

July 2020 • vol 22 • issue 257

HIP FISH MONTHLY

alternative press serving the lower columbia pacific region

ART: Virtual and Live/Astoria Open Studios Tour

MUSIC: Outdoors

MOUNTAINS: In Images and words


HOW



**DOES
THE
COASTAL
COMMUNITY
MAKE**


BLACK LIVES MATTER

RIVERSEA GALLERY
contemporary works of art



Karen Wippich
Strange Days: A Pandemic Journey

1160 Commercial Street Astoria, Oregon
503.325.1270 riverseagallery.com Open daily



Imogen Gallery | contemporary works

240 11th street, astoria, or • 503.468.0620
mon – sat 12 to 5pm, sun 12 to 4, closed tue/wed • imogengallery.com



closed
mondays

4 SEASONS CLOTHING
Brighton. IVKO

1405 COMMERCIAL ~ DOWNTOWN ASTORIA



Celestine Durham
hair designer

Hair Cutting/Hair Design
Hair Coloring of all Kinds
Gray Banishing
Brow Waxing & Coloring
Hair Straightening
OLA PLEX!

at Salon Stellar, 2921 Marine Dr. Astoria Call for an appt. 503.791.7285

WE'RE OPEN!
LUMINARI ARTS



Artisan Crafts
Stationery
Ceramics • Jewelry
Cards • Arts

503.468.0308
1296 Duane St. Astoria

BELLY DANCE WITH JESSAMYN



Wednesdays, 7pm to 8:15pm
at the AAMC, \$10 drop-in
342 10th St (2nd Floor).
Your first class is free!

* All genders, ages, and levels are welcome.
* Coin belts, zills, veils, & music are provided.

For private lessons, performances:
astoriaartsandmovement.com
503.791.5657

JULY 20 | hipfishmonthly.com

follow us on facebook

finnware

crystal & pottery
dinnerware
cooking products
textiles home decor
sweet treats
jewelry sweaters t-shirts
discover scandinavian design
books & souvenirs Christmas year
round sauna supplies cookware

Since 1987

finnware.com • 503.325.5720
1116 Commercial St., Astoria OR • Open 10am - 4pm Tue - Sat

Wild Roots
MOVEMENT & MASSAGE
ASTORIA, OREGON

RADICAL INCLUSIVE SELF CARE PRACTICED HERE

Reserve classes online or by drop-in
Reserve a Massage online
or by calling:
503.791.9624

WINTER SPECIAL
\$15 off monthly packages
\$10 off punch cards

922 COMMERCIAL IN ASTORIA WILDROOTSASTORIA.COM

GYPSY'S WHIMSY
HERBAL APOTHECARY



Enter into the Gypsy's Caravan

- exotic teas and herbs
- unique fair-trade imports
- nutritional remedies
- natural body care & aromatherapy

Relax, Explore, Enjoy!

503.338.4871
Hrs: Tue - Sat 11am - 6pm
closed sun - mon
1130 Commercial St.
Astoria, OR 97103

2nd Saturday ART WALK


NEW HOURS:
12noon to 8pm

Presented by
the Astoria Downtown
Historic District
Association

JULY 11

Visit Downtown Astoria
on the 2nd Saturday of
every month for art, music,
and general merriment!

Food and refreshments will not
be served. Participants are
encouraged to follow social
distancing guidelines and to
please wear masks.



astoriadowntown.com

ASTORIA ART LOFT



We offer weekly classes
by local artists,
workshops by nationally
known artists, studios and
meeting space,
2 classrooms and a large
gallery showing fine
art and crafts.

AstoriaArtLoft.com
Hrs: 10am to 4pm, Tue - Sat
AstoriaArtLoft@gmail.com

106 Third Street, Astoria Or. 97103 503.325.4442

HOW DOES THE COASTAL COMMUNITY MAKE BLACK LIVES MATTER

By Kaisa Saavalainen



PHOTO: K. SAAVALAINEN

PHOTO: NATHAN BURTON

“What is it called when there are more Black Lives Matter signs in windows and on lawns than there are Black people living in the neighborhood?” asked Black, Queer activist Erika Hart.

Black people represent half a percentage of Clatsop County’s population and .2% of Tillamook and Pacific County’s population each.

What does it mean for Black lives to matter in a community that is mostly white because Black people were openly excluded from settling and building a future in Oregon? Black people were not yet freed from the chains of slavery in 1850. This is the year the Donation Land Act began granting 360 acres of free land to white, overland immigrant settlers on the Oregon Trail. This act also displaced Indigenous People from the land they had lived on for millennia.

Since the murder of George Floyd at the hands of Minneapolis police officer Derek Chauvin, a more visible segment of the coastal population has taken a stance in support of the Black Lives Matter Movement. BLM was born in 2014,

in response to police brutality against Black bodies. Community members have taken to our rural streets in solidarity with a movement born in larger urban areas, where the relationship between Black people and police is much more visible.

Before the murder of George Floyd, our white, rural community has, at times, viewed BLM as more of a joke than a statement of solidarity. Last fall, a yard sign on the east side of town in Astoria, visible from Highway 30 read, “Mice Lives Matter.” A Subaru drives around Astoria donning a bumper sticker that says, “Pug Lives Matter.” On the Long Beach Peninsula, a tourism-based shop sells a sweatshirt in the window that

reads, “Drunk Wives Matter.”

James Baldwin said, “It’s not a racial problem, it is a problem of whether or not you are willing to look at your life and be responsible for it and then begin to change it.”

What do we need to take responsibility for on the Oregon coast, where the landowners are white, and the paint we’re covering our old yard signs with, hasn’t yet dried?

We can start with listening.

cont. p10

Hester's Vintage

PORTLAND, OREGON

HestersVintage.com



Etsy.com/shop/Hestersvintage
Instagram:@HestersVintage

Forsythia
home & garden ARTS

- artisan decor for home and garden
- traditional toys



1124 Commercial St • Astoria, OR Open Mon - Sat 11 - 5:30, Sun 12 - 4



KAREN KAUFMAN
L.Ac. • Ph.D.

Acupuncture
& Traditional
Chinese
Medicine

- Musculoskeletal pain and strain
- Headaches/Allergies
- Gynecological Issues
- Stress/emotional Issues

503.298.8815
klkaufman@mac.com

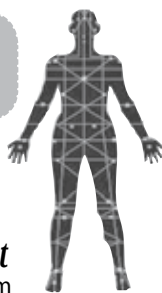
New Location!
495 Olney Ave Astoria Or

Want To Live Life To
The Fullest?

Distance Healing
Special now through July 2020
Only \$80 per session

Awakening Wonder • Ann Robben Dott
503-791-3365 awakeningwonder@outlook.com

Wisdom distilled over forty years — Ann Robben Dott Embodiment Practitioner



Astoria PAC

A New Path for an Old Friend

By Dinah Urell

IF YOU'VE ATTENDED one of many concerts and performances produced by Partners of the PAC over the years, one lovely woman usually takes the stage to tell you of the importance the converted church at 16th & Franklin in Astoria plays in the community and the region. Then she kindly asks you to reach for the handy envelope supplied.

Charlene Larsen has literally led the PAC, and the partners as President of the Board, and passionate advocate for a venue that is rehearsal and performance home for the North Coast Chorale and North Coast Symphonic Band, integral to the existence of community classical music, and filling a versatile niche.

Originally purchased by the college in the 1970's to hold classes, the former Peace Lutheran Church just down the Astoria hillside from the CCC Lexington campus over the years accumulated deferred maintenance until it was deemed not in compliance with state code to host college class or events. Although the college was unable to utilize the space for academic purposes, it was allowed to lease the space for community use. Partners of the PAC, a coalition of arts groups that use the center for rehearsals and performances, leased the space and through the years have been managing the use of the PAC to keep the center open through donations, fundraising and programming to cover the cost of operating the building.

During the PAC's earliest incarnation, Clatsop Community College provided a small and transferable music curriculum, with classes held at the newly acquired building. Piano and music theory, music appreciation were taught in the basement rooms, even with small practice pianos the college acquired. I happened to be one of two music majors when the curriculum first began, just graduating from Astoria High School and then transferring to U of O School of Music. The beloved and late Betty Phillips was piano guru, and jazz pianist Chris Parker was at the helm of plying us with the history of counterpoint and how to write a decent chord progression. Jim Vaughan led the college's symphonic



Constance Waisanen & Charlene Larsen

band. Those were the days, when performing arts funding was still a gleam in the college's eye.

In March of 2016, Clatsop Community College received an unsolicited offer from out-of-town investors to buy both the Performing Arts Center and Josie Peper Building as part of an affordable housing development. The local community rallied around keeping the PAC as a community gathering space letting the CCC Board of Education know their views and the Board turned down the offer. After that purchase offer, the Partners for the PAC announced its interest in buying the center from the college. For the past few years, CCC and the Partners of the PAC have been discussing a sale of the properties.

On Monday eve, June 29, in a radiance of community spirit, CCC President Chris Breitmeyer handed the keys over to a new owner, longtime leader for the community use of the PAC, Constance Waisanen. A financial advisor and owner of local entity Trinity, LLC, Waisanen will eventually hand the PAC to the partners.

As part of the agreement with the college, Waisanen asked for naming privilege. With an assist from Board President Larsen to unveil the new name, it was one of life's sweet moments, revealing the Charlene Larsen Center for the Performing Arts.

Waisanen stated that Larsen has been, "the force behind the life of the Partners of the PAC."

There's much ahead for the PAC, in this unknowing time for shuttered performance venues, but one thing for certain, the Charlene Larsen Center has a lot of soul, and that's what it takes.

Outdoor Music

At the Sou'in Seaview

Thanks to the ever-ingenuity of the good Sou' Wester, an outdoor stage has been erected to stage live music in these challenging times, say it again. All events are free, all ages and open to the public. All shows will take place on our new outdoor stage weather permitting from 8-10pm. Washington State social distancing protocol will be observed at all shows.

July 11: J. Graves, the promising dance-punk/guitarist/vocalist brings her trio, and a new record label Illumin, that seeks to leverage community and technology to advocate for womxn and gender non-conforming artists.

July 18: Astoria's The Hackles, Luke and Kati bring their ever-sweet harmonies and guitar/banjo serenades.

July 25: Tommy Alexander, Kassi Valazza & Taylor Kingman Three deliciously independent indies from Portland get together.

Tolovana Arts Colony

Arts Colony will be producing their concerts in the park, provided everyone maintains their distance, and not so hard in a



big ol' park. While no info is available yet, TAC is saying, **SAVE THE DATE: July 26! TBA**

Social Distance Sundays from the Fort George

Turn on your screen to Facebook for some fresh takes live from ROPE Studios, filling in for those missing Sunday nights at the George. UP next **July 12** – the beautiful voice of folk troubadour singer/songwriter **John Craigie**.

July 17 its Monica and the Shy Boys – featuring local songbird **Caitlyn Faircloth** and a slew of locals.



Inside the Month:

Cover Feature: How Does The Coastal Community Make Black Lives Matter
By Kaisa Saavalainen/Associate Editor To The Feature

NCLC Rainforest Reserve ... p6

OUT HERE. . . Marianne Monson p7
Ursula LeGuin & Roger Dorband collaborate

MILITARISM....Winslow Myers p9

ART NEWS: Virtual Tours, p9,12

Open Market Listings...p18

Thank You For Your Donations

HIPFISHmonthly is located at 1017 Marine Dr in Astoria. By Appt.

ADVERTISING INQUIRIES - 503.338.4878

Send general email correspondence:
hipfish@charter.net.

HIPFISH is produced on the web at:

www.hipfishmonthly.com

Hipfish is printed at the Astorian

July Cover Art: Myshkin Warbler

EDITOR/PUBLISHER:
Dinah Urell

GRAPHICS:
Les Kanekuni
Dinah Urell
Myshkin Warbler

CALENDAR/PRODUCTION

Assistance/Staff Writer: Cathy Nist

Facebook Genie: Sid Deluca

MAGIC WEB WORKER:
Bob Goldberg

Relief Checks

Democratic Leaders Call for \$500 Emergency Relief Checks to Oregonians Waiting for Unemployment Help

SALEM, Ore. – June 9, 2020, Speaker of the House Tina Kotek (D – Portland) and Senate President Peter Courtney (D – Salem) proposed the immediate distribution of emergency relief checks of \$500 per person for Oregonians who have applied for unemployment benefits and have not yet received their benefits from the Oregon Employment Department.

Kotek and Courtney will ask for \$35 million in CARES Act Coronavirus Relief Fund dollars to serve nearly 70,000 Oregonians who are still waiting for benefits from the state. The Legislative Emergency Board will meet on Tuesday, July 14 to consider this proposal, as well as other critical funding for Oregonians impacted by the pandemic.

"People need help now," Speaker Kotek said. "While the department works on processing all the claims, we can make sure desperate Oregonians get some direct cash assistance as soon as possible."

"This isn't a fix, this is a band-aid," President Courtney said. "We need to get cash into the hands of Oregonians who have been waiting on their benefits for months. As the department continues to clear claims, this money will help those who are still waiting."

The proposal would direct the Department of Administrative Services to develop a simple process where Oregonians who have been waiting for benefits from the Oregon Employment Department can apply. The agency would then issue a \$500 payment to those individuals as soon

as possible. These one-time payments would not be linked to their future benefits. Individuals who have filed for, but not yet received, benefits from either the Unemployment Insurance program or the Pandemic Assistance Unemployment program would be eligible.

The delays at the Oregon Employment Department are the result of the historically high number of claims filed since the start of the pandemic, the requirements of new benefits designed by the federal government, and the constraints of an inflexible legacy computer system. The emergency relief checks will provide some direct support to Oregonians while the agency continues to work through its backlog.

Business Relief Fund for the Three Village Area

FULCRUM COMMUNITY RESOURCES, a non-profit organization registered with the state of Oregon, has partnered with the Manzanita Visitors Center to create a North Tillamook County Business Relief campaign. The purpose is to raise funds to help struggling local small businesses and residents who are self-employed. All business applicants in Manzanita, Nehalem or Wheeler, and surrounding North Tillamook County, are eligible.

The effort began in mid-April. At May 22, Fulcrum had distributed approximately \$40,000 to 40 north Tillamook County businesses, 25 of which have store fronts in the three-town area. At the time, this represented 29% of the total ask (through a simple application form). The \$40,000 was comprised of individual donations from \$20 to \$1200 (economic relief amount) to \$5000.

"Our hearts are warmed by this outpouring of caring and generosity to keep our local businesses afloat," says Lucy Brook committee member of Fulcrum Community Resources. "What we have distributed so far

U.S. Senator Jeff Merkley Clatsop County Remote Town Hall Meeting Tuesday, July 14, 5pm



Jeff Merkley hosts his seventh-ever remote town hall, this time for all Clatsop County residents, and to respect the health and safety of every member of our communities while there is still a very real risk of spreading COVID-19 through in-person gatherings.

Join Senator Merkley online, on mobile devices, or on the telephone to discuss what we need to do to strengthen our state and our nation.

On the phone: call 415-257-5035; access code 199 922 7385

To connect with a mobile device or computer, go to www.merkley.senate.gov

CCC Foundation Fundraiser for Students in Need

A VIRTUAL FUNDRAISER at Clatsop Community College (CCC) to support the college's scholarship and student need funds is being held July 6-14, 2020 in lieu of the annual dinner and auction event. This event, "Today's Need, Tomorrow's Success- A benefit for student needs" is a call-to-action to respond to our students' ongoing economic struggles and the profound impact of COVID-19 on our students and their families.

CCC students participated in a commissioned statewide survey of community college students prior to COVID-19 which made this population even more vulnerable to work, housing and food insecurities. The study indicated:

- 40% have experienced food insecurities in the past 30 days
- 54% had been impacted by housing insecurity in the previous year
- 20% had been homeless the previous year.

One hundred percent of the donations during the fundraiser will go toward student scholarships and student need funds to cover costs associated with food, housing, medical expenses, transportation and other basic needs.

Donations are accepted through the fundraiser webpage at <https://clatsopcc.ejoinme.org/TODAYSNEED> or you can mail a check made out to the CCC Foundation to 1651 Lexington Ave., Astoria, OR 97103.

has been helpful, and very gratefully received, but it still isn't enough! It falls far short of guaranteeing that local businesses will be able to re-open. Now donations are dwindling and applications are still coming in. Thanks to all for past, present and future donations. Together we can get past this restrictive time and maintain the viability of our three small towns."

There are three ways to donate to the fund for business relief:

- 1) Go to Columbia Bank and make a deposit to the Fulcrum account, noting that it is for North County Business Relief.
- 2) Mail a check to us at PO Box 136, Nehalem OR 97131, with "business relief" in the memo line.
- 3) Make a paypal donation through the website of the Manzanita Visitors Center, <http://exploremanzanita.com/donate/>

Cloud & Leaf



We believe
in the
Printed Page

Special Orders
Recommendations
Free shipping

The Cloud & Leaf Bookstore

148 Laneda Ave

Manzanita, Oregon

503.368.2665

www.cloudleafstore.com

open daily 10 to 5

THIS WAY OUTSM

The International Lesbian & Gay Radio Magazine
On KMUN Coast Community Radio

10pm Wednesday Nights!

**This Way Out marks almost 30 years on the air!
Our first program was distributed on April 1, 1988.**

It's the award-winning internationally distributed weekly GLBT radio program, currently airing on over 150 local community radio stations around the world.

Get the latest news, listen to *This Way Out* on Coast Community Radio.

KMUN 91.9 ASTORIA KTCB 89.5 TILLAMOOK

COASTER THEATRE PLAYHOUSE



The shows will go on and we can't wait
for you to "Be Our Guest" when the
Coaster Theatre can welcome you back!

COASTER THEATRE
PLAYHOUSE
Cannon Beach, Oregon

Box Office: 503-436-1242

coastertheatre.com

108 N Hemlock Street,
Cannon Beach, OR

NATURE NEWS

Land conservancy awarded \$2.1 million to help create Rainforest Reserve



*The mountainous horizon line south of Cannon Beach includes the peaks of the proposed Rainforest Reserve.
Photo by Justin Bailie*

AN AREA OF THE NORTHERN OREGON COAST characterized by scientists as the "Galapagos Islands of Oregon" moved a big step closer to permanent conservation Thursday with announcement of a \$2,128,079 grant awarded by the Oregon Watershed Enhancement Board to North Coast Land Conservancy. With this grant the nonprofit land trust has raised a total of \$8.1 million and is now launching a campaign to raise the final \$1.9 million needed to complete this landmark project with help from the community.

"Many people have worked for so many years to conserve this spectacular coastal gem," said Katie Voelke, NCLC executive director. "Thank you to everyone who has come together to get the project this far. Now let's get it to the finish!

"Times of crisis and upheaval such as what we are experiencing nationwide remind us of our need for nature and its healing power. Wide open spaces are food for our souls."

The Conservancy is in the third year of a five-year effort to acquire what it calls the Rainforest Reserve: 3,500 acres of forested coastline south of Arch Cape, adjacent to Oswald West State Park and above Cape Falcon Marine Reserve. When completed, the Rainforest Reserve will create an uninterrupted 32-square-mile conservation corridor stretching from the summits of 3,000-foot peaks—the horizon you see looking south from Cannon Beach or north from Rockaway Beach—to Short Sand Beach and the sandy seabed and rocky reefs of the nearshore ocean.

The Galapagos comparison stems from the area's geological history and biological diversity. What are now basalt peaks were once—millions of years ago—isolated as nearshore islands. As a result, an unusual mix of plants and animals evolved on those high peaks, some of them found nowhere else on Earth. The property also includes the headwaters of streams providing drinking water to Cannon Beach and Arch Cape; conservation of the Rainforest Reserve will help ensure clean drinking water for residents and visitors and will help lower water treatment costs.

"I'm grateful to the board and staff of OWEB for demonstrating their confidence in NCLC by awarding a grant of this size and for having the foresight to invest in the Rainforest Reserve," said John Mersereau, NCLC board president. "This grant gets us ever closer to purchasing and stewarding what will again be a mature, healthy rainforest. I'm proud we can be a part of that."

Protection of the proposed Rainforest Reserve has been a goal of coastal conservationists for decades. Seventy years ago Oregon's first state parks superintendent, Sam Boardman, characterized the property as "one of the greatest opportunities for creating one of the outstanding natural parks in the nation."

In 2016 North Coast Land Conservancy entered talks with Ecotrust Forest Management, a forestland investment management company committed to sustainable forestry. That led Onion Peak Holdings, a subsidiary of EFM, to purchase 5,000 acres of forestland from Stimson Lumber Company. NCLC immediately signed a purchase and sales agreement with the owner, giving the conservancy five years to raise the money needed to buy the property. Arch Cape Water District is meanwhile working to acquire an additional 1,500 acres to create a community forest with support from the conservancy.

The grant awarded to NCLC by OWEB is unusually large; rarely does the agency award grants worth \$1 million or more. The state agency helps Oregonians take care of local streams, rivers, wetlands and natural areas. Funding for OWEB grants comes primarily from the Oregon Lottery, Pacific Coast Salmon Recovery Fund, and state salmon license plate revenue.

"Our land acquisition grant program is very competitive and seeks to protect places with a high ecological value," said Katie Duzik, OWEB North Coast Program Representative. "The Rainforest Reserve property was selected for an OWEB grant award as the project stands out as an exceptional opportunity for investment due to the landscape scale of the conservation effort. The opportunity to acquire a large intact forest on the immediate coast for conservation is uncommon."

"We all share this earth, and we all bear responsibility for her stewardship," Voelke added. "Opportunities to make a significant difference come along maybe once or twice in our lifetime. This is one of those opportunities."

North Coast Land Conservancy, headquartered in Seaside, is one of Oregon's leading land trusts. Currently it protects 52 habitat reserves and conservation easements totaling nearly 5,000 acres between the Columbia River and Siletz Bay. Read more about the campaign to conserve the Rainforest Reserve at NCLCtrust.org/create-a-rainforest-reserve.



TWENTY FOUR years ago when I first moved to Oregon, I set out to explore my newly-adopted state. In a pattern I think many can relate to, I began in Portland, made my way west and along the coastline; on subsequent trips, I turned east, exploring the Dalles to Pendleton. Finally, I planned trips south to peruse Ashland and Crater Lake. After a few years, I could chart my journeys across the state map, but an obvious area of omission began to emerge: the south eastern side of the state might as well have a large question mark drawn over it. More than once I wondered: *what is over there?*

"Over there," it turns out, is the Steens Mountain area, the Malheur Wildlife Refuge and the Alvord Desert, one of the most remote and unusual places in the Far West. The 2010 book *Out Here: Poems and Images from Steens Mountain Country* is a collaboration between one of the most beloved and prolific American authors, Ursula K. LeGuin, and local Astoria photographer, Roger Dorband, who bring this exquisite landscape to life. The book was nominated for an Oregon Book Award in poetry.

LeGuin, whose significant contributions to literature over a six-decades long publishing career, first visited the area in the 70's. In the following decades, she returned annually, to draw inspiration from the region that began to impact her creative work. She claimed her novel *The Tombs of Atuan* "grew immediately out of this revelatory landscape." In the book's introduction, she says of the region: "I've spent about a week a year being out here, and fifty-one weeks dreaming about it."

Roger Dorband is a native of Grants Pass, Oregon, who garnered attention as a sculptor

before turning to photography. His work has been exhibited in private and corporate collections as well as by the Portland Art Museum. He first visited the Steens Mountain area in 1987 for a photography workshop and was captivated by the challenges the high desert landscape presents for photographers. Due to a lack of prominent elements, traditional classical landscape photographs are nearly impossible, he explains in *Out Here*. Instead he turned to the "intimate landscape," to capture the subtle features, with an emphasis on foreground, attention to color, and the prevailing deep space of the high desert.

Dorband was teaching a clay class at the Multnomah Arts Center when one of his students mentioned she was being mentored by Ursula at the time, and offered to introduce them. Dorband and LeGuin hit it off, and realized they lived a dozen blocks away from each other. Ursula told Roger that she was working on a project about Thurman Street in Portland, which she saw as, "a street that crosses America—from the homeless population to big Victorian mansions." She had the beginnings of a book, she told him, but she needed a photographer. Over the next seven years, the two of them worked to document the unfolding gentrification, and the resulting book was released in 1993: *Blue Moon Over Thurman Street*, of which Booklist wrote: "Dorband's pictures are worth a thousand words, and Le Guin's poems are worth a thousand pictures."

When Roger and Ursula realized they also shared a love for the Steens Mountain area, Roger and his wife Patricia Barnes coordinated summer schedules to meet Ursula and her husband Charles, a trip that became a tradition. They frequently stayed at a ranch house Dorband had discovered. Ursula spent her days writing and showed Roger ink drawings she had never published. Roger sought to capture the landscape with his lens and eventually the project became a second collaboration. Dorband explains that his photographs don't

OUT HERE

POEMS AND IMAGES FROM THE STEENS MOUNTAIN COUNTRY

Ursula K. Le Guin Poems & Drawings

Roger Dorband Photography

Take a trip with Roger and Ursula

by Marianne Monson

illustrate Le Guin's poems, but rather, "they are intended to give another view of the region that inspired the poetry."

The author photo on the book's back jacket shows the pair in the cab of an abandoned truck in a field near the ghost town of Blitzen. In the image, Roger holds his hat out the window while Ursula peers mischievously over the edge of the missing windshield. The photo was taken in one of the last years the land owners allowed visitors. The easy smiles captured in the photograph reveal the camaraderie and friendship that fueled their collaborations. "She had such a great sense of humor," Dorband tells me.

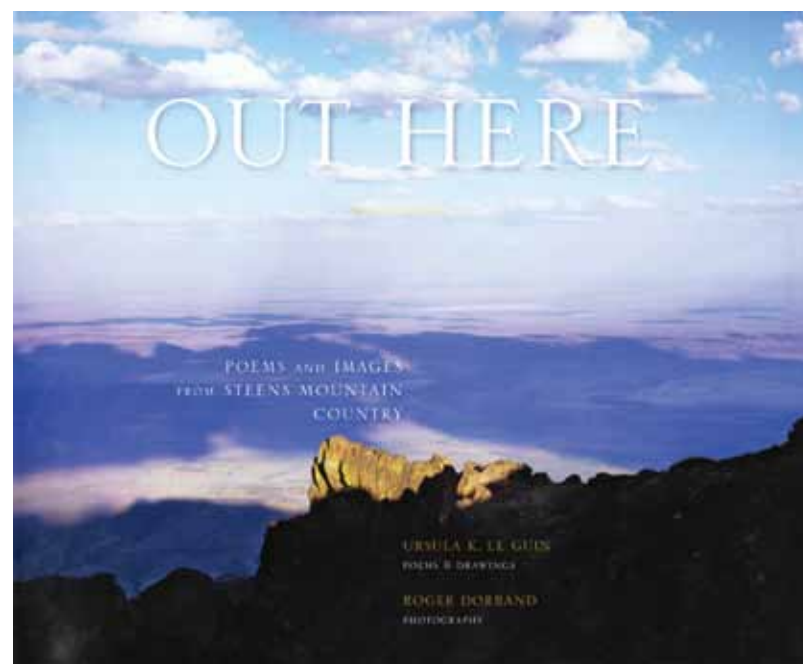
Of course, since Le Guin's passing in 2018, the collaboration has become even more precious. "It's a gratifying thing to think of all the memories associated with the making of the book," Dorband says. "So much of Ursula's poetry is drawn from her personal experience, so her personality is right there on the page—when I read the book, it's almost like she's still around."

University of Oregon is the repository for the Ursula K. Le Guin archives and letters. They're

gathering the photographs from *Out Here* for their collection and hope to acquire the emails from the project, which Dorband tells me are anything but dry. Inspired by the material, the two started writing to each other like ranch hands when Dorband addressed an email to "Jeb," and never one to miss a beat, Le Guin wrote back to her friend, "Tex."

Out Here was published through Ravens Studios, and copies are available for discounted price of \$19.95 online at www.ravenstudios.com. LeGuin's words combined with Dorband's images evoke both the inner and outer landscapes, drawing readers into the intimacy of sheltered creeks and magnificent desert hills. You'll never again have to wonder what is "over there"—and you may close the book inspired to go see for yourself.

Here's a book to make us want less of more—may the owl repackage us and put us there. Gary Snyder, Pulitzer Prize for Poetry and the American Book Award.



Limited Edition Special. OUT HERE is available only through www.ravenstudios.com. A small supply left for lovers of words and images, the remote, the out here, and the always there. A great steal for \$19.95.

TWENTY-FIVE hundred years ago, Sun Tzu wrote *The Art of War*, a playbook on military strategy. Since that time, his teachings have been adapted for use in politics, business, and everyday life.

The most widely quoted line is "...know the enemy..." This passage is meant to say that we must understand how our enemy thinks in order to defeat them. It can serve us well in the battle for America's future that we find ourselves in today, except for one critical issue.

We are not battling an enemy. The people that we find ourselves in conflict with are our friends, neighbors, family, and community members. They are people who care about their families and their future. They have decided that they must stand up and fight for what they feel is right. Many of them are scared, and most are determined. In short, they're a lot like us.

This is important to remember as we move into the months leading up to the November elections. There will be many battles on social media, over dinner tables, and at community events. Now more than ever, we need to find the place in ourselves that can have understanding for the people who have a different political viewpoint.

This will allow us to battle with knowledge and patience. This will allow us to allow them to sit with their reality. It is the only path for them to realize that what they are fighting for may only hurt them in the end. We have no ability to convince them of anything. Stop trying.

What we do have the power to do is provide facts and maybe some questions that they can ponder on their own. Each time any one of us stands up and bashes 45 or the GOP

or their supporters, we make ourselves a distraction to the process of them looking at things for themselves. In knowing our frenemy, we must not succumb to the temptation to upset them.

Immediately following the May primary, Republican Suzanne Weber came out with a negative attack ad against Debbie Boothe-Schmidt, the Democratic candidate for HD 32. They are competing for the seat currently held by Tiffany Mitchell, who is not running for re-election. We'll have to work hard to retain this seat. Let us also work smart. Using this race as an example, here are some skills you can develop to ensure victory:

FACTS: This is your most basic skill and should be used over and over and over. For instance, as of this writing, Weber has taken nearly \$20,000 in donations from the real estate industry. Other notable donors include Pharma (a PAC for pharmacy companies), the Koch Brothers, and Chevron Oil.

RESTRAINT: Restraint can be tough, but it's also effective. Knowing your frenemy means understanding what they are after when they engage: getting you on the defensive. Do not let this happen. Use your facts one by one, and don't take their bait. Example: "Weber has already taken nearly \$20,000 from the real estate industry, and that was just for the primaries."

FOCUS: This is the judo of the skills, turning frenemy energy against itself. A critical error that progressives make is going into long explanations. This comes from a great place of wanting people to understand. But when your audience has zero interest in understanding what you're saying, that's a very ineffective tactic. MAGAs have an innate ability to highlight on an off-point, get you defending that, and before you know

it you're defending your love of Oregon, God, your pets, and family. Don't let this happen. They enjoy every minute of it, and you will convince them of nothing. Stay focused on the facts and step away as needed.

RESPECT: You'll have to dig deep and practice many hours to maintain this very powerful skill. Refrain from name calling and assumptive accusations (ie: all you trumpkins want the same thing). Maintaining the high ground is rule one in any battle, physical or philosophical. Remember this and be respectful.

COMPASSION: Possibly the toughest skill to master. Please strive for it. It is your greatest weapon. Your frenemies are humans. They believe in what they are doing. Just like you.

Whatever you do, please don't just let them talk. This is how false information spreads. Get out there, warriors, and good luck!!

yves! serves on the Garibaldi Rural Fire Board and is a Precinct Committee Person for the TillCoDems as well as a member of INCO.

Because of the pandemic, INCO's meetings have moved online. Email incoregon@gmail.com for details. We also post online events in our Facebook group.

PeaceVoice

Militarism by Winslow Myers



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

Winslow Myers, the author of "Living Beyond War: A Citizen's Guide," serves on the Advisory Board of the War Preventive Initiative.

WITH THE HORRIFIC police lynching of George Floyd, militarism has been freshly perceived as a universal affliction, a planetary tragedy. In America, young whites and blacks march mostly peacefully together, only to come face to face with nightsticks, pepper spray, and tear gas. In Delhi a Christian father and son are arrested by the police for violating curfew and end up tortured and dead. In places like the Philippines and Brazil, mass extra-judicial police killings continue unabated.

Militarism—the use of overwhelming force as a first resort—rarely works, either as an instrument of domestic control or as an international system of security. It may help power and wealth succeed in temporarily pacifying the unruly poor, but it does nothing to strengthen the web of equal opportunity that lessens the need for control in the first place. It has not built democracy in Iraq or Afghanistan. Chinese militarism cannot contain the desire for freedom in the hearts of the citizens of Hong Kong or Taiwan. Russian militarists, Iranian militarists, Syrian militarists will not be able to control the democratic aspirations of their own citizens. Israeli militarism will never resolve the conflict with Palestine. And on the nuclear level, a militaristic arms race continues unchecked, toward an apocalypse that no one wants, a conflagration that will burn millions of men, women and children to ash and leave no victors.

The militarism of international armed forces has much in common with domestic police militarism. Only the scale is different. The extent of America's global military reach is impossible for the average civilian to comprehend. We have had almost zero debate about what size our military ought to be in a world of limited resources, including open discussion of the strategic usefulness—or uselessness—of

nuclear weapons. This just doesn't come up, even in entire Presidential campaigns, let alone debates. That very silence shouts the extent to which militarism's infection may have weakened us. Pentagon accountants are apparently unable to plumb the mysterious depths of their own budgets. The juggernaut rolls on, unopposed except by a peace movement which, while robust, remains too small.

No one would argue that soldiers and the police do not sometimes exemplify duty, courage, and sacrifice. But in a more enlightened world, the police would be trained and equipped to put emphasis on tactics that de-escalate violence rather than to use violence to preserve an artificial and unjust "law and order" that only applies to certain people. If the armed forces of nations were motivated by the same spirit of de-escalation and not control or conquest, there would be all the more opportunity for heroic courage. There have been situations, like ending the Bosnian war, where diplomacy backed by military force seemed essential to the decisionmakers, just as there have been failures to intervene where loss of life could have been prevented, like the Rwandan genocide. Peacemaking is a high calling, blessed by the sages of the world's religions.

With the horrific video of the murder of George Floyd, something cracked open around the world. The curtain was drawn back upon the naked face of "law and order," for all to see that it was often crude, selective, malign, corrupt with power for its own sake, systematically unfair. The violent militarism of police forces all across our country unleashed upon mostly peaceful protesters rubbed our noses in something usually more distant and abstract, especially for white people.

Militarism has always been rationalized by the ancient Roman bromide: if you want peace, prepare for war. With the deaths of George Floyd and too many others, this has become a deeply questionable notion. Are the trillions presently pouring into weapons systems like the Lockheed Joint Strike Fighter, or the renewal of our nuclear arsenal, really the best way to strengthen our nation and overcome the perpetuation of racist injustice? Doesn't our renewed strength lie in diverting some of those bottomless resources into schools, hospitals, Medicare for all, free college for all, mass transit, putting people to work on infrastructure renewal, and conversion to sustainable energy sources? That kind of shift would encompass reparations that would benefit everyone, not just those whom our violent history has deprived of the blessings of liberty. Such movement toward an equal-opportunity society would ultimately make the demanding work of the police far less difficult, as well as making America stronger internationally. If you want peace, prepare for peace.

Protesters are not only pulling down statues of generals and statesmen because they abetted a racist political system. The statues are also the symbolic embodiment of militarism, in all its hollow mythic glory, a militarism which suffuses our civic culture, visible in the millions of guns we own. Militarism is found in the rhetoric of all those, from the president to Rush Limbaugh, who push a joyless, simplistic us-and-them worldview that tries to negate the existential reality that we are in this together, all challenged to acknowledge our interdependence and steward the life-support system that sustains us. For this great task, militarism is obsolete.

Astoria OPEN STUDIOS Tour Goes Virtual, Mostly

ASTORIA is a splendid place to live in large part because of the abundance of artists that are drawn to this dynamic rural town. The 10th annual Astoria Open Studios Tour highlights a number of those artists, and although the event will not take place in the traditional self-guided tour due to the pandemic, artists will still open their studio doors to the general public virtually through videos that will be available on Astoria Visual Arts' website beginning July 25. Artists will also be featured in a large group exhibit at Astoria Visual Arts July 11 through August 2.

"I like to see the silver lining whenever possible," says Astoria Visual Arts' Executive Director, Annie Eskelin. "Taking the tour online is not the best way to experience an artists' studio, but it is something AVA can do to continue to support artists amid these strange times. The video format allows artists a chance to be openly reflective about their work and, for many, to come out of their shells. The online feature also has attracted a number of artists that would not participate in a typical open studios tour. During a normal



Donna Lee Rollins, *Rocks n Weeds*, hand-painted

tour, which typically features up to 50 artists, I have not heard of anyone making it to all the studios, now they can—in under an hour."

Each artist will be featured in a video vignette, roughly 1-3 minutes each, and AVA will host a new online store which will enable the general public to purchase artist's work beginning July 25 throughout the month of August. Each video documents a moment in time as to what an artist is thinking about in 2020. They talk about their art practice, what inspires them and where they want to go with their art in the future. Twenty-four professional and emerging artists are featured and just like the normal tour, everyone, all ages, can enjoy this free public production, getting to meet the makers and see a close-up view of their techniques and media.

The AOST exhibit opens at AVA on July 11 from 12:00 – 8:00pm during Second Saturday Art Walk and will be open Fridays and Saturdays from 12:00 – 4:00pm through August 2. Folks can also request an appointment to see the show by emailing astoriavisualarts@gmail.com. Take the Virtual Studio Tour beginning July 25 - August 2 at astoriavisualarts.org.

Astoria Art Loft Open. Kids Art Camp coming up

The Astoria Art Loft is open once again. The gallery is filled with art by Sue Garn, Becky Mittner, Mike Herrick, Jennifer Twonames, Christine Kende, Jeannette Davis, Jo Pomeroy, and others. Wear your favorite mask and enjoy the visual feast. **Open Tuesday through Saturday, 10am – 4pm and by appointment.**

AAL received a grant from the Clatsop County Cultural Coalition and Oregon Foundation Trust for two art/music summer camps for children and youth, ages 7 – 13. The camps will be held at Astoria Art Loft and are under the 501C3 auspices of Grace Episcopal Church. The cost for each week is \$100 and some scholarships are available.

The first camp will be August 3 – 8, 2020, Monday through Saturday, 10 a.m. – 2 p.m. During the week, participants will do art and music activities. On Saturday, Aug. 8, parents and loved ones will enjoy Show 'N Tell to see what their children created. The second camp will be on Saturdays in September and October: Sept. 19 and 26, October 10, 17, 24 from 10 a.m. – 2 p.m. with Show 'N Tell on Saturday, October 31, 2020 at 10 a.m. Register for camp by JULY 30, 2020 at 503.325.4442, e-mail: astoriaartloft@gmail.com, website: AstoriaArtLoft.com.

All art and music supplies will be furnished. Each participant should bring a sack lunch and snacks will be provided. Parents and loved ones are welcome to observe.



Paul Polson, *The Drip*



Robert Paulmen, oil painting

2020 CCC Annual Student Art Show Featured Online Through August 31 It's a great ride!

THE CCC ART STUDENT SHOW is an annual juried event that showcases the talents and creativity of the college's art students and features a range of disciplines, including graphic arts, basic design, drawing, painting, ceramics, photography and printmaking. CCC students currently enrolled or have been enrolled in art courses throughout the past two academic years are invited to submit artwork to be considered for the exhibit.

75 pieces of artwork were selected for the show from nearly 200 submissions, and award winners were chosen from three discipline categories.



Michelle Coventry, *Mother and Son*, 1st in Ceramics

Serving as this year's juror is Annie Eskelin, the Executive Director of Astoria Visual Arts, a local nonprofit that works to enhance, strengthen and promote the arts in Greater Astoria. Eskelin is also a longtime part of staff at RiverSea Gallery, a large contemporary gallery in downtown Astoria representing close to 200 artists. Eskelin's passion for advocating for and working with artists is paramount in both of these positions. An award-winning artist, she also exhibits her work regionally, working in a wide variety of 2D and 3D media.

In describing her process of selecting the work for the show, Eskelin explains: "Jurying is a wonderful and heart wrenching experience. There are so many considerations to take into account regarding each artists' perceived skill and intent. For every one piece I chose, there were two that I didn't. Not necessarily because they lacked artistic merit, but simply because I wanted to include a wide variety of style and media, and space is limited. I'm honored to have been asked to jury this show. I look forward to seeing more artwork from all of these artists in the future."

CCC studio art instructors include: Richard Rowland (Ceramics), Lucien Swerdloff (Graphic Design), David Homer (Photography), Miki'ala Souza and Ben Rosenberg (Printmaking), and Kristin Shauck (Drawing, Painting, and Design).

A dynamic virtual tour of the CCC Art Student Show is available at artspaces.kunstmatrix.com/en/exhibition/1399758/2020-student-art-show. Yes, it's a long one. But, worth the search!



Sofia Morrill, *Head Study*, 1st in Painting



Jo Pomeroy Crockett, *Old Salmon*, water color



A mask should not be
A sign of weakness
A political statement
Another way to divide us
A mask is a
protective device
A barrier to protect you
And those around you
from a virus
A mask is just a mask
And masks save lives

**THIS SUMMER,
WEAR A MASK.
DON'T
ACCIDENTALLY
KILL SOMEONE.**



**We frame your
memories...
even if they're
creepy.**

Custom Picture Framing
Eclectic Cards
Redi-Made Frames
Standard Mats
Fun.

1287 Commercial St.
Downtown Astoria
503.325.5221
M-F 9:30 - 5:30 Saturday 10 - 5
Sunday by appt.

HOW DOES THE COASTAL COMMUNITY MAKE BLACK LIVES MATTER



Lanisha Duke, Founder, The Love Coalition

SEASONED WITH LOVE, LANISHA.

LANISHA DUKE is a Black woman living in Tillamook County. She's combating racial injustice with a message of Love.

Rather than focusing on the Black Lives Matter movement to advance the conversation about racial equity along the coast, Duke is encouraging people to show up for racial justice work without labels through her non-profit "The Love Coalition." Looking at her rural context as a resident of Tillamook County, she sees a need for a slightly different conversation. "While I applaud people who are out demonstrating, I'm taking a different approach."

Duke, who grew up in California, has been an Oregon resident since 2016. She recently relocated to Utah for a stint, but has returned to the coast, the place she feels she belongs. A fourth generation preacher's kid, a cook, and an activist, Duke brings her personal catering business, Coastal Soul-- hence her signature "Seasoned with Love," back to Oregon, along with the The Love Coalition.

In 2017, Duke's work garnered attention after hate speech was graffitied on a skate park in Nehalem. While some members of the community took the slur seriously, others had a "kids will be kids response" and shook it off.

Duke was outspoken that shaking off the incident minimized the harm it caused to the children of color in the community.

Cut to nearly 3 years later, and white supremacist groups in Oregon have a stronger presence and have become more emboldened. A group of men were arrested over 4th of July weekend for harassing and shouting racial slurs at a family of color in Lincoln City.

Fortunately, the Love Coalition has a strong presence as well. The Oregon Food Bank just granted \$10,000 to the organization. Duke also recently announced that the 501(c)3 non-profit has become an affiliate of the Rural Organizing Project, a state-wide organization focusing on rural grass-roots issues and the advancement of democracy. Duke describes the coalition as a "think-tank for social justice in rural communities."

To that end, Duke has begun a series of webinars titled, "How To Talk About Race In Rural Communities." Price of admission for the webinar is sliding-scale and no one is turned away for lack of funds. <https://tinyurl.com/RuralRaceTalks>

Over the next 6 months, the Love Coalition's goal is relationship-building. "We're finding ways to build relationships we normally wouldn't, and cultivate safe-spaces where hard conversations can be had," she says.

"It's great to see so many people with the lightbulb going off, but are we so hooked on trying to demand people say Black Lives Matter we don't get any work done? Are we looking to promote BLM or are we looking to make our community better? I've been doing this work since before George Floyd was murdered. I'm not reacting, I'm just doing the work. If people are just reacting to the last month, are they really building a sustainable model for change?"

LOCAL FILMMAKER, UNCOVERS U.S. HISTORY

For Ron Craig, a Black filmmaker and historian who lives in Clatsop County, a critical part of making Black lives matter is developing a more accurate and informed understanding of U.S. History. This is something Craig has been doing in Oregon for most of his career, but he's pretty low-key about it. Many know him as the man behind the Astoria International Film Festival, at the Liberty Theatre, someone who is a part of Astoria's art scene, and who worked on the Bicentennial.

Craig, who is from North Portland and also produced the four-year run of the Portland African American Film Festival with the McMenamin brothers, has been drawn to Clatsop County since long before he lived here.

"This is the flashpoint," he says of Astoria, "This is the destination. I can feel that I'm standing somewhere with history. History is empowering."

One of the histories Craig is standing amongst is that of York, the enslaved Black man and a critical member of the Lewis & Clark Corps of Discovery.

Filmmaker and Historian Ron Craig stands with the William Clark Monument at Lewis and Clark College. To his right is York, the enslaved Black man and member of the Corps of Discovery. Recently York's statue, and an unnamed Native guide were removed due to vandalism.



Craig has spent part of his career reaching for a better understanding of York, including producing two documentaries about his life.

"Searching For York," is an Oregon Experience documentary available on OPB. The other, an audio story, "The Undiscovered Explorer: Imagining York," by Claire Schoen and narrated by Danny Glover, is available on Public Radio International.

The search for York took Craig up and down the Lewis & Clark Trail, to Monticello, and the White House. "He has been the vehicle to get people to look at these other aspects of history," he says. "I wanted to grasp someone in history who has been under-represented. There was so much misinformation about him."

This misinformation has included Black stereotypes, or the idea that he received more freedom on the expedition than he really did. In an online forum, a Clatsop County resident recently referred to Lewis & Clark's "insistence" that the Black and Indigenous members of their company have "the vote."

What this person erroneously referred to was a collective decision over whether to over-winter with the Clatsop people in 1805, not a vote legitimized by the U.S. government as an act of agency or democracy. However, this commenter held the "vote" up as an example of high morality among Lewis & Clark, without understanding the reality that York returned to service as Clark's slave after the expedition, and Clark returned as a U.S. hero.

The body of work available to us on York through Ron Craig, serves to dismantle distorted retellings of Oregon and U.S. History that heroize Lewis and Clark while diminishing the contributions of York.



York, member of the Corps of Discovery

BLM

In the documentary “I Am Not Your Negro,” James Baldwin says “the harbors and the ports and railroads, are the country.” He goes on to talk about how the success of the nation is predicated on cheap, slave labor; in other words, slavery is what allowed harbors, ports and railroads to build this nation’s wealth through trade.

Through the contribution of his unpaid, slave labor, York ensured the success of the Jefferson-Administration sponsored Corps of Discovery Expedition which sought to find a trade route to the Pacific Ocean. This contribution was neither compensated, recognized, or free.

6 years later, in 1811- the year designated as the birth of Astoria, John Jacob Astor established a fur trading post on the mouth of the Columbia River. The extraction of natural resources and the slave labor that built this country are inextricably linked and part of Oregon and U.S. History.

Craig’s decision to call his Astoria film festival “international” hearkens, in a similar way, to this more accurate truth of U.S. History. “Look at that river,” he points to the Columbian. “What’s that ship there? That’s a highway, that’s international.”

A great patience accompanies Ron Craig in his work. From listening to white historians act as apologists for William Clark as a slave owner-- see CSPAN Book TV’s “Discovering York,” to holding space for the bewildered feelings of white



PHOTO: NATHAN BURTON

Astoria Protest

folks when he shows a film that uncovers ignorance.

“I didn’t even know these people existed” he recalls a white WWII veteran saying after a film viewing where the topic was lynchings targeting Black veterans after the war. He says that’s the work, supporting people to see what our biased history simply does not give us an opportunity to know.

Craig’s work places the contributions of men like York in their rightful place in history. More broadly, as a historian and artist, he continues to offer the uncovering of truth, should we be willing to listen.

OPENING UP TO OURSELVES

How will our coastal communities grow? I’ve heard many complaints from fellow white folks who feel they “need a manual” or are damned-if-they-don’t with regards to “getting it right” about race. Some feel like throwing their hands up, while others develop a righteous, accusatory anger.

Our largely white, rural communities, while they look very different from cities that gave birth to BLM, still grapple with systemic racism and white supremacy. We must address it.

What I notice when talking to Ron Craig and LaNisha Duke is, rather than shouting, they are consistent. Their message and their work is unwavering in its quest for truth. In our white-centered communities, can we hold the truth that Black Lives Matter, while also creating our own movements for the safety of Black people, other non-Black People of Color and marginalized people?

Can we challenge ourselves to slow down intentionally and direct our energy in support of the people we claim to be putting up our signs for?

INREVIEW

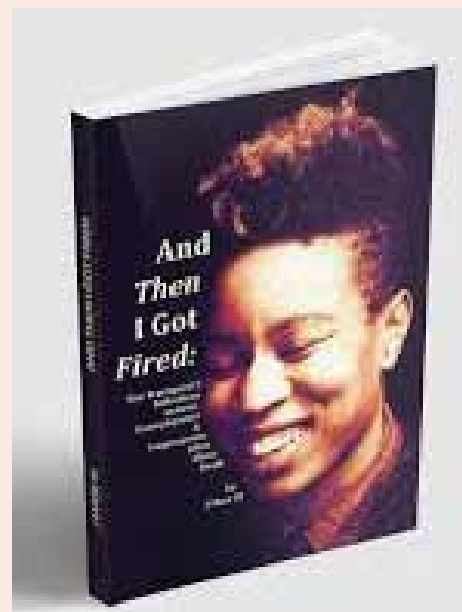
ANYONE who has entitled themselves to a position on the Black Lives Matter Movement, for better or worse, would do well to read BLM founder Patrisse Khan-Cullors memoir, **When They Call You A Terrorist**.

The title refers to the belief held by so many that the BLM movement is actually a terrorist organization. More personally, being called a terrorist also refers to the experience of Cullors’ older brother being deemed a “terrorist” by the Los Angeles Police Department after a mental health breakdown in which no one was injured, but for which her brother was subdued, arrested and jailed.

Cullors is Black woman who grew up in Los Angeles, teetering on the edge of poverty, during a time of increased police presence in Black communities due to “the War on Drugs.” Cullors describes her life as directly impacted by the police at every turn. She is both witness to and the victim of the systematic stealing of the innocence of Black youth at the hands of police. Simultaneously, she attends white, middle class schools for a better education, where she learns that in white neighborhoods, the same rules around policing don’t apply.

Once incarcerated, Cullors’ brother is kept from their family, receives in-adequate and inappropriate care for his condition, and the family is powerless to intervene.

The aggression and injustices that work to erode her family and their dignity, fuel Cullors, and the education privilege she receives galvanizes her passion for organizing and change.



By the point of the Ferguson Uprising after the shooting of Michael Brown by police officer Darren Wilson and the birth of Black Lives Matter movement, we know Cullors and the other BLM founders Alicia Garza and Opal Tometti, too intimately to mistake them for terrorists.

By the end of the book, we understand that despite white violence all around us, white people are never called terrorists. Nor are the violent acts of one

white person ever weaponized racially against a movement in the way a police shooting at the hands of a Black man, unfiliated with BLM, have come to label the movement as a terrorist organization.

One of the legitimate criticisms of the movement, which Cullors acknowledges in the book, is the way Black Trans activists are often marginalized or excluded from mainstream movements when they are often the first ones putting their bodies and lives on the line for justice and survival. One of the only appropriate ways to modify the Black Lives Matter slogan is the inclusion of Trans people: Black Trans Lives Matter.

J Mase III, a Seattle-based, poet, writer, and spiritual leader, and trans person, wrote a book of poetry and self-described “rants” titled: **And Then I Got Fired: One Transqueer's Reflections on Grief, Unemployment & Inappropriate Jokes About Death**, through which we can connect to the humanity of our trans siblings.

Meant for a Black trans audience, the book is a work of personal healing, validation and visibility for other Black Trans people, people pushed to the margins at the intersection of both their Blackness and their Transness. So while this book is for Black Trans people, non-targeted audiences can learn a lot from this first-hand wrestling with what it means to try to survive white supremacy in a world that seeks to erase you at every turn.

“Dear Trans Person,” he says in font that fills an entire page, “Thank you for calling yourself into existence.”

“Dear Trans Person, You are glittering purple sequins flickering in the daylight, among all these drab grey sidewalks. Sometimes Folks glare at you deflecting their insecurities, realizing they have been wasting their life staring at the ground while you have been reflecting possibility.”

Other pages are darker, and deal with a pain we all have to reckon with around the reality of the murder and erasure of trans bodies throughout western history and still taking place at alarming rates today.

“Because White supremacy always tries to kill things it doesn’t understand

You know I hear abusers do that sometimes try to devalue things they don’t understand and call things things that they are not”

Buy his book for a trans person you know, plus one for yourself. Employment for Black Trans people is statistically low, due to marginalization occurring at every stage of dealing with mainstream society (housing, employment, family life, health care). Buying this book directly supports J Mase to live in his divine

- K. Saavalainen hf



Astoria Protest

PHOTO: NATHAN BURTON

• ART HAPPENS •

Two Northwest Artists Explore Contemporary Life And Culture at RiverSea



K. Wippich, *It's Here*. 30x40 multi-media

Strange Days: A Pandemic Journey. Her mixed media paintings are dynamic expressions of contemporary life, and contain engaging narratives that bring emotional energy and wit to address the challenging times we're living through.

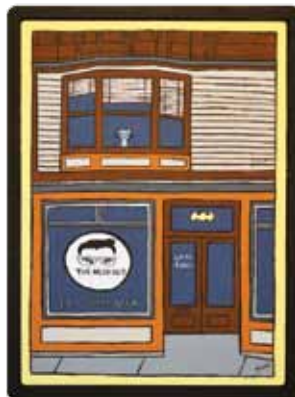
Strange Days: A Pandemic Journey is also the title of a book published this spring that Wippich collaborated on with writer **Tom Vancel**. Working together, yet isolated by circumstances, Wippich and Vancel have produced an emotive response to the chaos caused by the onslaught of the virus through our culture. The book is presented as a chronicle of living through the pandemic and contains dozens of Wippich's paintings interspersed with Vancel's prose-poems. Many of the paintings that illustrate the book are included in the gallery exhibition, and signed copies of the book will be available to purchase at the gallery. This is the duo's second art book. In 2015 they published, *Driving Strangers: Diary of an Uber Driver*.

PORTLAND SCENES, a collection of folk art paintings by Washington artist Mark O'Malley is presented in the Alcove space. The city of Portland stars in these simple scenes that engage the imagination as they pay homage to a mix of clubs, dives, eateries and hangouts that denizens of the Rose City are sure to be familiar with. Working over the past year, the artist has compiled a series of over 60 paintings. Sadly, some of the places featured are businesses that have permanently closed, victims of the pandemic.

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

IN TWO SOLO EXHIBITIONS, RiverSea Gallery presents paintings by **Karen Wippich** inspired by the pandemic, and the folk art paintings of **Mark O'Malley** that depict iconic places in Portland. Both shows open Saturday, July 11 during Astoria's Second Saturday Artwalk, held from noon to 8:00 pm. Both artists will be in attendance during the Artwalk reception: Mark O'Malley between 4:00 and 6:00, and Karen Wippich between 6:00 and 8:00. The gallery welcomes groups of up to three people, with a maximum of 20 visitors at any given time, masks required. The artwork will remain on view through August 4, 2020.

Portland artist Karen Wippich offers a highly topical show.



O'Malley, *The Nerd Out*, acrylic on wood, 15.5" x 11.5"

LightBox The Fantastic Film Show

LIGHTBOX Photographic Gallery opens The Fantastic Film Show on Saturday, July 11. The Fantastic Film Show celebrates the love LightBox has for photographic images made with film with all types of cameras, from fine cameras to any and all plastic, pinhole, box or homemade cameras. Any analog image that is shot with film was considered, including plates and handmade emulsions.

LightBox is open! LightBox current Shows will have no formal receptions but the gallery is open 11 - 4pm on opening day, July 11 for the photographers and gallery visitors. Please join us for the opening day in the gallery. New Gallery viewing hours are Thurs, Fri and Sat., 11am - 4pm. Please call ahead to make an appointment and you must wear a mask.

The Fantastic Film Show will be on display in the gallery through August 4th. LightBox is located at 1045 Marine Drive in Astoria, Hours: Thursday - Saturday, 11 - 4:00. 503.468.0238



Shane Balkowitsch, *Girl With Virus*

Signs, Maps & Times HERITAGE MUSEUM



local architect Ebba Wicks Brown for her 1946 Master's thesis are part of the exhibit. Imagining Astoria and Warrenton in the then-future years of 1990 and 2000 respectively, Wicks Brown proposed significant developments in the transportation network of the region. Her work will appear alongside similar scale models offering differing visions of the area.

FMI: Clatsop County Historical Society activities, please call 503-325-2203 or e-mail: cchs@astoria-museums.org. NOW OPEN: Heritage Museum 10am-5pm, Flavel House Museum: 11am-4pm with Carriage House opening at 10am. Uppertown Firefighters Museum is closed.

Diane Kingzett Dig In at IMOGEN

IMOGEN Gallery welcomes back Diane Kingzett of Portland for her fourth solo exhibition. Describing herself as a painter of emotion, Kingzett brings a new series of oil and mixed medium abstract paintings titled *Dig In*. Within her process she leaves preconceived ideas of content and composition to consider her own internal dialogue, allowing psyche to become muse. The exhibition, *Dig In*, will open for Astoria's Second Saturday Artwalk, July 11. Kingzett will be present that evening from 5 - 8 pm and available to answer questions about her work.

Each painting represents a collection of memory, putting it into a place of understanding, even acceptance in relinquishing oneself to profound loss. Her work is not an attempt to mirror what she sees, but through reflection of emotional response she constructs imagery to create beauty, clarity, and resolve out of debilitating heartache. Kingzett, who has painted for over 30 years earned her BFA at West Virginia University and studied at the San Francisco Art Institute as well as the Vermont Studio Center. She has recently added silver-smithing to her repertoire of creative expression. IMOGEN offers her exquisite bezel set stone jewelry pieces along with her new collection of paintings.

Imogen Gallery is currently open 5 days a week (closed Tuesday and Wednesdays) at 240 11th Street, Astoria. Regular business hours are Monday through Saturday, 12:00 to 5:00, (except Tuesday and Wednesday) and 12:00 to 4:00 each Sunday.



Chimney Rock, 24x30, acrylic and oil on canvas

along with her new collection of paintings.

TRAIL'S END CAROL BRADEN

TRAIL'S END Art Gallery features the work of Carol Braden for July. Braden has an impressive national and international presence with collectors all over the world. Originally from Seattle, Carol has been a full-time artist for the last 12 years, specializing in constructing full-sized guitars out of mixed media and license plates. She has shown in over 100 galleries across the nation and is considered a leader in her genre. Her work incorporates recycled materials, found objects and various types of metal.

Carol is a member of the American Craft Coalition, Austin Arts Alliance, and is one of a few hand-selected visual artists to be selected for membership to the Country Music Association (CMA).

Her corporate installations include Red Robin Restaurants nationwide, VISA headquarters, Harley Davidson Motorcycle stores, The Grand Ole Opry and The Ryman Auditorium in Nashville, Jack Daniel's Whiskey, Inn at The Fifth Hotel in Eugene, Alta Apartments in Seattle, and many more. She has even been tapped by Blake Shelton to outfit his chain of country and western bars.

Trails End is set up for social distancing and hand-sanitizing. Masks are requested and will be available. Located at 656 A Street in Gearhart. Summer hours: 12:00-4:00pm Wednesday through Friday. trailsendart.org.



From rows and rows of roofing nails, gas cans, license plates, metal signs, Carol Braden sculpts pop culture.

Untitled
54" x 44"



MESSAGES SONJA GRACE



THE ARTIST VINCENT VAN GOGH saw the world through a particular lens. Beauty, suffering and pain - his own matrix of psychology led him to pursue the Divine. You can see his point of view through his art. That is all we had back in the day ... art. The artist recorded the feeling of a place or person. Cameras capture the moment in a different way - a reality that we prescribe to but often lacking the depth of emotion a painting provides.

How do you perceive your reality? Do you only look through the lens of politics, religion, anger, frustration, dis-ease, self-pity, arrogance, determination, criticism, or love? It's time to check ourselves - how are we perceiving our reality and in that perception do we leave room to see the other side of things? Venture out of the box we have created and open to the fact we are all souls having a human

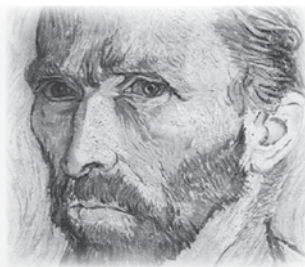
experience. What are you critical about in today's world? In other circumstances in another life you might have stood for the opposite belief! Are you polarizing with your own karma?

Duality is splitting apart and is demonstrated through the extreme polarization of today's consciousness. Stepping out of this exaggerated good and bad - right and wrong means to find your inner peace. Peace is not outside of you - obviously, but inside your soul body. Meditation is the way to access this space. It is not a mental process it's your 'feeling' that gets you there. Just like Van Gogh who lived in a world of hurt but found his inner peace as it is reflected in his art.

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

Suffering



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

wordwisdom

By Tobi Nason

I THINK OF PRIDE when I want to make changes in my life. It's part of what makes us feel good—a job well done, mastery of a skill perhaps. It's associated with a sense of success. In order for pride to be an attribute, where one can say "I take pride in my rose garden" or "I'm pretty proud of my wife's success,"

It has to reflect a legitimate success. It should be specific. Ever hear someone say sarcastically, "Wow, he's pretty proud of himself, isn't he?" Think of a famous leader of a large country—not naming names here.

There's a line drawn between legitimate pride borne of hard work and years of devotion as compared to false claims of competence in 100 vague areas. Misplaced pride doesn't sit well with others. Too much misplaced and shared ad nauseum can certainly become a pitiful thing.

Sometimes reflecting on one's own areas of pride is a good mental health practice. If a boss keeps commenting positively on your sales skills, for example, take it and run. It will counteract those areas where your skills are

mediocre at best. Am I speaking from experience? Yes.

Misplaced pride can also keep a person from reaching out for help, seeking a job, any job, or maybe even daring to be assertive, "Oh, I could never... do this, that," or some other action that might be a lifesaver of sorts. I've had to rely on friends at times for some financial help, and although it temporarily humbled me, it was a necessity at the time. I've taken jobs that many would refuse because I needed a paycheck. I know this since I had heard ... "I could never..."

Here's where my pride rests. I take care of myself and end up living a nice enough life. If taking care of myself means a humbling here and there over time, I'm willing.

COUNSELOR'S ADVICE: Assess your own sense of pride. Is it legitimate? Is the world's feedback giving you big hints such as, yes, you're pretty good in this area. No, you really aren't very good over here in another area. Please don't assume fake pride—the



world will call you on it. Pride needs to reflect the result of devotion and hard work, a consistency of behavior, a true achievement that deserves to be honored. Have Pride. Work hard and let others notice how you shine bright.

Tobi Nason is a counselor located in Warrenton. (503) 440-0587.

PRIDE



THE LOWER COLUMBIA CLINIC

Thomas S. Duncan, M.D. • Susan L. Skinner, CNM, CFNP
595 18th, Astoria • 503-325-9131



HAMILTON: AN AMERICAN MUSICAL (JULY 3 DISNEY+) The long-awaited release of Lin-Manuel-Miranda's Tony Award-winning musical drops on Disney+ this month. Originally scheduled for a fall theatrical release, the movie was released to streaming due to the coronavirus pandemic. Filmed in 2016, the performance features the original cast performing the hip hop musical about the rise and fall of founding father Alexander Hamilton and his relationship with frenemy Aaron Burr against the backdrop of the Revolutionary War and the formation of the the United States.

7500 (AMAZON) Joseph Gordon-Levitt returns from a 3-year acting hiatus, playing an airline pilot whose plane is taken over by terrorists. Gordon-Levitt plays Tobias, a co-pilot on a budget German airline. Unfolding in real time, we see Tobias' plane depart on a routine Berlin to Paris flight piloted by the experienced German pilot Michael (Carlo Kitzlinger). Then three Muslim terrorists attack; the leader manages to enter the cockpit and seriously injures Michael before he's forced out. Tobias assumes command and must deal with the nightmarish situation of a hostage crisis – which might include his own wife.

THE LAST DANCE (NETFLIX) The 10-part Michael Jordan documentary that aired on ESPN this spring comes to Netflix. Filmed over the course of the 1997-98 NBA season, film follows Jordan and the Chicago Bulls on their quest for another NBA championship in Jordan's last season with the Bulls. Filmmakers had unprecedented access to the Bulls' locker room, resulting in the most candid look at the image-conscious Jordan to date.



DA 5 BLOODS (NETFLIX ORIGINAL) Director Spike Lee does his take on the Vietnam War with his story of four African-American vets who return to Vietnam seeking to find the body of a fallen comrade and treasure they had hidden 50 years previously. Decades after the war ended, Eddie (Norm Lewis), Melvin (Isiah Whitlock, Jr.), Otis (Clarke Peters) and Paul (Delroy Lindo) reunite in Ho Chi Minh City and instantly renew their friendships with each other, Vietnam and a war that scarred and still torments them. The presence that looms is the fallen fifth member of their team (depicted in flashbacks) -- Stormin' Norman (Chadwick Boseman) their former leader. The four, joined by Paul's son, David (Jonathan Majors) set off to find the treasure they hid and Norman's remains, which they do. Then the real trouble starts as the men turn on each

other while being double-crossed by their French fence (Jean Reno) who wants the treasure for himself. All the while, Paul is tormented by the memory of Norman and how he met his death.

GREYHOUND (JULY 10 APPLE TV) Tom Hanks scripts and stars in this taut WWII thriller about a destroyer captain who must fight off a U-boat attack. Hanks plays Capt. Ernest Krause, commander of the destroyer Greyhound, who, with three other warships must protect a convoy of 37 merchant ships from U-boat attacks. Movie covers perilous three-day period when the convoy is out of range of Allied air cover. For that time period, Krause must defend his convoy from the unrelenting attacks of a U-boat Wolfpack that has a numbers and technological advantage.



PALM SPRINGS (JULY 10 HULU ORIGINAL) In this fresh addition to the time loop genre, Andy Samberg plays Nyles, a guy stuck in "one of those infinite-time-loop situations you mighta heard about" as he puts it to new time loop Sarah (Cristin Milioti). The two meet, or rather are stuck at, a wedding in Palm Springs. Sarah is the maid of honor.



Nyles, on the other hand, barely knows the betrothed and seems almost bored as he should be since he's endured the day uncountable times already. After Nyles sweeps Sarah off her feet, he convinces her to traipse off into the hills with him. The next morning, Sarah wakes up at the beginning of the same day with the full knowledge that she is trapped in the loop along with Nyles and an older, grumpy wedding guest (J.K. Simmons). She's furious, but Nyles explains that "we have no choice" but have to "learn how to suffer existence." Once Sarah comes to terms with her situation, she and Nyles exult in craziness without consequence – picking fights, crashing planes and cars and doing shrooms. However, being the only two people in an endless, pointless situation raises a conundrum with Nyles and Sarah: Is it better to be a couple or not?

INTO THE DARK: THE CURRENT OCCUPANT (JULY 17 HULU ORIGINAL) Blumhouse psychological horror about a man in a mental institution who believes himself to be the President of the United States. Is he actually the President or is he insane? Synopsis: Trapped in a mysterious psychiatric ward, a man with no memory comes to believe that he's the President of the United States and the subject of a diabolical political conspiracy. As the asylum's soul-crushing forces bear down on him, he fights to preserve his sanity and escape so that he can return to power.

MARIANNE & LEONARD: WORDS OF LOVE (JULY 19 HULU)

Director Nick Broomfield's most personal film yet is his story of the love affair between poet/songer Leonard Cohen and Marianne Ihlen, his inspiration for the songs "So Long, Marianne", "Hey, That's No Way to Say Goodbye" and "Bird on the Wire." As told in archival footage and newer interviews, Cohen was an up-and-coming poet traveling in Europe when he landed on the Greek island of Hydra in 1960. There, he met Ihlen, who's marriage was crumbling and they quickly became a couple, living the expatriate artistic life while Cohen worked on his writing. Very much a picture of the '60s and Cohen's subsequent career, Cohen eventually returns to North America, becomes a renowned singer, and inevitably drifts away from Marianne. In 2016, shortly before Ihlen's death, Cohen penned her a short, moving message of love. He followed her in death three months later.



FREE WILL ASTROLOGY

© Copyright 2020 Rob Brezsky JULY 2020

h	r	♂	♂	♂	♂	♂	♂	♂	♂
11°	6'	27°	7'	15°	54'	0°	48'		

ARIES (March 21-April 19): Aries author Marge Piercy writes, "The people I love the best, jump into work head first without dallying in the shallows." The Aries people I love best will do just that in the coming days. Now is not the right time to wait around passively, lazily hoping that something better will come along. Nor is it prudent to procrastinate or postpone decisions while shopping around for more options or collecting more research. Dive, Aries, dive!

TAURUS (April 20-May 20): Calvin and Hobbes is a comic strip by Bill Watterson. It features a boy named Calvin and his stuffed tiger Hobbes. In the first panel of one story, Calvin is seated at a school desk looking perplexed as he studies a question on a test, which reads "Explain [Isaac] Newton's First Law of Motion in your own words." In the second panel, Calvin has a broad smile, suddenly imbued with inspiration. In the third panel, he writes his response to the test question: "Yakka foob mog. Grug pubbawup zink wattoo gazork. Chumble spuzz." The fourth panel shows him triumphant and relaxed, proclaiming, "I love loopholes." I propose that you use this scenario as your victorious metaphor in the coming weeks, Taurus. Look for loopholes! And use them to overcome obstacles and solve riddles.

GEMINI (May 21-June 20): "It is a fault to wish to be understood before we have made ourselves clear to ourselves," wrote philosopher and activist Simone Weil. I'm hoping that this horoscope of mine can help you avoid that mistake. In the coming weeks and months, you will have a stronger-than-usual need to be seen for who you really are—to have your essential nature be appreciated and understood by people you care about. And the best way to make sure that happens is to work hard right now on seeing, appreciating, and understanding yourself.

CANCER (June 21-July 22): Some readers wish I would write more like Cormac McCarthy or Albert Camus or Raymond Chandler: with spare simplicity. They accuse me of being too lush and exuberant in my prose. They want me to use shorter sentences and fewer adjectives. To them I say: It ain't going to happen. I have feelings similar to those of best-selling Cancerian author Oliver Sacks, who the New York Times called, "one of the great clinical writers of the 20th century." Sacks once said, "I never use one adjective if six seem to me better and, in their cumulative effect, more incisive. I am haunted by the density of reality and try to capture this with 'thick description.'" I bring these thoughts to your attention, my fellow Cancerian, because I think it's important for you to be your lavish, sumptuous, complex self in the coming weeks. Don't oversimplify yourself or dumb yourself down, either intellectually or emotionally.

LEO (July 23-Aug. 22): Travel writer Paul Theroux has journeyed long distances by train: once from Britain to Japan and back again, and then from Massachusetts to Argentina. He also rode trains during part of his expedition from Cairo to Cape Town. Here's one of his conclusions: "It is almost axiomatic that the worst trains take you through magical places." I'd like to offer a milder version of that counsel as your metaphor for the coming weeks: The funky, bumpy, rickety influences will bring you the best magic.

VIRGO (Aug. 23-Sept. 22): Philosopher Miguel de Unamuno declared, "Everything that exalts and expands consciousness is good, while that which depresses and diminishes it is evil." This idea will be intensely true for and applicable to you in the coming weeks, Virgo. It will be your sacred duty—both to yourself and to those you care about—to enlarge your understandings of how the world works and to push your awareness to become more inclusive and empathetic. What's your vision of paradise-on-earth? Now is a good time to have fun imagining it.

LIBRA (Sept. 23-Oct. 22): What do you want to be when you grow up, Libra? What's that you say? You firmly believe you are already all grown up? I hope not! In my vision of your destiny, you will always keep evolving and transforming; you will ceaselessly

transcend your existing successes and push on to accomplish further breakthroughs and victories. Now would be an excellent time to rededicate yourself to this noble aspiration. I invite you to dream and scheme about three specific wonders and marvels you would like to experience during the next five years.

SCORPIO (Oct. 23-Nov. 21): U.S. Senator Elizabeth Warren has advice that would serve you well in the coming weeks. She says, "Keep a little space in your heart for the improbable. You won't regret it." In accordance with your astrological potentials, I'm inclined to amend her statement as follows: "Keep a sizable space in your heart for the improbable. You'll be rewarded with catalytic revelations and intriguing opportunities." To attract blessings in abundance, Scorpio, be willing to set aside some of your usual skepticism and urge for control.

SAGITTARIUS (Nov. 22-Dec. 21): Author Malidoma Somé lives in the U.S. now, but was born in the West African country of Burkina Faso. He writes, "In the culture of my people, the Dagara, we have no word for the supernatural. The closest we come to this concept is 'Yielbongura', 'the thing that knowledge can't eat.' This word suggests that the life and power of certain things depend upon their resistance to the categorizing knowledge that human beings apply to everything." I bring Somé's thoughts to your attention, Sagittarius, because I suspect that in the coming weeks, you will encounter more than the usual number of experiences that knowledge can't eat. They might at times be a bit spooky or confounding, but will mostly be interesting and fun. I'm guessing that if you embrace them, they will liberate you from overly literal and materialistic ideas about how the world works. And that will be good for your soul.

CAPRICORN (Dec. 22-Jan. 19): Pioneer Capricorn scientist Isaac Newton is often hailed as one of history's greatest geniuses. I agree that his intellectual capacities were sublime. But his emotional intelligence was sparse and feeble. During the time he taught at Cambridge University, his talks were so affectless and boring that many of his students skipped most of his classes. I'll encourage you to make Newton your anti-role model for the next eight weeks. This time will be favorable for you to increase your mastery of three kinds of intelligence beyond the intellectual kind: feeling, intuition, and collaboration.

AQUARIUS (Jan. 20-Feb. 18): When future writer (and Aquarius) Charles Dickens was 12 years old, his parents and siblings got incarcerated in a debtors' prison. To stay alive and help his family, he took a job working 12 hours a day, six days a week, pasting labels on pots of boot polish in a rotting, rat-infested warehouse. Hard times! Yet the experiences he had there later provided him with rich material for the novels that ultimately made him wealthy and beloved. In predicting that you, too, will have future success at capitalizing on difficulty, I don't mean to imply you've endured or will endure anything as harsh as Dickens' ordeal. I'm just hoping to help you appreciate the motivating power of your challenging experiences.

PISCES (Feb. 19-March 20): Maybe you feel that the ongoing pandemic has inhibited your ability to explore and deepen intimacy to the degree that would like to. But even if that's the case, the coming weeks will provide openings that could soften and remedy your predicament. So be extra receptive and alert to the clues that life reveals to you. And call on your imagination to look for previously unguessed and unexpected ways to reinvent togetherness and tenderness. Let's call the next three weeks your Season of Renewing Rapport.

Homework: Decide on three special words that will from now on serve as magic spells for you. Keep them secret! Don't even tell me. [RealAstrology.com](#)

FREEWILLASTROLOGY.COM

Bike Madame

By Margaret Hammitt-McDonald

Bicycle Licenses: Taking Vehicular Cyclists Seriously or Penalizing the Poor?

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.

MERKABA CENTER for Healing, LLC



Structural Integration of
MIND. BODY. SPIRIT

Offering a gentle therapeutic bodywork that helps release limitations, creating alignment, ease and resilience within your system.

Kendra Bratherton
OTA, PBP,
Reiki Master

Bowenwork®
Energy Medicine
Tensegrity Medicine™
FREE CONSULT
(209) 791-3092

Medical Sauna
and Chromotherapy

merkabacenterforhealing.com

399 31st. Suite B, Astoria, OR 97013

Dragonheart Herbs & Natural Medicine
www.cannonbeachacupuncture.com

Margaret Hammitt-McDonald, PhD, MSOM, ND, LAc
Naturopathic Physician, Licensed Acupuncturist
Shannon K. Brown, MSOM, ND, LAc
Naturopathic Physician, Licensed Acupuncturist
Seth Goldstein, DC, Chiropractic Physician

1355 S Hemlock Street PO Box 1465
Cannon Beach, Oregon 97110-1465
Office: 503-436-2255 Fax: 888-653-7244

Tobi Nason

Counseling and Mediation Services
Specializing in Life Changes

M.A in Counseling

Sliding Fee Schedule and Flexible Hours

In Astoria
call 503-440-0587



But man is a part of nature,
and his War against nature
is inevitably
A war against himself.
-Rachel Carson

Yet, when it comes to
healing our environment we
have to work together.

Consider: Forming a CCC-
like initiative, a
Civilian Conservation Corps,
comprised of veterans and
active military to clean up
the abandoned, orphaned
and sacrificed lands that
have been polluted
beyond use.

The military has the
know-how and
technology. It also has a
budget! Remember, all
tax-paying citizens have
made an investment in the
military, which is a huge
polluter. Why not get a
healthy return on our
investment, and use
our dollars to
regenerate the lands,
deadened by toxins.

This is what we're thinking
about here at Moby Dick,
amongst the gardens and
wooded paths;
while having tea with
our Buddhas.

What do you think?
nahcotta2@aol.com

This message sponsored by
**Moby Dick Hotel
and Oyster Farm**

Whole PLANET Health

By Margaret Hammitt-McDonald

Black Health Matters

THESE past few weeks, I've been doing some hard thinking about the medical community and Black lives. What are we healthcare professionals doing to encourage all people to flourish at all life stages? In particular, what role can natural medicine play in dismantling white-supremacist attitudes and practices in health care?

Botanical medicine, nutrition, movement, and social-emotional-spiritual wellness should be inexpensive, culturally appropriate foundations that put our health back into our own (rather than experts') hands. However, all too often, holistic care relies on expensive nutritional supplements and treatments that aren't covered by medical insurance. It becomes the equivalent of those upscale clothing boutiques that are empty except for five sweaters costing \$1,000 each and a security guard screening customers.

Natural medicine touts individual lifestyle choices as the cornerstone of wellness. This seems empowering, but it can also serve as a more insidious form of discrimination when providers assume that poor health is always the result of behaviors a person can change whenever they want to. A whole-foods diet, exercise, hydration, and a positive outlook...each of these essentials can be undermined by structural inequalities. What if the nearest grocery store offering organic produce is three bus rides away? What if you work two or three jobs and don't have time or energy to prepare food from scratch? What if you're paying more than 30% of your earnings for rent and can't afford better-quality food? What if your neighborhood lies in the shadow of polluting industries—which set up shop wherever the residents are poor and/or brown—and you get an asthma attack every time you take a jog to the park?

We're buttressing white supremacy when we assume that people make lifestyle choices in a vacuum of personal responsibility, as if none of us lived in a society, let alone a society that continues to pathologize, criminalize, and destroy Black bodies, minds, and spirits.

In the 1970s, public-health researcher Arlene Geronimus coined the term "weathering" to describe the premature aging people of color experience as a result of the daily stresses from acts of discrimination both large and small. Study after study has supported her hypothesis, especially since epigenetics (the science of how environmental factors affect genetic expression in health and disease)

entered the biomedical vocabulary:

African-Americans and other individuals of color experience not only higher rates of chronic illness, but they develop these conditions on average ten years younger than their white counterparts. (Gene Demby, "Making the Case That Discrimination is Bad for Your Health" (podcast), NPR, January 14, 2018; Roland J. Thorpe, Jr. et. al, "Accelerated Health Declines Among African-Americans in the USA," Journal of Urban Health 93.5 (October 2016): 808-819.)

How can providers challenge healthcare disparities? As with the individual-choice approach to decelerating climate change, cloth bags and diversity statements are insufficient when they give rise to premature self-congratulation and little meaningful change. The holistic healthcare professions need not only to attract but also to retain students and practitioners of color by addressing, and amending, barriers, including heavy student-loan burdens not included in loan-forgiveness programs for providers working with underserved communities; medical-school and continuing-education classes that assume an affluent white patient base; and community clinics built on the "white savior" model, where earnest upper-middle-class students lecture elders on adopting a gluten-free diet on a Social Security Disability income.

For centuries, in every culture, people have used medicines from the earth to heal their ailments, care for vulnerable members of their communities, and foster a loving relationship with our planet. Natural medicine still offers the potential for empowerment and liberation—we need to live up to this promise.

**RACISM
IS THE
DEADLY
VIRUS**

WE'VE BEEN AT THIS COVID-19 business for long enough now to find it being labeled the new normal. I don't know about you, but I never found the old normal to be all that normal. Further, I'm not interested in being included in the headcount of a new one.

Even as a kid, I found the idea of normal to be unappealing and unworthy of serious consideration. Maybe it was growing up with folks who were concerned about what others might think. Maybe it was stubborn striving for independence. Maybe it was a blithe lack of awareness. At 73, I am no different from my 10 year old self in that I am mentally on to the next thing as soon as the current thing arrives. What I lack in introspection (insert really long list here) I make up for in adaptability. I'm a change junkie. I'm not naive enough to think that all change will be good. I just realize that change will happen no matter what and that has always seemed both amusing and reassuring to me.

I'm down with the new changes and up to the challenge. I've gone overboard and corrected, embraced necessary adjustments and learned new stuff about the world, humans and myself in particular. It turns out:

You don't need to throw a kitchen towel in the laundry every time you dry your hands. Good sense is nifty!

I am aware of the many human rights that are being jerked out from under us. I am equally certain that masks and social distancing fall under the Good Sense category, not the Human Rights Abuse category. Proper sorting is key!

I know how lucky I am to have the necessities, the friends and the place to weather most storms. Quality of life is a crap shoot, not a merit system!

Staying home is lovely and not at all the tepid pit of ennui I feared it might be. A house is a home not a landing pad!

My open-shelving pantry is more than eye candy. It's a treasure trove. I am a shopping genius!

In digging through old recipes, I came across Chicken ala King, a dish which used to be the mainstay of my mom's generation of ladies who lunch. Sort of like the martini became the hallmark of mine. Evolution, like entropy, is inevitable!

Chicken ala King was ever so refined, looked properly appealing tucked into a chafing dish or ladled atop toast and was just bland enough to be acceptable to everyone.

The history of Chicken ala King is debatable with several folks claiming credit for its creation. I was moved to give the dish another chance because the recipes I found called for ingredients I had on hand. Thanks to my old card file and a new cookbook, I have newfound affection for this old dish. The more recent additions of spices and garlic have made tasty improvements to the original. Change can be delicious!

Check you pantry and your fridge. Extra points if you don't have to go to the store to make this recipe.

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!!

CHEW ON THIS!

by Merianne Myers



ABNORMALLY DELICIOUS CHICKEN ALA KING

Adapted from my mom's recipe & Tyler Cord's book *Dynamite Chicken* from Ten Speed Press, available @ food52.com

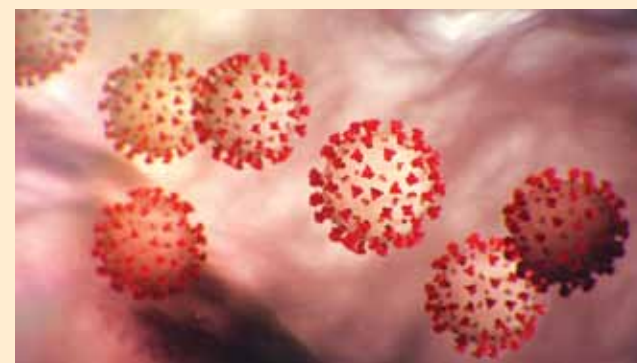
- 1 Tablespoon olive or vegetable oil
- 1/2 yellow or white onion, cut in half again and sliced into 1/4" quarter rounds
- 4 or 5 cloves of garlic, minced
- 1 jalapeño with seeds, quartered lengthwise and sliced into 1/4" quarter rounds
- 2 cups sliced mushrooms of your choice, an assortment is lovely
- 1 Tablespoon salt
- 1 1/2 teaspoons of fresh thyme or 1/2 teaspoon dried thyme
- However many grinds of black pepper make you happy
- 1/4 teaspoon allspice
- 1/8 teaspoon ground nutmeg
- 1 cup half & half or whole milk or coconut milk, plus a bit more in case the sauce needs thinning
- 1 Tablespoon cornstarch
- 1 pound chicken, thinly sliced (leftover chicken works fine in this recipe)
- 1 cup fresh or frozen peas or sliced sugar snaps

Use a large saucepan over medium heat to caramelize the garlic in the oil. Keep it moving until it's fragrant and golden, about 2 minutes. Add onion, jalapeño, mushrooms, salt, thyme, pepper, allspice and nutmeg. If you are using frozen peas, wait to add until later. Fresh peas can go in now. Cook and stir often until the vegetables are softening and the onion is translucent.

In a small bowl, blend the milk of your choice with the cornstarch. Add the mix to the saucepan. Turn the heat to high and stir constantly while the mixture comes to a boil. Reduce to a simmer and add the chicken. If you are using raw chicken, you will simmer for 10 to 15 minutes, stirring occasionally. If you are using pre-cooked chicken, you will only need to warm it, maybe 5 minutes. Add the frozen peas with the pre-cooked chicken or in the last 5 minutes or so with the raw chicken.

If the sauce is too thick or there is not enough to coat all the ingredients lavishly, add a splash or two of the chosen milk.

This is traditionally served over toast, noodles or rice. It is sublime ladled over a split, toasted baking powder biscuit or english muffin. The delivery system is up to you.



SPIRITUAL INSIGHTS into Covid - 19

Reiki practitioner Deborah O'Brien shared insights in a newsletter, titled "If Covid could talk." O'Brien and her husband Peter Huhtala are Holy Love Reiki, and both teach as well as provide reiki healing services. Since the shutdown they are effectively teaching on Zoom and offer a free weekly online healing circle, 10am on Thursdays. If you would like an invitation email: deborah@holylovereiki.com

- We have been given an opportunity to learn patience and respect for life.
- Social distancing makes us more aware of one another in a respectful way.
- Wearing masks forces us to look into each others eyes more often.
- We have been given the opportunity to spend time alone with our loved ones.
- We have been taught ways of being to stay healthy and alive and to keep others safe, too. By taking these actions we show how much we care about one another.
- Social distancing is giving space for each person's energy body to be protected from other people's energies (intense emotions, negative thoughts). This is particularly good for more sensitive types. (Our energy bodies stretch out to a minimum of 6 feet from our physical bodies.)
- We are learning that something unseen can have a huge impact on our way of life, health and wellbeing (think Reiki! for positive effects of something unseen)
- We're clearly being shown that no matter where we live on this planet we are all biologically the same and the virus knows no politics or borders.

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 503-791-3365 Ready?

MARKET TIME

FOODGROOVE



Markets and Masks. Getting outdoors and maintaining health and safety precautions, the season's markets offer social gathering at a distance.

Clatskanie Farmers Market

Clatskanie Farmers Market. Saturdays, through September, 10am – 2pm in Cope's Park, plus online ordering/prepay/drive-by pick-up option on Conyers St. Details on the WhatsGood App. Clatskanie.

Blackberry Bog Farm Stand. Sundays 1- 5pm. Accepts cash, credit, and FDNP checks. 402071 Old Hwy 30, Svensen. blackberrybogfarm.com

Saturday Market at the Port. Saturdays, 10am – 4pm through September. Located along the waterfront in Ilwaco, WA. portofilwaco.com/events/saturday-market/

Columbia-Pacific Farmer's Market. Fridays, Noon – 3pm through September. In downtown Long Beach, WA. longbeachwa.gov/recreation/farmersmarket/

Astoria Sunday Market. Sundays, through October 8, 10am – 3pm. On 12th St in downtown Astoria. Some vendors may take debit/credit cards. astoriasunday-market.com/

Market Day Online Ordering. Pre-order locally grown and produced food items online and pick up at the North Coast Food Web in Astoria on Thursdays 2-6pm. Register at northcoastfoodweb.org



Alan Mossman of Mossy Tech volunteering for the Astoria Rotary Club, offers free masks to Astoria Sunday Market goers.

Seaside Farmer's Market. Wednesdays, 2 - 6pm, Through September 30. At the Seaside Broadway Middle School Parking Lot, adjacent to the Seaside Chamber of Commerce Credit/debit cards and SNAP accepted. seasiidemarket.org

Cannon Beach Farmer's Market. Tuesdays, July 21 - September 29, 1 – 5pm. Located in the Midtown area of Cannon Beach. SNAP, Visa, and Mastercard accepted. ci.cannon-beach.or.us/farmersmarket

Manzanita Farmer's Market. Fridays, Through September. Preorder and drive-through pick up only. 4 – 7pm at the City parking lot in Manzanita. Sign up at manzanitafarmersmarket.com

Tillamook Farmer's Market. Saturdays, through – September, 9am – 2pm. In front of the Courthouse in Tillamook. SNAP and debit cards are accepted. tillamookfarmersmarket.com/

Pacific City Farmers Market. Sundays through September. 10am – 2pm in the South Tillamook Library parking lot in Pacific City. facebook.com/PacificCity-FarmersMarket

Neskowin Farmers Market. Saturdays, through September, 9am – 1pm. At the Neskowin Valley School on Slab Creek Road. neskowinfarmersmarket.com

Lincoln City Farmers and Crafters Market. Sundays, through October 8, 9am – 2pm. Located at the Cultural Center in Lincoln City. The market accepts debit/credit and SNAP cards. lincolncityfarmersmarket.org/index.html

Tuesday Night Thing. 4-8 pm, at the Lincoln City Cultural Center, with the first hour (4-5 pm) reserved for the most vulnerable populations. Pre-orders and pick-ups are encouraged. LincolnCity-CulturalCenter.org

Order Local Food Online for Safe and Convenient Pick-Up with North Coast Food Web's Market Day



NORTH COAST FOOD WEB'S Thursday farm stand is now an online marketplace. Retail and restaurant customers can buy local food products each week with Market Day Online Ordering. Shop online for a low-contact option to get products from local farmers and food producers. Register as a customers to order Sunday 9 am through Tuesday at midnight each week at www.northcoast-foodweb.localfoodmarketplace.com. Your order will be packed up and ready for pick-up on Thursday afternoon from 2-6 pm at the Food Web office in Astoria (577 18th Street). We've simplified payment- pay once for your entire order online or in-person.

What kind of products can you order? Thursday Farmstand hosts a range of vendors selling farm fresh eggs, butter, cheese, fruits, vegetables, foraged goods, baked goods, meat, and value-added products like jam, pickles, and kimchi. When you buy from Market Day, you're keeping dollars in our local economy. All products are grown, harvested, fished, ranch, produced, or foraged in a five-county region around the mouth of the Columbia (Clatsop, Columbia, Tillamook, Pacific, and Wahkiakum counties).

New vendors are added to the site monthly – please email or call if you are interested in selling with Market Day.

North Coast Food Web is a nonprofit based in Astoria, Oregon. Market Day is part of our mission to support local farmers and food producers. For more information about our work and what we're doing to support the local food system during COVID-19, visit our website: www.northcoastfoodweb.org.





Italian & Mediterranean Cuisine

**LUNCH & DINNER
OPEN 7 DAYS
11:30 am-9 pm**

**FULL BAR
HAPPY HOUR 3-6**

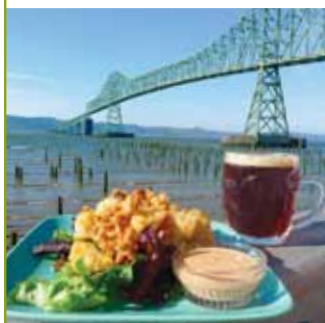


2x Award Winning
North Coast Iron Chef
Sean Whittaker
presents weekly
specials!

1149 COMMERCIAL
503-325-9001
FULIOS.COM



**BRIDGE
WATER
BISTRO**



Physically-
distanced.
Riverfront
deck dining.

Indoor seating.
Take-out.
Call for reservations.

503.325.6777 • Open Daily • Lunch, Dinner, Sunday Brunch
BridgewaterBistro.com • 20 Basin Street, Astoria OR

eat the coast
BITE LOCAL



Check our
website to
order online
for beverage
bread & pastries
bluescorcher.coop

Building
a strong
community,
serving
delicious and
organic
foods, and
fostering
joyous work
for every
worker



**WALK-IN TO-GO
ORDERS COMING
SOON**



HOURS:
Wed - Sat:
11:30 to 8:30
Sunday:
11:30 - 3pm
FULL BAR
503-741-3000

**SOUTH BAY
WILD
Fish House**

**you are what you eat . . .
wouldn't you rather be
WILD?!**
southbaywild.com

South Bay Wild Inc.
is a small, family
owned & operated
commercial fishing
vessel harvesting
and marketing high
quality sustainable
seafood

Seafood Market & Restaurant | 262 9th Street, Astoria, Or 97103



FORT GEORGE

ASTORIA, OREGON

DINE-IN or TAKE-OUT | LOCAL CRAFT BEER
WOOD-FIRED PIZZA
RIVER VIEWS

DINE-IN BY RESERVATION ONLY

1483 Duane St, Astoria, OR • 503.325.PINT • FortGeorgeBrewery.com



**THE WORKERS
TAVERN**
since 1926

**Sip Under
the Stars
in Uniontown's
only
Backyard
Beer Garden
and Firepit!**

281 W. MARINE DRIVE
UNIONTOWN ASTORIA

ASTORIA Sunday Market



**Open 10-3!
12th Street**



Please help us create a safe shopping experience
by wearing a mask and following social-distancing
protocol, staying home if feeling ill, and
being kind to one another.



KMUN
astoria 91.9
tillamook 89.5
coastradio.org

ASTORIA NORDIC HERITAGE PARK



Do You Love Parks?

Would you like to see a beautiful park on the waterfront in Historical Downtown Astoria?

With your purchase of a **BORDER INSCRIPTION PLATE** the Astoria Scandinavian Heritage Association can achieve their goal of building the Astoria Nordic Heritage Park.

Each Granite Inscription Plate will have a rune stone design border and room for 35 characters. Cost: \$500.00

ASHA is a 501 C 3 Organization and you will receive a tax receipt for your donation.

Please send a check to:
Astoria Scandinavian Heritage Association
P.O. Box 34
Astoria, Oregon 97103



To learn more visit:
www.astorianordicpark.org

Have questions:
Contact Judith Lampi at
clatsop41@yahoo.com
or 503-791-9156



This Ad was made possible by an in-kind donation

ASTORIA OPEN STUDIOS TOUR

GOES VIRTUAL

JULY 25 - 26

ASTORIA VISUAL ARTS.org