5:00pm - 8pm. 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.

COMMUNITY LISTINGS

Creating A+ Grant Proposals. March 27

This interactive, hands-on workshop will introduce you to the simple, powerful tools, techniques, and resources that can help turn good ideas -- yours, your staffs', your volunteers' -- into workable, fundable project proposals. \$20, 9am - 4pm at the Columbia Pacific Heritage Museum in Ilwaco. Register at washingtonnonprofits.secure.nonprofitsoapbox.com With Presenter Maryn Boess.



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
5:30 - 6:15pm Beginning Modern Dance Fundamentals with Julia Gingerich
6:15 - 7:00pm Interm/AdvanceContemporary Modern with Julia Gingerich
7 - 8pm: Tap with Marco Davis

• TUESDAY
8:30-9:30am: Zumba with Tammy Loughran
4:30 - 5:30pm: Yin Yoga with Kelli Daffron
6 - 7pm: Beg. West Coast Swing (Level 1) with Rich Small
7 - 8pm: Interm. West Coast Swing (Level 2) with Rich Small
8 - 9pm: Ballroom with Rich Small

• WEDNESDAY
10 - 11:15am: Gentle Yoga with Terrie Powers
6 - 7:15pm: Belly Dance Basics with Jessamyn Grace
7:15-8:15pm: Belly Dance Choreography with Jessamyn Grace

• THURSDAY
8:30-9:30am: Zumba w/Tammy Loughran
5:30 - 6:30pm: Hot Pot I.T.S. (Group Improv Tribal Bellydance) with Julie Kovatch
6:45-7:45pm: Tango Technique and Connection with Estelle Olivares
7:45 - 8:45pm: Argentine Tango Practica w/Jim Mandes

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)

•SATURDAY
9 - 10am: Hip Hop Dance Fitness with Erin Carlsen
6-7pm: Argentine Tango Fundamentals (All Levels) with Estelle/Celeste Olivares
7-8pm: Intermediate Argentine Tango Concepts

SUNDAY
10am - 10:30am Dance Church Warm-up/Contact Improv with Zachar Sollars (LAST Sunday of the month only)
10:30am - 12noon Dance Church with Shanna Gillette (LAST Sunday of the month only)
1:00 - 2:00pm Ballroom (Private) with Rich Small

NORTH COAST LA LECHE LEAGUE. Pregnant women, mothers, babies & toddlers welcome. Topics discussed: preparing for birth and breastfeeding, adjusting to motherhood, parenting babies and toddlers, breastfeeding basics, benefits and challenges of breastfeeding, nutrition, and weaning. Astoria: 3rd Tuesdays 5:30-7pm.Blue Scorcher Bakery1493 Duane St, Astoria.



MESSAGES SONJA GRACE

WE ARE INFINITE SOULS having a human experience. Our lifetimes as souls is countless and we have had so many experiences beyond Earth it is unimaginable. Your attachment to this world, realm and body is a split second in time. A soul incarnates on Earth to help develop a race of beings such as humans. The human race is considerably young – four years old in comparison to other species in the universe. Many alien species are millions of years old. Humans are as much alien as Reptilians or Greys. The tricky part is to remember is we have emotions and karma. That is the one aspect other species in the galaxy are not endowed with and why they are so interested in our development.

Many aliens are coming to earth through the portals that are opening since we are in the fifth dimension. They travel using these portals and can take shape in physical form and non-physical form. This is the same with us, our natural state of being is in spirit form (the soul body) and our human body is the dense physical form. Humans however do not yet have the ability to shape from spirit to body. Most aliens can transform from one to the other. This also allows them in a non-physical form to step into a human body.

Why would they be interested in doing that? Our planet is called the Blue Gem

by the galactic community. They highly regard this planet for the natural resources, and many have come here for centuries to supply their species with minerals, water and other earth medicine. When humans are checked out through drugs, alcohol, depression and other vibration lowering experiences we can leave ourselves open to other species in the unseen world stepping into our auric field and even the physical body. I clear entities and aliens from people all day long in my healing work. I remove energetic implants which aliens like to put in the human body so they can monitor, record and collect data. Controlling humans has been a big part of alien agenda and the conflicts we see in governments and countries around the globe are often different alien groups inhabiting humans and fighting each other through humans. These conflicts are from other parts of the galaxy and beyond and can be millions of years old. I have worked on many star seed children who are new to earth and have no human incarnations. These babies often have other beings attached to them and are being attacked by other alien races because where they left (their home planet) they were having a war with another species. I see these aliens coming after them even once they have incarnated on earth. Parents can't find what is wrong, doctors don't know what to say except maybe they are delayed, learning impaired and labeled incorrectly due to cosmic interference.

The real question is why are we not more aware of this interference? Most alien are millions of years old and many would like to take over Earth. They do not agree with how we have managed this planet. For

Aliens On Earth

humans we have suffered from a state of amnesia every time we reincarnate. Remembering who we are and where we came from is very difficult and templates like religion keep the amnesia in place. Our biggest defense is we have free will. We can say no. Yes, it is that simple. You can say no and not let your fear rule your life from something you can't see! There are many stories of abduction and contact. We have been called cows by some aliens and others have enough respect that they do not interfere. When your vibration is high, and you are meditating - doing inner work to heal, you are more protected. And when you remember who you are - an infinite soul having a human experience - you have always been, and you will always be, then you tap into your free will. That is where none of the unseen world can touch you. We are warriors of the light - allow yourself to feel that infinite space.

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



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The Road To Love...

wordwisdom

ROAD TRIPS! Yes, I'm writing about road trips. Specifically spending time in a confined space with one other person, be it a lover or a friend and trying to get from one place to another in a time span of hours. Yes, it is a test of love and friendship.

In a road trip, there's the driver and there's the passenger. The driver has responsibility for maintaining safety. He/she is driving. Eyes on the road and perhaps some inattention to the passenger. The passenger maybe gets to read maps, point out exits and landmarks, lighten the mood, tell jokes, offer snacks.

Here's where the love thermometer clicks in. Each is eyeing the other in terms of compatibility, humor, patience. Real life example: My future husband and I were driving from Connecticut to New Jersey to visit his parents. We had to go through or pass by New York City. I saw

the sign and the exit for the Tappan Zee Tunnel. I noted it as one does any road sign. Moments later he said, "Look on the map and see where the Tappan Zee is. We need to take it." Oops! Since I saw it in passing, and he seemed really tense, I looked at the map and said, "I think we passed it." Yes, I lied. I KNEW we had passed it. I assumed he knew where he was going. I had no idea that was my job, to read his mind regarding route plans. Nor was I one to read aloud every road sign en route. Long story shorter: I saw his impatience and yes, frustrated anger, at plans gone wrong. Our counselor's advice was "No road trip is longer than two hours." Little did I know then that his impatience and frustrated anger (at me) was part of the fabric of our marriage.

Traveling with a new partner or good friend takes compromise. Discovering music you both enjoy, agreeing on rest stops

By Tobi Nason

and honoring each other in small ways. "Can we turn up the heat (or down)?" for example. Courteous behavior is required. Behavior speaks volumes. As a passenger, I am always attentive to the driver, noting whether the driver is courteous to every person that crosses the path. How is the frustration level at traffic jams and tailgaters? What about the pedestrians that take forever? How is it expressed? Heads up: It should not be a scary event for the passenger. Driver: Is your passenger willing to be helpful in small ways? Consideration also lies in not being a back-seat driver.

Final words: If you find yourself on a road trip, appreciate the luxury of sharing time and space with friend or lover. A road trip can be a wonderful source of information about each other not likely to be gleaned elsewhere.

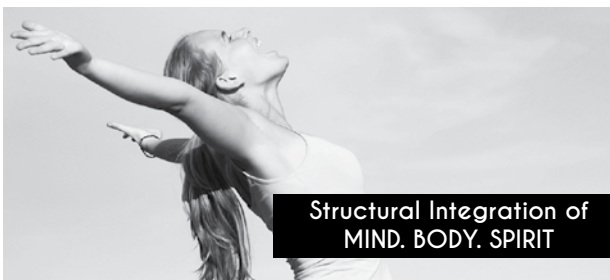


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Whole PLANET Health

By Margaret Hammitt-McDonald

Where Do I Turn for Reliable Information on Complementary and Alternative Medicine?

THE THING I LOVE MOST about my work is learning along with my patients. Many of them do their own health research online, and they come in overwhelmed by the sheer volume of information available, as well as unsure which sources are reputable. Alongside some fantastic, well-researched sources, you'll also find companies disguising their product pitches as health information, as well as wacky devices and conspiracy theories. (These aren't new either: check out the hilarious medical devices of the 19th century when you have time!)

Here are some organizations and websites with which I feel comfortable, as well as suggestions for finding scientifically valid information. As always, remember that the following is intended for educational purposes only, not to diagnose or treat any condition(s), and please speak with your health-care provider before trying anything you read about. Don't follow in my friend's footsteps: he sampled some Digitalis purpurea (the source of an older heart arrhythmia medication, digoxin) growing in his yard and his heart rate slowed down dangerously! Eek!

The National Center for Complementary and Alternative Medicine at the National Institutes of Health got its start when biomedical researchers recognized that a significant percentage of people use herbs and nutritional supplements, many of which hadn't received much scientific attention, and practitioners needed to know about their safety and efficacy. On the organization's website,

you'll find articles intended for the general reader as well as medical providers, all based on reliable research that's peer-reviewed: www.nccam.nih.gov. The Cochrane Review Organization does systematic reviews of complementary therapies, from acupuncture to yoga: www.cochrane.org. The Natural Medicines Comprehensive Database provides access to a wide variety of articles on substances (botanical medicines, nutritional supplements, etc.) and therapeutic interventions: www.naturalmedicines-database.com. The Helgott Research Institute at my alma mater, the National University of Natural Medicine in Portland, is a nonprofit research center dedicated to investigating complementary and alternative medicine. Their website offers information on current and past studies: <https://helgott.nunm.edu/>.

One way to narrow your search to reliable sources is to use medical rather than lay terminology. (Unsure about relevant medical terms? Try querying with "medical term for..." before doing the search itself.) When I want to learn what a botanical or nutrient does, I look up "indications for..." or if I'm concerned that the patient has a condition that this substance could worsen rather than improve, I look up "contraindications for..." Instead of "side effects," I use "adverse effects," the current term. Here's one caveat about medical terms: natural-products companies often use scientific-sounding language to reassure consumers...and it seems like the more rarified the terminology, the more likely "research" on their products consists of

non-controlled trials they do in their own lab, and/or testimonials from customers. So watch out for those "liposomally activated metaproteins for optimizing DNA transcription."

Speaking of sales, I also trust a site or organization less if they have something to gain from the information they're distributing—corporations are obvious culprits, but political agendas also fit into this category. Additionally, I shy away from conspiracy-minded sites that suggest doctors (or the pharmaceutical industry) "don't want you to know about this" product, therapy, or device. The pharmaceutical industry is a for-profit behemoth, but they'd earn more profit from marketing an effective treatment, not suppressing it.

While health-care providers might wince at some stuff on the Internet (don't get me started on mysterious rashes caused by space aliens), I appreciate people's efforts to educate themselves. It's all a matter of finding reliable information to guide your decision-making—and then heeding the expert who knows the most about your body: you.



2020 Joe Wrabek Memorial Songwriting Contest

THE FAIRVIEW GRANGE and the Bay City Arts Center have announced they are now accepting entries for the 2020 Joe Wrabek Memorial Songwriting Contest. This year's deadline for entries is Friday, April 3rd. Finalists will be announced on May 1st, and the Dinner and Finals Performance to be held on Saturday, May 30th at the Fairview Grange Hall, 5520 Third Street in Tillamook. The Joe Wrabek Songwriting Contest invites songwriters to submit 3 original songs which will be reviewed and scored by a panel of three judges.

This year's contest has three awards—\$250 for 1st Place, \$150 for 2nd Place, and \$100 for 3rd Place. An entry fee of \$20 is required, although scholarships are available. Entries must include the fee, a completed entry form, a CD or thumb drive containing performances of the songs in MP3 format, along with printed or electronic copies of the lyrics and a biography of the songwriter(s). Complete entries must be delivered to the Bay City Arts Center by 5:00PM on April 3rd, and can be mailed to P.O. Box 3124, Bay City, OR 97107. Finalists will be chosen by the judges and announced May 1st. Finalists will be expected to perform two songs at the Dinner and Finals Concert May 30th, and may be asked

to perform a third. Songwriters who choose not to perform their songs will need to have someone perform on their behalf. The public and all entrants are invited to attend the Dinner and Finals Concert, with a suggested donation of \$10 per person which will include dinner at the Fairview Grange.

"Losing Joe Wrabek to cancer last year was a major blow to both the Arts Center and the Grange," said Rob Russell, President of the Bay City Arts Center. "It was a tough time, but in the end Joe's legacy brought our two organizations together and inspired us to keep Joe's songwriting contest going as a partnership. This year's dinner and concert will be hosted by the Grange, with additional support from Arts Center volunteers. We're very pleased to be announcing this year's contest together, and we're confident it will attract some great local talent."

The Bay City Arts Center and the Fairview Grange are local not-for-profit organizations dedicated to sustaining a thriving community of artists, musicians and audiences in the Tillamook Bay area. For a full contest details and entry forms, send an email request to: chaveecha@gmail.com or call Rob at 503-523-8387.

YOU KNOW when you wake up worrying in the middle of the night, sometimes because of a bad dream and sometimes because of bad reality and you can't get back to sleep because no matter how dire things seem by day, they're always worse in the 3 a.m. rehash? Me, too!

I'm more of a wee hours bad reality victim. My subconscious is apparently welcoming of what many would consider bad dreams. Any scenario that involves bad guys, peril and imminent death and/or destruction invariably ends with me killing the perpetrators and waking curiously refreshed. But, reality? That's a "whole nutha thang". Apologies to Keb' Mo' who was singing about women. Women do not worry me. Maybe because I am one. Maybe because they are on my list of 'Last, Best Hopes'. Reality, on the other hand, scares the bejezus out of me if it catches me with my guard down.

What wakes me in the darkest hour is usually an exotic cocktail of:

- Subduction zone earthquakes
- Deranged, delusional, dishonest, angry people holding public office
- Haranguing coverage of said people by media mistaking insanity for news
- Total destruction of our planetary environment
- Shootings in schools
- Poverty, hunger, homelessness, inadequate healthcare.....fade to black

When I was a kid awakened by wickedness in the night, my grandmother would encourage me to think happy thoughts. My internal dialog in the face of such advice went something like, "Really?!" My audible dialog was inevitably, "Can I come to bed with you?" That was probably right around the time Grandma taught me to cook. A self defense move for both of us.

Tune in to FOOD TALK, an irreverent conversation about home cooking with hosts Merianne Myers and Linda Perkins.
First and Third Mondays of every month, 9:30 to 10am on Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at coastradio.org

There is simply no reason to lie awake stewing when I can get up and fix something completely wondrous and life-affirming. Added bonus - I love breakfast. Just not first thing in the morning. But, in the middle of the night? I'm in!

What better thing to assuage angst and hunger in one fell swoop than

eggs? With spring and Easter just around the corner and local yard birds beginning to return from their dark days sabbatical, it's easy to feel something sensational might be right around the corner. No matter where you reside on the Myths-We-Conjure-Up-To-Make-Ourself-Feel-Better Spectrum,

you've got to admit some of the screwiest and best things have resulted when religious beliefs collide. Like eggs and Easter. It's a little bit Pagan, a little bit Christian and a whole lot of marketing from all sides.

Eggs are so gorgeous, so delicious, so perfect, in or out of their shells, cooked or raw, they truly need no help from us to reign supreme on the whole foods Greatest Hits list. Eggs are at their nutrient-packed best and tastiest when they come from chickens and ducks that are allowed to wander freely and eat a wide variety of foraged foods that they happily scratch up for themselves. Chickens respond to being put in a cage under artificial light, having their beaks clipped, getting fed manufactured food loaded with additives to replace the things they can no longer find for themselves and being expected to pump out product at a dizzying pace by laying inferior eggs. Who wouldn't? That's enough to make any of us righteously cranky.

Whenever your demons come out to play, a perfectly cooked egg can be the most magnificent distraction. Demons hate to see you happy.

CHEW ON THIS! by Merianne Myers



GET EGGS, GET HAPPY

SALADS are so much saladier with eggs. Toss Frisée, Escarole, Spinach, Romaine or any mix of sturdy, bitter and sweet greens with a mustardy, citrusy vinaigrette. Add sautéed pancetta or pepper bacon or Canadian bacon and topped with a poached egg. You can up the ante with a sprinkle of finely chopped fresh herbs or a few crumbles of bleu cheese or a curl of parmesan or something you've thought of that I haven't.

If you have a bit more time, think about eggs gratin. Blanch some asparagus or sauté some mushrooms, shallot, sweet peppers, etc. Simmer some heavy cream with a finely minced garlic clove or two. Put the veggies in a buttered baking dish of appropriate size (ramekins for just you and maybe a friend, a baking dish for a crowd of tortured souls). Layer the veggies in the bottom of the dish, crack fresh eggs over them, season with salt and pepper, pour garlic cream sauce on top and sprinkle with toasted bread crumbs. Bake at 350 for about 15 minutes for cooked through whites and runny yolks.

Butter a muffin pan and put a scoop of soft polenta or grits or a softened lasagna noodle topped with a scoop of ricotta into each cup. Season the puree of choice in whatever way you wish. I like chopped pimento, finely grated cheese of choice, minced fresh herbs and plenty of salt and pepper. Make a crater with the back of a spoon and crack an egg into it. Bake at 350 until white is set and yolk is runny, about 15 minutes.

Make a tartine with a slice of rustic bread toasted or grilled, brushed with olive oil and topped with any of the above goodies and a poached egg. Drizzle with a good finishing olive oil, sprinkle with flaky Maldon salt and cracked pepper.

Top deviled eggs with salmon lox, caviar, fresh herbs, tapenade, Mama Lil's pickled peppers, chopped, crisped pepper bacon...you get my drift. Put a party dress on that perfect egg.

Eggs are timeless and just right any time. They are capable of vanquishing both the heebies and the jeebies or are happy to please you when absolutely nothing is wrong. They're nice that way.

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

Dream Circles Ecstatic Dance What wants to move through you? Explore ecstatic dance at the Astoria Arts & Movement Center, 3rd Fridays 7 to 8:30pm. \$10. A once a month event with dream specific themes and opening circle. With Kimberly O'Bryant

Waves in Motion: Ecstatic Dance on Sunday Mornings

Manzanita Spirit Dance and Beach Dance Oregon are joining forces and moving to Graceful Waves Wellness Center in Wheeler.

Besides being a beautiful healing space right on the Nehalem River, the floor is floating hardwood over cork, which will be wonderful to dance on PLUS a great sound system.

- First and third Sundays each month - Denise Lofman from Beach Dance Oregon will facilitate the first Sunday dance each month, and Lane deMoll who regularly leads Manzanita Spirit Dance, will facilitate the dances on the third Sundays.

- 10:00 am - doors open at 9:30, playlist will start at 10

- Donation of \$10-20 (the dance is open to all, please pay what you can)

- Playlists will be 1.25 - 1.5 hours long

Questions? Contact Lane by text or phone at 503-440-1342 or by email: lane@nehalem.tel.net

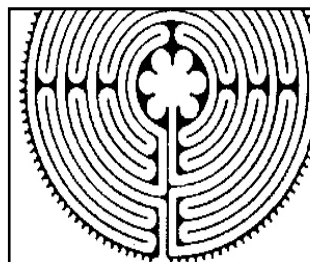
Singing Bowl Meditation with Julie Garcia

Julie's meditations include an introduction to the history, traditions, and making of the Himalayan Singing Bowls. As you embark on your meditation with Julie, you will be invited to set an intention for your session. The sounds of the bowls are designed to deeply relax and open the Chakras, which the bowls are in harmonic resonance with. The session is both tactile AND auditory: bowls will be placed around and even on your body to both feel and hear the acoustic vibrations they produce. The meditation concludes with a grounding exercise to support walking out the door and into the world feeling more relaxed, healthy, and uplifted!

2nd Friday of the every month at 6:30pm at Graceful Waves Wellness Center. Register and make payment through gracefulwaveswellness.com Cost: \$30. Feel free to bring a blanket, pillow, and/or yoga mat to optimize your relaxation on heated floor! (yoga mats available for most participants.) Graceful Waves Wellness Center, 206 S. Marine Dr., Wheeler, OR 97147 503-368-WELL (9355) FMI: www.himalayanharmonioushealing.com

Build Your Nest mini class

A postpartum planning class for expectant parents. March 29th, 2:00-3:30 www.sagewatercollective.com



For more info: 503.325.6580

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FORT GEORGE has released their highly anticipated Fanzine IPA, a Spring seasonal collaboration with Grains of Wrath Brewery of Camas, WA.

In an ever hazier world, West Coast IPAs have nearly gone the way of the landline and fax machine. Fanzine IPA comes into focus as a crisp and clear collaboration between the Oregon and Washington breweries. The beer is characterized by a piney bitterness backed up by heavy hop additions with grapefruit and other citrus notes. Mild sweetness from the malt bill lingers with the taste of orange juice and a crisp, dry mouthfeel. A test batch of Fanzine took home the Gold at the 2020 Oregon Beer Awards for Best American IPA before it was officially released.

Brewed by Fort George head brewer Michal Frankowicz and Grains of Wrath's Mike Hunsaker, Fanzine IPA is the result of a long-standing friendship, a couple pints and some whiskey. "Mike Hunsaker from G.O.W. and I met years ago at a hop conference when he was working for Fat Heads Brewery," Frankowicz recalls. "We really enjoyed each others beers and had a blast hanging out. We ran into each other year after year and always talked about making a West Coast IPA together since it is our favorite style. When he started Grains of Wrath a couple years ago we really dug into trying to get a collaboration together." With the inception of Fanzine and the desire for a West Coast IPA, Frankowicz knew it was the perfect opportunity to make an IPA together.

Beta 19.0 and 19.1, test batches of Fanzine, were released in early December for pub goers to try. Beta 19.1 reigned supreme and went on to win Gold at the 2020 Willamette Week Oregon Beer Awards just weeks ahead of its official release. Fort Georges Festival of Dark Arts also took home the gold for Best Beer Festival (as it has every year since the OBA's inception) as well as Best Brewery in the coastal region.

As for the inspiration behind the name, Fort George Marketing Director Brian Bovenizer says "Fanzines are deeply rooted in the DIY ethos - fiercely independent, small run, self-published, xeroxed and stapled testaments to the object of a true fan's reverence. Fort George's first labeled Seasonal, Fanzine IPA, was intentionally designed to look like a paper zine comic and features the art of independent folk legend Michael Hurley, who's art just so happens to be the subject of its' own Fanzine." Michael Hurley, now a local to the Astoria area, is an American Folk Singer, Cartoonist and Painter. A favorite of the Fort George team, Hurley is a regular performer on the Fort George block and had previously voiced interest in designing a can for the brewery. An inspiration behind the Fanzine series, Hurley's art can be found on this year's can.

FOODGROOVE

Savor Cannon Beach Offers Four Days Of Wine Tastings & Culinary Experiences March 12-15

UNIQUE WINE TASTINGS and culinary experiences will be offered at the Savor Cannon Beach Wine & Culinary Festival, March 12-15. You can taste wines from approximately 40 Northwest wineries at the downtown wine walk, attend a wine dinner or participate in a series of wine tasting events over the four days of festival events at Savor Cannon Beach. Local shops, restaurants and galleries also join the festivities, featuring special art exhibits, wine tasting menus and special offers throughout the weekend.



Savor Cannon Beach offers a more intimate experience than typical wine festivals. Most of the events are limited to less than 150 participants. The largest event of the festival, the Saturday wine walk, is limited to several hundred wine tasters who can visit approximately 40 Northwest wineries pouring tastings at Cannon Beach art galleries, restaurants and retail shops, all within easy walking distance in this compact beach community. A \$50 ticket buys a souvenir glass and tastings are then free at all locations.

Two festival events pair award-winning Northwest wines with chef-made creations. The festival kicks off on Thursday with Best of the Northwest Wines & Small Plates, an evening featuring a tasting of eight award-winning wines and chef-prepared small bites to pair with them. The Battle of the Bites event on Sunday afternoon features Gold Medal winning wines from the 2020 SavorNW Wine Awards and "bites" offered by local chefs and restaurants.

Individual tickets to festival events are \$25-\$50 each. A Daily Pass for Friday (two events) is available for \$60 and for Saturday (two events) is available for \$65. A full Festival Pass good for admission to all six festival events is \$225. Advance purchase is recommended, as events are limited in size and have sold out in past years. Additionally, several Cannon Beach hotels and resorts are offering lodging packages that include complimentary tickets to Saturday's wine walk, the biggest event of the festival. For a complete schedule of events, to purchase tickets or for a list of lodging offers, visit savorcannonbeach.com.

Beer + Cheese



It's time for the 3rd annual Beer + Cheese event featuring a number of local brewery and creamery pairings hosted by Tillamook Creamery, Pelican

Brewing and Visit Tillamook Coast. All proceeds from the event go to the non-profit, Food Roots.

Cost is \$15 per person, which includes a taster glass, tote bag, and 10 taster tokens. Extra tokens available for \$1 per token. Adults 21+ only. Designated Drivers will get taster tokens for cheese, as well as meal voucher from The Tillamook Creamery to be used during the event FMI: Visit PelicanBrewing.com/Happenings

At the Tillamook Creamery Red Barn, April 11, 12pm to 4pm, 4165 N Hwy 101 in Tillamook.

North Coast Food Web Haps

COOKING CLASS

Homemade Pasties Sunday, April 5th, 4-7pm

Christine and Chris Karna, co-owners and operators of Bucket Bites in Astoria, are leading a cooking class on pasties! Pasties (pronounced "past-teez") are traditional hand pies, like empanadas. In this hands-on class, you'll learn how you can make these treats at home.

Volunteer Opportunity. Garden Work Days. Volunteer to help grow the Food Web garden. Saturdays 10:30 - 12:30pm, March 21, April 11, April 22. For continued volunteer schedule see northcoastfoodweb.org

Saturday, March 21st, 10:30am - 12:30pm
Volunteer with us to grow the Food Web garden! We'll focus on planting late-winter and spring crops

A TIP: North Coast Food Web is now accepting applications to rent their commercial kitchen in 2020 to local businesses, organizations, food start-ups, or projects, for ongoing use or one-time events. They'll be prioritizing long-term partners who align with the Food Web's mission and vision. The goal is for the kitchen to be available as a community resource. Learn more at northcoastfoodweb.org.



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SUNDAY, MARCH 29, 2020

Parade starts at 1pm.
Parade route goes from
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Approach to 5th Street SE.

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Mermaid Sandcastle 1 - 4pm
106 5th St. SE (behind the frying pan)

Parade Registration and Information:
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Angelique Poteat
& Friends
Friday, March 27 7pm
\$25

STEEP CANYON RANGERS
Sunday April 5th 7:30pm
Grammy Award-winning
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45th PARALLEL
UNIVERSE ORCHESTRA
April 18th, 7pm
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evocative music for percussion
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From New Orleans

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FRIDAY MARCH 20

Storyteller Will Hornyak

Erin's Daughters: Tales of Ireland's Warrior
Queens, Saints, Hags and Heroines
7:30pm \$15 libertyastoria.showare.com

Storyteller's Workshop March 21:

10am - 2:30. Reservations:
hornyak.will@gmail.com or 503 697-5808



SUNDAY MARCH 29

National Roots/Blues Artist Seth Walker

7pm \$20
Tickets:
libertyastoria.showare.com



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