

May 2020 • vol 22 • issue 256

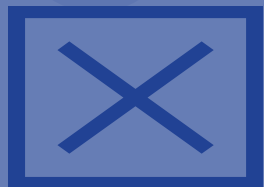
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Social Distancing at the Sunday Pop-Up Market

10am - 2pm Sundays in Downtown Astoria

Please Don't attend if you are not a resident of Clatsop or Pacific County (OR/WA). This is a farmer's market meant for our local community. If you don't reside here DO visit a farmer's market closer to your home! Visit the Oregon Farmer's Market Association to find one near you.

By Dinah Urell



Cyndi Mudge ASM Manager

Participating Vendors

Kingfisher Farm
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Skamokawa Farmstead Creamery
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Skamokawa, WA

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Longview, WA

Lucky Farms Flowers
Molalla, OR

Sue's Crab Cakes/Station House Oysters
Seaview, WA

Spring Up Farm
Astoria, OR

Sunset Beach Products
Warrenton, OR

The Pie Guy
North Plains, OR

That's Good Garlic!
Battleground, WA

North Fork 53 (herbs/teas)
Nehalem, OR

Homer Bread
Castle Rock, WA

Mary's Milk Monsters (soap)
Astoria, OR

Red Clothespin
Ocean Park, WA

MOTHER'S DAY 2020 would have marked the 20th Anniversary of the Astoria Sunday Market, whose humble beginnings on the downtown streets began with 30 vendors, and now thrives in a 3 block radius with over 100 vendors.

But, the alternative Sunday Pop-Up Market featuring essential foods has been making its way with a minimal amount of vendors since mid-April at the former Safe-way parking lot at 12th St. between Duane and Exchange.

Laurie Cochis, owner of Homer Breads based in Longview has been vending at the Astoria Sunday Market for 5 years, and also delivers product to Kick Ass Coffee and The Rusty Cup. "We're happy to be here, we love Astoria. We are down here to help support the market because it supports us." Homer vends at the Farmer's Market in Longview which opened May 2. Cochis says the attendance there is good, and it comes with strict guidelines that market shoppers must wear masks.

While masks have not been absolutely designated for shoppers at the Pop-Up market, all vendors wear masks and most of the shoppers are wearing them too. Cones provide guides for social distancing, and sanitation stations are available. "This part has been interesting to put together," says longtime market manager Cyndi Mudge, "We actually had too many cones out at first and it confused people," she says with a laugh. "We've kind of dialed it in, and I think we've got it."

"I think we're doing a good job of keeping everybody distanced," said Carla, owner of That's Good Garlic Co. from Battleground Washington. "It feels like normal, and I need some normalcy, and people need to get outside." Carla's aunt who lives in town paid a visit and brought cookies delivered on a long pole. "She's a funny lady and one of the "huggiest" people I know, and it's really hard not to give her that hug."

Famous for her crab cakes in the ASM Food Court, Sue's Crab Cakes is offering a delicious alternative, crab cake batter that you bring home and cook yourself, and she's partnered in a booth with Station House Oysters. Both vendors businesses on the WA Peninsula have been closed since the shut down.

New to the Astoria Market, Ginger and Brigham Edwards are North Fork 53 Tea Farm from Manzanita, featuring locally grown and sourced tea. Usually participating in the Manzanita Farmer's Market, the pop-up market has given them the opportunity to introduce their product to a new part of the coast. The Edwards call their tea brands Communithea, and feature a respiratory support tea, herbal steam blends and an Immunithea. Also, if you check out their website, they feature a Communithea Resilience Guide for Covid 19.

As we progress into summer and the hotels open up, Cyndi Mudge will do an expansion to the street, with social distancing and half the vendors. "I'm glad we're doing this now because it's taught me a lot about the set up, and what's possible. We'll have vendors on one side of the street and the other side will facilitate social distancing. We've been flexible figuring this out every week, and the shoppers have been good about social distancing. But people want to be connected to people, and it's hard when they haven't seen someone for awhile and they can't give them a hug."

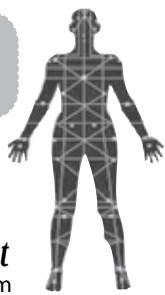


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ZOOM In Astoria Healer's Circle

By Marianne Monson

Meet and experience shared guidance from local practitioners

ASTORIA IS A HAVEN for creative thinkers, and perhaps nowhere was this more evident, or more appreciated, than during this recent quarantine. While some of us were stockpiling toilet paper, artists, musicians, and healers in Astoria came together to find new ways to connect and support each other.

One of those healers is Paula Crossfield, Astrologer and Ayurvedic practitioner and creator of Astoria Healer's Circle, a Facebook group meant to facilitate collaboration between the community and all who work—in one way or another—with the healing arts.

When the lockdown started, Paula grew increasingly concerned about the isolation many would feel. As she considered the remarkable wellness workers and artists in town, she also worried about their ability to financially survive this time. "I don't want to see a downtown that has a bunch of closed businesses," Crossfield told me. "I wanted to create a space for offerings, for giving and receiving, and for wellness providers to be able to talk about services they are able to offer remotely."

Using the now ubiquitous platform Zoom, Paula started by reaching out to her own network of friends and practitioners, asking if they would be interested in participating. She was overwhelmed by the response. Four days later, on March 30th, they held the first session, and they've had an offering nearly every day since. She adds that the resource will remain a place "to hold space for our community, to inspire us, to bring us joy. As long as we have offerings, it will stay open. It's for our community and for people in our area."

Astoria author and owner of the Pink Elephant Juice Emporium, Heather Hirschi, has attended many of the sessions and found them beneficial. Pink Elephant Juice Emporium (instead of Bar). During this stressful time, she has enjoyed offerings on Ayurvedic practices, yoga positions to relieve anxiety, tarot cards, and the Lakota way. Hirschi also offered a writing class to the



Paula Crossfield, creator of Astoria Healer's Circle

group. "I think it's really good to be in conversation with people who are focusing on what insights can come out of this time and how we can support each other spiritually," she said. "It's a huge unburdening to spend time with people who speak your language and want to talk and think about things in a similar way. I'm moved by people who have responded to this pandemic with love and concern and have found ways to share their gifts."

Doula and Reiki practitioner, Sarah Jean Henry, has taught two sessions for the group: a guided meditation followed by a sound bath with Tibetan singing bowls; then a shadow work ceremony on Easter. As a busy mom with small children, Sarah appreciates that Paula is recording the sessions and making them available to watch afterward. She has also attended a number of the gatherings and found them very inspiring. "I love the initiative Paula took in starting this," Sarah said. "She had this concept and moved forward quickly with her intuition in the middle of an uncertain time. She's done a huge service by creating a soothing routine in a time of unrest and unease. It's been wonderful to connect with people in our community and hear their response to a global event."

Check Astoria Healer's Circle daily on Facebook for a Zoom Invitation and opportunity to partake in sessions with local featured practitioners. Sessions run 5pm to 6pm. There is no charge.

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 we 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 of having to pick and choose which studios to visit. It may help artists develop a bigger online audience that could be beneficial to their artistic pursuits."

Artists must register online at astoriavisualarts.org. The cost to participate is \$30 per artist or \$15 for AVA members. AVA would like all artists to participate, so please contact us if the cost is a barrier to signing up.

Annually this event draws hundreds of visitors to Astoria to tour artists' studios. The online version will continue to serve and benefit artists and our region while keeping everyone safe. The deadline to sign up is May 15. AVA will widely publicize the Tour. Visit astoriavisualarts.org or contact Annie at astoriastudiostour@gmail.com or 503-791-0575 for more information.



Iris Sullivan Daire in studio with natural dyes



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SISU:ON THE COVER

IF YOU KNOW PEOPLE OF FINNISH DECENT here in the Lower Columbia Pacific Region—I suppose that's tantamount to asking, have you ever eaten fish—you've heard the term Sisu. You've seen cars bearing the bumper sticker, most likely purchased from Finnware in Astoria. The literal translation of Sisu in Finnish is "guts." But, the figurative defies translation in any other language.

My mother Ebba Wiss Urell, born of Finnish immigrant parents in Astoria in 1913, spoke proudly of Finland's prevail in the war against Russia. Such pronouncement always culminated with the mantra, "We have Sisu!" She drove her point home. As Finnish American descendants, my sisters and I knew, "We have Sisu." Somehow, deep inside, we knew it was "really something," and we knew we had it. Our father, Russell, also born to Finnish American parents had it too. How else were we to get along as a family?

Recently, I viewed a TedXTalk produced in Turku, by a young Finnish Psychologist, Emelia Lahti. In an inspiring presentation she analyzed Sisu in its abstract construct. She talked about its rise to "sacred status" during and after the war with Russia, and "victory against all odds." And although it is referred to as determination, courage and resilience, she opened the redirection of her presentation to query this concept of Sisu, "Perhaps there is much more to us than meets the eye."

In searching for definition of this seemingly mythical term, she likened Sisu to the carbon atom—like none other that can bond itself to four other atoms, and itself, creating a system which enables a bigger entity to function. A life-enabling agent, a bridge builder, a creative power, and a strength within in us that is stronger than the adversity that we encounter.

Sisu, Emelia offered, is a life-giving ingredient in all of us, whether you are Finnish or not. A universal potential that goes beyond cultural and geographical boundaries, bringing the human family together.

In this time of unknowing we draw on our inner strength, our integrity without knowing the silver lining. We stay home; we watch, wait and listen. And when you are gazing out the window, gathering the last rays of a sunset, or wondering how you're going to deal with all that overflowing garbage that won't be picked up till next week, just think "SISU!"

Make a DONATION

HIPFISHmonthly is supported by advertising revenue, small independent business, event advertising, and sponsored events produced at KALA, presentation space of the publication. For over 20 years, HIPFISH has served the Columbia Pacific Region.

When you open HIPFISH, whether resident or visitor, you're 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. Please make a one-time contribution to help bridge the monetary gap over these next months. This will help to support operating costs: printing, freelance writers and distribution. IT WILL MAKE A DIFFERENCE.

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Tell Governor Brown: Pesticide notifications are meaningless in a time of Sheltering in Place



East Foley Creek in the vicinity of the Miami Foley Road.

IF YOU LIVE NEAR INDUSTRIAL TIMBERLAND and are sheltering in place—and therefore not supposed to leave your home—how can you avoid industrial pesticide sprays? And, where would you go? Where should our neighbors who live along the Miami Foley Road go?

The included photo shows logging currently underway near East Foley Creek in the vicinity of the Miami Foley Road. In this photo, the main Foley Creek drainage is below. When aerial spraying of these clearcuts takes place, think about how many people who live near the creek drainage should leave their homes to be safe from pesticide spray, and where would they go?

That's why it's imperative that Governor Brown mandate a ban on aerial pesticide sprays on industrial timber. The State of Oregon has already instituted a ban on slash and prescribed burning, acknowledging that smoke particulates add another stressor to people's lung health. But aerial spraying of industrial clearcuts has not been halted or banned.

Write, email, or call Governor Kate Brown and ask for an immediate statewide halt to aerial pesticide spraying. Here is contact information:

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>

Although industrial timber companies are required to notify households that spraying will commence at some time in the future, they are not required to give 24-hours notice. "Notice to spray" messages often cover a very broad time period, months in some instances, but at least those notices gave at-risk individuals an opportunity to leave their homes or work places to avoid pesticides. Now with sheltering in place, at risk individuals will not be able to go elsewhere without potentially exposing themselves to the novel coronavirus.

A proposed 24-hour notice requirement was part of the Memorandum of Understanding between timber corporations and environmental organizations. That MOU had to be put aside temporarily when the Oregon Legislature failed to achieve a quorum because Republican lawmakers walked out of the legislature.

North Coast Communities for Watershed Protection are asking the State of Oregon to impose a spray ban immediately. Many, perhaps most, people who have died from Covid-19 have had underlying health issues, usually compromised pulmonary function. Adding pesticides to the mix endangers those individuals, regardless of age, and creates risks for otherwise healthy individuals.

Citizens living on the Oregon Coast and in the Coast Range are concerned that with potential exposure to the novel coronavirus, toxic chemicals in the air from pesticide spraying puts health at even more risk. 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. NCCWP requests Governor Brown issue an executive order banning all aerial pesticide spraying. Pesticide spraying is not an essential activity, but merely a cheap, quick way to boost profits. At this critical time, public health should outweigh profit-taking.

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>

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NATURE NEWS

Friends of Haystack Rock ZOOM Lecture with Ex. Director Katie Voelke North Coast Land Conservancy *Creating a Rainforest Reserve* May 13



THE MOUNTAIN RANGE you see on the horizon south of Cannon Beach and north of Nehalem is a land of towering basalt peaks, clear-running streams, and rare plants found nowhere else in the world. For nearly a century, conservationists have wanted to take this land out of timber harvest, allow it to return to maturity as a temperate rainforest, protect the plants and animals that live and migrate through here, and allow people to explore it and experience its wonders. Now

North Coast Land Conservancy is poised to do just that. Learn more about what makes these 3,500 acres so special and about NCLC's landmark efforts to partner with the community to create a Rainforest Reserve on Oregon's North Coast.

LIVE PRESENTATION: May 13th at 7pm. Connect to the lecture through the Friends of Haystack Rock Facebook page <http://friendsofhaystackrock.org/facebook/>. If you don't have Facebook, please email in advance at fohrap@gmail.com, and alternatives will be provided for joining the lecture.

Land conservancy returns ancient cultural site to Clatsop-Nehalem Confederated Tribes

ON MAY 5, North Coast Land Conservancy transferred ownership of historical tribal lands at Neawanna Point Habitat Reserve—18.6 acres of saltmarsh and Sitka spruce forest on the Necanicum Estuary at the north end of Seaside—to the Clatsop-Nehalem Confederated Tribes. Known to the Clatsop people as Ne-ah-coxie, or "place of little pines," the property is the first the tribes have owned since losing their lands due to non-native settlement more than 200 years ago.

The village once located on the property had for millennia been home to many Clatsop and Nehalem people until diseases carried by early explorers and fur trappers decimated the native population on the North Coast and arriving white settlers began staking claim to tribal lands in the 19th century.

Federal recognition of the Clatsop and Nehalem tribes was terminated by Congress in 1954. The tribe is now organized as a 501(c)(3) nonprofit organization. NCLC has been in conversation with tribal members for about three years, exploring options for how the Conservancy might help them acquire property in their traditional homelands.

"This was never really North Coast Land Conservancy's land," said Executive Director Katie Voelke of the site at the mouth of Neacoxie Creek. "We are glad to have been the caretakers and to now be facilitating the return of this land to its people. It's an honor to participate in this moment of rebirth and of healing."

NCLC acquired 20 acres at Neawanna Point in 1998 after a proposed condominium development had plunged the property into controversy. The Conservancy had spent many years exploring options that would allow for key parts of this sensitive ecosys-

Broom Buster Month



EACH MAY staff and volunteers with North Coast Land Conservancy typically focus on removing invasive Scotch

broom on their properties: they call it Broom Buster Month. Coronavirus-related restrictions prevent them from holding volunteer broom busting events this May, but NCLC encourages coastal property owners to bust broom on their own property. May is the ideal time of year to tackle broom because the plant is so easily identifiable, thanks to its bright yellow blooms.

Widely planted and admired in the early 20th century for those cheerful blossoms, Scotch broom out-competes native plants and is turning our open coastal prairies into a monoculture of dense, weedy shrubs, destroying the habitat that many coastal animals need to survive. Small plants can be easily removed with hand tools. The most effective way to get rid of a mature Scotch broom plant is to simply cut it (with loppers, hand saw or chain saw, depending on size) below the photosynthetic stem (where the stem is at or below ground level, and brown not green).

For more information about how and why to remove Scotch broom from your property, visit nclctrust.org/bust-broom-in-your-backyard.



Ne-ah-coxie (Neawanna Point)

tem to be preserved. NCLC later transferred

ownership of 1.4 acres fronting US Highway 101 to the City of Seaside to provide a public wayside at this northern gateway to the community. This parcel remains in city ownership.

"We look forward to walking in the footsteps of our ancestors as we cherish and care for the land," said A. Diane Collier, tribal chairwoman and descendant of Clatsop Chief Tostum, signer of the 1851 Tansy Point Treaty that was never ratified by the US Senate.

The site has special significance to the Clatsop people, as detailed by Dick and Roberta Basch in "The Ceremony at Ne-ah-coxie," an essay that appears in the 2007 anthology *Lewis and Clark through Indian Eyes*. Members of the tribes have held ceremonies and continue to gather at the site as they have historically. Tribal Council Vice Chairman Dick Basch is descended from Celiast, a daughter of Coboway, chief of the Clatsop people at the time of the Lewis and Clark Expedition's winter-long stay at the mouth of the Columbia River in 1805-06. (Cont'd.)

Restrictions on the deed prohibit most types of development on the property, though the tribes plan to build a traditional longhouse for their own ceremonial use and to share elements of their culture with the public. NCLC will continue to partner with the tribes in the on-going stewardship of the land.

A Columbia River Reader Press Publication Tidewater Reach: A Field Guide in Poems and Pictures

by Marianne Monson

"FIELD GUIDES" were first popular at the turn of the last century, as an explosion of discoveries in the realm of natural science engaged the public's imagination. Designed to help readers identify plants, butterflies, rocks, birds or mushrooms in a given region, field guides were intended to be carried on location for reference in an era long before bird watching apps existed.

Now a local author and photographer team have chosen to invoke the term for their latest publication: *The Tidewater Reach: Field Guide to the Lower Columbia River in Poems and Pictures* by Dr. Robert Michael Pyle and photographer Judy Vander Maten.

Extending our idea of what a field guide might be, the title invites us to carry the poetry and images on location perhaps, or simply enhance quiet hours at home. In doing so, they expand the language we use to characterize and illuminate the natural world.

Author Robert Michael Pyle is a Yale trained ecologist and Guggenheim fellow with a lifetime of work in ecology and nature conservancy from Sequoia National Park, to Papua New Guinea, and Cambridge, England. The author of 23 books of fiction, nonfiction, and poetry, Pyle has taught writing and natural history seminars for colleges and universities around the world. For the last 42 years, he has made his home an old farmhouse along Gray's River in Wahkiakum County, Washington. Kirkus Reviews wrote of his recent work: "Pyle proves yet again that he is one of the most nourishing nature writers at work today."

Photographer Judy Vander Maten studied photography and art in Iowa, Illinois, and Portland; she has worked briefly as a photojournalist and taught in the art department at Lower Columbia College for 23 years. She has been exhibiting her work throughout the Northwest and Midwest since 1975. In fact, Pyle was an admirer and collector of her work for years before they had the opportunity to collaborate. Vander Maten says of her work, "I use photography as an excuse to explore – both external and internal worlds, and if I can bring someone else along on that journey, all the better." In the introduction, Pyle explains that the photographs are not illustrations, nor exact correlations of his poems, but rather "evocations of one another."

The Tidewater Reach encourages exploration—of language, of place, and of the visual richness so abundant in our region. The book is the first publication from Columbia River Reader Press, longtime creators of the local events magazine by the same name, based in Longview, WA.

The author and photographer both hope this publication will help inspire protection of the river through activism and the arts. They consider it a field guide to the lower Columbia basin through the heart, eyes, and brain. "The business of a writer is paying attention," Pyle said in a recent interview with KMUN's Donna Quinn. "Poetry invites us to attend to that which is around us. It creates a landscape where scientific knowledge meets artistic imagination. During this great slowdown that we've been subjected to or gifted with, give a listen to the words and music that emanate from the land and the water."

Copies of the new book may be ordered at www.crrreader.com. *The Tidewater Reach* will be available for sale in both a Signature First Edition signed by the authors and a paperback trade edition.

The Book Boat

Robert Michael Pyle

He bought a good old tub named *Lorraine*
off an old salt gone to shore on Sauvie Island.

Barely knew navigation, let alone diesel,
so come spring and still afloat, he found a mate—
a worse-off soak, never dried out, in a tavern
off lower Burnside on Water Street—
to caulk decks, pump bilge, romance
the fickle engine into life.

When it began to look like *Lorraine* might not sink,
he built shelves in the hold, and started buying
books wherever he could: Good Wills and thrifts
in The Dalles and St. Helens, library sales in Rainier
and White Salmon, the remainder tables at Powell's.
Then, recalling bookmobiles from his boyhood
on the plains, he hung his shingle on the bridge,
and took *The Book Boat* on the road—on the river.

And so it went, up and down the tidal reach,
Bonneville to Baker Bay and back again.
Sometimes through the locks, all the way
to Lewiston. Laying his wares before the boaters,
the fishers, the workers, the loafers, all of them
hungry for good books, though they might not know it.
He sold them cheap, gave them away, or—
his favorite—bartered, for fish, fruit, or laundry.
Swapped a late Brian Doyle for a sturgeon,
Middlemarch for Maryhill wine. Made enough
for ground beef, beer, and diesel. Even the cat got fed,
and the mate paid enough for a drunken leave ashore.

Lorraine became a legend, up and down the river.
Marinas vied for her, gave free moorage for a night
or three. Until he started to wonder about the islands,
the Inside Passage, and beyond. So he took *Lorraine*
across the bar, and didn't die. Put in at *LaPush*,
where he sold all of his Pushkin to a Russian emigré,
and a set of *Twilight* to a wannabe werewolf. Then east
up the Straits: Neah Bay, Sekiu, P.A., P.T.,
and Points North. Last rumors came from Kodiak.
But even now the Columbia remembers. And there's
always a slip open, just in case



Judy Vander Maten, *Long Dock*

Lower Columbia Q Center

New Location: 171 W. Bond, Astoria

NEW PHONE LINE: 503.468.5155

Q CENTER OPEN HOURS WILL BE HELD ON ZOOM,
FRIDAY NIGHTS 6 - 9PM.

YOUTH NIGHTS ON ZOOM: 5-8PM 2nd & 4th Thursdays.

FMI: www.lowercolumbiaqcenter.org

Support Groups/Ongoing

- Queer Edge Sobriety Support Group: First Wednesday of the month. 6-7:30 pm. TBA New Start Date
- 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/

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 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

There Will Be PRIDE!



By Dinah Urell

TELEVISED PRIDE. The 5th Annual Astoria PRIDE Festival takes place this year, as always the second weekend in June. The Astoria Pride Board is working diligently to pull together the many elements of the festival in a special YouTube presentation.

In a series of broadcasts, we'll see footage of past festivals, meet board members, vendor appreciation, and enjoy new performances, via DIY from local artists who grace the Liberty Theatre stage for the PRIDE Gala, in addition to some out of town guests. PRIDE flags will fly from street poles in Astoria, as is tradition, "Yay!" Reminding all of us that Astoria is a welcoming, proud and diverse city on the banks of the Columbia River. A huge appreciation to the Lower Columbia Q Center and PRIDE Board, and PRIDE Chair Don Duncan for making this happen. Stay tuned for media releases on viewing times and dates.

KEEP IN TOUCH/Queer Life Line

The new Lower Columbia Q Center that opened its doors just this February, is keeping its Friday open hours, you guessed it on ZOOM. You can join in on the dialog every Friday from 6pm to 9pm, at any point. The 2nd and 4th Thursday of the month is Youth Night on ZOOM. Two adult board members help to facilitate.

"Part of coming out is relative to other people. We're doing our best to keep in touch, we want to be supportive," says LCQC Board Chair Tessa Scheller, "Being queer in a small town can be isolating in itself, let alone this challenging time."

Prior to the governmental guidelines for sheltering in place during the pandemic, the LCQC had just finished setting up a new phone system. If you want to get in touch with the Q Center, and those connected to their various programs, you now can. I suggest you call the line, just to hear the offerings, (which includes a crisis hotline), for yourself or anyone you may want to refer. **503.468.5155.**

New to LCQC. Late Bloomers Club

Portland Author and publisher Vinnie Kinsella wrote *Fashionably Late: Gay, Bi, and Trans Men Who Came Out Later in Life* released in 2016. He also founded Late Bloomers, years before, an organization that supports men coming out late in life, and has established a model that now, for the first time ever, is having it's second launch, right here in Astoria.

Franklin Brown and Jim Summers moved to Astoria last year. They met some years back at Late Bloomers in Portland. Now, together they've started up the organization. I spoke with Summers

who is Vice Chair of the LCQC, who also graciously credits his partner Franklin for organizing, and initiating the group, and who also received blessings and guidance from Kinsella.

Jim Summers came out at the age of 45, about 7 years ago. Although he knew he was gay as a teenager, he grew up in a Mormon household, in Idaho, and speaks to the almost impossible circumstances of coming out in that climate in that day. He married and became a father. In the termination of that sector of his life, he moved to Portland from Phoenix, and a friend suggested Late Bloomers.

"When you come out it changes everything. You need support, you need friends," says Summers, "It makes the coming out process easier."

In an interview with Street Roots Magazine in Portland Vinnie Kinsella said, "Most men, both in the book and the group, are either baby boomers or Gen-Xers, and I found a survey online from the UK that surveyed out-men and asked for ages, and it kind of confirmed what I already knew. The average age for a man coming out who is a baby boomer is 37; the average age for a millennial to come out is about 17. There are lots of cultural shifts."

The Portland Late Bloomers Club is utilized by men from all over the state, with a membership of 200-300. "Once you come out and find support, these guys become your friends and social network," says Summers.

Getting the word out through the Q Center and Meetup.com, the first North Coast Late Bloomers Club took place this April, on what else but ZOOM, to be held last Saturdays of the month. The response was positive.

Longtime members from Portland participated to help facilitate, while at least 7 new people joined the meeting. It happened to be one man's literal coming out. Says Summers, "It was very emotional. And its good for men to know, they aren't the first, and they won't be the last."

After coming out and meeting his partner, Summers says he's stayed with the group, "Because you know what you get from it, and it becomes about giving back to others."

When social distancing becomes the distant past, Franklin and Jim look forward to the bypass of virtual hugs, and holding Late Bloomers at the new Q Center in Uniontown, Astoria.

Call the Q Center Queer Life Line, 503.468.5155 to get in touch.

“Everybody Counts!” Charlie McKenzie November 15, 1952 - April 13, 2020

I once accepted \$20 from Charlie McKenzie.

It was autumn of 2018 and the City of Astoria was amending code to explicitly bar camping in city forests. A timeline had been announced for people to get out of the woods and folks were scrambling. Around the same time, a local business owner posted a frustrated rant on Facebook, targeting negative impacts from presumably unhoused folks seeking shelter in front of or near their business. Fellow business owners fueled a conversation targeting hostility toward people living on the street and in the woods.

Charlie and I talked about our frustrations with the whole ordeal on the corner of Marine and 14th. Before Hurricane Ron's opened, the awning on this corner provided shelter from rain for Charlie and many others. I was used to visiting with Charlie there, among many other places downtown where he spent his time or found a place to sleep.

He knew I was trying to write about the impacts of the city's plan to displace people from the woods, and he handed me \$20. I tried not to take it.

He insisted.
“Do good work,” he told me.

I reluctantly took the \$20, but I didn't feel worthy. Nothing I could write was going to change that Charlie McKenzie and his partner Gail Griffey would ultimately be killed by conditions exacerbated by homelessness. Gail died in December, four months before Charlie.

The day after Charlie died, Christina Zamora, a bartender at the Labor Temple and Merry Time, posted a memory of him on Facebook. They would chat, she said, and he would ask if she needed anything, often trying to give her \$20 also. She never took it, but she remembers him saying, “We all are in this together, everyone counts.”

A commenter on her post said, “He told me he has a good day everyday, because he gets to choose to see everyday as a good day.”

Less than two weeks after Charlie died, a Filling Empty Bellies lunch began with a remembrance. People stood in a circle and shared about him; a high school classmate gave a speech. Charlie graduated from Astoria in 1971, and people who knew him from that time refer to him as “Chaz.”

Sentiments echoed Zamora's post, Charlie was known as someone who cared for others, saw beauty in the day around him, and knew that people counted.

A ceremonial beverage was poured out on the pavement for Charlie. “Everybody counts,” said the pourer. “Everybody counts,” chorused the group. It was time to move on to lunch.

On the day after Charlie died, I walked around empty downtown streets, listening to Guy Clark's “Dublin Blues,” and taking pictures of places where I usually saw him. The bench on Duane in front of Deals Only, the entryway of Wieveseik Building before it was Blaylock's Whiskey Bar, the bench at the courthouse that overlooked the intersection of 8th and Bond. I could still hear the conversation we had reveling in the beauty of a spring day.

Last summer, he let me quote him in an article about the possibility of bringing Tiny Home Villages, a form of transitional housing, to Clatsop County. He thought they were a great idea and said he and Gail would love to be part of a village where they could have a space of their own. He agreed with the concept of a cooperatively run space where members took ownership of the space and community.

The last place I saw Charlie was in a doorway behind The Harbor where he was going to sleep. I took pictures of that spot, desperate to capture some feeling or meaning. It was just a doorway.

Elected officials and institutional representatives will erroneously try to speak for us all when they say of Charlie and Gail, “We did what we could. They didn't want help.”

Someday, we will all greet each other in downtown Astoria again, with a new intimacy borne of our time apart, but Charlie won't meet us there.

When I think about Charlie's willingness to give to others, to show up with a word of encouragement or the offer of a bit of cash, I don't think Charlie wanted our “help.” I think he wanted to count.

Rest in Peace Charlie & Gail.



PHOTO: Scott Docherly

INCO NEWS INDIVISIBLE North Coast Oregon

MAY DAY! CANDIDATES NEED YOUR VOTE—AND YOUR HELP



AT INCO, we know what's at stake in November. We're partnering with Swing Left to flip the White House, the Senate, and control of key states.

We also know how much is at stake in our own local elections this month. An anti-environment group with ties to neo-fascist and militia organizations is working hard to unseat two of our progressive commissioners right here in Clatsop County. If they prevail, expect more tactics like the recent legislative walkouts—tactics that attempt to impose minority rule and erode the fundamental principles of our representative democracy.

In this crucial May 19 election, INCO endorses incumbents Kathleen Sullivan and Sarah Nebeker for Clatsop County Commissioner, Districts 2 and 4 respectively. To continue representing our values, they need your vote, and they need your help in reaching out to fellow voters.

Developing practical solutions has been key to Kathleen's success as teacher, housing manager, and team leader in the hospitality sector. Now more than ever, our community needs her experience and leadership. As current chair of the Commission, she has been working closely with officials to keep us safe and develop pathways for recovery.

A long-time proponent for the economic benefits of the arts in our county, Sarah Nebeker also advocates for a common-sense county budget, living wage jobs, and more affordable housing. An active volunteer in Gearhart, she treasures our county's rural values.

In addition to these county-level endorsements, INCO endorses Debbie Boothe-Schmidt for the Oregon House of Representatives, HD32. Debbie's experience as a local business owner and a union president make her uniquely qualified to help us rebuild and maintain our thriving economy. She understands that despite our differences, residents of our region want a more equitable, inclusive, supportive, and fair world.

The pandemic reminds us just how much we need effective, experienced leadership.

Now is the time for us to look out for one another. Now is the time for us to secure our future for the betterment of all.

To vote, none of us need risk our health to as people in Wisconsin did last month. With Oregon's mail-in ballots, we can safely and conveniently cast our votes for experienced, common-sense leaders who will protect our economy, environment, and quality of life.

Be a voter. Mail your ballot by May 12 so that it's received by Tuesday, May 19, or drop it in a ballot box by 8 pm on the 19th. For ballot drop sites, visit <https://www.co.clatsop.or.us/clerk/page/ballot-drop-sites>.

But don't stop there! Use social media to encourage friends and family to vote for Sullivan, Nebeker, and Boothe-Schmidt. Email incoregon@gmail.com to help INCO Get Out the Vote. In May as in November, we need your help to elect leaders who'll protect the values we cherish.

While stay-at-home orders remain in effect, INCO's meetings have moved online. Email incoregon@gmail.com for details. We also post online events in our Facebook group.



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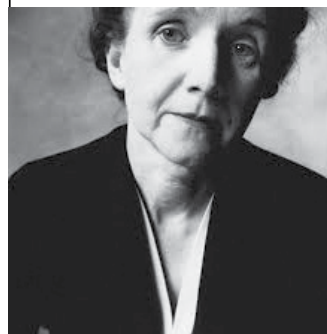
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on Sandridge Road,
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“The human race is
challenged more than ever
before to demonstrate our
mastery, not over nature but
over ourselves.”

— Rachel Carson

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MAY 20 | hipfishmonthly.com

WHILE WE REGRET the absence of the voices of all the candidates running for Clatsop County positions this May 2020 Primary, HIPFISHmonthly presents these profiles on the candidates it endorses.

In these unprecedented times, this publication stands by its mission to uphold social justice; economic, environmental, health, racial, gender and sexual justice.

Climate Change, our forests and progressive timber management are big on the list, as people of the coastal region are looking for strong leadership in this

arena—affordable housing, the “unhoused,” affordable healthcare, living wage jobs and equitable share for all Oregonians and how that looks for rural coastal Oregon.

We must re-elect commissioners Sarah Nebeker and Kathleen Sullivan. Their achievements in local and governmental partnerships in moving this county forward are outstanding and NOW crucial.

Stepping up to plate, Debbie Booth-Schmidt comes to her candidacy with a deep investment in the behind-the-scenes social net, working in the

criminal justice system, witnessing the economic inequities that people face, and as president of her union representing public servants, and their rights to wages and benefits. A 30-year resident who has raised a family here and also run a longtime small business on the coast, she clearly voices a commitment to the priorities of rural coastal peoples with first hand knowledge, compassion, and care for the well-being of all coastal constituents.

Take up your ballots. We're in for strong leadership. We need it!

Sarah Nebeker Clatsop County Commissioner District 2

WITH NEARLY EIGHT YEARS OF SERVING Clatsop County under her belt, Sarah Nebeker believes experience will be vital as the Board of Commissioners works to strengthen and reinvigorate the county in the aftermath of COVID-19.

“We are going to be pressed to deal with all the fallout from the pandemic,” said Nebeker, “Going forward, in this time, experience is going to be more important than ever.”

Nebeker, who manages the Royal Nebeker Art Studio and Uppertown Station LLC, was first elected to the board in 2012 and reelected in 2016. Her District 2 seat, which represents Gearhart, as well as southern Warrenton and northern Seaside, is being challenged in the election by John Toyooka, the manager of Lum's Auto Center.

During Nebeker's time as a commissioner, she's learned the value of a “well-run county,” as a majority of public government transpires at a local level. She's also worked with three county managers—and two interim county managers—who each brought their own style.

“Hiring county managers is a big responsibility,” she said.

Nebeker is also “a strong supporter of public and mental health,” working alongside other commissioners and county staff to make “great strides with outreach to our most vulnerable people.” She helped restructure Clatsop Behavioral Healthcare to improve client care, create a mobile crisis management team, and increase family and mental health services, and she played a role in establishing the respite center in Warrenton.

Additionally, in 2014, Nebeker formed the Arts Council of Clatsop County, which was involved in a study that demonstrated the significant economic impact of the arts in the county.



Facing Challenging Decisions

Among the censure leveled at Nebeker by her opposition are her support of Oregon's proposed cap-and-trade system and her vote to opt out of a class-action lawsuit against the Oregon Department of Forestry filed by Linn County in March 2016.

In November 2019, a Linn County jury found the state owed the plaintiffs \$1.1 billion in damages, as well as \$392 million in future damages, for not maximizing timber harvests on state forests during the past two decades.

In January 2017, Clatsop County opted out of the lawsuit with a 3-2 vote, with Nebeker voting for the opt-out. She still believes it was the best decision based on language codified in the 1941 Forest Acquisition Act—and later

defined under Oregon Administrative Rule 629—that requires the state to manage forestland for Greatest Permanent Value,” meaning “healthy, productive, and sustainable forest ecosystems” that provide a range of social, economic, and environmental benefits.

Nebeker took a few issues with the lawsuit. John DiLorenzo, the attorney for the county governments, made it seem like plaintiffs could simply “get some free money,” she said, but in reality, Clatsop County paid \$40,000 for counsel just while making a decision. Fighting the case would have resulted in

more legal fees. Additionally, the cost of the hefty damage award will ultimately be borne by individual taxpayers and businesses.

“If I'm paying taxes and I'm suing my own state, I am taking money out of one pocket and putting it into the other, but I'm taking a big chunk out of the middle and giving it to the attorneys—that's how I saw it economically, and it just didn't make sense to me,” Nebeker said. “This just wasn't free money.”

Although the state is expected to appeal the verdict, and she believes both sides will want to settle out of court, which calls into question the claim that Clatsop County lost out on \$200 million.

As for the cap-and-trade legislation, passed by the Oregon House of Representatives last year and under consideration in the state senate earlier this year, the commissioners did not take a formal position.

“I don't know that we would have been unified for one thing, but it wasn't for us to make a decision,” Nebeker said. “A lot of the counties wrote letters against supporting cap and trade, and people were upset we didn't join in on that.”

She believes a cap-and-trade system will come “sooner or later,” and she supports some move in that direction, but her desire is for people “to work together on it, not just say, ‘Yes, we support it,’ or ‘No.’”

Dealing with COVID-19

COVID-19 is also “a huge challenge” facing county commissioners and other local leaders, and Nebeker gets calls daily from her constituents.

“Some are very upset we're not closing all the beaches, and they're worried we're going to open up things too soon, and I get calls and emails from people who are really upset because we've closed things down,” Nebeker. “I understand people are hurting on both ends.”

Although the budget for the upcoming fiscal year is near completion, the next budget cycle will be a challenge. Additionally, commissioners have the responsibility to ensure the county obtains what federal and state assistance it can.

“Managing the effects of this pandemic on all aspects of county services for citizens is a top priority going forward,” Nebeker said.

In April, Clatsop County allocated \$50,000 in grants to Clatsop Community Action, Helping Hands Reentry Outreach Centers, and The Harbor so they can provide necessary resources to vulnerable populations, as well as offering a small-grant program for local nonprofit organizations.

When Nebeker joined the commission, the county had cut grants to outside agencies from \$30,000 to \$7,500, but she lobbied for several years to bring the funding levels back up. She views the grants as investments that save the county money in the long run by lowering recidivism, improving mental health, providing housing, and giving people access to resources and services they need to thrive. Often, agencies can leverage money from the county to procure other funding.



“It all brings more money into the county and saves taxpayer dollars,” Nebeker said. “I look at my job on the commission in a holistic way. I'm not just about healthcare or mental health or just about roads or just about the justice system. It's all interconnected.”

— Katherine Lacaze

KATHLEEN SULLIVAN'S endorsement is based on her accomplishments during her first term as a county commissioner, including

Kathleen Sullivan Clatsop County Commissioner District 4



ing the leadership in her vote against Clatsop County joining the Linn County Law Suit against the Department of Forestry. Additionally, during a time of massive public health crisis due to COVID-19, it is more critical than ever to having experienced elected officials navigating county challenges. With Sullivan's contributions to the health of county government over the last 4 years, she's well-poised to continue on this path of leadership.

During her first term as county commissioner, Clatsop County has seen the stabilization of mental health services at Clatsop Behavioral Health and the creation of a mobile crisis management team. The county has also seen the passage of a jail bond, the hiring of a new county manager and interim sheriff, the creation of short-term rental ordinances, and the passing resolutions on the cannabis industry.

As Sullivan points out, county services are a taken-for-granted backdrop to keeping a community healthy and functioning.

During this time of Stay Home order in Oregon, the state has been drafting guidelines which will be implemented by the county for the reopening of our economies by region. It is critical that this public health response be steered by leadership with a clear vision for long-term community health.

This makes the reelection of Sullivan obvious.

However, the populist Timber Unity movement, borne of dissatisfaction with state leadership during the introduction of Cap and Trade legislation, has generated push-back in the form of new voices running for office. The movement seeks to put forward elected officials for the task of loosening regulations around natural resource industries in the name of supporting "working Oregonians."

Sullivan's challenger is Courtney Bangs, who utilizes the rhetoric of Timber Unity to continue to solidify a rural, ideological position. Heavily funded by the Timber Unity PAC and the North Coast First PAC, the campaign threatens to upset Sullivan's seat, galvanizing District 4 voters through misrepresented and outdated concepts of how the county will thrive economically.

The Bangs campaign has made the Linn County Law suit a point-of-contention for Sullivan's seat, claiming Sullivan's vote prevented \$200 million dollars in funds for schools, roads, public safety and housing.

This claim colors the lawsuit as being about county public services, but Sullivan explains it is really about how we define value in our state forests.

The suit itself seeks to remove environmental considerations from the definition of Great-est-Permanent-Value (GPV) on ODF lands, added in 1998. Removing the recreational and environmental values-- including the value of the work forests do to create clean air and water, would open up more ODF land to timber harvest, and therefore, county revenue.

Sullivan wants to protect the standing definition of GPV, calling the change, "long-term degradation of the forest for short term gain."

Bangs and Timber Unity call this stance catering to unnamed, "Portland special interest groups." Sullivan says this is directly protecting forests for people who live in this community; it is not about Portland.

"There are also a lot of people that hunt and fish and camp in the forest that are right here at home. The forest has an important role to play in keeping our watershed healthy and cool."

Sullivan sees her vote as standing in solidarity with working people. "I'm supporting the 80 years of work done by ODF and all the people who rebuilt those lands. I believe that is a good thing. I believe greatest permanent value does include recreation and habitat. I don't think our public forests should be industrial tree farms and I think most people agree with me."

She clarifies that this lawsuit is specific to ODF land and does not change definitions for private timber-- which makes up most of

Clatsop County's forests. A belief that Sullivan voted against people living and working in Clatsop County conflates the issue to that of a personal attack.

"There is an assumption that I am not aware of how important family wages and natural resource jobs are to this community. I grew up in a farming community, I've had to work all my life," she says.

Sullivan also points out that Clatsop County is fiscally healthy, and is not desperate to open up more revenue from ODF.

In a time of upheaval, and a changing environmental, economic and health landscape, Sullivan's role as a County Commissioner is a progressive move forward, rather than looking back at old ways of operating. Candidates who are holding on to old modes of creating prosperity are not thinking creatively enough for the times we live in. Solid leadership is needed to carry this county through health and environmental crisis over the next 4 years. In District 4, that leadership is Kathleen Sullivan.

— Kaisa Schlarb

Debbie Boothe-Schmidt Oregon House of Representatives District 32

IF ELECTED to represent the 32nd District in the Oregon House of Representatives, Debbie Boothe-Schmidt believes the work will resemble that which she executed during her tenure as a union president: Listening to the opinions of her constituents, giving a voice to their needs, and fighting for good wages, stable jobs, and accessible healthcare – in short, she said, "what our residents need to make their lives better."

Boothe-Schmidt, 64, a Clatsop County trial assistant and co-owner of the Phog Bounder's Antique Mall in Astoria, faces fellow Democrat and former Clatsop County Commissioner George Kiepeke in the Oregon Primary Election. Two Republicans are also vying for the position, which is currently held by Tiffany Mitchell (D-Astoria): Tillamook Mayor Suzanne Weber and Seaside educator Vineeta Lower. The Democratic nominee and Republican nominee will face off in the November General Election for the chance to represent House District 32, which includes communities along the Oregon north coast from Astoria to Tillamook, as well as parts of western Washington County, including Gales Creek and Banks.

Boothe-Schmidt, the granddaughter of two loggers, grew up in Eastern Oregon and moved to the North Coast in the early 1990s. Originally, she settled in Astoria, but she's now lived in Warrenton for about 17 years. She worked as a staff assistant for the Clatsop County Corrections Division for about 10 years, before becoming a trial assistant at the District Attorney's office. In regards to governmental experience, she currently serves as chair of the Sunset Empire Transportation District Commission.

Healthcare and COVID-19 Aftermath

One of the key components of Boothe-Schmidt's platform is ensuring the North Coast is fairly represented in policy decisions that come out of Salem. Not all legislation, when implemented, works equitably for counties across the state—rural, as well as urban. For example, she said, a \$15 minimum wage is suitable for metropolitan areas such as Salem and Portland, but it wouldn't necessarily work well in Eastern Oregon or on the coast.

"You have to make sure whatever is put up there is going to work for our district also," she said.

One issue about which she is adamant is



making healthcare more affordable and accessible to all Oregon residents, regardless of income or social status.

"Everybody deserves healthcare," she said.

In terms of affordability, many people are paying high premiums but still facing high deductibles, which means a majority of their medical expenses still come out-of-pocket. As for accessibility, people need the ability and resources to obtain necessary medical procedures for acute and chronic conditions. For example, Boothe-Schmidt said, her mother-in-law must travel to Portland or Longview to access certain procedures that are critical to her health and wellbeing. If Boothe-Schmidt wasn't able to drive her to those appointments, she would be relying on limited bus transportation.

Boothe-Schmidt also plans to stand up to the pharmaceutical industries and fight to lower costs for prescription drugs. There are several avenues to explore and solutions to consider, she said, such as counties or districts within Oregon getting together and buying prescription drugs in bulk, or getting them supplied from the Canadian market, which maintains the same standards as the United States.

"Nobody should have to give up their prescription drugs to put food on the table," she said.

Additionally, Boothe-Schmidt expects the state will still be dealing with the aftermath of the COVID-19 pandemic when new represen-

tatives take office. On a state level, it will be challenging to craft a budget with lost revenue from lodging and gas taxes, as well as lottery funds.

Locally, the goal will be to get businesses back on their feet. In particular, the tourism and service industries, which are critical economic drivers on the coast, have been hit hard by the pandemic. Boothe-Schmidt wants to help get "our small businesses back up and running" soon, yet safely.

Other issues she hopes to tackle once in office include affordable housing, improving mental health resources, and Internet accessibility in rural areas.

A Tough Position

Boothe-Schmidt has gathered valuable experience and knowledge working for the county, raising children as a single mom and sending them to public schools on the coast, and running a business. Being a member of the American Federation of State, County and Municipal Employees (AFSCME) Local 2746 for about two decades, however, has given her unique insight into what it takes to come together and fight for common interests. As president, she was involved in contract negotiations, disciplinary actions, and working for better healthcare, higher wages, and safer working conditions for about 300 Clatsop County workers. Those skills can transfer into her job as a state representative and being a voice for her constituents.

Moreover, she's learned leaders can't simply walk away from the table when divisive issues and hard decisions arise, as a group of Republican state senators did both last year and this February in protest of a climate change bill.

If elected to represent the district, Boothe-Schmidt said, she will fight for "the best we can get out here."

"I will be a voice, I will always have an open door, and I will not walk out on a session," she said.

She admits stepping into the seat held by Mitchell causes "some concern" because of the backlash the current representative received for her vote on the cap-and-trade legislation, which resulted in an uncommon and aggressive recall effort.

"It would be nice if we could all sit down and talk things out," Boothe-Schmidt said, adding climate change needs to be confronted and state leaders must eventually develop solutions to combat the problem. "Being divided doesn't help anybody and it doesn't really address the issues."

She regrets current campaigning is limited to phone calls and social media, as opposed to meeting prospective constituents in person and having public debates. Since entering the race, she's spent 10 to 15 hours per week on the phone talking to people, especially in outlying areas such as Banks and Tillamook.

"It's been challenging, but we're doing the best we can," she said.

— Katherine Lacaze

• ART HAPPENS •

Don Frank: Summer of Letters at Imogen

IMOGEN GALLERY in Astoria presents North Coast photographer Don Frank. Known for his compelling and sometimes quirky compositions of the coastal region, Frank brings a new series of work which includes photographic based imagery as well as three dimensional wall hung pieces. Summer of Letters is a collection of work inspired directly by Frank's love of golf applied to the philosophy of life. The exhibition can be viewed online via imogengallery.com or by appointment for in person viewing, May 9th through June 9th.

Don Frank brings what might be considered the more obscure to the foreground. His slightly sardonic worldview seeps into powerful imagery that lends to good storytelling. For this series, he delves deep into the world of golf to consider the parallels between the game and life itself. He brings witty commentary within his altered photographic imagery of golf courses, scratched photographs as he refers to them, as well as sculptural pieces utilizing reclaimed remnants from the game.

In discussing his thoughts behind the content of the series as well as the game of golf itself Frank states: "It is interminably difficult yet easy at the same time. If one thing goes right, ten things can go wrong. Or vice versa. Many who play compare it to the struggle of daily life: exhilarating, disappointing, confusing, overwhelming, inspiring..."

Frank has enjoyed a career that has taken his work across the country both in galleries and in private collections, including the Museum of Contemporary Photography, Chicago and the Center for Fine Art Photography in Colorado.



Pencil #4, golf pencils and wood box 14" x 14" x 7"



Mona Lisa, scratched photograph 11" x 14"

Imogen Gallery is currently closed to walk in clientele. Follow online via Facebook and Instagram and check our website for the full exhibition. Contact through the website, email imogengallery@gmail.com or by phone 503.468.0620.

Your Last Day Ben Berres at Sou' Wester Virtual Gallery



Glass Etchings

ORIGINALLY SCHEDULED for the Sou' Wester Art Trailer, you can view the work of printmaker Ben Beres on the lodges website. Beres is a Seattle based artist and one third of the art trio SuttonBeresCuller. His collaborative group has been working together for 20 years, creating public art, sculpture, drawings, and are currently turning a contaminated gas station site into a public park, art space and community center called Mini Mart City Park.

In his solo work he creates performances, etchings and glass objects. He teaches printmaking at Cornish College of the Arts, Pilchuck Glass School, and is Creative Director for Bellwether Arts Experience in Bellevue, WA.

View Ben Berres at souwesterlodge.com

Seaside 1st Saturday ART WALK

GO ONLINE for more aesthetic exercise through Seaside galleries this month of May, exhibiting works for Seaside Art Walk

SUNROSE GALLERY features pique assiette mosaic china from the 1800's by gallery owner Cathy Tippin, handmade spirit dolls from found materials crafted by Jan Barber, spouse of Seaside Mayor Jay Barber, sand dollars, shells and pebble art by Mimi Cernyar Fox, fiber art by Robin Montero and cut up credit card mosaic art by Mari Cardinal Walker. Go to Facebook @ [m.me/SunRoseGallery](https://www.facebook.com/m.me/SunRoseGallery) Email curator Cathy Tippen: cathytippin@gmail.com 503-717-2685.

Fairweather House and Gallery features a curatorial NW exhibiton titled 'In Full Bloom' the gallery brings together artists' works in a variety of genres and interpretations, grouping them into an on-line spectrum of theme and color. Featuring art by Jo Pomroy Crockett, Christine Downs, Bev Drew Kindley, Dorota Haber-Leligh, Greta Lindwood, Melissa Jander, Carmela Newstead, and Zifen Qian. The work includes botanical studies, realism, abstraction and surrealism. Art can be purchased and picked-up by curbside appointment or delivered free locally. Visit www.fairweatherhouseandgallery.com or contact contact@fairweatherhouseandgallery.com

BEACH BOOKS ART-IN-THE-LOFT GALLERY, Art-in-the Loft Gallery at Beach Books offers a mixed media showcase from artists April Hoff and Debbie Wharton Estes, two NW artists who like to mix up collage, digital imagery, scrylics, alcohol links, fabrics and clay. Visit www.beachbooks37.com, Contact gallery curator Jim Zaleski at email jizzz42@gmail.com or message [m.me/Beachbooks37](https://www.facebook.com/m.me/Beachbooks37)

IMPRINT GALLERY

Creating a Real Moment in a Temporarily Virtual World



John Westmark, Tall Grass, acrylic, paper sewing patterns on canvas, 36 x 36 inches

OWNERS OF IMPRINT GALLERY, Mike and Jane Brumfield opened their gallery in 2017 in Cannon Beach Oregon, stating curatorial ambition, a clear aesthetic and a lot of heart. Together they have owned three previous galleries in America and England before settling on the Oregon Coast.

Prior to this Jane had a 20-year career curating for small regional museums in the South of England. Mike comes from a very different background, having a 40-year career in the oil and gas industry, and approaching the gallery world from a collector's perspective. In August they will open The Brumfield Gallery in Astoria.

In response to the postponement of the May C.B. Spring Unveiling Arts Festival, in which galleries introduce new work, and Imprint introduces new artists to its gallery walls, the Brumfields' presented a virtual tour on facebook, and upped it a notch in a Q&A with featured artists, **John Westmark** and **Lisa Bryson**. Your computer leads you through the gallery, and progresses to a facilitated conversation, the artists both appearing on another computer screen

in the gallery, and viewers asking questions through the chat line, then translated in real – live by the Brumfields.

John Westmark, contemporary male artist and feminist works to present sociopolitical issues and gender, drawing on archetypes to both document and question the portrayal of women, gender status, and power relationships. Aesthetically his work has common threads with diverse genres including: Western formal portraiture; Japanese Ukiyo-e woodblock prints; early 20th Century Russian propaganda posters, and monumental Mexican muralism.

Lisa Bryson is an established American contemporary figurative painter. In 2017, the same year as earning her Master of Fine Arts in Painting and a Teaching Fellowship from the University of Massachusetts Dartmouth, Lisa's work was exhibited in the highly competitive Manifest International Exhibition Master Pieces. In 2018 she was awarded the prestigious Elizabeth Greenshields Foundation grant in painting.

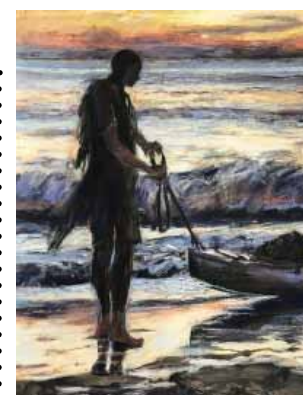
You can view the conversation on [facebook.com/imprintgallery](https://www.facebook.com/imprintgallery). The gallery also provides short films on facebook and their website featuring the artists in studios talking about their work at imprintgallery.com.



Lisa Bryson, The Studio, oil on panel, 36 x 24 in



A State of Grace, Robin Montero / batik and handmade wool sculpture at SunRose Gallery



Kathy Moberg, pastel

TRAIL'S END ART GALLERY

MAY 2020 SHOW features paintings from the Tuesdays pastel group. Viewable on the galleries website trailsendart.org and on Facebook

Lynda Campbell pursued pastels after a career as an art educator. Participating in this group for over 15 years, she brings her painterly style to natural objects. She enjoys bold color and all genres from landscapes to still life. **Jan Clawson** joined the group about eight years ago but has

been an artist using many media for 45 years. She has a passion for all subjects. **MaryAnn Gantenbein** explores multiple media and is quick to use pastels to express beauty where she sees it. She became a committed artist upon retirement.

Deanne Johnson is a specialist in pastel pet portraiture. A lover of animals, she began commissioned pet portraits about 10 years ago. **Claire McIntyre** emerging on the art scene, Claire has a soft painterly touch and enjoys locals scenes and habitat. **Kathy Moberg** was instrumental in getting the pastel group started, having created in pastels and watercolor for over 40 years. **Linda Rook** has worked in all dry media. Pastels give her another way to express the beauty she sees around her. **Susan Thomas** began as a graphic designer who then discovered pastels which quickly became a passion that led to her current ownership of "A Great Gallery" in Gearhart.

Information about the association is available at the website. There one can find many reasons to join the group, such as open studios available weekly for sharing and encouragement, a judged show in August, monthly chances to show artwork even as a featured artist, workshops and classes for growth in one's field. www.trailsendart.org

MESSAGES

SONJA GRACE

IT IS ALWAYS HUMBLING to think of how minuscule we are in relation to the Universe. Our belief systems tend to be based on our raising – family, culture, religion and politics mold our current understanding. The pandemic has created a shared experience around the globe. Karmically speaking, we have been here before many times. Fear has led us through centuries of pandemics and war. Whatever narrative you choose to believe it all requires critical thinking. How do we even consider that what we are being told might not be the whole story or even the truth? Let us put our minds together and ask questions like, who owns the network I get my news from and who are they involved with financially? Once we establish who is in business with who then we can follow the money. Then we must ask the question, are there other news sources that tell a different story?

Once we learn there are many ways to explore the facts we can then ask- what if we find out there is a bigger plan? If you find yourself shutting down, turning off in disbelief then I suggest you comfort your inner child and look to your adult self who can research and dig deep. When we find out that a vaccine is the only way we can deal with this global pandemic then I suggest asking the question why? Did we have a vaccine for SARS? No, we have gone through many viruses without vaccines. In fact, natural medicine like Chinese herbs and naturopathic remedies have helped people all over the world with Covid-19. I myself have worked on many covid-19 cases and the recovery rate has been successful! The question is why do we need a vaccine now? This leads to digging

deeper and asking, who owns the patent for coronavirus and who owns the labs that create vaccines?

When we feel fear or mistrust, we are often dialing back into emotional wounds from childhood and responding in ways that can set denial and even emotional paralysis in place. Fear can also keep us from rational thinking. When we can comfort the inner child, we can step out of fear and as adults implement critical thinking. Examine the future, for example: if the economy were to crash globally, a new system would be put in place and currency would change. How does this happen? We need to once again, follow the money. Who is the top tier financially and what do they have to gain? Most often it is about making more money. I suggest an open mind and certainly critical thinking when it comes to our economy. More important, what vaccine will you allow in your body?

Bill Gates is working with technology that is highly controversial and a form of genetic engineering called 'germ line gene editing.' In January, the Geneva Statement, the world's leading ethicists and scientists called for an end to this kind of experimentation. What are the ramifications? According to scientist Dr. Judy Mikovits "It is criminal to test mRNA vaccines on humans. mRNA can cause cancers and other dire harms that don't surface for years." When 80% of people infected with covid-19 have little to no symptoms we might want to ask what is the purpose of this particular vaccine? This is not to say those with compromised immune systems should not be in isolation and protected. Of course they should, and logical thinking around illness

Finding The Truth

and disease has been a part of our society for generations. What is the bigger picture? There are serious questions that need honest answers. I encourage you to not take the word of any news until you have done your own research. The vibration we live in now is constantly changing. Make sure you keep your energy level high through meditation, breathing, dancing, singing and exercise!

We will get through these times as did our parents, grandparents and our ancestors. Let us remember our relatives, and what they endured and how they questioned what was going on and, in some cases, even stood up and kept our country free. Being in isolation has given all of us a chance to examine how we spend our time and hopefully, a much bigger picture: freedom.

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



A Special Request from the Dogs & Cats at the

CLATSOP COUNTY SHELTER

We're a little low on supplies.
Would you please help?

Dog Food – Nature's Domain (Costco)

Cat Food – Nature's Domain (Costco)

Wet Dog Food & Pate style Cat Food

High Quality Kitten Food

50 Gallon Garbage Bags

13 Gallon Tall Kitchen Bags

Paper Towels

Dawn

Bleach

Cat Toys (No Catnip)

Dog Kongs (Black only please)

Feline Pine Cat Litter

Laundry Detergent (HE)

Also - We take Cash Donations!

Clatsop County
Animal Shelter
1315 SE 19th Street
Warrenton, OR 97146

503-861-7387
Tuesday thru Saturday
Noon to 4pm



THE LOWER COLUMBIA CLINIC

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wordwisdom

BE BRAVE!!

EVERY DAY that we live with this pandemic, we are "being" brave. Being brave is what you do to become brave. Frankly, our choices are slim. If you're not happy with this pandemic, where are you going to go? There's no place to hide, no way to skip out on its impact. Being brave during this time means just getting out of bed. If anyone reading this is not getting out of bed on a daily basis, please call me. Now.

I suspect we're all doing the best we can. There's no sense in complaining or logic in worrying. This is a good time to work on self-improvement that only you can measure. While improving eating habits, exercising more and reading are good and measurable—in pounds lost, body mass, and number of books read, self-improvement within yourself is not. Compassion, honesty, and ethical behavior are often judged by others. It's

time to reflect upon your own evaluation. Are you honest, or sometimes less than honest? Do you care about others, or only when convenient? Do you try to do the right thing, or do you take the lazy way and do nothing? We all have areas that need plodding. Our current social climate has not especially valued the qualities that make life meaningful. The American way appears to be materialistic, impatient, insensitive to the needs of others and basically selfish. We deserve this, that, better and more.

Here we are in lockdown. Spending a lot more time alone. We may be tackling knitting, cooking, movies, dealing with ourselves in a way we never did before. In our efforts to make the best of a bad situation, I'm going to say we are exhibiting bravery. We are all doing our best since pandemics are for everyone.

By Tobi Nason

When this quarantine is over, when time passes, it'll be interesting to note what changes became permanent. Cooking more? More thoughtful of others? Not taking things for granted, whether it's health, finances, or hugs. Everything will feel like a gift: Every kindness, shared time with friends, or home with family. I'm thinking this forced quarantine will bring out something we've squandered: our bravery, our ability to try new things, to defy materialistic suggestions, make people meaningful. Sew creatively. Write pandemic memoirs. None of these examples are profitable but are invaluable in the process of creating the person you were meant to be.

Be Brave.

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



STAR WARS: THE RISE OF SKYWALKER (MAY 4 DISNEY PLUS)

Disney has dropped the last of the nine-film Star Wars trilogy two months early, as well as 8 episodes of the spinoff series *The Mandalorian*. Don't expect any new Star Wars films in the near future as Bob Iger, the head of Disney has declared "The priority in the next few years is television." *Russian Dolls* co-creator Leslye Headlund was recently hired to create a female-led series set in a period of the Star Wars saga that has not been explored so far. The long-rumored Obi-wan Kenobi series has been confirmed with Ewan McGregor returning to play Ob-wan during his years as a hermit on Tatooine. Also, season 2 of *The Mandalorian* makes its debut in the fall with the focus on the search for Baby Yoda's homeworld. Breaking news: Disney announced that *Jojo Rabbit* director Taika Waititi is working on a new Star Wars movie.

UNCUT GEMS (MAY 25 NETFLIX) Adam Sandler gives a career performance in the Safdie Brothers' film as self-sabotaging jewel dealer with a gambling addiction. In 2012, Howard Ratner (Sandler) has bitten off more than he can chew in every possible direction. He owes \$100,000 to his loan shark Arno for covering sports bets gone bad, and his marriage has failed due to his womanizing. Under heavy pressure from Arno to pay back his loan, Howard has found the solution to his financial troubles: a rare black African opal that he hopes to sell to a deep-pocketed customer. Go-between Demany (Lakeith Stanfield) brings him the perfect customer – basketball star Kevin Garnett, who is entranced by the stone, but balks at the price. With pressure mounting on all sides, Howard, who's convinced he can maneuver himself out of any situation, hatches a new scheme to auction the stone at Christy's while rigging the auction to drive up the price.



ALL DAY AND A NIGHT (MAY 1 NETFLIX ORIGINAL) *Black Panther* co-writer makes an auspicious directing debut with this film about an Oakland aspiring rapper whose life spirals into violence. Ashton Sanders (*Moonlight*) plays Jahkor, who, after committing a double homicide, is sent to prison where he joins his father J.D. (Jeffrey Wright), who is there for the same reason. "If you had all day and a night to understand your life, where would you begin?" Jahkor narrates. Film attempts to unravel the difficult question of how young Jahkor, who swore to never be like his father, ends up the same. Odds are against him, with every step forward landing him two steps backward. Jahkor's rap

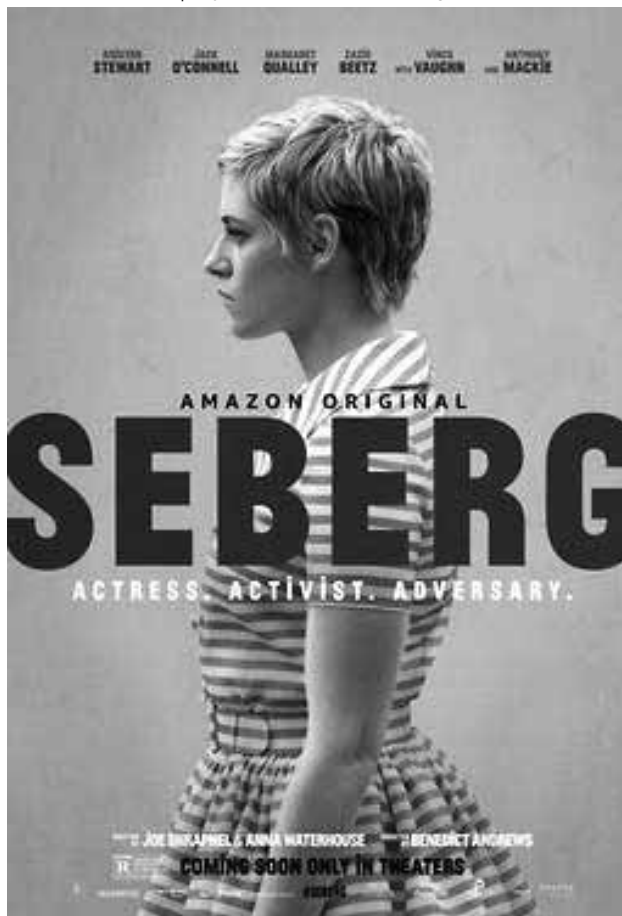
efforts are belittled by neighborhood rap mogul Trex. Jahkor starts a relationship with Shantaye, who immediately becomes pregnant. Even childhood friend Larmark, who's left the neighborhood for the military, returns in a wheelchair. Inevitably, Jahkor turns to crime.



Janelle Monae in Homecoming Season 2

HOMECOMING SEASON 2 (MAY 22 AMAZON ORIGINAL SERIES)

Sam Esmail's psychological thriller series returns for a second season. Season 1 starring Julia Roberts was set in the Homecoming Transitional Support Center, ostensibly a support center for military veterans returning from war which actually was using the vets as guinea pigs. Roberts does not return for Season 2. Season 1 cast members Stephen James, Bobby Cannavale, Shea Whigham and Hong Chau return, joined by Academy Award winner Chris Cooper. Synopsis: Janelle Monae stars as a woman who wakes in a rowboat adrift in a lake, with no memory of how she got there or who she is. Her ensuing search for identity will lead her into the heart of the Geist Group, the unconventional wellness company behind the Homecoming Initiative.



SEBERG (MAY 15 AMAZON ORIGINAL)

Kristen Stewart stars as Jean Seberg, the American actress who was the face of the French New Wave in the '60s before her political activism led to FBI harassment that destroyed her life. Film opens with an apt metaphor for Seberg's life – playing Joan of Arc in the 1957 film *Saint Joan* she is being burned at the stake. Cut to the late '60s. Seberg is on a plane to L.A. to reestablish her career in the States when she meets black activist Hakim Jamal (Anthony Mackie). Already a supporter of the civil rights movement, at LAX she poses for a picture with Black Panther members. Soon, she starts an affair with Hakim, but this brings her under the surveillance of the J. Edgar Hoover-led FBI, which has him labeled a subversive trying to unite "radical Negro groups." Surveillance soon turns to outright harassment, destroying Seberg's marriage and bringing her to the brink of nervous collapse.

GOODFELLAS (MAY 1 HULU) Martin Scorsese's 1990 true-life crime drama classic comes to Hulu. Story follows Henry Hill, who at a young age, becomes entranced with the flashy gangsters who live in his Brooklyn neighborhood. Henry wants nothing else but to become one of them. He begins working for a local Mafia capo and works his way up in the organization, becoming Jimmy Conway's right hand man, while trying to control pathologically-violent Tommy DeVito (Joe Pesci). Conway's crew performs the ultimate heist in breaking into the Lufthansa vault at JFK airport, but the multi-million dollar take proves their downfall. Henry begins selling cocaine on the side and without permission, until he realizes that his side business has made him a target of both the FBI and the Mafia.

THE HALF OF IT (MAY 1 NETFLIX FILM) Director Alice Wu, who made groundbreaking Asian-American queer romance *Saving Face* in 2004, then disappeared for 16 years, returns with another queer romancer, this time set in high school based on *Cyrano de Bergerac*. In *Cyrano*, two men fall in love with the same woman, but because of *Cyrano's* outsize nose, he agrees to be his rival's go-between to romance Roxane. In Wu's film, bookish Ellie Chu ghost writes love letters on behalf of classmate Paul, both of whom are sweet on new-girl-in-school Aster. There's a complication as Aster is already dating man-about-school Trig, but tiring of her dimwit boyfriend she's attracted to the depth and common interests in the letters she receives from Paul/Ellie.

HOLLYWOOD (MAY 1 NETFLIX ORIGINAL) Ryan Murphy re-imagines '40s Hollywood as a progressive, diverse industry (in reality, it was anything but) in his new Netflix series. Story follows Jack Costello, actor wannabe, who hopes to parlay his good looks into a Hollywood career. Instead, he finds himself working as a gigolo in a gas station/brothel. Along with Jack we're introduced to fellow hopefuls all held back by the racism and misogyny of the industry – aspiring screenwriter Archie (black and gay), aspiring director Raymond (half-Asian), Camille, a black actress who can only get jobs playing maids, and Roy Fitzgerald who would later change his name to Rock Hudson. These marginalized characters band together and create a picture, *Meg*, which tells the story of an actress driven to suicide by the inequalities of the industry. In Murphy's fantasy Hollywood, *Meg* is a sensation, overnight changing the attitude of the industry toward race, sex and sexual preference. After nothing but success since *Glee*, reviews indicate Hollywood could be Murphy's first loser.

FREE WILL ASTROLOGY

© Copyright 2020 Rob Breznsy **MAY 2020**

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



ARIES (March 21-April 19): I always hesitate to advise Aries people to slow down, be more deliberate, and pay closer attention to boring details. The Rams to whom I provide such counsel may be rebelliously annoyed with me—so much so that they move even faster, and with less attention to the details. Nevertheless, I'll risk offering you this advisory right now. Here's my reasoning, which I hope will make the prospect more appealing: If you commit to a phase in which you temporarily invoke more prudence, discretion, and watchfulness than usual, it will ultimately reward you with a specific opportunity to make rapid progress.

TAURUS (April 20-May 20): Is there an area of your life where you would like a do-over? A chance to cancel the past and erase lingering messiness and clear a path for who-knows-what new possibility? The coming weeks will be an excellent time to prepare—not to actually take the leap, but rather make yourself ready for the leap. You will have God and fate and warm fuzzy vibes on your side as you dare to dream and scheme about a fresh start. Any mistakes you committed once upon a time could become irrelevant as you fantasize practically about a future breakthrough.

GEMINI (May 21-June 20): In 1855, Gemini-born Walt Whitman published his book of poetry *Leaves of Grass*. A literary critic named Rufus Wilmot Griswold did not approve. In a review, he derided the work that would eventually be regarded as one of America's literary masterpieces. "It is impossible to imagine how any man's fancy could have conceived such a mass of stupid filth," Griswold wrote, adding that Whitman had a "degrading, beastly sensuality" driven by "the vilest imaginings." Whitman's crafty Gemini intelligence responded ingeniously to the criticism. In the next edition of *Leaves of Grass*, the author printed Griswold's full review. It helped sell even more books! I invite you to consider comparable twists and tricks.

CANCER (June 21-July 22): In your efforts to develop a vibrant community and foster a vital network of connections, you have an advantage. Your emotionally rich, nurturing spirit instills trust in people. They're drawn to you because they sense you will treat them with care and sensitivity. On the other hand, these fine attributes of yours may sometimes cause problems. Extra-needy, manipulative folks may interpret your softness as weakness. They might try to exploit your kindness to take advantage of you. So the challenge for you is to be your generous, welcoming self without allowing anyone to violate your boundaries or rip you off. Everything I just said will be helpful to meditate on in the coming weeks, as you reinvent yourself for the future time when the coronavirus crisis will have lost much of its power to disrupt our lives.

LEO (July 23-Aug. 22): Now is an excellent time to take inventory of your integrity. You're likely to get crucial insights if you evaluate the state of your ethics, your authenticity, and your compassion. Is it time to boost your commitment to a noble cause that transcends your narrow self-interest? Are there ways you've been less than fully fair and honest in your dealings with people? Is it possible you have sometimes failed to give your best? I'm not saying that you are guilty of any of those sins. But most of us are indeed guilty of them, at least now and then. And if you are, Leo, now is your special time to check in with yourself—and make any necessary adjustments and corrections.

VIRGO (Aug. 23-Sept. 22): I predict that you will have more flying dreams than usual in the coming weeks—as well as more dreams in which you're traveling around the world in the company of rebel angels and dreams in which you're leading revolutionary uprisings of oppressed people against tyrannical overlords and dreams of enjoying eight-course gourmet feasts with sexy geniuses in the year 2022. You may also, even while not asleep, well up with outlandish fantasies and exotic desires. I don't regard any of these likelihoods as problematical. In fact, I applaud them and encourage them. They're healthy for you! Bonus: All the wild action transpiring in

your psyche may prompt you to generate good ideas about fun adventures you could embark on once the coronavirus crisis has ebbed.

LIBRA (Sept. 23-Oct. 22): It's time to work your way below the surface level of things, Libra; to dig and dive into the lower reaches where the mysteries are darker and richer; to marshal your courage as you go in quest of the rest of the story. Are you willing to suspend some of your assumptions about the way things work so as to become fully alert for hidden agendas and dormant potentials? Here's a piece of advice: Your fine analytical intelligence won't be enough to guide you through this enigmatic terrain. If you hope to get face to face with the core source, you'll have to call on your deeper intuition and non-rational hunches.

SCORPIO (Oct. 23-Nov. 21): When was the last time you researched the intricacies of what you don't like and don't desire and don't want to become? Now is a favorable time to take a thorough inventory. You'll generate good fortune for yourself by naming the following truths: 1. goals and dreams that are distractions from your primary mission; 2. attitudes and approaches that aren't suitable for your temperament and that don't contribute to your maximum health; 3. people and influences that are not in alignment with your highest good.

SAGITTARIUS (Nov. 22-Dec. 21): Novelist Fyodor Dostoevsky believed that the cleverest people are those who regularly call themselves fools. In other words, they feel humble amusement as they acknowledge their failings and ignorance—thereby paving the way for creative growth. They steadily renew their commitment to avoid being know-it-alls, celebrating the curiosity that such blessed innocence enables them to nurture. They give themselves permission to ask dumb questions! Now is a favorable time for you to employ these strategies.

CAPRICORN (Dec. 22-Jan. 19): What wonderful improvements and beautiful influences would you love to be basking in by May 1, 2021? What masterpieces would you love to have as key elements of your life by then? I invite you to have fun brainstorming about these possibilities in the next two weeks. If an exciting idea bubbles up into your awareness, formulate a plan that outlines the details you'll need to put in place so as to bring it to fruition when the time is right. I hereby authorize you to describe yourself with these terms: begetter; originator; maker; designer; founder; producer; framer; generator.

AQUARIUS (Jan. 20-Feb. 18): If I asked you to hug and kiss yourself regularly, would you think I was being too cute? If I encouraged you to gaze into a mirror once a day and tell yourself how beautiful and interesting you are, would you say, "That's too woo-woo for me." I hope you will respond more favorably than that, Aquarius. In fact, I will be praying for you to ascend to new heights of self-love between now and May 25. I will be rooting for you to be unabashed as you treat yourself with more compassionate tenderness than you have ever dared to before. And I do mean EVER!

PISCES (Feb. 19-March 20): In the coming weeks, I'd love to see you get excited about refining and upgrading the ways you communicate. I don't mean to imply that you're a poor communicator now; it's just that you're in a phase when you're especially empowered to enhance the clarity and candor with which you express yourself. You'll have an uncanny knack for knowing the right thing to say at the right moment. You'll generate blessings for yourself as you fine-tune your listening skills. Much of this may have to happen online and over the phone, of course. But you can still accomplish a lot!

Homework: What's the bravest thing you ever did? What will be the next brave thing you do? Testify at FreeWillAstrology.com

Bike Madame

By Margaret Hammitt-McDonald

The Masked Avenger Rides On

WITH THE CDC's recommendation to wear a face mask when going out in public to protect yourself and others from the novel coronavirus, you may be wondering if that includes outdoor exercise. And if you find yourself behind a mask for cycling, jogging, or other activities where you may encounter other people, are there concerns about difficulty breathing, especially if you like to ride hard and/or fast?

Prior to the pandemic, I'd had little experience wearing face protection. As a naturopathic physician, I don't do procedures that require me to cover my face, and the sum total of my masked experience was wearing a respirator while doing woodworking. Although the respirator was well designed and appropriate for the job, I still felt like Darth Vader going scuba diving, and most woodworking isn't even aerobic exercise.

Let's just say that huffing and puffing up a long hill in a balaclava isn't fun.

A recent New York Times article features interviews with epidemiologists, exercise physiologists, and other experts answering readers' questions about doing outdoor activities with a mask on. (Gretchen Reynolds, "Exercising Outdoors With a Face Mask," New York Times, April 10, 2020). On the first topic—whether or not you need the mask to prevent virus transmission while jogging, cycling, or doing other exercise in public—the experts responded that while these activities pose little risk for either contracting or spreading COVID-19 (unless the area is very crowded), following the CDC recommendations makes sense, even if more from "politeness and policy" than for protection. They noted that passersby will feel reassured and you'll be in compliance with regulations some municipalities have passed requiring everyone to cover their faces whenever they leave their homes. (Check your area's current requirements to stay in compliance.)

As to whether facial coverings can cause or worsen breathing problems with heavy-duty physical activity, the



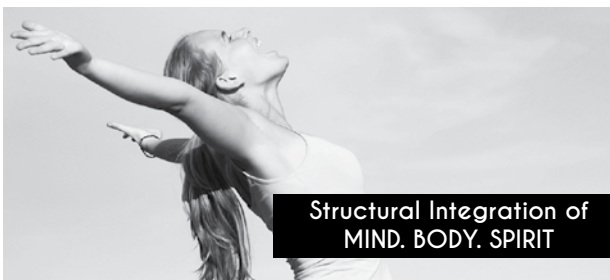
experts concluded that wearing a mask while exercising is generally safe. However, you might work harder to breathe, depending on how thick the material is. More occlusive styles can also heat up the covered area; that clammy feeling might prompt you to remove the face covering, which defeats the purpose. And if you wear glasses, keeping your nose and mouth under wraps causes them to fog up, which is what happened to my goggles when working with wood. Surgeons who wear glasses recommend washing the lenses with soapy water before you don your mask; this can reduce fogging.

The experts' preferred face protectors are buffs, which look like the offspring of a turtleneck and a scarf. If you get one intended for exercise, it should be breathable; however, you sacrifice a degree of anti-microbe defense. On the other hand, the homemade fabric version of a surgical mask that you often see keeps your secretions to yourself better, but they are more likely to steam and fog your glasses (and therefore get left home). As I've recommended with raingear and the balance between waterproofness and breathability, they suggest testing out different styles.

Even with your Darth Vader gear in place, please remember that wearing face (and/or hand) coverings is not a substitute for keeping at least six feet between you and other folks. Make sure you're riding on wide paths or streets where you aren't crowded next to others. When you return home, treat your face covering to a wash and a disinfecting to ditch any microbes you've picked up. You never know whether any of them will be medichlorions trying to infiltrate you and make you join the Dark Side of the Force.

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Whole PLANET Health

By Margaret Hammit-McDonald

Nature Distancing

BEING OUTSIDE is a huge part of my life. My family goes on a daily walk, we hike every weekend, and although our garden contains more weeds...I mean volunteer plants than intentionally seeded plants, we enjoy harvesting salads and watching peas climb.

I'm grateful to live in an area that's sparsely populated enough to get outside and exercise while maintaining COVID-19 social-distancing guidelines. My heart goes out to the many people who don't have this choice, whether they live in a densely populated area, are experiencing poverty or homelessness, or both. The pandemic has thrown systemic inequities into greater relief in many ways, including differential access to health care and adverse mental-health effects of isolation, but one aspect that's not been highlighted is the degree to which the stay-home order has impacted our relationship with nature.

Evidence abounds that humans, like other animals, require daily immersion in natural settings for our mind-body well-being. E.O. Wilson, a founding figure in evolutionary biology, called this biophilia: our love for the living world. And yet a widely cited study indicates that children in the United States spent a paltry average of four to seven minutes per day playing outdoors (Danielle Cohen, "Why Kids Need To Spend Time In Nature," Child Mind Institute, childmind.org). Technological distraction tops the list of explanations for this dismal figure, but that's only true for children whose parents can afford to buy them electronic devices. In socioeconomically disadvantaged areas, fear of crime and environmental racism (communities of color are more likely to have polluting industries for neighbors) also banish kids to the not-so-great indoors. With such limited outdoor time as a baseline, I can only imagine how many people now spend all their time indoors.

Friends, family, and patients have expressed their concerns about social distancing and mental health. They worry that it's exacerbating a trend toward interacting virtually rather than in-person. I believe there's a parallel problem with isolation from nature as well as each other. Is it surprising

that some folks buy expensive "earthing" items that allow them to lie on, stand on, or wrap themselves in Earth's electro-magnetic frequency when so many of us step from a carpeted floor to a concrete sidewalk into a car or bus and then onto another artificial surface at work?

My family and I belong to a trail-repair association, Trailkeepers of Oregon, which has suspended its maintenance work during the pandemic. On their behalf, I remind everyone to continue respecting park and beach closures and to avoid travel for outdoor recreation. On local trails that are still open, protect yourself and others by going somewhere else if it appears too crowded to keep a safe distance. But we can still enjoy our health-supporting connection with nature even with these restrictions. Go out in your yard and feel a handful of soil. Plant vegetables and herbs you've never tried. Savor the fresh, rain-washed air. And when the restrictions are lifted, consider volunteering to maintain natural areas that will need love, to join efforts to protect places threatened by development and extractive industries, to work for ecological justice for all, to help remove barriers to access, and to ensure that unspoiled places don't remain the privileged playgrounds of the wealthy and powerful.

Closeness to nature is a human right and a health imperative. As the pandemic has done for so many other things, it has illuminated our disparities and offered us a choice: either to continue "unequal as usual" or to use the insights we're offered to build a better, more inclusive world.



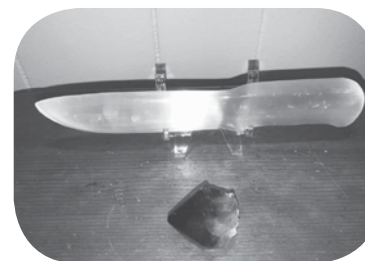
Distance Healing with Ann Robben Dott and Stone Selenite

"ENERGY HEALING is beyond time and space so it is perfect for distance sessions," says Ann Robben Dott, who has maintained a life long interest in healing and gemstones.

Marilyn Harper and Tom Ledder, maker of selenite swords, teach the Selenite Swords of Light Mastery Workshop. "Tom taught us to use the Selenite Swords for Chakra clearing and activation and another process called Light Body Activation. This event went online, while we are all practicing physical separation, with opportunities to practice the activations as distance healing sessions," informs Robben Dott.

Ann Robben Dott has done clairvoyant reading and spiritual healing work, including working with gemstones, since 1985. She acquired her Selenite blade Thanksgiving weekend, 2019. In January, 2020 while in Egypt, she learned of people who could teach her about using the Selenite. She's excited to be able to add Selenite Healing sessions to her offerings. Says Robben Dott, "2020 is a time for clearing and bringing up the energy! Selenite has a clarity and focus, when used with intention, that is very powerful."

Contact Ann Robben Dott for more information at awakeningwonder@outlook.com
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North Coast area meetings are held online Wednesday 7:30 to 8:30pm, zoom meeting id 326917486 and Monday 11:00am to 12:30pm, zoom meeting id 994 1842 4777. More meetings are listed at refugerecovery.org

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

CHEW ON THIS!

by Merianne Myers



Here we go gathering nuts in May. . .

HERE'S SOMETHING I didn't know before this virus merde hit the fan: anxiety and ennui are lovers. Complimentary, co-dependent, enabling geniuses that feed off one another and grow stronger for it. You know, like parasites. They are a tag team of wretchedness and determined to perpetuate themselves.

These days my anxiety says things like, "Maybe you should check in with the news. Just in case there's something you really need to know. You know, like how many people are sick/hungry/hopeless/dead." Or, "Aren't you worried about our government? That guy in charge is actually getting paid!" Then, before anxiety can think of more ways to sell its crock of dookie, Ennui coos, "Oh, Sweetie, this is too much. Why don't you sit beside me on the couch and stay there for oh, I don't know... a month or two?"

I have occasionally succumbed to the sales pitch lobbed my way by these two hucksters. However, my particular brand of brain and heart chemistry quickly converts sadness and stress into righteous anger. Granted, that is no less a negative attitude than anxiety, but it is amazingly effective against prolonged attempts to get me down. Bonus: rage does not sit quietly on the couch. It has to do something or the penalties will be severe. The results can be hugely productive or, given the current restrictive circumstances, hugely chaotic. Example: We need to make a thrift store/dump run right after I clean the garage which I will do right after I go through our closets and take stuff to be donated out to the garage which I will do right after I finish this ironing and get everything neatly into the closets which I will do as soon as I finish the laundry....

Do I make myself clear? Suffice it to say, things are getting done around here.

Another item on my personal list of Less Than Appealing Personality Traits is my resistance to being told what to do. These days, that means I will reduce Anxiety to a ninny whimpering in a far corner of my consciousness by steadfastly refusing to tap into the eternal drip feed of 'news'. I opt for a once-a-day check in with a couple of trusted news sources, you know, like ones that do research and support science and stuff. That done, I simply ignore the rest of the waspish buzz. Foolish? Maybe. Blithe? Absolutely!

I'm not recommending my system of stress relief by any means. Firstly, by the time we've logged a handful of decades of living, we are who we are. Secondly, it would be rash to propose that we all adopt my often maddening behavior. Lastly, for those of you who share similar psycho-burdens, there is no telling you what to do.

Without exception, when your wickets get too sticky, you can cook something. Something as simple as a carefully made cup of coffee or tea or hot chocolate can provide the very solution to a stressed out, "Give me a minute, would you?!"

Better yet, make a meal. Actually make a microwave-free meal. Doesn't matter if it's buttered toast or a three course production. The very ritual and reward is medicine of the purest kind. And, the only side effect is some dishes to wash which morphs from odious task to cheap spa treatment as soon as your hands slide into warm, sudsy water.

I made a slow roasted chicken recently. I have previously extolled the virtues of the high-temp fast roast method. And, I still do. These days, however, I have time (I have time, but I can't keep track of it. Know what I mean? What day is this?). So, slow roasting is just the ticket. It provides hours of aroma therapy for all who reside within and results in succulent lusciousness that can linger for days of yummy leftovers.

HOLD THE XANAX AND PASS THE CHICKEN

Slow, Slow Roasted Chicken

Preheat the oven to 300.

Rinse the chicken inside and out, then pat dry and sprinkle with salt. Stuff the cavity with whatever aromatics you have at hand. I used a whole garlic bulb cut in half through its equator and a few sprigs of rosemary. Could be a lemon cut in half and some thyme. It's your chicken.

Place in a baking dish on the middle rack of the oven and walk away for at least a couple of hours. Timing depends on the size of the chicken. Plan on 3 hours for a 4 pound bird. You're looking for 165 degrees in the thick part of the thigh when done.

This method gives you moist, delicious meat, great pan drippings and a moment of Zen amongst the moments of madness.



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

Sizzlin' RE - RUNS!!

Jacob's Ladder

By
Marianne
Monson



IN A WELL-KNOWN STORY from the Hebrew Bible, a man named Jacob lies down to sleep on a particularly stony stretch of ground. During the night, he dreams of a ladder stretching to heaven, with angels ascending and descending. In the morning, when he awakens, Jacob raises a stone in tribute to the communion he found with the divine in an unexpected place.

In 1841, this story inspired Unitarian Sarah Flower Adams to pen the words to the hymn, "Nearer, My God, To Thee," a song that was played by musicians onboard the Titanic as it sank. It was also played at Gettysburg for soldiers retreating from the disastrous Pickett's March.

The concept that tragedies illuminate new truth is one that has gained new relevance over the past months of the unfolding global pandemic. Great renaissance masters call the technique *chiaroscuro*—observing the way shadowed darkness sets off and enhances the effect of highlights. Alongside accounts of coronavirus tragedies, we've read of shelter dogs and cats in New York rehomed at unprecedented rates. Companies struggling to stay financially solvent have pivoted to producing hand sanitizers and medical supplies. People in self-quarantine are sewing masks to donate to their communities, and children playing on quiet streets are spending more time with their loved ones than they have, perhaps, ever before. In stories such as these, we see the best of humanity rally together in remarkable acts of solidarity.

In one sense, it is incredible that a society as advanced as ours has been brought to a complete and utter stand still by a microscopic virus. Scant months ago, it was easy to dismiss polio epidemics and Spanish flu outbreaks as irrelevant epochs in history unlikely to happen on a similar scale.

It is not so easy to dismiss them now.

This moment invites a rare chance to wonder what else we may be taking for granted, what else we, in our arrogance, have not gotten right. It is certainly an invitation to live with greater awareness life can change at any moment. The fact that a virus that began in a crowded market in Asia could, within a matter of weeks, circle the globe, lends new vitality to Martin Luther King's words: "We are caught in an inescapable network of mutuality, tied in a single garment of destiny." In an era of political divisions, of wall building and escalating hate crimes, it is arguable we need a reminder that the enemy against which we fight resides not among other humans, but within harmful ideologies themselves.

As a writer, I find that one of the often underestimated steps in any creative process is the stepping away--the pausing--to better evaluate what is working and what is not. When I return to my desk, I see things afresh and can begin revisions, a word that means literally to "see again."

Within this unfolding catastrophe, while emergency personnel perform heroic efforts, the vast majority of us have been told the single greatest contribution we can make is to simply stay home. The pace of modern life seldom affords such introspection, and I can't help hoping that what we see from a distance may give rise to reevaluation.

Over the last few months, our society has indeed spent dark hours on some very rocky ground, the weight of which affects all of us in one way or another, and will likely continue affecting us for months to come. But eventually, this night will be over. The sun will inevitably rise and the wheels of society will begin to turn once more. With new medical advances and procedures in place, we return to work and school, as airplanes resume their orbits and life recapitulates to its hectic pace. Personally, I hope when it does, we will take time to raise our rough-hewn markers and learn from insights gained during this long night we've spent apart.

Astoria Co+op Launches Double Up Food Bucks

**SNAP incentive program
increases food access for
low-income families,
supports local farmers**



ASTORIA CO+OP will be the first grocery store in Oregon to launch the healthy food incentive program Double Up Food Bucks starting this May. After success at farmer's markets, the program is extending to a small number of grocery stores.

"Double Up Food Bucks puts more healthy food on the plates of low-income families, while supporting local growers," said Astoria Co+op General Manager Matt Stanley. "We're supporting our customers while helping grow a healthier community."

Double Up matches the value of SNAP spent on fresh fruits and vegetables providing shoppers with credit for future produce purchases, up to \$10 per shopping trip. SNAP stands for the Supplemental Nutrition Assistance Program, formerly known as food stamps.

The Oregon Legislature approved \$1.5 million in the 2019-2021 biennium budget to continue and expand Double Up. The Oregon Food Bank is administering the Double Up grocery pilot program in cooperation with the Fair Food Network and Farmers Market Fund.

"Double Up Food Bucks is proven to be a model that supports low-income families to bring home more fruits and vegetables, local growers to sell more produce,

and more food dollars to stay in the local economy, not just in Oregon, but around the country. Expanding the program to retail outlets, like Astoria Co+op will further support local businesses and growers while providing low-income community members with year-round access to quality fruits and vegetables," said Ryan Schoonover, Oregon Food Bank's, Double Up Grocery Coordinator.

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

Astoria Co+op is open 9am-8pm. All shoppers are welcome, no membership needed.

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. Participants should send their letters to Oregon Humanities along with a signed permission form (also available at 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.

North Coast Food Web Update

NCFW piloted successful online sales to replace its in-person farmstand during COVID-19, with vendors and community members adapting to the new process. Starting June 1st, they'll be launching a more robust online sales platform with easier ways to pay. The month of May will provide time to get the new system running, to be up and ready for June 1, and to support local food sales in the summer growing season. The new system in place will continue you on to grow and support NCFW food system in the long-term.

North Coast Food Web also announced they have \$10,000 to award to local food business (farms & food producers) negatively impacted by COVID-19. Five grants of up to \$2,000 to award by May 30, 2020. The purpose of this emergency mini-grant is to keep local food businesses from permanent closure and substantial setbacks due to COVID 19. The grant money was raised through private donors and Columbia Pacific Coordinated Care Organization.

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LAST TIME I looked at the **ASTORIA EATS!** Facebook site, *THE MERRY TIME* was serving up open-faced roast turkey sandwich with mashed potatoes, stuffing, cranberry sauce and gravy! Now that's comfort food! Daily postings from Astoria restaurants for orders to go make your food life exciting. Make sure you use the exclamation point, or you'll be ordering to go from Astoria, NY, and that might take awhile.

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