

## **The NO Events Issue**

April 2020 • vol 22 • issue 255

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to ask the GOV to  
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**POST PARTUM  
in a pandemic**

**COVID-19. Community Services Respond** p3


**MANDATE: Stay at home . . . if you have one.** p8

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# Coping in the Time of COVID-19

## Services Respond to Those in Need

**S**HIRLEY SMITH-YATES, who runs Seaside's chapter of Laundry Love, recently had a conversation with a mother she knows through her job at Seaside High School.

"She was in a state of dilemma," Smith-Yates said, describing how the mother recently moved to the area with her husband and two children, one in middle school and one in high school. They were previously staying at a hotel, but were forced to leave as the lodging industry fell under tight restrictions because of COVID-19. The family couldn't find a place to live or a place to park their van. They were trying to figure out what to eat—at least for the next day—and how to prepare the children for remote learning on Google Chromebooks.

ACCORDING to Smith-Yates, the mother called "to see if there is anything we can do for them." Outside of the laundry services provided by Laundry Love on the second Saturday of each month, Smith-Yates didn't know what to offer.

This family is but one example of those in the region, and the entire country, whose stability has been undermined by the coronavirus pandemic, which is exacerbating existing socioeconomic inequalities and putting already vulnerable populations at further risk.

During the past few weeks, Clatsop Community Action (CCA) has seen the use of programs and pantries supported by the CCA Regional Food Bank increase by 65 percent, along with a sharp spike in requests for rent assistance, executive director Viviana Mathews said.

"We went from Phase 1 to Phase 4 really fast," she said, adding, "We have seen an increase of people who have never asked for help, first-timers."

The county's Public Health Department has also experienced an uptick in demand for the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and Director Michael McNikle predicts those numbers "are just going to keep going up" as long as the general public has to self-quarantine and social distance.

"There are a lot of pressures without the virus, but with the virus, it is accentuated the pressure, because a lot of the doors that would be open are closed," Smith-Yates said.

By Katherine Lacaze



**Shirley Smith-Yates holds a bag with quarters, detergent, gloves and face mask which they will distribute to volunteers outside, to limit crowding and still continue to offer Laundry Love services as consistency is key.**

PHOTO: K. Lacaze

### A Crisis for the Most Vulnerable

The crisis is illuminating economic inequity with distressing contrasts throughout the county. Working from home and continuing to support a family is easier with a white-collar job, not to mention benefits are better protected. The closing of daycares and schools has a more severe impact on single parents already struggling to make ends meet than families supported by two incomes. Social distancing is less taxing in a large home with outdoor living spaces than in a cramped apartment, especially with public parks, beaches, libraries, and other amenities no longer accessible.

However, those are minor inconveniences compared to more acute hardships that are similarly amplified by the pandemic, such as food and housing insecurity, unemployment, and domestic abuse.

"In crisis times, the people who suffer the most are the folks from the marginalized populations," said Terri Steenberg, executive director at The Harbor.

Movement restrictions aimed to stop the spread of the coronavirus make it more difficult for survivors of domestic abuse and sexual assault to seek the help they need. In "normal times," Steenberg said, it can take survivors in rural areas about 14 to 15 attempts to leave an abusive situation. Some of the obstacles include setting up housing arrangements and procuring other resources to support living on their own, and those resources are already stretched thin in the county, let alone during this time of crisis.

The Harbor, along with other social service agencies, has had to decrease accessibility. They are no longer providing drop-in hours and they can't accompany survivors to the hospital after an incident.

"Support is so hard right now because we're supposed to stay away from each other," Steenberg said.

That reality is painfully coupled with concern about how the stress and opportunity created by the pandemic will empower abusers. Individuals prone to violence who are feeling overwhelmed find a way to exert power and control, and unfortunately, it tends to be on the others around them, Steenberg said, adding, "It's a dangerous time."

Speaking on behalf of the Department of Human Services, Sunny Petit said numbers for the child abuse hotline have "gone down drastically." That is because the main reporters to the hotline are teachers, healthcare professionals, and other community members who are mandatory reporters. These adults no longer are spending time around children experiencing or at-risk for abuse.

According to a press release from FosterClub, a national network for foster youth that is headquartered in Seaside, youth from foster care have also been thrown into crisis during the pandemic.

"Young people in and leaving foster care are incredibly vulnerable and are being hit hard by the

COVID-19 crisis," Celeste Bodner, Executive Director at FosterClub, stated in the press release. "Many do not have family to rely on for emergency housing, meals, money, or advice. Young people who age out of foster care work so hard to make it to college, find housing, become financially stable, and beat the odds. This pandemic threatens to undo all their hard work and places vulnerable young people in danger of homelessness, food insecurity, and mental health crisis."

cont. pg 7



## Astoria Art Walk April 11



To view the ASTORIA VIRTUAL ART WALK, visit ADHD's website at [www.astoriadowntown.com](http://www.astoriadowntown.com) or their Facebook page at [www.facebook.com/astoriadowntown/](http://www.facebook.com/astoriadowntown/)

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**ANYONE FAMILIAR** with the theater is also familiar with the adage, "The show must go on." For many local theater companies throughout the Oregon north coast and Long Beach Peninsula, however, the show came to an abrupt halt in mid-March as effects of the COVID-19 pandemic snowballed in the area.

Theater organizations from the Coaster Theatre Playhouse in Cannon Beach and the Ten Fifteen Theater in Astoria to the Peninsula Players and Peninsula Association of Performing Arts (PAPA) were faced with unexpectedly shuttered doors, canceled shows, and the need to quickly readjust expectations for this year's season.

The Coaster Theatre was preparing to open its spring show "Play On!" on Friday, March 13. During the week leading up to it—affectionately known as "hell week" for performers and production crews—circumstances regarding the spread of the novel coronavirus culminated, according to marketing director Jenni Tronier.

"It was a day-by-day, hour-by-hour changing situation," she said.

On the afternoon before opening night, the board and staff make a final decision to postpone the play, also canceling its May run of "Six Dance Lessons in Six Weeks."

A similar experience was shared by numerous companies in the region. The Ten Fifteen Theater got in an opening night for their spring production "The Weir" on March 13 but decided to cancel subsequent performances. PAPA was midway through their run of "Almost, Maine" and also had to postpone the remainder of their performances. The Astor Street Opry Company canceled two shows: "The Real Lewis and Clark," which would have run from March 27 to April 19, and "Junior Shaghaied" in June.

Meanwhile, the Peninsula Players were gearing up for their opening of "A Bag Full of Miracles" on March 20. According to board president Robert Scherrer, the spring musical tends to be the organization's big moneymaker, not to mention they had been rehearsing for four months.

"That was a little rough," he said, adding there were "tears shed by everyone in the cast."

The canceled and postponed shows will likely affect the bottom line for these theaters—many of which are not-for-profit organizations that pay mortgage on their performance spaces and acquire a decent portion of their budgets through ticket sales.

### Adjusting for the Future

In light of the current situation, small community theaters are exploring adjustments to their seasons and other opportunities to engage their general audiences.

## Coastal Theater: Push Pause

By Katherine Lacaze

Several also identified silver linings, such as overwhelming support from loyal patrons and fortuitous funding that enables them to continue paying the bills while the doors are shut.

Astor Street Opry Co. received a \$20,000 grant from the Oregon Community Foundation in December, according to operations manager Michael Desmond,

and they were able to refinance the mortgage on their building.

"The grant money we hadn't spent yet is going to cover that mortgage through the summer," he said. "We are in a better shape than a lot of little theaters, for now."

He is unsure whether the com-

pany will be able to put on their annual "Shanghaied in Astoria" production, now in its 36th year, but he is hopeful it will take place "in some form, if that is possible."

The Peninsula Players plan to move "A Bag Full of Miracles" to October, which saves them from having to decide what to do in that time slot, Scherrer said. The best part: Of the 19 cast members and multiple crew members involved, all could commit to doing it during that timeframe instead.

The organization had also recently completed its membership drive for the year and made more than \$5,000, and they plan to host a one-day fundraising event called "Musical Memories" in the summer.



Coaster Theatre's "PLAY ON!" doesn't.

"We've done a lot of fundraisers at the playhouse for other groups, but we'll have one for us," Scherrer said.

### Using a Virtual Space

PAPA has taken the disruption in stride and figured out a way to continue moving forward using virtual, rather than physical, space. The company's auditions for "The Sound of Music" were scheduled for the end of March. Rather than canceling them, PAPA asked people to submit videos, while still expecting to perform the show in July and August.

The Coaster Theatre canceled auditions for its summer repertoire, which included "Spamalot" and "Guilty Conscience," but Tronier said they are working to get "some alternatives to the canceled shows in place so we have something to present over the summer." The hope, she said, is to "start bringing some fun and levity back to the coast."

Two special events at the Coaster, scheduled for April 25 and May 31, were also canceled. Funding to host them came from Cannon Beach Tourism and Arts Fund (TAF) grants, which typically can't be used for summer events. However, because of the circumstances, Tronier said, the city is waiving that restriction, so the Coaster is working with the artists to reschedule.

In this difficult time, the staff is also finding new ways to stay connected to its array of volunteer actors, board members, and patrons, as well as the community at large, and accomplish projects that were put on the back burner.

"This time allows us to look at things that we maybe didn't have time to look at before and engage them in a different way," Tronier said, noting the theater now has an Instagram account.

Additionally, the Coaster is launching an initiative for a community-sourced poem about the theater. People can participate virtually and contribute to the project.

"We're active in making sure we can weather the storm and come out of it stronger as a community and be there for the north coast," Tronier said.



ASOC's Real Lewis & Clark nor the Finns discover Astoria this season.





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# HIPFISHmonthly

THIS MONTH OF APRIL, HIPFISHmonthly will distribute to the frontlines. Grocery stores, convenience stores, post offices, pot stores, and some restaurants open for delivery. The Frontlines. Many thanks to all community residents, working under pressure to maintain life, as we know it.

Television in the 60's—ABC, NBC, CBS, all made use of the industry shtick, *Don't go away, we'll be right back*, between commercial breaks and return to regular programming.

This time, unilaterally, when we come back, the collective vibe is saying, *not your regular programming*. I'm seeing a turtle, how about you?

An often piece of instruction to a new contributing writer of any publication; *don't begin your article with the heralding of the new season, or the weather of the current season*. Why? Because the reader already knows it. Boring. This issue of HIPFISH, every writer begins with reference to the pandemic, and every article is about the pandemic. How could it not be?

We can hold strong. How incredible to be where we live. How difficult to imagine the hardship of the metropolitan cities' loss of lives. How difficult for all to traverse the economic puzzle that lay before us.

The Earth. She's getting a break. Oh yea – the planet we live on. Her? What about us?

If we don't have all-access to timber dollars, how will we be able to maintain our schools, our jobs, feed our families, our way of life, it's what we know. Please don't penalize industry in the name of climate change, they'll go away... and then we won't have any employment. We know that our own hard earned tax dollars feed the military industrial complex, but we must protect ourselves from foreign enemies, protect the oil rights of America, even if citizens and cities are wiped out at a blink of an eye. Who cares? That's their problem. We must protect the American dream, and make it great again.

NOT. Can we dream a new America—undivided by class, race, religion, morality and fear? Here on the rural coast of Oregon and Washington we are showing up for solidarity, and our shared common love for our fellow human beings. Let's keep it going.

WE ROCK.

Dinah Urell Editor/Publisher

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When you open HIPFISH, whether resident or visitor, you are in a virtual, hard copy representation of the region. The Alternative Weekly, across the nation is a catalyst for the city it represents; its artists, activists, its game changers, and the players—people playing with intention for the betterment of the human spirit. Hence, this publication adopted "monthly" as its tag to equate this trend in journalism—one that US cities today could not maneuver without.

HIPFISH is the only FREE alt. monthly serving the coastal region, distributing to 300 locations. We will continue to publish through this incredible challenge before all of us. We ask that you make a one-time contribution of \$5 - \$10 to help bridge the monetary gap over the next two months. This will help to support operating costs: printing, freelance writers and distribution. It will make a difference.

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## Ask Governor Brown to Halt Aerial Spraying



**NORTH COAST COMMUNITIES FOR WATERSHED PROTECTION (NCCWP)** is asking citizens to write, email, or call Governor Kate Brown and ask for an immediate statewide halt to aerial pesticide spraying, and also ask her to initiate a statewide ban on prescribed burning.

Concurrently with the coronavirus public health emergency that is going on, many people who live in rural communities near the Oregon Coast are also concerned about their ongoing exposure to smoke and pesticide spray. One concern is the smoke and pesticide spray caused by outdated industrial forestry practices that put the health of the public at risk. Smoke from prescribed burning of wood is a major source of dioxin and other toxic emissions, damaging both our health and our environment. Exposure to smoke and pesticides can have both short and long-term adverse health consequences.

Coastal residents are concerned that with potential exposure to the novel coronavirus, which can result in serious respiratory infections, toxic chemicals in the air from smoke and pesticide spraying puts our health at even more risk. NCCWP is requesting that the Governor issue an executive order banning all prescribed burning and aerial pesticide spraying. As it is, people who live and work at the Coast are already adversely affected by existing policies that allow burning and pesticide spraying.....policies that can endanger public health by sending harmful substances into the air we breathe and the water we drink.

As someone associated with North Coast Communities for Watershed Protection recently wrote, "At a time of sheltering at home, those who have sought spray notifications in the past [notification prior to the spraying of pesticides by timber companies so that nearby residents can evacuate the area] will not be able to go elsewhere without additional virus exposure. So, can we please ask that the State impose a spray ban when folks are supposed to stay at home?"

There currently is no vaccine against this coronavirus; so, we have been told to "stay home and stay safe." At the same time, it would be possible to stop prescribed burning and aerial pesticide spraying, both of which are not essential activities. Even during this State of Emergency, the application of pesticides both from the air and at ground level continues across rural Oregon. In many rural areas, aerial spraying is done near highly vulnerable populations, including near health care facilities, long-term convalescent homes, and communities with many people older than sixty.

You can inform your friends and neighbors. Share the message you send to Governor Brown with local news sources, other elected officials, and government agencies. Take a look at the North Coast Communities for Watershed Protection website for more information about contacting public officials.

Contact information for the Governor of Oregon:

Gov. Kate Brown, Office of the Governor, 900 Court Street NE, Suite 254  
Salem, OR 97301-4047 Phone: (503) 378-4582  
<https://www.oregon.gov/gov/Pages/contact.aspx>

North Coast Communities for Watershed Protection (formerly known as Rockaway Beach Citizens for Watershed Protection), reflects our working together on a regional basis to insure that the air we breathe and the water we drink are safe. <https://healthywatershed.org/> <https://www.facebook.com/rockawaybeachcitizens> [rockawaycitizen.water@gmail.com](mailto:rockawaycitizen.water@gmail.com)



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STEPHEN BERK

## BATTLE AGAINST CORONA VIRUS COMPROMISED BY PARTISAN AMERICAN POLITICS.

THE FIGHT AGAINST CORONA VIRUS (Covid 19) has from the beginning of its outbreak in the U. S. been highly politicized, having been linked to the Democratic Party's campaign to get rid of President Trump and replace him with the aging corporate Democrat, Joe Biden, former vice president and senator from Delaware. Delaware is the state that has long specialized in chartering corporations, thus making Biden the ultimate corporate Democrat. Much of the mainstream media's chatter has been about all the things the Trump administration has not been doing to effectively address the crisis of this pandemic. In thus politicizing what should have been a non-partisan issue, national and state politicians have reduced it to a part of the presidential campaign. Instead of politicizing this serious public health issue, federal and state governments should be addressing the real problems and shortcomings that corporations and the politicians they buy (Citizens United V. United States Electoral Commission) have made for themselves.

Why, for example, do we have such an extreme shortage of surgical masks, which should have been distributed free to all American residents? Similarly, why is there also a shortage of boxes of surgical gloves that could also be distributed free of charge? And why do we have such a shortage of ventilators for those whose case of Covid 19 has traveled to their lungs? Obviously, this is because production of these and other important medical items has been outsourced, along with virtually all other manufactured goods, to China and other countries that provide American corporations with dirt cheap labor. Our manufacturing infrastructure and thus the supply of such goods has long been decimated by such offshoring. Let us lay the blame where it belongs, on corporate America.

American epidemiologists have long been warning that viruses would become more potent (virulent) as they evolve. Yet no one in authority in either dominant political party has sought to make this into a public issue and deal effectively with it. Senator Bernie Sanders is the only public

figure to call for national health insurance, as the vast majority of other countries in the rest of the world have had as a matter of course. And how has the very popular Senator Sanders been treated by his Democratic Party? They have obviously manipulated the primary elections so that the mediocre former vice president will emerge as winner. Younger voters, who are now often more savvy than their elders, have gone for Sanders by huge majorities. California, with over forty million people, by far the largest state in the nation, went for Sanders. Then suddenly, out of nowhere, came all these wins for



Biden, engineered by a compromised official Democratic Party, which will not tolerate someone who calls himself a Democratic Socialist in the White House.

It is certainly true that as a Democratic Socialist who seeks "Medicare for all," Sanders would have the will and capacity to mobilize the resources necessary to fight the pandemic. He could do a good deal of it through executive order, if a compromised partisan Congress, largely bought off by the insurance companies, which have so degraded medical service delivery in America, are unwilling to cooperate. But socialism has always been a dirty word in official American circles, though not now with younger people. Burdened with huge higher education debts and saddled with low paying employment, often having to endure two or three jobs at a time, with little to no benefits, these younger Americans are the ones most open to significant change from our

hyper-capitalist system. I'm afraid that the chickens of a deregulated dysfunctional capitalism and the vast inequalities it has created have come home to roost in this crisis created by a highly aggressive pandemic.

Listening to host Amy Goodman on the New York based Democracy Now program, I learned that in New York State, public policy under Governor Andrew Cuomo had contributed to a significant decreasing of hospital capacity. So it may well be in many budget-minded states in the country. We are now several months into the Covid 19 pandemic and we still do not have an adequate supply of testing kits, nor has there been significant progress in creating a vaccine.

All these severe shortages and failures in public policy that have occurred all over the country are due to long established policies supported by both political parties. The vast inequalities and ever growing poverty and homelessness that are fertile ground for the spread of disease have been created by neoliberal (laissez faire) capitalism, set in place during the Reagan and Clinton administrations.

But it is convenient to politicize the rapid spread of Covid 19 by scapegoating Donald Trump, who inherited all these misbegotten policies. And so, what we most commonly hear or read on mainstream media is that the Trump administration was warned about the possibility of a pandemic and did nothing, and the CDC (Center for Disease Control) was underfunded. But this crisis was long, long in the making, set in place by the deregulation and offshoring of manufacturing, which are chief characteristics of late twentieth and twenty-first century neoliberal American capitalism.

It is high time the powers-that-be stopped politicizing the Corona virus pandemic, using it to elect yet another highly compromised president, and instead worked above partisan clamor to bring back a competent, well equipped public sector that can deal adequately with the Corona virus and other aggressive and tenacious viruses that virologists long ago warned would become ever more common in the twenty-first century.



## Cover Feature cont: COVID-19 Community Responds

### No Place to Be

The pandemic is also having a tangible impact on unsheltered individuals in the community, in big and seemingly small ways.

One issue is unemployment. According to Alan Evans, founder and CEO of Helping Hands Reentry Outreach Centers, which serves people who are homeless in Clatsop, Tillamook, Yamhill and Lincoln counties, a majority of their residents work in the service industry, which has been all but shut down for the time being. Many have lost their jobs, which is stressful because they have bills to pay along with the dues to the organization that cover their transitional housing and other resources.

Considering the trauma homeless people have already been through, "and you throw this on top of it," Evans said, "It makes it a pretty tough go for the average person." Additionally, recovery meetings are canceled and the organization isn't taking in new residents now.

Those who are truly homeless or unsheltered are experiencing another set of complications. Two of the major combatants to the spread of the coronavirus are practicing good hygiene and staying at home. For individuals living on the streets, both are virtually impossible.

"That's homelessness—there's no place to be," said Astoria resident Joe Kramer, who struggled with homelessness for about seven years. "McDonald's isn't even open. You can't go in there, get a cup of coffee and warm up."

Smith-Yates added that having clean clothes is "a contributor to a more healthy lifestyle without a virus, but now it is extremely important." A study she read even suggested if someone goes out for groceries, they should shower and change clothes when they return home.

"That is not possible for those who are homeless," she said. "Even those who do have a place to live and access to showers may not be able to wash their clothes."

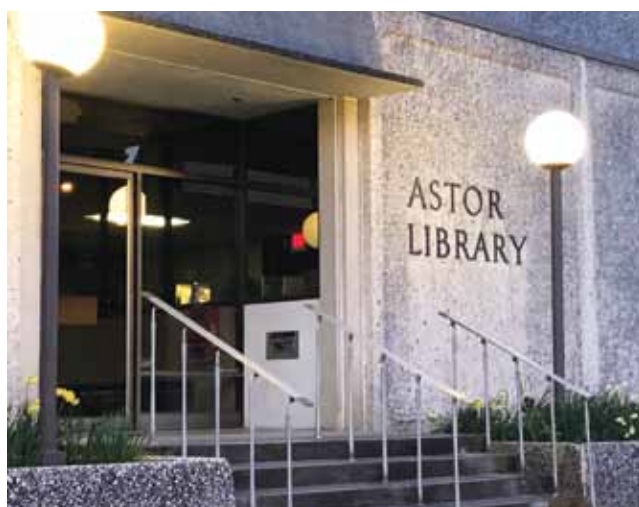
Additionally, the state has temporarily suspended enforcement of the container redemption requirements for retailers, which means people no longer can return bottles and cans for money to get a bite to eat or other necessities.

Genine Tuifua, a board member for Friends of the Unsheltered who currently resides at a Helping Hands facility, said she fears that "without any form of emergency or homeless shelter," those trying to get by in the streets are "excruciatingly vulnerable both physically and mentally." With less bodies outside because of the pandemic, she added, "the ones who do remain outside are overly exposed to extreme hardships and dangers."

### An Evolving Response

When it comes to responding to a crisis situation that was virtually thrown in everyone's laps about four weeks ago, Evans said he believes "Clatsop County by far is ahead of the game," thanks in part to the preexisting relationships between many social service agencies and public entities. Groups serving vulnerable and marginalized populations know their clients are uniquely impacted by the pandemic and they are trying to adapt accordingly.

CCA has worked with public health and the Astoria Police Department to get portable toilets and hand-washing stations set up in the organization's parking lot and near the transit center. They are exploring options to get similar temporary facilities



**The Astoria Library is utilizing Zoom calls for book clubs, processing library cards remotely, producing videos for children's story time, and increasing their online presence. Says Director Jimmy Pearson, "We are here for our community and committed to meeting the information needs of the citizens of Astoria."**



PHOTO: Dinah Urell

**An essential service, customers line-up at the Astoria Post Office at 6ft apart. More people than ever are now wearing homemade masks with the CDC updated guidance regarding the use of cloth, homemade masks in public: they now say that wearing cloth masks in public places like grocery stores can help prevent those who are sick--particularly unknowingly infected, asymptomatic people--from spreading the virus further.**

in Seaside and Warrenton but have experienced some push-back, Mathews said. Meanwhile, Filling Empty Bellies is continuing to offer daily lunch to those who are homeless and hungry, and CCA donated \$1,500 to help sustain the program.

Public health is also working with the Columbia Pacific CCO and hotels in Astoria and Seaside to block off rooms as temporary quarantine lodging for homeless individuals who have symptoms of the coronavirus while they wait the typical seven to 10 days for test results, according to McNikle. A few lodging establishments, such as Motel 6 and the Astoria Rivershore Motel, have agreed.

"We're really thankful for their community support," he said.

The Harbor can still do in-person appointments for those in emergency situations and they're working to launch a texting hotline to make it easier for survivors to contact the organization. To support foster youth, the state partnered with Every Child Oregon to launch the My NeighbOR program, which connects families to a variety of necessary goods and services during this public health crisis.

"We wanted to make sure foster families were feeling supported and children in care could still access things they need," Petit said.

Libraries around the county are also responding to the needs of their communities, according to Astoria Public Library Director Jimmy Pearson. At the Astoria facility, they are increasing their online presence via social media accounts, producing videos for children's story time, utilizing Zoom calls for book club, processing library card requests remotely, and "exploring anything we

can do to provide people a sense of 'normal' in this challenging time," Pearson said, adding, "We are here for our community and committed to meeting the information needs of the citizens of Astoria."

The library's public Wi-Fi also remains available from near proximity to the library. Internet access is important, yet lacking for many vulnerable populations. Pearson gave the example of a woman who contacted him because she needed Wi-Fi to participate in a therapy session via telehealth with her provider.

"She will be using our connection from her car to allow her to receive treatment," he said.

Ron Maxted and Annie Martin, board members with the Astoria Warming Center, also feel like the situation is highlighting the importance of taking care of the vulnerable in a collective manner.

"People are recognizing [unsheltered individuals] are part of our society and they need to be taken care of," Maxted said. "It would be nice if there is a little carryover when this blows over."

Martin agreed, adding, "I am hoping this will shed a little more light on those who need some assistance for the future."



hf



# Stay at home, if you have one.

Unhoused community members struggle with service closures

By Kaisa Schlarb

**AS RESIDENTS** continue to come-to-terms with the reality that our most clear public health defense to COVID-19 is social isolation-- as mandated by Governor Kate Browns Executive Order, "Stay Home and Stay Safe," not everyone has the resources to keep pace.

People experiencing homelessness are fundamentally unable to comply with a mandate to stay home without a stable, consistent indoor place to take shelter.

The Executive Order 20-12 recognizes this impossible case. The guidelines specify that the unhoused "should not be subject to enforcement of the directives... merely because they are in public and unable to "stay at home.""

Governor Brown's order also calls for social service agencies providing "basic food, water, shelter, and hygiene needs of any person who is unable" to remain open whenever possible, using the social distancing guidelines provided by the Oregon Health Authority.

While it is critical for the state to recognize and identify this exemption to avoid further criminalizing an already marginalized group of people, unhoused individuals and families are still left at-risk with no where to safely isolate during the pandemic.

The Oregon Health Authority and the Department of Health has put out "Recommendations for Homeless Camps," offering guidelines for reducing transmission in those environments. Yet in practice, an emergency public health response to the needs of people without shelter comes down to what each municipality-- each community, is willing to do to increase safety for vulnerable citizens.

The Oregon Convention Center, for example, has become a temporary shelter for the unhoused, a joint venture between the Multnomah County Joint Office of Homeless Services and public health officials. 130 people can be served at the Convention Center, adhering to social distancing standards and aims to take the burden off of other, over-crowded shelters.

In Astoria and Clatsop County, institutions and organizations already working with at-risk populations continue to provide services as safely as possible, although no emergency, temporary shelters or spaces to isolate have been established.

Erin Carlsen, director of Filling Empty Bellies, the non-profit providing free lunch 6 days a week in Astoria, has been working with the Astoria Police Department and the Department of Health to adapt their program to meet safety requirements for a pandemic and stay open.

The organization has shifted to serving meals in to-go formats and has installed temporary hand washing stations at their service

site at People's Park while more permanent stations are on order. For now, a sports cooler with soap duct-taped to it and a bucket collecting the grey water.

Amid the crisis, Carlsen reports FEB has seen new volunteers and donations, which may be the result of an increased awareness of food insecurity in these times. Thankful for the support, she feels it is important to distinguish that for the unhoused, this community-wide "survival mode" is nothing new.

Putting it into perspective she explains, "The survival mode other people are having an inkling of now, has been hitting our people every day." In other words, survival is such a deeply entrenched way of life on the streets, a global pandemic is just another barrier to safety in an already long and chronic list of challenges. While many housed people are having their lives upended by pandemic, its just another day on the streets.

What Carlsen sees people most frustrated by are basic concerns like not being able shower for the foreseeable future. Those without a reliable means to bathe turn to showering at City of Astoria Aquatic Center, which is now closed. On the Filling Empty Bellies Facebook page, someone reached out asking for help finding a place to do laundry, as the regular laundry service program for those without access has been suspended due to COVID.

Even the internet has become more out-of-reach, with the closure of public schools and libraries. Most job applications and many social functions exist online already, and during the pandemic more day-to-day services have moved into the online space to minimize human contact.

Whereas marginalized folks who are still housed may use the internet as a means to give voice to the disproportionate impact the virus and social isolation has on them, the unhoused are moved even further away from this lifeline due to sheer lack of access.

Thankfully, no one who participates in Filling Empty Bellies' program has gotten sick. Carlsen points out that people without homes are already socially distanced from the housed population. "They aren't hugging people and they aren't going into Costco."

Regardless of what role COVID transmission plays in health, the long-term effects of a stay-home order will continue to have degrading effects on people without a home, unless community-based solutions can address some of these needs for access.

Part of Filling Empty Bellies' long-term vision has been a drop-in center, where many of these services could be centrally located and thereby available during other city and public service closures.

In a time of collective survival-mode, and the consciousness shift that may come with it, can we create creative, real-time solutions to support those of us who have no way to "stay home?" What joint action are we capable of, in a community that doesn't need a 130 bed convention center as a shelter, but maybe does need a place for our people sleeping out side, most of whom we know by name?



Sanitation Station, People's Park

PHOTO: Dinah Urell

## A Message from: THE HARBOR

THE HARBOR, Clatsop County's only advocacy center for survivors of domestic abuse, sexual assault and stalking, wants to reassure survivors that they are not going away. The Harbor's 24 hour crisis line is still open and will remain open throughout this epidemic. **That number is (503) 325-5735 and the toll free Spanish language line is 1-855-938-0584.**

The Harbor's Advocacy Center on Commercial Street is now open by appointment only. However, their 24/7 crisis line is staffed around the clock. The Harbor urges survivors to call any time.

According to the Centers for Disease Control and Prevention 1 in 3 women and 1 in 4 men in the United States have been victims of violence by an intimate partner in their lifetime; and according to the US Department of Justice, 9 out of 10 incidents of family violence occurs in the victim's home, or that of a friend or neighbor.

"We know that power and control are at the root of domestic and sexual violence," said Executive Director Terri Steenberg. "The forced isolation and stress that comes with the COVID19 virus has left many people feeling powerless; and while many of us will find ways to cope, when abusers feel powerless or when they feel a loss of control things can get worse for their victims."

According to the World Health Organization, in times of crisis, like wars, natural disasters and pandemics, gender based violence escalates.

"Unfortunately," said Steenberg, "We anticipate an increased need for our services in the months to come."







## Lower Columbia Q Center

New Location: 171 W. Bond, Astoria

ATTN: Q CENTER OPEN HOURS WILL BE HELD ON ZOOM, FRIDAY NIGHTS THROUGH APRIL AND MAY UNTIL FURTHER NOTICE. FOR ZOOM INFO GO TO LCQC FACEBOOK PAGE or email chapcan2@yahoo.com All other meet-ups have been canceled.

2020 ASTORIA PRIDE HAS BEEN CANCELED

## 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. 6-8pm

## 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. TO RESUME AT LATER DATE/TBA  
LCQCAAstoria@gmail.com.

## Monthly LGBTQ Events in Lincoln County

### April 22 Lincoln County Proclamation of Upstanders' Week

For many years Lincoln County Commissioners have proclaimed the 4th week in April as Upstanders' Week in recognition of PFLAG's long-time commitment to bully prevention, LGBTQ community education, and support for marginalized LGBTQ youth and adults. Upstanders Week is timed to coordinate with the National Day of Silence on the 4th Friday of April.

### April 24 25th Annual Day of Silence

On Friday, April 24th, thousands of students across the country will be participating in the 25th Annual Day of Silence – which will now be a virtually-centered event. Day of Silence is a national student led protest of the silencing and erasure of LGBTQ people. Join us as we take over social media channels to continue our activism in fighting for LGBTQ inclusion and dignity of LGBTQ students! Let us know we can count on you to participate in 2020's Day of Silence. [www.studentorganizing.org/](http://www.studentorganizing.org/)

May 4 PFLAG OCC Board Meeting 6pm Newport Library (or Zoom)

May 13 PFLAG Support Meeting 6-8 pm St. Stephen's in Newport (or Zoom). Email [pflagocc@gmail.com](mailto:pflagocc@gmail.com) to receive a Zoom invitation for 6-8 pm on Wed., May 13. Gather with PFLAG friends (or strangers) for mutual support and encouragement during these times of extreme isolation or confinement with unsympathetic family. We are all in this together—even if we can't actually hug.

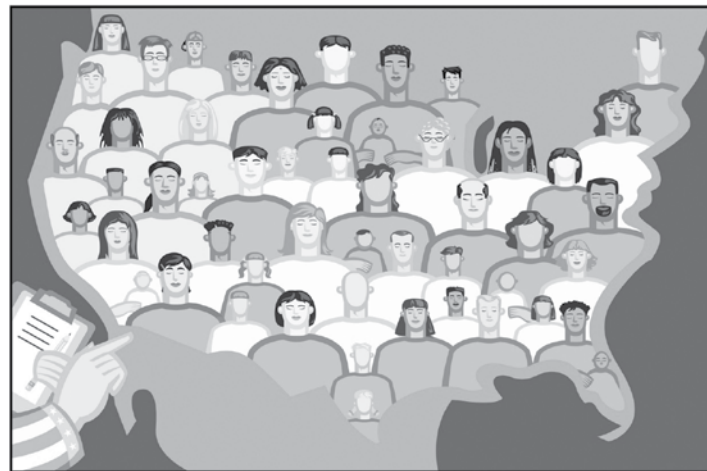
May 31 PFLAG Scholarship Applications Due for student leaders of GSA or similar groups. Application form is available on our website: [occpflag.org](http://occpflag.org)

# INCO NEWS INDIVISIBLE

## North Coast Oregon

## The Census. What's it all about?

by Monica Pearson



AS I WRITE THIS, much normal activity in the United States is shutting down amid COVID-19 precautions and concerns. The census is definitely not at the forefront of everyone's mind.

However, it's at times like this that the census is more important than ever. 2020 is the year for a decennial census. This census determines how more than \$675 billion in federal funds will be distributed and spent in the next ten years. It ensures that each community earns its fair share of the funds.

The census provides timely local data that is critical to emergency planning, preparedness and recovery efforts. Here are other federal programs that use census data: SNAP, Medicare, Highway Planning, Pell Grant Program, National School Lunch Program, Section 8 Housing, Special Education and Head Start, Supplemental Nutrition programs, Unemployment insurance, Community Development Block Grants, Rural Rental Assistance Programs, Wildlife Restoration, Mental Health Services, Fire Management Assistance, and many more. You can go to [Census.gov](http://Census.gov) to see a complete list.

Historically, senior citizens, children, people of color, and those living in rural areas are severely undercounted in the census. This also means that these groups and areas ultimately end up under-represented in both funding and government representation. Census data is used to determine the number of seats each state gets in the US House of Representatives. It also provides the data needed for drawing legislative districts. If you are concerned about how rural communities are represented at the state and federal level, what better response than to complete the census!

Here in Clatsop County, the Lower Columbia Hispanic Council (LCHC) is the only official Census Assistance Center. Funding from the US Census Bureau has allowed LCHC to increase capacity to provide assistance and information on the census and to promote the importance of completing it timely and accurately.

LCHC is working hard to ensure that everyone in our community responds. They are also helping ease fears surrounding the census. Last summer, controversy arose over a proposed citizenship question that was ultimately left off this year's census. The US Census Bureau is spending a lot of time and money to ensure that all who answer are safe and secure from an online safety perspective. Everyone should feel confident that no harm will come from answering census questions completely and accurately. The answers are used for statistical analysis only and can't be used in any other way, according to federal law.

Most households should have already received a census code in the mail. You can respond to the census in several ways: online, by mail, or by phone. If you don't respond to the initial mailing, you'll get a reminder postcard at the end of March. Reminder letters and paper questionnaires are scheduled to go out April 8 – 16, and a final reminder postcard should arrive April 20 – 27. After that, the current plan (as of this writing) is for census staff to go out in person to follow up with households that have not responded. Respond early so fewer resources are needed to remind you.

What else can you do? Spread the word. Everyone can help ensure a complete and accurate count. You can promote participation by discussing the census with family members, friends, neighbors, and work colleagues. Remind them of the importance of the census and assure them that the information they provide is secure. Our community needs to be counted.

Monica Pearson is member of INCO and Board of Directors for Rural Organizing Project (ROP)

In response to the coronavirus pandemic, INCO has moved its events to virtual platforms. To connect with us, visit our website <http://www.indivisiblenorthcoastoregon.org/>, where we're featuring "Breathe Deep" actions alongside our usual Daily Actions, or join our Facebook group.



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challenged more than ever  
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over ourselves."

— Rachel Carson

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# MEDICINE AS POETRY

## APRIL is National Poetry Month

National Poetry Month was launched by the Academy of American Poets in April 1996 to remind the public that poets have an integral role to play in our culture and that poetry matters.

This selection of poems is freshly gathered from stalwart poets of Ric's Poetry Mic, a gathering the first Tuesday of every month at WineKraft, situated on the pier at 10th St., over the Columbia River in Astoria.

Ric is gone but in founding this incarnation of open mic poetry, the regions' longtime poets, and "new time poets," have forged a strong and lasting communion.

Catch them live 7pm to 8:30pm. But for now, right here on these pages. Mary Lou McAuley hosts.  
FMI: mmcauley05@gmail.com

## Dance poem # 13

Grief

Arrives in a black tailored coat from Bohemia, heartland of melancholia.  
Her smile a Wayne Shorter tune. Infant Eyes invite me in. I open the door.  
Finally, I say. Tell me more, she says, hands me a hankie. I go through four.  
Go on, she says, let it rip. Rage shatters the norm, works like a charm  
as long as I'm around to grind down indifference, blow-out the hype.  
Worry no more. No shame, no blame. We're all in the same game.  
Her aura the gold in the Mother Lode. Gravity, Grief says. Can you feel the pull?  
Be the anchor in the sea, dig the grave, sets you free. My coffee cup stops in mid-air.  
I sit solid as stone, stare out the window, feel the unknown, then vroom,  
Hummingbird changes the tune, sucks the nectar, syncopation in high vibration.  
Next thing I know, Grief shifts to go. Moves smooth as Ron Carter on bass.  
She turns at the door. Always open for you, Thank you for the time.  
The pleasure is mine, she says, there's a lot on the line. Moves like a cougar  
toward the corner for a date. Trust in a deep blue suit, a solid-looking mate.



--after The Book of Qualities, J. Ruth Gendler

-- Susan Banyas

## Spaghetti with Meatballs

In an interview on TV tonight in America  
an emergency nurse in a virus hot-zone wears  
a plastic face shield he's made himself,  
held in place with bandage tape around his head.  
It's the lid from a supermarket clamshell box  
from his fridge, probably was a tasty dinner.

*Personal Protective Equipment* unavailable  
against the COVID for love or money,  
medical personnel are so exposed  
they make their own.

Below his mouth on the shield a big sticker  
too stuck to peel off, as they often are,  
establishing a sort of provenance  
for this original piece of work, and a title,  
an example of true American ingenuity:  
*Spaghetti with Meatballs* it says.

The interviewer didn't think to mention it  
but the camera did.

-- Florence Sage Astoria



## Bon Ami in the Time of Corona

Blending the powder into a paste  
intending to kill nothing, disinfect no surface  
only to clean our windows.  
But I gained power from this gentle new friend.  
My hand moved through shadows of grief,  
scrubbed through sticky  
clumps of fear and confusion.  
Gem flashes from the hummingbirds' throats  
light up our eyes.  
Now, how clean and clear our sight.

-- Mary Lou McAuley Astoria

## April

### Gee Creek Rest Area I-5 Northbound After Eliot and Whitman

How could one cast these roadside woods  
now April, spring certain, as cruel  
unless you take the roar of traffic as harsh intrusion on the scene:  
trillium's three sets of three, verdant leaves and bracts,  
fresh white petals lighting up the wood,  
sunny opening left by fallen fir, windless, warm  
small pale butterfly drifts, flits;  
in the cooler shade of yellow violets,  
white eye-ring of vireo, plucking bugs from budding shoots  
it's dark eye glancing unconcerned,  
single note of varied thrush glides above white noise  
of northbound engines, tires

But then when memory of those who are now only ashes  
is stirred by the song of that unseen thrush  
each note pitched hard then trailing off like dusk  
I see how April can be cruel

-- Jim Dott Astoria





## "when the moon hits the sky..."

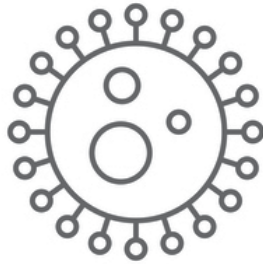
I tell myself that  
this is stupid stuff,  
a topic used up  
a thousand poems ago,  
not to mention  
one overplayed sonata --

but tonight I must  
record it again  
must write about  
this indigo sky,  
this full moon  
and diamond evening star

emblazing my bed  
where I lie  
bathed in light  
and warm summer air,  
happy as a fool  
and not even in love --

except with life  
except with life...

-- Karin Temple Astoria



## The Dogs of Italy

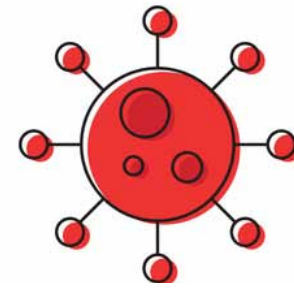
Under lockdown in Italy this March of 2020,  
shut in against the pandemic virus,  
the people in the cities are officially permitted  
to still go out and walk their dogs.

A keen eye might notice the same dogs go  
back and forth along the street throughout the day,  
each time with a different "owner" as if  
it takes a village, lucky dogs with extra walks,  
the Bergamasco, the Spinone, the Bolognese,  
the Cane Corso, Brocco Italiano, the slender Grey

pace proudly to the waves of grateful clapping  
and the voices rising from the balconies  
above mournful church bells and too many sirens  
with cheering calls of ciao and a capella songs  
to praise Italia and her bravi people

and perhaps in these times of little celebration,  
a tune or two composed for strings and sung  
with gusto in tribute to all the intrepid Italian dogs.

-- Florence Sage Astoria



## Farewell

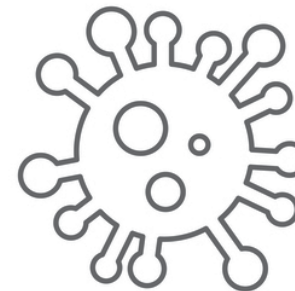
A silhouette of religion and faith  
cast against the stained-glass tears  
of a prodigal son and a brown eyed girl  
come to say farewell,  
as the Paschal candle burns a dismal light,  
the pastor gives his eulogy  
and the choir sings  
"Blackbird has spoken, like the first bird."

I am a new day,  
orphaned in the morning and  
exhausted by evening,  
I watch the sun set over water  
and piece together  
paper and dust and ash for clues  
of a mystery shaped in light and shadow,  
the broken mosaic of yet another fairy tale.

Living in a cathedral of trees,  
no wonder my grief seems to float  
in the air like the caw of a crow hidden  
in the misty echoes above the pond  
where in another season  
the swan and the frog and the catfish  
rule like princes bewitched in  
feathers, warts and whiskers.

Or perhaps, I am stuck at one of the Stations  
of the Cross, my ticket punched  
and my train late for the mother and child reunion,  
one track leads to the first breath  
when soul enters the temple,  
another leads to the moment when  
the son cradles the head of the mother  
and the best we can offer each other  
is an opening farewell.

-- John Ciminello Long Beach



## The Bridge

We've talked for so long over these seas of the BB, or the bridge builder, and I've known,  
yet had to relearn what that means. Only after much digging beneath and about context,  
in the way you lay the she/he there between the typed words, these are the leaves,  
the chains that we make be,

left in cryptic block for our children to find.

There in the sauna I practiced, the sweat running into the folds of my four-child mid-section,  
my eye was I am, and we are, and I began to sing and chant and know that in this all, of all one,  
it has to be opened by me—a me for we, and not this crashing to get across, the fired bonds,  
the fine bones to build,

we must join a path to levitate over this mist of shouting buildings,  
of being lost in the fear of black lung.

Micro dusts, like asphyxia, like asbestos, we cannot see how the red knots latch on, leech in,  
take us to gnarled, chicken scratch, the bones that choke, but I am she who stands tall, with beaded,  
white rattle.

My symbols are peace doves by day, two crows face to face on the black line at dusk, and the  
owl given holy formed seer, the silky white thread we stitched into royal purple regalia,  
centuries ago to now pull from an antiqued box.

Air to water, I will see. Earth to ear, I will hear. Fire, We will ignite the oil lamps and build!

-- Kimberly O'Bryant Astoria





# • ART HAPPENS •

The Astoria Downtown Historic District Association (ADHDA) will feature this month's 2nd Saturday Art Walk virtually. Sarah Lu Heath with the ADHDA said "With the Governors Shelter in Place order we cannot go forward with a physical Art Walk. However, we know that many venues book their artists far in advance and have adaptive shopping options like appointments and web presences. Therefore, a virtual art walk sounded like a great option this month."

## Participants include:

**AVA Artist in Residence**

**AVA Center for the Arts**

**Bridge and Tunnel Bottleshop & Taproom**

**Imogen**

**KALA**

**Old Town Framing**

**Paul Polson Studio Gallery**

**RiverSea Gallery**

**Tempo Gallery**

**The Secret Galley**

**Vaulted Gallery**

**West Coast Artisans**

The ADHDA would like to formally thank Mark and Janet of West Coast Artisans for jumping in and getting all the galleries safely filmed for the virtual tour.

The monthly 2nd Saturday Ark Walk is always a big hit in Astoria and these galleries are grateful for the continued community support during this trying time.

To view the Astoria Virtual Art Walk, visit ADHDA's website at [www.astoriadowntown.com](http://www.astoriadowntown.com) or their Facebook page at [www.facebook.com/astoriadowntown/](https://www.facebook.com/astoriadowntown/)

# VIRTUAL ASTORIA ART WALK



"The Dirty Hippie" Teresa Robinett at AVA

## April Coppini New Works At IMOGEN

IN INESCAPABLE GAZE, Imogen Gallery presents new works by April Coppini, opening for Astoria Virtual Art Walk, Saturday April 9. Coppini, known for her passionate interest in all creatures and their importance to place, brings a series of gorgeously rendered charcoal drawings.

She portrays a focused record in her subject matter depicting the wild and unseen side of animalia. A slight tension of muscle before a possible leap, or the look of pensive awareness in preparation for escape from a possible predator, are all elegantly conveyed through beautiful and gestural mark making. With the underlying message of the importance of all creatures and their independent role to ecosystem and/or as pollinators, predators, scavengers or even domesticated animals, Coppini asks the viewer to consider the role our species takes (or doesn't) in protecting the delicate relationship between mankind and animal as well as a direct reminder of our symbiotic relationship to all life on a global level.

Coppini has also taken great interest in the rapid disappearance of honey bees, also known as "colony collapse disorder". As a result she has created over 1000 drawings of bees. Her hopes in this practice is to create awareness of the significance bumble bees have on mankind.



Buff-Tailed Bumblebee, In Hover

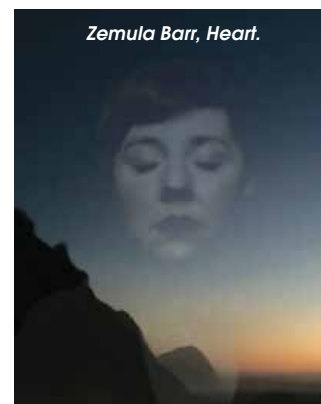
**Imogen Gallery is currently closed to walk in clientele. Follow online via Facebook and Instagram and website for the full exhibition. Contact through the website, email [imogengallery@gmail.com](mailto:imogengallery@gmail.com) or by phone 503.468.0620.**

LIGHTBOX Photographic Gallery recognizes the Northwest photographic community for their incredible talent in the "PNW 40 Exhibit". This group exhibit was scheduled to open to the public with an artists' reception on Saturday, April 11th, from 5-8 pm, but with the restrictions in place, the artist reception date is to be announced, the Exhibit ends on June 6th.

On the LightBox walls starting on April 11, for the first 7 years the exhibit celebrated the Portland Photographic Community. This year is the second year to open PNW 40 to the entire Pacific North West. The exhibit combines work from emerging photographers and established photographers from the Region. The LightBox Guild served as Jurors for this years exhibit

Also opening, the LightBox Files Exhibit. Entering the fifth year, the exhibit and collection honor the complete photographer by recognizing those that pursue the art of fine printing. On this night eight photographers will be featured with a series of prints on the walls and a collection installed in the viewing drawers for the 2020 calendar year.

**"The PNW 40 Exhibit" and "The Lightbox Files Exhibit" will be on display in the gallery through June 6th. The Gallery is open by appointment only until further notice. Visit [lightboxphotographic.com](http://lightboxphotographic.com). /1045 Marine Dr. in Astoria.**



Zemula Barr, Heart.

**PNW 40 &  
The LightBox Files**

## Astoria Visual Arts Ground-Level Gallery and First-Floor a-i-r Studios

The AVA Center for the Arts, along with the studios of AVA's two current artists-in-residence, Denise Monaghan and Karen Ni Neill Bear, will be closed to the public for the foreseeable future due to concerns related to the COVID-19 pandemic. However, the current exhibit, "Ground Level," which honors those artists that serve the nonprofit gallery by offering their time as unpaid docents, will be up through April and can be viewed through the gallery windows and, also, virtually via [astoriavisualarts.org](http://astoriavisualarts.org). Most of the works are for sale and prices and contact information are listed online. If you'd like to set up an appointment to view the works more closely, that can be arranged (with adequate protections in place), via email to [astoriavisualarts@gmail.com](mailto:astoriavisualarts@gmail.com)

## ART IN THE TIME OF PANDEMIC Call for Artists for AVA-funded Residencies: SUMMER 2020

Astoria Visual Arts seeks applications from local artists interested in working in a rent-free studio from May 4 through August 31, 2020. Studios are located above the AVA Center for the Arts, 1000 Duane Street, on the second floor of the Astoria Studio Collective. In light of COVID-19, the facility management is sanitizing shared spaces frequently and limiting studio access to the artists only. No visitors will be allowed on the premises for the duration of the pandemic.

• Deadline for applications: Midnight, Sunday, April 19, 2020

• Notification of selection no later than: Monday, April 27, 2020

The successful candidate(s) will be provided with one of two AVA studio spaces free of charge for a four-month residency period, beginning May 4, 2020. The studios will be thoroughly disinfected before move-in.

The AVA a-i-r Program is designed to encourage the creative, intellectual and professional growth of local artists. Residency finalists are chosen on the basis of merit by a selection panel of working artists and arts patrons. Those who have applied in the past are encouraged to reapply with an updated portfolio and statement reflecting updates and changes.

For more information about AVA a-i-r and how to apply, go to: <http://www.astoriavisualarts.org/ava-a-i-r.html>

## Astoria Visual Arts Invites Artists To Participate In Annual Open Studios Tour

Astoria Visual Arts (AVA) invites local artists to participate in the 10th annual Astoria Open Studios Tour, Saturday and Sunday, July 25 and 26. Although it is not known whether the event will take place in the normal format due to safety considerations regarding COVID-19, at this time AVA is assuming it will need to creatively reformat Open Studios to provide a platform for an online audience. This will involve images and videos of artists in their studios and provide a collective avenue for online sales. Artists working in all media are welcome to sign up.

"This could actually be an interesting spin on this event, says Tour Coordinator Annie Eskelin, "Audiences will be able to essentially visit all studios online, instead

## RIVERSEA

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 that opened in March will continue through April, and be featured in the Astoria Virtual 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. 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.

**RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. 503-325-1270. [Riverseagallery.com](http://Riverseagallery.com)**



Willapa Marsh, 16x20







## MESSAGES SONJA GRACE

### The transformation of co-dependency

BEING IN ISOLATION creates a new experience for all the caretakers of the world. Having to stay home and face yourself is not an easy task. When we grow up in a dysfunctional family, we learn co-dependency to better navigate mental, emotional, physical and spiritual abuse. The experience of walking on eggshells can best describe the atmosphere many have experienced. While we walk on eggshells, we also develop our empathic nature, so we can best stay safe in an unsafe environment. As adults this becomes a tool that is used when entering a meeting or scouting out the vibe of a gathering.

Co-dependents are famous for helping others and caretaking jobs as it best lends to recreating the vibration, they grew up in. From the womb to three years old we are busy imprinting our parent's psychology. We experience our own karma through emotional wounds in this lifetime. Our emotional wounds become the patterns we create throughout our life at the early age of four. Karma is nothing more than unresolved emotional wounds from past lives. Are we co-dependent in past lives? Yes, a different country, gender and experience happens each time we incarnate to Earth, where we replicate our karma. Repeating the karmic pattern of co-dependency would tie into the emotional wounds of

abuse, neglect, betrayal, and abandonment, which all lead to a lack of self-respect. The co-dependent needs to focus on someone else so they do not have to feel their own pain. This ultimately doesn't serve us as it slowly undermines our sense of self, creating feelings of resentment and anger. There is usually a great deal of denial with caretakers, as they are often putting others first so the anger and resentment simmer at a deeper level, causing illness and disease.

The other aspect to co-dependency is approval. Children need to be told they are good, loved and cherished. If we grow up in a household that focuses on a needy parent who is emotionally underdeveloped, the child ends up becoming a little adult, parenting the parent, taking care of their needs. This cycle continues and the pattern is handed down from generation to generation with everyone not getting their needs met. Therefore, it is extremely important to learn how to parent your inner child. This requires a relationship with the little you. Talk to them and ask how do you feel? What do you need? Give them everything and a sense of security. Love them and tell them you are their parents now. Forgive the past and understand parents and grandparents came from similar backgrounds. This multigenerational

wound has been passed down for centuries. Laying blame does not get our needs met but rather stokes the deep inner fire that holds resentment and anger. Forgive yourself and others and become the best parent you can be to your inner child. Take time to meditate and sit with yourself. Give the inner child approval and love. Your time in isolation will serve you and help you to move into the new paradigm providing you stay out of fear, raise your vibration and release the parts of you that no longer serve your highest good

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

## wordwisdom

Daydreaming ... in the land of virus

IN THE MIDST OF THIS PANDEMIC, when isolation and social distancing are mandated, there's something we can do for ourselves besides clean closets and watch movies.

Daydream! You already do it. 96% of adults engage in one bout of daily daydreams. A daydream allows your consciousness to detach from current reality. Attention is paid to more personal and internal matters.

The common characteristic of daydreaming is a mild form of dissociation. During daydreams, people indulge in fantasies, memories, future goals and other areas such as boredom. Creative thinking and problem solving, daydreaming, results in increased creativity.

All this is good. My guess is more and more daydreaming is happening. Daydreaming about a job or lack of one,

about life before and after isolation, a new love, a new life is using a creative part of the brain. Daydreamers have active brains.

Here's a suggestion: Direct your daydreams. Ask yourself questions like what kind of job would you love to do? Where and what fears crop up? Where do you want to be in 10 years? Where do you really want to live?

My guess and sincere hope is that we all emerge from this pandemic wiser, kinder and truly grateful for what once was taken for granted, those seemingly small gestures. Hugs, kisses, and hand holding will once again be the prizes of life.

*Tobi Nason is a Warrenton counselor. Appointments call (503) 440 0587.*



By Tobi Nason



## A Special Request from the Dogs & Cats at the CLATSOP COUNTY SHELTER

We're a little low on supplies.  
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Dog Food – Nature's Domain (Costco)

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Wet Dog Food & Pate style Cat Food

High Quality Kitten Food

50 Gallon Garbage Bags

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# FLASH CUTS

## MOVIES & MUSINGS

BY LES KANEKUNI

WITH THE CORONAVIRUS RAVAGING the entertainment industry, the movie business has been hard hit with movie theaters shuttering, release schedules instantly irrelevant and productions halted. Major releases like Disney's *Mulan*, *A Quiet Place: Part II*, *Bond* sequel *No Time to Die* and Marvel's *Black Widow* have been postponed. Some movies, like Disney's *Artemis Fowl*, have been pulled from theatrical release and will go direct to streaming. The final season episode of *The Walking Dead* has been delayed indefinitely due to post-production shutdown. Until movie theaters reopen, Flash Cuts will cover notable streaming releases on popular platforms.

**THE SOCIAL NETWORK (APRIL 1 NETFLIX)** David Fincher's Academy Award-nominated film about the creation of Facebook. Facebook was the creation of two men – the introverted, socially awkward genius programmer Mark Zuckerberg (Jesse Eisenberg) and handsome, genial frontman Eduardo Saverin (Andrew Garfield). Facebook is born in Zuckerberg's dorm room at Harvard as a prank when he breaks into the college database and posts pictures of the female students asking visitors to rate them. The site is so popular Harvard's computer network crashes. Frat boy aristocrats Cameron and Tyler Winklevoss recruit Zuckerberg to a Harvard dating network, but Zuckerberg and Saverin create their own social network. As the two ambitious men build Facebook, with each success the relationship begins to erode with jealousy, ego and money driving the two further apart.



**TAXI DRIVER (APRIL 1 NETFLIX)** After 25 films, this story of urban alienation is still probably the pinnacle of director Martin Scorsese's career. Robert De Niro, then 12-year-old Jodie Foster, legendary composer Bernard Herrmann and the picture were all nominated for Oscars.

De Niro plays iconic psycho cab driver Travis Bickle, who sees '70s New York as a decaying cesspool of sin and wishes it could all be washed away. Travis pictures himself as a knight in shining armor who can clean up the city. But in reality, he's just a racist, sexually-frustrated cabbie. After he blows a potential relationship with straight-laced campaign worker Betsy, he plots to assassinate the senator she works for while befriendng a teenage prostitute Iris (Foster). When the assassination attempt fails, Travis true nature boils over in a bloody finale.

**THE KILLING OF A SACRED DEER (APRIL 5 AMAZON, NETFLIX)** Greek director Yorgos Lanthimos is one of the most interesting filmmakers working today. First coming to international attention with his absurdist dating comedy *The Lobster*, he followed up with this psychological horror about a teenage boy who may have supernatural powers taking revenge on a surgeon and his family. Steven Murphy (Colin Farrell), a surgeon, befriends teenager Martin (Barry Keoghan) whose father died ten years earlier. Martin ingratiates himself into the Murphy family, becoming increasingly demanding of Steven's time. One morning, Steven's son Bob awakens paralyzed, yet an examination reveals nothing physically wrong. Martin tells Steven the truth: his father died during an operation Steven performed himself. Martin holds him responsible and tells him that he must kill one of his family or they will all die.

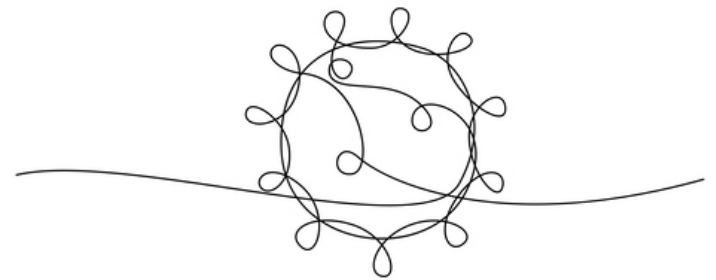
**THE FLORIDA PROJECT (APRIL 6 AMAZON)** This 2017 film by Sean Baker is a colorful gem of desperate lower class lives lived alongside visible wealth and splendor. Irrepressible six-year-old Moonee lives with her young mother Halley in the Magic Castle apartments – a purple-painted budget motel close to Disney World. Halley loves Moonee but isn't much of a mother, leaving Moonee unsupervised for much of the day which doesn't phase Moonee a bit as it leaves her free to play with friends Scooty and Dicky. Exasperated but well-meaning motel manager Bobby (Willem Dafoe) functions as a faux parent to the motel children. But Halley and Moonee's precarious carefree exist-



tence is threatened when Halley loses her exotic dancer job and starts turning tricks and the Florida Department of Children and Families is alerted.

**PARASITE (APRIL 8 HULU)** The big streaming release this month is Bong Joon-ho's surprise Academy Award-winner, a dark comedy class struggle about a poor family that infiltrates a wealthy family by becoming their domestic help. The Kim family struggle to survive, making a meager living while living in a cramped basement apartment. When a friend of eldest son Ki-woo leaves his job as English tutor to the wealthy Park family, he suggests Ki-woo take over. Forging a university diploma Ki-woo lands the coveted job completely fooling the Parks who while not unpleasant, are self-absorbed and clearly from a higher class. One by one, the Kims infiltrate the Parks, never letting on that they are themselves a family, until all are employed. But then, the Kims make a shocking discovery – they are not the only "parasites."

**THE ARTIST (APRIL 25 NETFLIX)** Michel Hazanavicius's 2011 Best Picture winner is a delicious, witty ode to the silent film era. The black-and-white (mostly) silent film tells the All About Eve-esque story of silent film star George Valentin who literally bumps into aspiring actress Peppy Miller. When Peppy later auditions as an extra for Valentin's next picture he remembers her and insists on her having a scene with him. Peppy's career is off and running. But Peppy's rise in the movie business coincides with the decline of the silent film – and its stars. When sound comes in, Valentin is dismissive of new medium, considering it a fad. Valentin produces his own silent film starring himself. But when released, it's a bomb, while Peppy's new sound film makes her a star. Valentin becomes depressed and drinks while Peppy, aware of her friend's plight, tries to save him from himself and resurrect his career.



By Marianne Monson

## Journaling Through a Pandemic

IN 2018, I published a book called *Women of the Blue and Gray: Mothers, Medics, Soldiers, and Spies of the US Civil War*. While researching this book, I spent hours poring over diaries kept during the nation's four-year conflict and, in the process, began to realize the something social historians have long recognized: contemporary diary accounts are fascinating historical and literary documents.

The rawness and vulnerability of several of the journals swept me up, inevitably reflecting the personality, class, and experience of the author. Historians recognize the essential differences between diaries recorded in the middle of a crises rather than memoir accounts written after the fact. When we write across the distance of time, we tend to minimize anxieties that may have been excruciating at the time as we draw upon our anachronous awareness of the story's resolution. After the fact, we also tend to ameliorate our own actions, writing with less accuracy as we recount events that have become embellished with each telling.

I have been journaling since I was a child, and the cupboard next to my bed is filled with stacks of scrawled notebooks—in crayons when I was very young, then in bubble letters in purple ink from my pre-teen years. Through raising my own children, surviving divorce, and building a career as an author, I've still turned back to the blank page to process thoughts, record events, and detangle emotions.

In truth, I have long minimized that work in those cupboards. I've thought of those pages as something separate from my "real" writing—just little scratched over pages no one would ever see. But as I worked on *Women of the Blue and Gray*, I realized that far from being separate from my published work, in many ways my journals have literally made me a writer, as they allowed me essential space to practice my art without the pressure of critique.

Over the past few weeks as the Covid-19 epidemic has taken hold, I like many of us, have watched with increasing horror as the full impact of the drama began becoming clear. Recognizing that this was a historical event I would be likely to recount to my grandchildren, if I am fortunate enough to have grandchildren someday, my thoughts turned back to those Civil War journals.

I found a new blank book, picked up my pen, and started writing: one word followed by another. If you are interested in starting a quarantine journal, but aren't sure where to start, I've compiled some tips you may find helpful:

- Write for yourself. Don't worry about your audience. Ironically, the more personal and vulnerable we allow ourselves to be, the more resonance a diary typically has.
- Don't edit. This is not the time to be worried about grammar and spelling errors. They don't matter. What matters is your perspective, your feelings, your experiences. Just get them down.
- Do experiment. Let yourself try out poetry. Let yourself rhyme if you want to. Let yourself play on the page. That blank page is now your sandbox. Build whatever you'd like in that space.
- Do record dates and include random details from your life. Make a list of everything that is in your fridge. Make a list of the most outrageous comments you're seeing on social media. Who of your friends is still doubting the pandemic exists at all? Which second cousin is sheltered in a bunker with 200 rounds of ammo? Record these details. They will be fascinating in a few years. Record the games your kids have invented. Write down the methods you're finding to cope.
- Don't be hard on yourself if you skip a few days, or if you skip a week. Write when you can, in a way that works for your life right now. Journaling should make your life better; don't let it become just one more thing you have to feel guilty about.

Helen Keller once said: "I don't want to live in a hand-me-down world of others' experiences." For better or for worse, spring 2020 is likely to be a time that none of us will ever forget. It also happens to be a perfect time to pick up your pen and start writing.

Marianne Monson writes on topics related to women's history in the pioneer era from a 100-year-old house in Astoria, Oregon. You can find her at: [www.mariannemonson.com](http://www.mariannemonson.com)

# FREE WILL ASTROLOGY

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**We interrupt your regularly scheduled horoscopes to offer insights about the virus-driven turning point that the whole world is now experiencing.**

As you've probably guessed, all of us are being invited to re-evaluate everything we think we know about what it means to be human. I refer to this unprecedented juncture as *The Tumultuous Upgrade* or *The Disruptive Cure*. It's fraught with danger and potential opportunities; crisis and possible breakthroughs.

And while the coronavirus is the main driving force, it won't be the only factor. We must be ready for more Rough, Tough Healings disguised as Bumpy Challenges in the coming months.

Here's the astrological lockdown: Throughout 2020, there's a rare confluence of three planets in Capricorn: Pluto, Saturn, and Jupiter. They are synergizing each other's impacts in ways that confound us and rattle us. In the best-case scenario, they'll also energize us to initiate brave transformations in our own personal lives as well as in our communities.

**Following is a profile of each planet's meaning.**

When we are in intense and intimate relationship with Pluto—as we are now—we're invited to dive down deeper: to see life from the soul's perspective rather than from the ego's; to seek wealth and meaning not as they're defined by the material world but as they're understood by the part of us that's eternal. Descending into the mysterious Plutonian depths can be disruptive to our conscious beliefs and intentions, but may ultimately be profoundly regenerative.

When we are in intense and intimate relationship with Saturn, we're invited to get more serious and focused; to register the fact that we don't have unlimited time and energy, but must firmly decide what's important and what's not. We're asked to be ruthlessly honest about the roles that are most likely to bring out the best in us.

When we are in intense and intimate relationship with Jupiter, we're invited to risk growth and expansion; to take proactive responsibility for seeking the rich experiences that our souls long for; to aggressively enhance our lust for life.

Now I invite you to meditate on the potent mix of Plutonian, Saturnian, and Jupiterian energies. I encourage you to respond to the convulsion by deepening your understanding of how profoundly interconnected we all are and upgrading the way you take care of yourself, the people you love, and our natural world.

In the horoscopes below, I suggest personal shifts that will be available to you during this once-in-a-lifetime blend of planetary energies.

**ARIES** (March 21-April 19): *Possible crises in the coming months:*

1. Your power spot may be challenged or compromised. 2. Your master plan might unravel. 3. There could be disruptions in your ability to wield your influence. *Potential opportunities:* 1. You'll be motivated to find an even more suitable power spot. 2. A revised master plan will coalesce. 3. You'll be resourceful as you discover novel ways to wield your influence.

**TAURUS** (April 20-May 20): *Possible crises in the coming months:*

1. Your vision of the big picture of your life may dissipate. 2. Old reliable approaches to learning crucial lessons and expanding your mind could lose their effectiveness. *Potential opportunities:* 1. You'll be inspired to develop an updated vision of the big picture of your life. 2. Creative new strategies for learning and expanding your mind will invigorate your personal growth.

**GEMINI** (May 21-June 20): *Possible crises in the coming months:*

1. There may be breakdowns in communication with people you care about. 2. Contracts and agreements could fray. 3. Sexual challenges might complicate love. *Potential opportunities:* 1. You'll be inspired to reinvent the ways you communicate and connect. 2. Your willingness to revise agreements and contracts could make them work better for all concerned. 3. Sexual healing will be available.

**CANCER** (June 21-July 22): *Possible crises in the coming months:*

1. Friends and associates could change in ways that are uncomfortable for you. 2. Images and expectations that people have of you may not match your own images and expectations. *Potential opportunities:* 1. If you're intelligent and compassionate as you deal with the transformations in your friends and associates, your relationships could be rejuvenated. 2. You might become braver and more forceful in expressing who you are and what you want.

**LEO** (July 23-Aug. 22): *Possible crises in the coming months:*

1. Your job may not suit you as well as you wish. 2. A health issue could demand more of your attention than you'd like. *Potential opportunities:* 1. You'll take innovative action to make your job work better for you. 2. In your efforts to solve a specific health issue, you'll upgrade your entire approach to staying healthy long-term.

**VIRGO** (Aug. 23-Sept. 22): *Possible crises in the coming months:*

1. Love may feel confusing or unpredictable. 2. You may come up against a block to your creativity. *Potential opportunities:* 1. You'll be energized to generate new understandings about how to ensure that love works well for you. 2. Your frustration with a creative block will motivate you to uncover previously hidden keys to accessing creative inspiration.

**LIBRA** (Sept. 23-Oct. 22): *Possible crises in the coming months:*

1. You may experience disturbances in your relationships with home and family. 2. You may falter in your ability to maintain a strong foundation. *Potential opportunities:* 1. Domestic disorder could inspire you to reinvent your approach to home and family, changing your life for the better. 2. Responding to a downturn in your stability and security, you'll build a much stronger foundation.

**SCORPIO** (Oct. 23-Nov. 21): *Possible crises in the coming months:*

1. There may be carelessness or a lack of skill in the ways you and your associates communicate and cultivate connectivity. 2. You may have problems blending elements that really need to be blended. *Potential opportunities:* 1. You'll resolve to communicate and cultivate connectivity with a renewed panache and vigor. 2. You'll dream up fresh approaches to blending elements that need to be blended.

**SAGITTARIUS** (Nov. 22-Dec. 21): *Possible crises in the coming months:*

1. Money may be problematic. 2. Your personal integrity might undergo a challenge. 3. You could get lax about translating your noble ideas into practical actions. *Potential opportunities:* 1. You'll find inventive solutions for boosting your wealth. 2. You'll take steps to ensure your ethical code is impeccable. 3. You'll renew your commitment to translating your noble ideals into practical action.

**CAPRICORN** (Dec. 22-Jan. 19): *Possible predicament during the coming months:*

You may have an identity crisis. Who are you, anyway? What do you really want? What are your true intentions? *Potential opportunity:* You'll purge self-doubts and fuzzy self-images. You'll rise up with a fierce determination to define yourself with clarity and intensity and creativity.

**AQUARIUS** (Jan. 20-Feb. 18): *Possible crises in the coming months:*

1. You'll be at risk for botched endings. 2. You may be tempted to avoid solving long-term problems whose time is up. *Potential opportunities:* 1. You'll make sure all endings are as graceful and complete as possible. 2. You'll dive in and finally resolve long-term problems whose time is up.

**PISCES** (Feb. 19-March 20): *Possible crises in the coming months:*

1. Due to worries about your self-worth, you may not accept the help and support that are available. 2. Due to worries about your self-worth, you might fail to bravely take advantage of chances to reach a new level of success. *Potential opportunities:* 1. You'll take dramatic action to enhance your sense of self-worth, empowering you to welcome the help and support you're offered and take advantage of chances to reach a new level of success.

For more on *The Tumultuous Upgrade*, go to [FreeWillAstrology.com](http://FreeWillAstrology.com)

**FREEWILLASTROLOGY.COM**

# Bike Madame

By Margaret Hammitt-McDonald

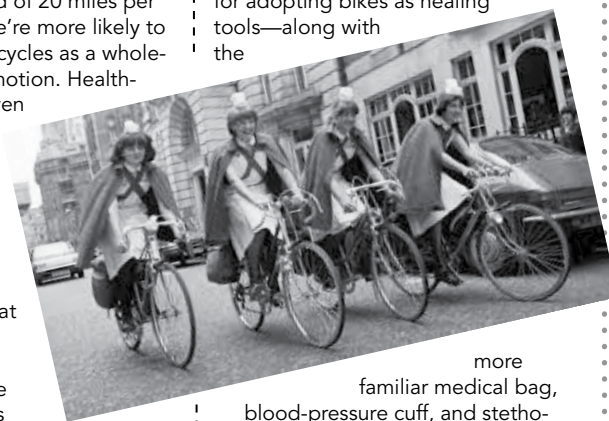
## Saluting Healthcare Workers on Bikes

THE UPSTANDING CITIZENS of the 19th-century United States might've shaken their heads at the daring young cyclists flashing past them at the unprecedented speed of 20 miles per hour, but currently, we're more likely to read and hear about cycles as a whole-some means of locomotion. Healthcare providers and even insurance-company ads present variations of the following: "Want to be healthy? Dust off that bike slumped in your basement or garage and re-inflate those flat muscles...um, tires."

What you may not know is that in remote communities, bicycles provide healthcare workers with a low-cost, efficient way to visit their patients. A typical example is a program in South Sudan, co-managed by the South Sudan and Canadian Red Cross, focused on prenatal and infant care, including preventing and treating malaria and diarrheal illnesses, major causes of mortality before age five. Community health workers use the bikes to meet with patients in their villages and also to critically ill children to medical facilities. (Stephanie Murphy and Dr. Lillian Nyamuda, "How Bicycles Bring Healthcare to Remote Communities in South Sudan," IFRC, June 30, 2017, <https://media.ifrc.org/ifrc/2017/06/30/bicycles-help-bring-healthcare-remote-communities-south-sudan/>.)

Not all bike-care programs exist in difficult to access areas. Community nurses in Dorset, England ride electric bikes to reduce their environmental footprint and to improve their physical fitness. They also experience the added outreach bonus of being more readily noticed in the communities they serve while pedaling along. They were inspired by a group of nurses in bike-centric Holland who rode to their patients. Not only do they arrive faster through avoiding traffic jams, but they also save time by not having to cruise for parking spots. More importantly, one nurse reports having much more fun—and the patients get entertained by the sight of their provider arriving on a bike. The group settled on electric bikes to avoid arriving sweaty (a turn-off for patients). Ultimately, seeing providers tooling around inspired patients to trot

out their dusty bikes and go for a spin. (Megan Ford, "Community Nurses in Dorset Trying Out 'E-Bikes,'" *Nursing Times*, February 5, 2019) Enthusiasm for adopting bikes as healing tools—along with the



more familiar medical bag, blood-pressure cuff, and stethoscope—isn't always the initial response from providers. In 2014, the Massachusetts Institute for Technology presented clinicians with bicycles for home visits to HIV-positive patients in Togo. Initially, providers were skeptical, concerned that they were more likely to get muddy from riding than walking. In response, the project's organizers offered rain gear in addition, which the workers happily accepted. ("Providing Bicycles to Community Health Workers in Kara, Togo," MIT Community Service Fund, September 10, 2014.)

In 2018, the BBC reported that nurses in Uzbekistan were issued bikes for getting to, and around, villages where their patients live, not only to go about their work efficiently, but also to be visibly engaged in a healthy activity that community members would (hopefully) start imitating. Comments from locals on social media expressed doubts about the program, pitying the nurses who'd have to carry their bikes up several flights of stairs to a patient's apartment. (I suppose the government didn't issue the nurses bike locks.)

Their snarkiness probably emerged from the fact that, as one commentator mentioned, government officials received new cars while nurses were expected to "make do" with bikes. (But can you carry a car upstairs?) ("Uzbek Nurses and Firefighters Told to Get On Their Bikes," BBC News From Elsewhere, February 16, 2018).

See if you can spot local providers cranking up hills in Astoria (full disclosure: I've ridden up 16th St., but not 8th...yet.)



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## Postpartum in a Pandemic

SO MUCH ABOUT POSTPARTUM is the same during this pandemic, and yet, there are some very specific things that are different. We still need to fully recovery from birth. We still need to bond with our babies. And we still need rest, support, and care to make this happen. We still need to plan for what we want and prepare for the unexpected. And yet the world around us is changing quickly.

If you are pregnant, begin the postpartum planning process by tapping into your own wisdom, your own knowing. Ask yourself what you want your first few weeks and months with your newborn to be like.

1. How do you want to remember this time?
2. How do you want to feel?
3. How do you want your home to feel?
4. What are your hopes and dreams, and what are your fears?
5. What is most important to you?

Pull out a sheet of paper and actually write. Get it all out. And then take a deep breathe, and begin making a plan.

Here are some important points to consider whether you are pregnant and planning or if you are holed up with your newborn right now. During this pandemic it is that much more important to lower our stress, strengthen our immune systems, know our resources, rest deeply, prioritize breastfeeding, and follow traditional wisdom. After giving birth, we are still physiologically completely interdependent with our babies. They need us and we need them.

### Here are some guidelines to consider... Calm Your Nervous System

This the foundation of our wellbeing because it affects our immune system, our milk production, ability to bond, and our ability to think clearly. So what are ways to calm our nervous systems? Rest, warmth (think tea, soup, blankets, avoiding ice, cold etc), connect with loved ones who are in your household or use FaceTime to connect with others, skin to skin and closeness with your newborn, nature (a flower in a vase or looking at a tree outside your window), hydrotherapy/water (baths, foot soaks, sitz baths, pelvic steaming), laughter, beauty, gratitude practices, prayer, meditation, gentle movement practices, calming herbs and supplements. And singing! Singing is deeply relaxing for parents and babies!! And last but not least, give yourself a break from the borage of news and the stress inducing scroll of social media. You need to get to know your baby, not the details of the pandemic. While breastfeeding, look at your baby and focus on bonding. Fight boredom with audio books and podcasts. There is growing evidence that parents' screen time is affecting bonding and infant development.

### Build Your Immunity

Maintaining a strong immune system is important not just to avoid Covid-19, but other viral and bacterial infections that we are more vulnerable to during postpartum. Here are some ideas to consider: eat well, stay hydrated, avoid sugar (this is so so important right now!), take extra immune support herbs and supplements, gentle movement (think slow dancing, gentle range of motion exercises, etc), hydrotherapies listed above. Also, create a plan for how to address sickness if someone in your household does get sick. Plan to stay home and avoid the hospital as much as possible. Many homebirth midwives are available to support families through this time and offer virtual and in home support.

### Know Your Resources

With social distancing in full affect, accessing resources is very different right now. This includes medical support and all other types of support you would normally receive from a person outside of your home. Put together a list of reliable websites that include both on line and local resources. Do not depend on a simple google search to get crucial information. Find providers and practitioners that are offering virtual services or telemedicine. This can include primary providers, midwives, doulas, lactation consultants, herbalists, vaginal steam practitioners, therapists, etc. Find on line groups to join, get connected electronically. This can include parenting groups, local groups, etc. Put together a list of people whom you could ask to deliver supplies or help in other ways if needed. Find key food resources in your community, which could be restaurant delivery or food banks.



By Kestrel Gates

PHOTO: Zelda English

### Rest As Much As Possible

This means for the first weeks after giving birth your only jobs are feeding and caring for your baby and staying fed and hydrated yourself. Eating and feeding and sleeping. This is the ideal. We all have different home situations and you may or may not have more help at home right now. Some families are all home together and some have parents continuing to work outside the home. List all of your normal day to day, weekly, and responsibilities, considering how this is changing during the pandemic. Determine which things can simply be dropped, what can be delegated and by whom. Plan ahead for your families meals, including preparation and shopping. If you have older children, get creative, love them, and do not worry about their academics. Ask for help.

### Make Breastfeeding The Most Important Thing

(If you are planning on breastfeeding.) Breastmilk is your baby's immune system. Here are some considerations. Stay well hydrated and eat well, feed on demand around the clock; focus on getting a good latch each time you latch on until it is easy, if you experience ongoing latch issues seek help; stay with your baby (no separation); getting in the bathtub together helps with many issues; try laid back feeding positions; during the first week watch for wet diapers; avoid supplementing as much as possible; use your breast as a pacifier (really!); get support for possible low supply; don't use the pump unless absolutely necessary. Prevent mastitis (breast infections) by feeding around the clock, resting, noticing and addressing plugged ducts as they happen (do not ignore them!), support your immune system, go braless, and keep contact information on hand for health care providers and practitioners that can help. Avoiding the need for antibiotics is extra important right now. Find resources that you can access if challenges arise.

### Do Postpartum Care Practices

All those traditional postpartum practices that may have seemed like a luxury or antiquated before are actually that much more important now. They support full recovery, calm the nervous system, support milk supply and bonding. These include traditional set amounts of time for rest, traditional foods (think warming soups), and sitz baths and pelvic steaming. Sitz baths and pelvic steaming are both hydrotherapy modalities that also involve herbs. Both are deeply relaxing and support pelvic healing. Sitz baths are an herbal bath that you sit in, which can be done in a large bowl, bathtub, or the plastic "hats" that fit in the toilet. Sitz baths are warming and help pelvic tissues heal. Pelvic steaming (aka vaginal or yoni steaming), traditional to all continents, may be a more powerful healing modality and is best practiced with the guidance of our family's traditional knowledge or a trained practitioner. It involves sitting over a pot of brewed herbs. The benefits are many including healing tears, hemorrhoids, and preventing infection. Supporting our pelvic healing is key to our overall health and wellbeing.

Parenting a newborn is big important work. Please know that you deserve to have the most peaceful and restful postpartum time possible. Plan for this. Most important: less cortisol, more oxytocin. In other words: less stress, more love.

*Kestrel Gates is a postpartum educator and community wellness advocate. She is the author of the Build Your Nest postpartum workbook and co-owner of Sage Water Collective and volunteers as a La Leche League leader.*

## ALONE TOGETHER

HAVE YOU EVER WANTED TO JUST DISAPPEAR? Me, too! Suddenly, we all have! Poof! Haven't we been told to be careful what we wish for? Admittedly, we are stunningly adept at ignoring warnings. It's one of our top 10 human super powers. (Remind me to tell you about the other nine sometime.) I have blithely thought that sequestering was something we could do to dangerous emissions to keep us from having to confront their existence. You know, like a good thing. Alternately, I thought of it as hiding oneself away as in, "I really don't want to go to that recital/bridal shower/ballgame/fundraising dinner/any event that promises to be 'big fun' so I will sequester.

Enter Covid 19 and it feels like sequester has come to mean simply go to your room and stay there. At least when I was a kid, that command ended with, "...until you can behave." Now, there is no time off for good behavior. There would be, of course, except for the pesky fact that none of us are good to go until all of us stay in our rooms. That means all the non-believers, the conspiracy theorists, the criminally self-absorbed - as in, "I am so strong/resilient/young I can fend off infection by my very existence" - are diluting our collective good behavior karma. Thanks awfully, you unconscious/doubting/crazy kids.

I'm not saying that I hate staying home. I'm really lucky. I have everything it takes to be happy while under house arrest:

- A house
- A cellmate I really like
- Hot water and a stocked pantry
- A kitchen and a love of cooking
- Unlimited music

Granted, this is my list. There are more items on it, but they are quixotic, showing up one day, unnecessary the next. I can't be bothered worrying about what you need in times like these because I am completely new to times like these and I am still finding out what I need. Makes me think of the fabulous Todd Snider song, KMAG YOYO or kiss my ass goodbye, you're on your own. Music will never drop off the list of necessities. Never!

Also, I'm cooking. I mean really cooking. Two meals a day, every day. No more, "I'm tired, let's go out." No more being tired period. All the meetings, responsibilities, appointments are suddenly cancelled. My reaction to that most unusual and unexpected turn of events is a seemingly endless process that, thus far, has gone something like this - Wait a minute! What?/Wow, my house is getting really clean/I could get used to this/If I stay in my pj's, I won't have so much laundry....to be continued.

So, Shepherd's Pie. That's what I've meant to say all along. A luscious way to clean out the fridge and make it seem like a flash of brilliance. The shepherds for whom this dish is named quite understandably used lamb or mutton. Given the fact that there is no herding cats or old, deaf dogs, I do not feel held to the same standard. You can adapt this recipe anyway you like. I certainly have. Seriously, it's very difficult to make a bunch of vegetables, herbs and meat topped with mashed potatoes undelicious. Toss one together, stick it in the oven and contemplate your solitude while it perfumes your kitchen.



**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**

## CHEW ON THIS! by Merianne Myers



## SHEEP OPTIONAL SHEPHERD'S PIE

Serves 9

You will need:

• 1 9" pie crust - optional, Shepherd's Pie can be made without a bottom crust

• 2 Tablespoons olive or vegetable oil

• 1 medium onion, 1/4" dice

• 2 medium carrots, 1/4" dice

• 1 large celery rib, 1/4" dice

• 1 1/2 pounds meat if using

NOTE: You can make a vegetarian version of this by eliminating the meat and increasing the veg. If I'm using meat, I prefer to mix ground beef, ground pork and ground turkey. But, as in all things, use what you have and what you like.

• 3 cloves garlic, minced

• 2 Tablespoons all purpose flour

• 1 cup canned tomatoes, chopped with juice

• 1 1/2 cups broth - beef, chicken or vegetable

• 1 cup frozen peas or corn or mix of the two

• 1 Tablespoon tomato paste

• 1 teaspoon Worcestershire sauce

• 1 teaspoon brown or turbinado sugar

• 1/2 teaspoon fresh rosemary, finely chopped

• 1/2 teaspoon dried thyme

• 1/2 teaspoon paprika

• 4 large-ish russet potatoes

• 5 Tablespoons butter, melted

• 1/4 sour cream or creme fraiche

• 1/2 cup +/- whole milk, warmed

Preheat oven to 375.

If you are using a pie crust, roll it out, put it in the pie pan, flute the edge and stick it in the fridge while you make the filling. The filling needs to cool before you put it in the crust, so make it first then do the potatoes while it cools. If you are not using pie crust, you do not need to heed the cooling part.

Heat the oil in a large, deep sauté pan or dutch oven. Over medium heat, sweat the onion, carrot and celery with a sprinkle of salt for 5 minutes or so with a lid on the pan. They should soften but not brown. Add the meat, breaking it up as it cooks. Add the garlic when the meat is almost brown. Once the meat is done, spoon off all but a couple of Tablespoons of the fat.

Add the tomato paste, giving it a minute or two to caramelize and blend. Add the broth, tomatoes and frozen vegetables. Bring to a simmer and add the Worcestershire sauce, sugar and herbs. Salt & pepper to taste. Set aside to cool.

Peel and chunk the potatoes then boil in salted water until fork tender. Drain and add 3 Tablespoons of the butter, sour cream and half of the warm milk. Mash with a hand masher and add more of the milk as needed to create fluffy mashed potatoes. Salt & pepper to taste.

Fill the chilled pie crust with the cooled filling and top with mashed potatoes, smoothing out the top and brushing with the last of the melted butter. Bake for 20 to 30 minutes or until the filling is bubbly and the potatoes are golden.

**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@nehalemtnet.net

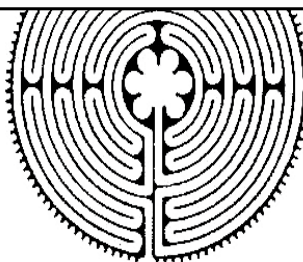
## Singing Bowl Meditation with Julie Garcia

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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# Bring Your Creative During Covid

**THE HOFFMAN CENTER FOR THE ARTS** in Manzanita is inviting area artists to create works reflecting the impact Covid-19 is having on themselves, their community, family, friends, neighbors or environment.

"We're all affected by social distancing and restrictions on movement," said project lead David Dillon. "People may feel isolated, concerned or fearful, but we're all humans and humans need to interact. None of this should dampen our creative spirit and ability to connect through art."

The project "Creating in Place: Connecting in a Time of Uncertainty," will feature works in a new, online-only salon on the Hoffman Center's webpage. The artwork will not be for sale; the purpose is purely creative expression.

## All art forms are encouraged:

Visual artists are invited to sketch, draw, paint in any medium or multi-media, or collage whatever they're feeling, and submit a digital photograph of the finished work.

- Photographs of three-dimensional artwork, such as wood, ceramics or sculpture, are welcomed.
- Poets and fiction or non-fiction writers are encouraged to pen something new and submit a PDF of the document.
- Photographers are invited to shoot whatever inspires them in the current situation.
- Dancing, music, or other kinetic art may be filmed and a link sent to the website.

Instructions for submitting works to the Creating in Place salon are on the [hoffmanarts.org](http://hoffmanarts.org) website under "Submissions." All submissions should include a title.

Dillon said the idea recalls the "Tower Art" show organized by local artist Susan Walsh after the Sep. 11, 2001 terrorist attack. Twenty-six artists responded with their interpretations of the tragedy. "The show was both stunning and emotional," said Dillon.

"The current coronavirus crisis is also affecting our community in a big way," added Dillon. "We're all in this together, but we need to keep creating and connecting with each other. We might be limited to six feet in physical space, but those limits don't apply to creativity and the Internet."

**Submissions can be made any time. The online salon will be updated often. GoTo: [hoffmanarts.org](http://hoffmanarts.org)**



LASTWORD

## Connecting Oregonians In Time Of Isolation By Mail

**AS OREGONIANS PRACTICE SOCIAL** distancing in hope of slowing the COVID-19 pandemic, many are searching for ways to find and maintain social connections across physical distance. Dear Stranger, a letter-exchange project from Oregon Humanities, offers a chance for connection by inviting Oregonians to exchange a letter with someone they've never met.



Oregon Humanities is a statewide organization that brings people together to talk, listen, and learn from one another. "With many of us isolated physically this spring, the need for human connection feels more urgent than ever," says Ben Waterhouse, communications manager for Oregon Humanities and creator of the Dear Stranger project. "We can't bring people together in person right now, but we can still provide ways to reach out and be heard."

The aim of DEAR STRANGER is to create shared understanding among Oregonians with different backgrounds, experiences, and beliefs. The premise is simple: Write a letter, get a letter, and make a new connection. Oregon Humanities has run Dear Stranger on and off since 2014. More than 500 people have exchanged letters through the project.

"This year, we'd hoped to get people thinking about their priorities and values in the coming elections," Waterhouse says. "But given the circumstances, we're inviting people to write about COVID-19, or anything else that's on their minds."

Prompts for writing and instructions for participation are available on the Oregon Humanities website at [oregonhumanities.org](http://oregonhumanities.org). Participants should send their letters to Oregon Humanities along with a signed permission form (also available at [oregonhumanities.org](http://oregonhumanities.org)). Letters are swapped anonymously, and each person receives a letter from the person who received the one they wrote. What happens next is up to the writers. If they'd like to write back, they can do so through Oregon Humanities. Youth are welcome to participate with a signed consent form.

Letters should be addressed to Oregon Humanities, Attn: Dear Stranger, 921 SW Washington St., Suite 150, Portland, Oregon, 97205. Oregon Humanities will exchange letters mailed through May 30, 2020.

**Questions about Dear Stranger should be directed to Ben Waterhouse at [b.waterhouse@oregonhumanities.org](mailto:b.waterhouse@oregonhumanities.org).**

## 2020 Joe Wrabek Memorial Songwriting Contest:

**THE FAIRVIEW GRANGE** and the Bay City Arts Center have announced they are extending the deadline for entries for the 2020 Joe Wrabek Memorial Songwriting Contest to June 5th. The Dinner and Finals Performance is on hold, considering Governor Brown's recent extension of COVID-19 closures.

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 conditional 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 June 5th, and can be mailed to P.O. Box 3124, Bay City, OR 97107. Finalists will be chosen by the judges and announced July 1st. Finalists are normally expected to perform two songs at the Dinner and Finals Concert, but that event is still under consideration. The finals performances may end up having to be help electronically depending on how long state-wide closures persist.

The Joe Wrabek Memorial Songwriting Contest is a partnership between the Bay City Arts Center and the Fairview Grange. Both not-for-profit organizations are dedicated to building and sustaining a thriving community of artists, musicians and audiences in the Tillamook Bay area.

**For entry forms and/or more information, call Rob Russell at 503-523-8387 or email him at [chaveecha@gmail.com](mailto:chaveecha@gmail.com).**

## JUNE ARTIST CALL for Garibaldi Museum

**GOT TIME ON YOUR HANDS?** The Stay-at-Home mandate give us a great excuse to create some art. And while you're at it, you can help the Garibaldi Maritime Museum honor our wonderful Coast Guard.

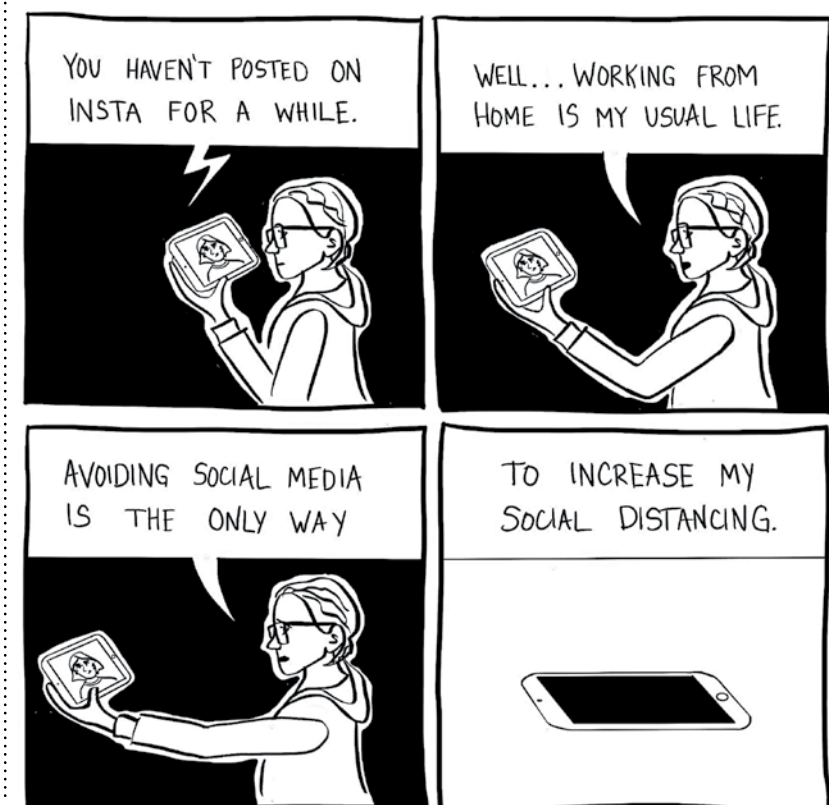
The Garibaldi Museum is planning "Guarding Our Coast; A Tribute to Our Heroes," a juried art exhibit that will run from June 6 to August 29, 2020, and will honor our local and regional U.S. Coast Guard. Images of submissions are due via email by May 15 and those chosen will be notified by May 22. Art can be dropped off May 22-25 and May 28-29 during regular hours of 10:00 am to 4:00 pm. The art must remain in the exhibit for the entire run of the show. Artwork should be related to the theme of the Coast Guard, preferably of the Pacific Northwest bases.

Artists may choose to sell their artwork (preferred) or list it as NFS. Because this exhibit is in support of our local Coast Guard, the Garibaldi Maritime Museum will charge a 40% commission (instead of the usual 30%) and 20% of that will go to the Coast Guard Station Tillamook Bay. Artists will receive the remaining 60%.

The museum is planning to hold an opening reception on June 6, 2020 from 1:30 to 3:30 PM to honor the artists and the Coast Guard. Artists are encouraged to attend. At 12:30 that day, author Brian Ratty will present "Fortress Astoria" and discuss his book of the same name.

Should museums not be permitted to open by June 6, the Art Exhibit will be filmed for viewing on the Museum's Facebook page.

**For guidelines and information, check the museum's webpage: [www.garibaldimuseum.org](http://www.garibaldimuseum.org).**



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