

August 2020 • vol 22 • issue 258

HIP FISH MONTHLY

ART: New Galleries open in Astoria
MOVIES: The Liberty re-opens for cinema
PERFORMANCE: Shanghaied Special!


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AT KALA By Dinah Urell

OUR LAST SHOW AT KALA before the COVID shutdown, was the inimitable Helen Gillet, cello artist, on the day of. We social distanced, with a very appreciative audience, as Gillet took us on a wild musical trip. With much regret our first planned show for September 21, Seth Walker, was cancelled due to no venues available in Portland and Seattle.

Our COVID plan, is to build a shield for the stage. We have 10 distanced seating spots, with up to four seats per spot. Stay tuned as we progress in this mission. Kala has produced over 300 shows since its incarnation as an intimate stage. In addition to touring artists, partnering with local performance has been an amazing and gratifying thing. In this last year, stellar shows came in the form of lâm quăng, and his Stand Up Tradgedy performance, Aimee Ward in a ritual healing performance, which included her psychic paintings, and a group endeavor to decorate her wedding dress, newly planted folk star Myshkin, multi-media performance artist/ writer Susan Banyas in The Hillsboro Story, a



lâm quăng



Aimee Ward Group Painting

powerful one about segregation in her home town, and the open mic jams that were producing some very nice talent coming out of the wood work. We miss the interaction with audience and artists, and hope that we can present and serve the cultural milieu of this blessed region once again. Until then, we applaud the efforts by these fine art organizations.

Liberty Theatre Re-Opens

THE MOVIES. The Liberty Theatre, indelibly and literally the center of Astoria town since its construction in the mid 1920's, for half a century provided service to contemporary culture as a movie house. Yes, it had some action as a Vaudeville venue, with acts performing in front of the curtain before the central celluloid attraction. But it was built as a movie house—hence, ye old theatrical query, “Who killed Vaudeville?” My uncle, Paul Wiss started his singing career on the Liberty stage, and went on to perform on the west coast Vaudeville Circuit, a circuit that by the 1930's was coming to end, as theatres built and converted to movie houses, eagerly awaiting a line of ticket buyers ad infinitum.

By the 80's, Liberty Theatre had undergone movie house dissection, splitting it into three theaters, in an attempt to keep up with the trending movie business, unkempt by various owners looking to make a buck and sorely disregarding its historical beauty and value, Liberty gained the reputation, “Dive.”

Strange Turn of Events. Today the Liberty Theatre is asking people to come back and watch a movie. In efforts to navigate the almost seemingly impossible, holding an event that is safe on every level amidst COVID-19.

Tickets are limited to 50 per screening. Wait, doesn't the Liberty seat 650? This is where it begins. While we wait for democratic actions on all fronts; testing for all, economic legislation, and a vaccine available to public health—as in the era of World War I and II, and the Great Depression, when movies became a new and accessible inspiration, we find ourselves in a place where coming together can mean so much — especially sitting together, eating popcorn, in the dark.

While we wait for movie houses to open; the beloved Columbian Theater second run couch and pizza house, the Astoria and Seaside Gateways Cinema, and the newest alternative movie theater, Seaside's Times Theatre and Public House, we soon have the opportunity to experience a part of the past in the present, a gap in time, when going to the Liberty for a movie was what you did when you grew up in Astoria.

The Liberty is excited to reopen its doors slowly, and share the new vestibule, box office, and concession stand in its amazing renovation journey.

The Liberty Theatre will begin showing films on August 21st, with weekly shows on Friday nights and Saturday matinees. Each showing is limited to 50 tickets in order to meet social distancing requirements and State guidelines for reopening. As our county reopens, the Liberty Theatre is taking a careful and cautious approach to restart venue operations, and establish responsible best practices essential to the safe return of patrons, artists, volunteers, and staff. Ticket-



ing and concession sales will be contactless. Masks are required.

What's Showing: Tickets and show listings will be available soon on libertyastoria.org. A few of the movies selected thus far; **AMAZING GRACE**, the amazing film capturing a live performance of Aretha Franklin's

The Shows Must Go On

gospel album Amazing Grace, with the Bethel Baptist Church Choir, shot documentary style by Sydney Pollack before he was famous—reviews off the charts. Another very exciting music movie, **WESTERN STARS**, is a cinematic film version of Bruce Springsteen's latest globally successful album of the same name. Backed by band and full orchestra under the cathedral ceiling of his historic 100-year old barn, weaving Springsteen personal archival footage and narration.

Tickets available soon at www.libertyastoria.org

Social Distanced Shanghaied August 14



Your outdoor, socially distant, public health mindful, tribute to SHANGHAIED IN ASTORIA is coming to the fabulous parking lot of your favorite little ASOC Playhouse in Uniontown, Astoria. On Friday, August 14th (weather permitting) will feature some live performances and show portions of prior year's Shanghaied on the movie screen outside the theatre.

The show will be broadcast via a low-power FM transmitter so people can stay by or in their cars and hear the show. Beer and wine (cash only) as well as hot dogs, sausages and popcorn is on the ticket. But, this is a free event, though donations are welcome. The parking lot will be blocked off by tape, and all alcohol must be purchased and consumed within the taped boundaries. The public may use restrooms inside the building, but no access to the rest of the inside. Chairs will be available but bring a couple camping chairs so you can sit by your car and listen on your radio.

If you plan on having beer or wine, make sure you have your ID. This is a no-rain permitting event – should there be cancellation, other dates are in reserve. Watch the Astor St. Opry Facebook page.

2020 marks the 36th year of Shanghaied, while not ideal, company members could not go without making the “Magic of Astoria Real” this summer. ASOC's goal is to give the best damn show they can while maintaining public health guidelines, and ask for patience as they've never done such a production, there could be a glitch or two.

Join the Fun, Friday August 14, 8-10pm at the ASOC Playhouse, 129 W. Bond Street, Uniontown Astoria.

2nd Saturday ART WALK

NEW HOURS: 12 noon to 8pm

Presented by the Astoria Downtown Historic District Association

Aug 8

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

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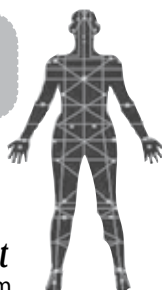
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In Loving Memory



LeRoy Adolphson
March 21, 1948 - August 5, 2020

LEROY PETER ADOLPHSON, born in Astoria, Oregon on March 21, 1948, passed away peacefully at his home the morning of August 5, 2020. LeRoy, or "Ming the Merciless," if you were in the know, was a true gentleman, hero, legend and iconic champion to Astoria, to the Uniontown neighborhood and Suomi (Finland) Hall, he being one of it's greatest champions. LeRoy was a Renaissance man, his eye never missing a detail and his skills were as vast as the circle of friends that were his world.

LeRoy always lived his best life and he filled it with adventure, community and his love for gardening, Asian culture, his Finnish heritage and harmony. His mark on the town where he lived is vast.

He and his life companion, David Drafall, maintained the Doughboy monument, worked at building up the Uniontown image, and spearheaded the continued presence of Suomi Hall, and guaranteeing the presence of the strong Finnish roots of Astoria. And so too together, the longtime proprietors and stylists of Uniontown salon, 165 West Bond.



LeRoy was a class act and one arena where he stood tall and proud was as a gay man in Astoria. LeRoy was the first out and visible gay man in Astoria, which many of us felt honored to know and befriend. He calmly helped others to be comfortable as their

true selves and helped to integrate queer people into town through socializing with every strata of culture here—famous for his annual Regatta and other parties, the immaculate garden grounds of his home the setting.

LeRoy had a keen interest in progressive politics, civil rights and cultivated relationships with diverse people here and around the world, always seeking to spark scintillating conver-

sations. He had a strong bond with his grandmother Emilia Perkinen Bohm, his progressive political bent influenced by her, she being one of the last remaining, and historically noted members of the Finnish Communist Party of Astoria.

Then, there were LeRoy's side passions of gardening and bonsai. His aesthetic for balance and flow in the garden inspired many to step up their own garden game. He led through example, his life a rich and beautiful tapestry of true presence. If one walked into a room with LeRoy present, they were always honored with a greeting first. If one needed to know how to prune a maple, how to address a situation or make a change, LeRoy was the one you went to first.

Then, we come to his dedicated family of clients that had been with him for decades, some all their lives. LeRoy opened 165 West Bond Hair Salon in 1976, to provide service there to the end of his life. LeRoy, always helping bring them to the beauty of who they were in the world. LeRoy's presence will be greatly missed, but his spirit will live on through all the lessons he has given us over the years. His life was a legacy and one that will be remembered in honor for years to come.

Contributed by Tessa James Scheller and Marco Davis.

Donations made on behalf may go to:
The Lower Columbia Q Center and Suomi Hall, Finnish Brotherhood, Lodge #2
Memorial Service - to be announced later





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PESTICIDE SPRAYING ASK to be informed!

THE PUBLIC DESERVES timely information about upcoming pesticide spraying operations on neighboring forestlands.

People have a right to know when these operations are to happen, what chemicals will be used, and, finally, how to sign up for a 24-hour notice. Currently, most people do not even know that pesticide spraying may be planned to happen near them, where to get more information, or how to get access to a 24-hour notice. Pesticides can put at risk our health, as well as the health of our wildlife and habitat.

For years NCCWP has been informing the public about timber spraying operations. The problems are that we have little information from the timber companies, do not have reliable access to 24-hour notices, and have limited ability to inform all the people potentially affected.

Bryce Rodgers from ODF and Jacob Hilger from Stimson Lumber Co. have asked for input as to how to give residents 24-hours notice before the upcoming Stimson ground-spraying adjacent to Wheeler. Recently, Mr. Hilger said that if people call him, he'll put them on an email list giving them 24-hours notice. This is a good first step; however, most people will not even know about this upcoming spraying.

It should be the responsibility of the timber companies and ODF to ensure that all the residents of an area learn about upcoming aerial or ground-spraying of pesticides and exactly which chemicals will be applied, and then have access to an informational 24-hour notice. What ideas do you have so that ODF and Stimson can better inform the public, since in our communities there are many residents and visitors who could be exposed to these toxic chemicals?

Please send your comments and additional ideas.

And take action! To express your concerns about the planned pesticide spraying adjacent to Wheeler, please call **Jacob Hilger at Stimson Lumber Company (503-842-4056), and Bryce Rodgers at the Oregon Department of Forestry (503-325-5451). Ask for a 24-hour community-wide notice.**

North Coast Communities for Watershed Protection (formerly known as Rockaway Beach Citizens for Watershed Protection), is a grassroots group working for better protections for the water we drink, the air we breathe, and the forest we love. healthywatershed.org

www.facebook.com/NCCWATERSHEDPROTECTION

CB History Center Fall Raffle Featuring Showcase 195 & Frederick Dwello

ATTENTION COLLECTORS and all those that love Cannon Beach and Arch Cape! It's the Cannon Beach History Center & Museum's annual fall raffle.

The raffle includes several unique pieces created by Cannon Beach artists, as well as gift baskets, and prizes donated by local businesses. The featured piece is a print of an original Frederick Dwello. He and local artist Donald Osborne were the inspiration and drive of Showcase 195, a local gallery that closed its doors in Cannon Beach in early 1982. The Showcase 195 gallery was named after the famed Steigleitz 291 Gallery, which operated in New York City in the early 1900's. Like 291, Showcase 195 exhibited the work of local Cannon Beach artists. Demonstrating what artists of the Pacific Northwest were capable of.

This print of an original Frederick Dwello is a view from Chapman Point. It measures 35 inches by 22 inches and was graciously donated by the Dwello family. Raffle tickets are just \$5 and can be purchased through the museum's website. www.cbhistory.org/shop/

The raffle will take place with a Facebook Live event on September 14, 5pm. You don't have to be "present" to win, but join in as a viewer.

Assistance League Art Fundraiser

ASSISTANCE LEAGUE of the Columbia Pacific announces local artist **Mary Hadreas** has donated her whimsical greeting card sales to benefit ALCP. You can purchase Mary's fun greeting cards at Sea Gypsy on the corner of Tenth and Commercial, in the Odd Fellows Building in Astoria. Just \$5. All profits will benefit the Assistance League of the Columbia Pacific!

ALCP wishes the community to know they're here for the children of Clatsop County and will always continue to work for their benefit, dedicated to providing quality clothing to Clatsop County School Children in need.

assistanceleaguecp.org and like 'em on Facebook.



Governor Kate Brown Announces Racial Justice Council to Address Systemic Racism in Oregon

GOVERNOR KATE BROWN has announced the creation of the Racial Justice Council. The Council is an advisory group to the Governor with subgroups focused on criminal justice reform and police accountability, health equity, economic opportunity, housing and homelessness, and environmental justice/natural resources. The council will also provide principles and recommendations that center racial justice to the Governor to inform the 2021-23 Governor's Recommended Budget.

The Council will examine and begin to dismantle the racist policies that have created grave disparities in virtually every part of our society, including: mass incarceration, prison and criminal justice, access to housing, health outcomes, economic opportunity and wealth creation, and education. The council members come from a diverse set of backgrounds with a majority from BIPOC (Black, Indigenous and People of Color) communities.

"For far too long, Oregon's Black, Indigenous and People of Color and Tribal members haven't had a seat at the table," said Governor Brown. "The urgency could not be greater to center the voices of those who are most impacted by historical and institutional racism in Oregon and create a better system—together—that fully supports us all. Our budgets, policy agenda, and priorities should reflect, support, and honor the communities who have been most deeply impacted by systemic racism."

Achieving these goals will require a new approach. Establishing racial justice will take foundational reform. The Racial Justice Council will be inclusive of representatives from diverse backgrounds, while at the same time explicitly centering Black, Indigenous, and People of Color as the Council works with Governor Brown's administration to implement policies for an equitable Oregon.

"I am pleased to join the Governor's Racial Justice Council," said Don Ivy, council member and a member of the Coquille Tribe. "There is work to do that—while the Council can't undo all past injustices—can strive to make injustice a thing of the past."

"This is a unique moment, and I am honored to work with the Governor's office in moving from words into action," said Chi Nguyen, council member and entrepreneur. "To have the Governor not only convene, but also chair this Council, shows the dedication behind her commitment that this Council's work will go beyond mere words. Our communities have waited too long. We are ready to dive into action with the work before us."

"This Council is a signal to Oregonians that our state is listening to the cries of our BIPOC siblings," said Reyna Lopez, council member and PCUN Executive Director. "I am honored to accept this position, and commit to bringing my personal experience as a first generation, Latinx Oregonian—daughter of immigrant agricultural workers—to make our state a better place for BIPOC communities everywhere."

Editorial Correction

In the July HIPfish article "How Does The Coastal Community Make Black Lives Matter" We misspelled the first name of LaNishia Duke, founder of The Love Coalition. Additionally, we reported that she moved to Oregon in 2016; Duke has been an Oregon resident since 2014. Our sincere apologies.



Reyna Lopez, Racial Justice council member and PCUN Executive Director.



Lower Columbia Q Center

The roster of offerings at the Lower Columbia Q Center include engagement, service, community and support. LCQC is casting a wide net for volunteers who do everything from events and programs to service on the Board of Directors and committee positions.

Lower Columbia Q Center is open 3-5pm Mondays and Wednesdays for drop in and office hours utilizing local and CDC guidelines. That means 10 or less people and masks are required. Check out the new facility and views of the bridge and river from 171 W Bond St. in Uniontown, Astoria.

Call the phone line for contacts listed below:

OPEN 6-9PM Friday nights using the same guidelines and also available at that time by Zoom online. We invite your interests in resources, support, socializing and just hanging out for fun. Some folks drop in for a few minutes others for a few hours. Contact: Jim Summers

YOUTH GROUP, Kiki at the Q, meets the second and fourth Thursdays 5-8 PM at the Lower Columbia Q Center and alternately by Zoom online. These meetings may feature special guests and teen experts from the Harbor. Contact: Christina Gilinsky

THE LCQC GENDER ALLIANCE meets the third Thursday of the month from 6-8 PM. This peer support group has been operating for over eight years and is currently meeting by Zoom online. Contact: Tessa Scheller

THE LATE BLOOMERS peer support group has been operating for some time in Portland and now at LCQC, currently by Zoom on line. The guys get together the second and fourth Saturdays 3:30-5:30 PM. Contact: Franklin/Jim Summers

QUEER EDGE SOBRIETY is our peer support group featuring support for fun and sober living. Meeting currently by zoom on line, the first Wednesday of the month 6-7:30 PM Contact: Tessa Scheller

OVER THE RAINBOW is the LCQC radio program featuring DJ Marco Davis the third and fifth Wednesday of the month on KMUN from 8:30-10:30 Contact: David Drafal

www.lowercolumbiaqcenter.org
503-468-5155
171 Bond St. in Astoria

Make Change

LONG BEFORE THE PANDEMIC and this summer's racial reckoning and the current administration's deployment of Federal "Trump Troopers," we were eager for change. We longed for a President who spoke truth, who dealt fairly, who upheld the rule of law. We longed for Senate leadership that would work with Congress for the betterment of the people instead of reveling in obstruction. We longed to right systemic injustice, increase voter enfranchisement, and restore trust in science and facts. We longed for ways to seek common ground even among those with opposing political views, to acknowledge the values we share and solve problems by working together.

2020 has heightened these desires. More clearly than ever, we've witnessed the need for effective leaders, for unity, for truth, for respect.

2020 has also upended expectations for this election year. Political conventions, those once-every-four-years extravaganzas, are no longer a given. Ditto for knocking doors to get out the vote. Between the virus and and voter suppression efforts, the very act of voting may be at risk in states that make mail-in voting difficult.

All the more reason for us to affirm that the time for change is now, and to commit, individually and collectively, to making it happen.

Here's what you can do, starting now:

- **Embrace the Swing Left strategy:** Swing Left recognizes that the most important electoral battles this year will be concentrated in the same few states. By focusing on twelve "Super States," they're organizing volunteers to flip the White House, the Senate, and the State Houses that are key to rolling back Republican gerrymandering. Find out how you can help at www.swingleft.org.

- **Write letters to voters with Vote Forward:** The letter-writing component of Swing Left is Vote Forward, which provides activists with names, addresses, and a data-driven proven template to write letters to voters in what will be key states to win this year. Letter writers save their letters and send them right before the election so that voters receive them at the most strategic moment. Sign up to help at <https://votefwd.org/indivisible>.

North Coast INCO NEWS INDIVISIBLE

For added inspiration, email incoregon@gmail.com and ask to be invited to INCO's Friday afternoon Zoom letter-writing parties. If afternoons don't work for you, there's an evening option too.

- **Write Postcards to Voters:** Postcards to Voters are friendly, handwritten reminders from volunteers like you, addressed to targeted voters who can give Democrats a winning edge in close, key races across the nation. Sign up to become an approved postcarder at www.postcardstovoters.org. INCO's Friday afternoon Zoom parties make postcarding even more fun. Email incoregon@gmail.com to ask for an invitation.

- **Support Vote by Mail:** We're fortunate to vote by mail here in Oregon, and we're fortunate that our own Senator Ron Wyden continues to promote voting by mail as the pandemic makes it even more urgent. Polling shows that voters nationwide want mail-in ballots, but Republican leaders oppose it. You can help by urging friends with Republican Senators to lean on their elected officials. You can also choose a Postcard to Voters option that sets you up to help voters in Florida (one of those twelve Super States) sign up to vote by mail.

- **Ground yourself in your values:** In addition to the virus, we face a pandemic of fear, mistrust, and disinformation. That's frustrating, and frustration leads to anger and lashing out, which serves only as a temporary fix. If we're to stay the course, we've got to hold fast to our values: truth, justice, compassion, and, yes, love. That doesn't mean rolling over. It means claiming common ground and knowing what we stand for, no matter how certain politicians aim to divide us.

Change is in the air. But it won't happen on its own, not when we have systemic problems like gerrymandering and a systemic rural-urban disparity in Senate representation. Don't expect that some other person, some other group, will usher in the change you seek. The time is now, and the one to make it happen is you.

Because of the pandemic, INCO's meetings have moved online. Email incoregon@gmail.com for details.

PeaceVoice

IN THE 911 call that led to George Floyd being killed by police, he was described as "awfully drunk and not in control of himself." This is obviously not justification for his death--being impaired is not a capital offense. Calling attention to his impairment highlights a key factor in many incidents of police overuse of force: drug use or mental health problems by victims.

As former Dallas Police Chief David Brown and many other officials have noted, the police have unwisely been pushed to the forefront in "treating" those battling mental health and addictions. Police as the primary responders to those with mental health/addictions problems is a set-up for disaster. A 2015 Treatment Advocacy Center study found people with untreated mental illness face a 16 times greater risk of being killed by police.

In the words of many a front-line officer, "I didn't go on the job to be a \$#@% social worker." Learning to use a gun, a Taser, a baton and handcuffs does not make for effective treatment of those struggling with mental illness and addictions. And most people under the influence of any drug, or suffering any sort of psychosis, anxiety, depression or PTSD, are going to be less compliant with an officer's commands.

Immediate reallocation of significant funds is essential. Police departments literally have growing billion-dollar budgets while social service agencies wither. Treating the scourge of racism

When to *not* call the police

by Mental Health Alliance of Portland, Oregon

is a critical goal; infectious prejudice is a tragedy that has been too long overlooked or deprioritized. As part of that initiative, helping those who face the additional stigma of mental health/addictions problems is vital.

We need culturally specific programs, including people with lived experience who understand hard times on the streets and living with mental health and/or addictions problems. There needs to be close collaboration with all first responders and a significant outreach component. In Portland and many other cities, programs pairing a police officer with a crisis worker show great success at preventing volatile situations from worsening.

Struggling people don't do well with taking multiple medications on a regular schedule and showing up on time at various appointments, often in places hard to get to for those who may not drive. Investments in helping them will very likely significantly reduce 911 calls about someone acting strangely. If there are no weapons being brandished and no felony being committed, alternatives to a police response can save money, and lives.

Would George Floyd in Minneapolis have suffered such a brutal police response if he had not been under the influence? Would Andre Gladen, a legally blind African American man with mental health and addictions problems, been killed by a Portland police officer if he had gotten adequate

treatment? How about Rayshard Brooks, who had been sleeping in his car and was killed by Atlanta police after failing a field sobriety test? Or Darell Richards, a 19-year-old with mental health problems killed by Sacramento police?

An investigation by radio station KPCC and the San Bernardino Sun in 2017 found that more than 70 percent of those shot by police in that county showed signs of drug or alcohol use. The scarcity of good nationwide data tracking on what percentage of calls involve mental illness and/or addictions is part of the problem.

Clearly, we need to attack the disease of racism to see an end to the murder of people of color by police. A Rutgers University study found that about one in 1000 black men or youths can expect to be killed by police. Mental health and/or addictions concerns increases their risk.

While we are doing everything we can to battle the systemic racism that has built up over hundreds of years, we must help those who are struggling with mental health and addictions, and are most likely right now to face excessive police force.

~~~~~  
*The Mental Health Alliance was formed in 2018, in connection with the federal lawsuit prompted by Portland Police Bureau excessive use of force against the mentally ill. Its members include people with mental illness, attorneys and mental health and addictions professionals.*

# Mindfulness and Meditation

## On The Inner Road to Great Vow

BY MARIANNE MONSON

**O**n a rainy Sunday in February, I headed east on highway 30, cornering the slick roads that lead to Clatskanie. Driving past a thrift shop, I turned at last into a parking lot where I was greeted by a building erected as an elementary school in the 90s, judging by its appearance. Improbably, the center office courtyard has been transformed into a garden of burbling water falling over hewn stone, edged with tufts of fern and lichen.

The Great Vow Zen Buddhist monastery holds Sunday meditation services each week, though they have been moved online for the remainder of the pandemic. After removing my shoes and coat, I entered the sanctuary. At one end, a large statue of Buddha had been adorned with pink spring blossoms. Large comfortable mats were arranged in rows across the clean wooden floor; meditation pillows and stools perched atop mats where monks with shaved heads and long robes settled themselves beside visitors like myself.

Following the directions of others around me, I pressed my hands together and bowed before seating myself on a cushioned mat. A monk provided a printed card so I could join in the chanting. The smell of incense wafted toward me, and my mind and spirit relaxed in response.

A monk talked us through a guided meditation and we sat in stillness for a time. This was followed by a walking meditation that involved bringing attention to each foot as it engaged with the solidity of the floor. A second meditation was followed by a talk from two monks who recited a teaching and elaborated on the challenge it is to apply the concept of gratitude in our lives.

I am not Buddhist, but lately, surrounded by the tremendous amount of upheaval, I've found myself craving solitude and stillness in a way I seldom have before. Shinei Monei, a Great Vow monk, has offered a course on meditation at Clatsop Community College for the past five years. I took her class two years ago when I first moved to Astoria, and it was a wonderful, unintimidating introduction. The other students, like myself, were largely new to meditation and looking for greater clarity in their lives.

During the early sessions, I was surprised how incredibly difficult it was to do something as simple as sitting still. My body protested sitting on a mat that initially seemed soft, but became impossibly uncomfortable after fifteen minutes of prolonged sitting. My hips ached. I shifted. My knees ached. I moved again.

Meanwhile, Shinei sat at the front of the class, legs serenely folded beneath her as if she'd never been more at ease. I sighed and hoped this would get easier with practice.

My mind faced similar struggles. Shinei invited us to bring our attention to the breath—to examine its beginning and



Nude in Zazen by Heather Hirschi

ending, the vibrations it created in our chest. I started there with little problem. For about three breaths.

Then, inevitably, I'd start thinking about someone I needed to email or call. About some bill that needed paying. About some student I needed to respond to. About an errand I had

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After years of training my mind to be productive . . . I became woefully aware that I had never actually trained it to be still.

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to run. And like that, my mind would be off like a newborn baby colt wobbling after a buzzing bee.

Shinei's gentle voice called me back. After years of training my mind to be productive, to be analytical, to be occupied, I became woefully aware that I had never actually trained it to be still.

To my relief, Shinei told us she could understand. She explained that in her twenties, she had found herself driven toward productivity, weighed down with anxiety and worry. Though it was hard to imagine with her serene voice filling our classroom, she shared her journey from working two jobs

to the monastery, where she has spent the last seven years training her unruly mind, cultivating the peace that now seems to emanate from her presence.

It was clear that many of us in the class were drawn to that peace—breathing it in as if we couldn't get enough. Shinei explained that meditation can eventually lead us toward a state where you are released from the throes of your mind, powerless to control emotions that seem to be happening to you. Meditation, she explained when practiced well, allows a person to see their thoughts and feelings objectively and thus be freed of them.

I've struggled with anxiety throughout my life and began taking medication for it three years ago during a high-stress time. Now I'm attempting to reduce and perhaps eliminate it by replacing it with mindfulness and meditation. Of course, the fact that I decided to do this shortly before a pandemic descended on the world was not, perhaps, the most fortuitous timing. Medication and therapy—as I can well attest—are a godsend when needed. But I would prefer a life free of them, if possible. So I return to my mat and continue attempting to train that newborn foal.

Shinei's journey has been quite a magical one. After seven years at the monastery, she is leaving it because she has fallen in love with Soten, a fellow monk. The couple planned to be married at The Great Vow in June, and then to depart on an overland journey by foot to South America. They are both long distance runners and plan to travel light, journeying with intention and joy.

Of course, these plans are up in the air given the new situation, but when I ask Shinei what they will do now, she just laughs. "Meditation teaches us to let go of what came before and what may come next and to be comfortable resting in present uncertainty. Meditation is natural medication for anxiety and therefore has a new relevance to this present situation that only highlights the need we all have to learn how to rest in states of openness and acceptance."

In other words, she is joyfully allowing her wedding and honeymoon to unfold in whatever way they will. Whenever she departs, Shinei will leave behind many in our community who have been touched by her teachings. During the outbreak, the monastery continues to offer the Astoria weekly meditation class online on Friday evenings from 5:30-7:30 pm. The monastery's Sunday services are also being livestreamed weekly and can be accessed at [www.zendust.org](http://www.zendust.org).

During this unprecedented time, Shinei Monei and The Great Vow monastery offer a truly remarkable service for the mental well-being of our community. Participants will surely leave rejuvenated, with greater capacity to improve their relationships and find inner peace. At such a time of turmoil, this promise seems like an inexpressibly precious gift.

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# NATURE NEWS

## Tillamook River wetlands restoration will improve salmon habitat



NORTH COAST LAND CONSERVANCY'S purchase of 73 acres of wetlands south of Tillamook today is the first step in a proposed restoration of the tidal floodplain along the Tillamook River.

Restoration of Tillamook River Wetlands, a collaboration between NCLC and Tillamook Estuaries Partnership, will complement similar projects already under way on the Miami, Kilchis, Trask and Wilson rivers. "With this acquisition and the restoration we're planning," said NCLC Associate Director Jon Wickersham, "all five major rivers that enter Tillamook Bay estuary will have seen major progress in restoring wetland salmon rearing habitat."

## Volunteers are Invited to SOLVE IT for Oregon a New Statewide Volunteer Event

SOLVE welcomes Oregonians into the field during SOLVE IT for Oregon, presented by Portland General Electric. From August 1 – August 15, Oregonians are invited to take part once again in cleaning up and caring for Oregon during this collective effort. Volunteer registration is currently live on solveoregon.org and anyone who wants to get involved is encouraged to browse the list of over 45 volunteer opportunities and sign up.

This year, due to COVID-19, SOLVE IT for Earth Day was postponed until the summer and is making its debut this August as SOLVE IT for Oregon.

As SOLVE pivoted from SOLVE IT for Earth Day to SOLVE IT for Oregon, they were able to look critically at ways to continue supporting important environmental work while keeping volunteers and communities safe. For the event this August, their approach has been to emphasize the need to stay local.

SOLVE has also created a list of safety guidelines for volunteers and volunteer leaders. Examples of these guidelines include eliminating the use of shared equipment, maintaining at least 6 feet of distance, and always wearing a face covering.

Visit solveoregon.org or call 503-943-2835 to get more details, pick your project, and sign up.

## Beautiful Creatures An educational and art class experience

Oregon's ocean is home to a spectacular array of creatures living within some of the most diverse habitats on the planet. Beautiful and unique, the animals, plants and the many features of Oregon's ocean and coastline lend themselves as much to science and exploration as they do to art and creative inspiration. To celebrate this spirit of science and art within Oregon's ocean environment, Surfrider Foundation and Elisabeth Jones Art Center are collaborating to offer virtual workshops where participants will learn about special ocean habitats and

Many animals depend on the availability tidal wetlands to complete their life cycle. But much tidal wetland property on the Oregon Coast has been converted to agriculture and other development requiring flat land. Activities such as levee construction, diking, draining, and filling have altered or eliminated 85 percent of Tillamook Bay's once-expansive tidal wetlands. This has led to a decline in the population of many species, including the federally threatened Oregon Coast coho salmon.

Together with TEP, NCLC plans to allow the Tillamook River to return to a large area of its historic floodplain. Currently the property is separated from the Tillamook River by a berm and four tide gates. By reconnecting the wetland to the river, the project will restore habitat complexity critical to healthy salmon and trout populations and other wetlands-dependent species. Coastal estuaries, where rivers and streams meet the sea and ocean and freshwater mix, are high priority targets for conservation by NCLC. Tillamook Estuaries Partnership bring years of expertise in Tillamook Bay hydrology and habitat reconnection to the project.

The property has historically been used for agriculture but has not been actively hayed or used for grazing for more than a decade. It was purchased from Tillamook Shooters Association, which retained 17 upland acres for possible use as a firearms safety range.

The acquisition was funded in part with grants from the US Fish and Wildlife North American Conservation Act and the Oregon Watershed Enhancement Board.

creatures while being guided through the creation of small art pieces at home.

The series of workshops will be focused around Oregon's Marine Reserves and Protected Areas, special areas that are dedicated to conservation and scientific research. Each of the virtual workshops, which run from July 29-August 26, will focus on one of Oregon's marine reserves and protected areas – Cape Falcon, Cascade Head, Otter Rock, Cape Perpetua and Redfish Rocks. Participants of all ages are invited to learn from a scientist, community member and resource manager about these places and creatures. Following will be a fun and instructive art class where participants, utilizing readily available art supplies, will create small works of art that will later be collected to create a stunning collaborative 25-foot diameter mobile for exhibition at the Elisabeth Jones Art Center!

**These workshops are being offered free of charge to the public, but are limited in participation so pre-registration is required. Individuals may register for one or multiple workshops. Go to: Oregon.surfrider.org Aug 12, 5:30-7:30pm – Cape Falcon, 8/19, 5:30-7:30pm – Otter Rock 8/26, 5:30-7:30pm – Cape Perpetua**

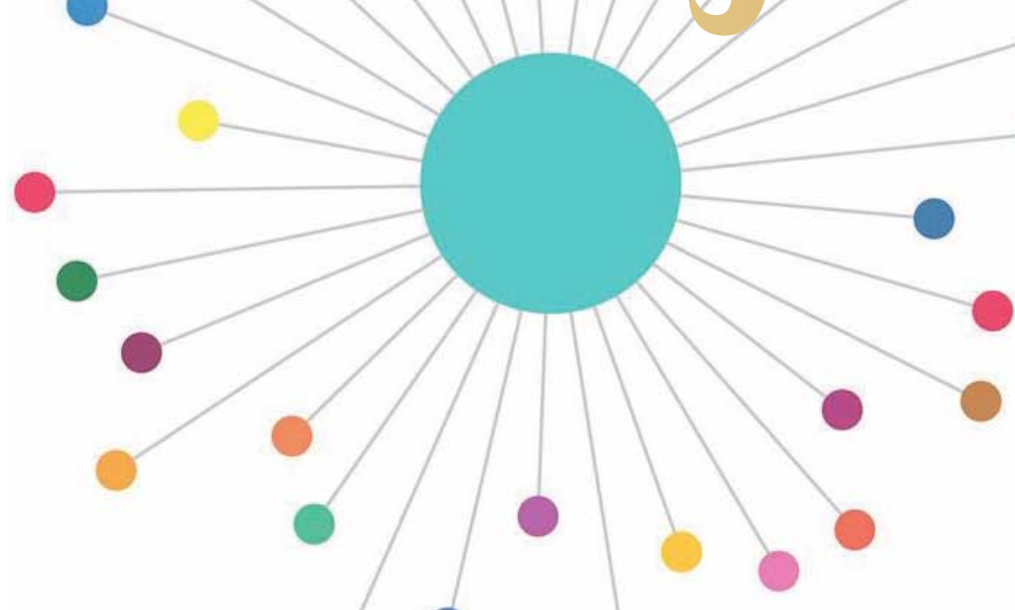
## Angora Hiking Club Dates

Join Angora Hiking Club on a Ferry ride to Puget Island, Washington to bike or walk, **Sat. August 15, 9am to 12pm.** On **Sat.**

**August 22**, the hike is lead by a Geologist to learn 'how to read the land' on a Pacific Ocean Beach, Hug Point, All details are on the **Angorahikingclub.org** website. Please check it out.

Participants are required to wear masks, keep social distancing and maintain the Oregon outdoor COVID-19 guidelines. There is no longer carpooling for safety reasons. AHC is a friendly club and all are welcome, membership is not required. However, you are asked to call the hike leader in advance to reserve your intention. The leader will tell you where to meet and answer your questions. Participants need to be 18 year of age or older, no dogs are allowed. AHC hopes to see on the trail, to continue its second 100 years. July 4th, 2020, was the anniversary of the first 100 years.

# Consejo Hispano



**T**HE TRANSITION is marked by a rebranding that includes a new logo and name. Rather than being called the Lower Columbia Hispanic Council, the organization is rebranded as Consejo Hispano—which is translated as “Hispanic Council” in English—to acknowledge the organic expansion of its service area over the past few years.

“It’s a natural progression for the community,” Diana Niño, Volunteer and Outreach Coordinator, said. “We’re going into a new era so we wanted to be a little more inclusive geographically.”

Consejo Hispano’s programs and services are now offered to residents of Washington’s Pacific County, as well as Columbia, Clatsop and Tillamook counties. Additionally, the new logo was designed to better reflect an inclusiveness of all Latin American cultures and the notion of one united Latinx community in the Pacific Northwest that is strengthened by a multiplicity of cultural variations. The logo depicts a myriad of small dots encircling a larger circle, with the dots representing the different Latin countries and their unique cultures. For example, board member Rosa Gilbert said, her heritage is Mexican while Niño’s family is from Colombia and Pool Radway emigrated from Costa Rica. The new logo speaks to all the many different cultures that “make up being a Latinx person.”

As for the name, according to Niño, many people, particularly Spanish speakers, were already referring to the organization as Consejo Hispano. The rebranding, which was approved unanimously by the board of directors, simply formalizes the colloquial term.

In general, Niño said, the organization’s evolution has happened organically, although “it’s been faster and faster” in the past few years. Since she started in 2017, they have moved locations, added staff, and expanded programming, which includes partnering with other organizations and individuals to support their work in the community. According to Gilbert, the “see a need, fill a need” philosophy is “very Latinx” so the rebranding symbolizes “a natural, organic extension of what the culture and the organization bring to a community.”

What hasn’t changed is the organization’s mission, which is “the equitable integration of resident Hispanics into the broader social and economic fabric of the Lower Columbia community.” Consejo Hispano will continue promoting health, education, and social and economic advancement for members of the Latinx community, while also working to cultivate partnerships that establish bonds between the Spanish- and English-speaking demographics within the Pacific Northwest.

## New Leadership Behind the Scenes

The organization’s leadership underwent a major transition last year when Jorge Gutierrez resigned in July to take another position in

The Lower Columbia Hispanic Council is entering a new era of the cultural organization’s life under the leadership of Jenny Pool Radway. She came on board as Executive Director in November 2019.

Washington State. Family Engagement Specialist Maritza Romero served as the interim director after Gutierrez departed until Pool Radway was hired later in the year.

Pool Radway moved to Astoria—specifically for the job—from Denver, Colorado, where she founded and directed Diverse Communities LLC. According to a news release from Consejo Hispano, she has in-depth experience working with immigrant communities within the mental health field, as well as with 2020 Census preparation.

Pool Radway was born and raised in Costa Rica and moved to the states at 17. She carries dual bachelor’s degrees in Spanish and Political Science and a master’s degree in Human Services. She has primarily worked in the nonprofit sector and her passion is serving Latinx individuals, immigrants, and refugees.

“I do present as white and it allows me more privilege that I can then use to advocate for the Latinx community,” she said.

According to Gilbert, the board was drawn to Pool Radway because of her background in nonprofit work and grant-writing, as well as her vision for expanding the organization. Niño said they appreciate that she is bilingual and bicultural, which “has a lot of weight in how the work is done.” It’s not enough, she added, to have a leader who speaks Spanish. Pool Radway’s personal understanding of the Latinx culture is also critical to how she interacts with the people they serve.

As for Pool Radway, she was enticed by the idea of joining an organization with “a lot of potential and growth” and that is “so Spanish-centric.”

“That’s something that’s important to my soul,” she said.

One unique thing about the Pacific Northwest environment compared to others she’s worked in is that the Latinx population “is a small community within a small community,” and Consejo Hispano is virtually the only organization

in the region providing the types of services they do.

“Here, we’re it,” she said. “It’s a great opportunity for us, but it also presents a challenge. That’s definitely something that’s a driver for me.”

One area where they hope to grow is youth programming. They are currently conducting an assessment to gather feedback from the community about their needs and wants. Financial empowerment is another target service area.

Meanwhile, Niño’s current position was created to help the organization properly channel the efforts of volunteers and optimize their impact. Volunteerism, both from Spanish speakers and non-Spanish speakers, has expanded over the years, Niño said, which led the organization to realize “we needed to have a more structured volunteer program.”

“We really believe everybody has something to contribute and everyone can learn from each other,” Niño said. “We’re also starting to come up with a solid volunteer program so that people coming to us, yes, they’re helping us out, but they’re also leaving with a positive experience for themselves.”



Jenny Pool Radway

PHOTO: Karina Henegan



**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**

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## A Role in Current Events

Consejo Hispano also plays an important role in advocating for the Latinx community and sharing information about current events.

One of the major items on the slate currently is the 2020 Census. The organization is actively encouraging not only the Latinx community but everyone on the North Coast to complete the census and make sure they are counted. They're providing help for individuals who need it and answering questions. Additionally, they are hosting a virtual Coastal Oregon Census Day of Action on Aug. 8 that will feature music and discussion from various people about the importance of the census.

Niño finds it interesting how slow, and even hesitant, people are to respond to the census in the United States—not just among minorities and immigrants, but the general population as well.

"We're trying to figure out what those barriers are," she said. "This is in all our best interest."

Consejo Hispano is also trying to help members of the Latinx community navigate the COVID-19 pandemic and its impact on job security, health, and other aspects of life. Two of the primary methods they implement are advocacy and education.

A large portion of official materials and documents about the pandemic are only available in English and they're full of

technical language. According to Niño, the organization not only translates those materials but also interprets the information so it is accessible and culturally impactful and shares it on social media.

Additionally, she said, "a lot of essential workers are Latinx and a lot of them came to this country to work hard and often they won't speak up for themselves, so we have to help them out in that as well." If a person is facing a harmful situation at work or in another environment, but they're hesitant to call the authorities, staff members can do so on their behalf to ensure the person's voice is heard. Consejo Hispano also has a presence at local meetings where various issues related to COVID-19 are being dis-

cussed, such as the schools re-opening, and they voice concerns on behalf of the Latinx community, fulfilling a meaningful liaison role, Gilbert said.

When it comes to current immigration policy that affects various members of the Latinx community, such as the Deferred Action for Childhood Arrivals (DACA), Consejo Hispano strives to ensure families understand the implications of various legislation and government decisions. In early June, the U.S. Supreme Court ruled 5 to 4 to block the Trump administration from rescinding the DACA

program, which

temporarily lifted uncertainty faced by thousands of immigrant families and DREAMers. However, the fight is not over, as demonstrated by the Trump administration's actions following the ruling, including a refusal to fully reinstate DACA and imposing further restrictions on new applicants.

"It's a big piece of our community," Pool Radway said. "I'm not

just crossing my fingers, but I'll cross my legs, and my eyes, and everything I can cross for a new administration that will be able to create a better legislation around this."

She also believes states can step up and do more work on an individual basis to help support and promote the safety of DREAMers and an expansion of DACA locally.

Consejo Hispano is also not above trying to figure out how it can be part of the solution in terms of urgent human rights issues, such as the Black Lives Matter and anti-racism movement.

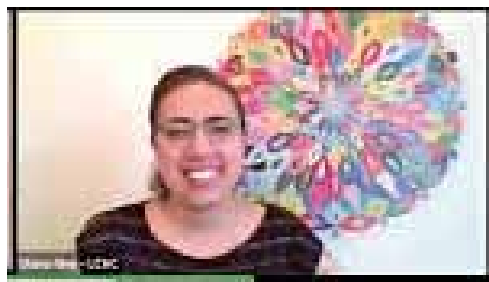
"Anti-black sentiment is definitely engrained in Latinx culture, and a big piece of that is that proximity

to Euro-centricity and whiteness is how our ancestors survived, and through oppression," Pool Radway said. "That's a very painful legacy that still prevails and needs to be eradicated. We think at the Consejo Hispano that this is a great time for us to reconcile our privilege and figure out what we do to dismantle white supremacy, figure out ways to really be productive and helpful to our Afro-Latinx brothers and sisters, and look for ways to break the cycle of internalized racism that we have as well, so we don't perpetuate and uphold white supremacy."

She believes the internalized anti-black sentiment in the U.S. and in Latin American countries has been by design—"the divide-and-conquer piece." In reality, the oppression of Latinx individuals is



**La Cima Lower Columbia is a bilingual leadership camp for Latinx high school students along the north coast of Oregon. Drawing from 5 different highschools on the coast in 2019, this camp is designed for Latinx high school students who wish to make a positive difference in their schools and communities!**



**Volunteer/Outreach Coordinator Diane Niño on a Census presentation on Zoom.**



**in the courtyard at the Maritime Museum in Astoria, día de los muertos, celebrated annually by Consejo Hispano**

"bound up and intertwined with the oppression of the black community," and the negative systemic injustices that People of Color (POC) experience in the United States "really come from the most fundamental white supremacist values that we all face." In that sense, she added, it's important for POC to avoid having an oppression competition, so "we can come together in the struggle."

"Just because we're focused on fighting anti-blackness does not mean that we don't care about children in cages or that we don't acknowledge that other groups have experienced slavery, like Asian-Americans," she said. "In joining the fight for Black Lives Matter, other marginalized groups benefit as well. Not that it's the reason to have solidarity, but the realization that this is something that's good for all of us and that we have a common oppressor."

Niño feels a critical measure is education and reinforcing the idea that the issues affecting the black community and their fight for justice mirrors a similar experience for the Latinx community.

"It's kind of telling them, 'you know, we're fighting for the same things, and this does concern you,'" she said. "Just because you don't identify yourself as black or Afro-Latino or African-American, they really need our support and we really need to be part of the solution."

BLM protestors are fighting for justice, she added, and simply "asking for things that everybody should have."

Pool Radway echoed the sentiment of promoting solidarity, even as it requires self-reflection and education among their own community.

"For Consejo Hispano overall, it's something we support and we believe in doing this work," she said.

When people ask about how to make a difference in the community on an individual level, Gilbert said she often references allyship. Whether it's supporting Consejo Hispano, the Harbor, the Lower Columbia Q Center, or another organization, being an ally is something people can individually do "to promote equity."

"We all need each other," she said. "That speaks to why we as the Latinx community stand arm in arm with the Black Lives Matter movement and why we're pushing so much for equity in schools and everywhere else."

## Astoria Visual Arts Appoints New Board President

ASTORIA VISUAL ARTS (AVA) has named **Noelle McClure** president. The AVA board voted unanimously to appoint McClure to the post during a meeting on July 6. McClure joined AVA's board earlier this year.

A life-long lover of art and art history, Noelle McClure has been able to merge these interests with her inclinations of organization and project management by professionally caring for art collections—most recently working with the prestigious Paul Allen Family Collection in Seattle and before that with the more than 45,000 works on paper at the Portland Art Museum. McClure earned a BA in art history and a BFA in printmaking from the U of O where she graduated summa cum laude. She also has an MFA in studio art from UNC Greensboro and a Graduate Certificate in Museum Collection Management & Care from George Washington University.

McClure succeeds Lisa C. Smith, board president since 2017. Smith, who will continue to serve on the board, called McClure “a brilliant and transformative leader.”

“Noelle has assumed control of AVA as we find ourselves in the throes of the COVID-19 pandemic, which threatens the existence of arts organizations throughout the country. And AVA certainly is not immune to that threat,” said Smith.

McClure said it was “an honor” to be named to the job. As board president, she said, she will continue to “strengthen AVA's commitment to local artists and the community via our annual open studios tour, artists-in-residence programs, gallery, and partnerships with local high schools, Recology Western Oregon, and the Astoria Writer's Guild. We'd very



Noelle McClure

much like to expand the number of community partnerships we have and also increase diversity within AVA's board and membership.”

“We have big ambitions for AVA, even in these difficult times,” McClure continued. “I am optimistic that we will be able to widen our circle of inclusion and influence in the days, weeks, months, and years to come.”

Astoria Visual Arts was founded in 1989 as a non-profit membership organization to enhance, strengthen and promote the arts in the Greater Astoria Area.



## Sue Bish at Trail's End

As part of the Gearhart ArtWalk, Trail's End opens a new show for August featuring noted coastal artist Sue Bish. “Our Fragile Earth,” reflects man's careless stewardship of our planet.

Sue was born in New York and moved to California where she majored in art and drama, acting in local theatre. After meeting and marrying her husband, raising

a family and moving to Oregon in 1975, she resumed her art instruction. She studied with John Campiche, Carl Purcell, Christopher Schink, Carol Riley, Judy Morris, Eric Wiegardt and many others.

She's a member of Trail's End Art Association and the Watercolor Society of Oregon, showing her work year round at Trail's End and wherever opportunity arises.

I've always recycled my art but now it was with real purpose. Many of these paintings are on top of old ones, some watercolors on the back of others, some with found objects around the house. But a shocking amount of plastic finds its way into the ocean. And we see the results: animals ingesting it and dying from starvation or becoming entangled in it. Global warming and climate change contribute to the extinction of species as well as oil spills that cause loss of habitat. I have tried to address some of these issues we all care about so deeply. The clock is ticking.”

Trail's End is the oldest gallery on the North Coast, having been built as a schoolhouse in the early 1900's and converted to art classrooms and a gallery mid-century. In addition to the gallery of original art works, there's a gift shop full of prints, small objects, artworks and notecards. Current Covid Hours: Fri – Sunday 12pm to 4pm. Located at 656 A Street in Gearhart. Trailsend.org 503.717.9458.

LIGHTBOX Photographic Gallery will open the “The Portfolios” and “The LightBox Files” Exhibits on Saturday, August 8 from 11-4 pm. The Portfolios exhibit presents the work of 9 photographers who were selected for the excellence of their submitted portfolios. Each of the nine photographers will present 4 works to share their vision with the public.

Also opening this day is The LightBox Files Exhibit, held over from April 2020 and reopening in the gallery this month. The exhibit honors the complete photographer, those that pursue the art of fine printing. In the Exhibit 8 photographers are featured with a series of prints on the walls and a collection installed in the LightBox viewing drawers for the 2020/2021 year.

**“The Portfolios” and “The Lightbox Files” will be on display in the gallery through September 8th. LightBox is located at 1045 Marine Drive in Astoria, gallery viewing hours are Thursday – Saturday, 11:00am - 4:00pm. 503-468-0238**



Brian Edwards, Cafe Encino New Mexico

## Brumfield Gallery Opens in Astoria



FOR NUMEROUS YEARS a whole north coast community knew 1033 Marine Drive in the historic Occident Building as Bergerson Tile, supplying a vast selection of earthen wares to homes and business. Drive or walk past the storefront today, and a clear view through the distinctive windowed garage door will immediately draw your attention, to something new, bold, bright and compelling, and an earthen coincidence of sorts, in the form of fine sculpture.

Jane and Mike Brumfield opened Brumfield Gallery this July, and will mark it with a low-key Covid-19 style ribbon cutting, Friday Aug. 7, and a first Astoria Art Walk following. Over the summer they've transformed the space into a very clean, natural setting to exhibit the many Pacific Northwest artists they have nurtured over the years.

This art walk they're currently showing a group exhibition featuring Carla O'Connor, John Westmark, Lisa Bryson and Cary Weigand. The show includes a painting by Carla O'Connor called “2020 Vision” that expresses a certain level of pandemic anxiety we can all relate to.

In addition to the current group show they'll be opening an exhibition of ceramic sculpture by Michelle Gregor. Throughout the day, they are offering 30 min appointment blocks to view the work and meet the artists Michelle Gregor and Carla O'Connor. Walk-ins will be accommodated when the ten-person capacity will allow, but they encourage you to book. You can book your viewing on their website, by emailing info@brumfieldgallery.com, or calling 503 741 3439. Michelle Gregor will be there throughout the day 11:00am-7:00pm. Carla O'Connor will be at the gallery 1:00pm-5:00pm.

The Brumfield's owned Imprint Gallery in Cannon Beach for 3 years. The Astoria location was to be a second gallery, but due to the pandemic times, made the decision to join the growing and thriving Astoria art scene, where they also reside. Astoria is home to their sixth gallery. Jane Brumfield has been in the art and gallery business most of her life. Beginning as an art student herself in England, she transformed her love of visual arts to curator, employed in museums, and learning the business of art through experience rather than lettered credentials. When she and Mike—an American, met and married 20 years ago in England, they eventually made their way to the U.S. Jane's love and first-hand knowledge although did not afford her any positions in American museums. Upon returning to England, together they opened two different galleries. Then eventually back to the U.S., with two successful gallery endeavors in Boise, Idaho. Today, their love and commitment to visual arts brings them to the Brumfield Gallery.

Now, the gallery looks for ways to mitigate some of the issues the pandemic has created. Wearing a mask is a limitation when speaking to visitors about the art, so they have devised an audio tour. Selected exhibits have a QR code. This can be scanned on a camera phone to take you to a sound recording of the artist talking



Carla O'Connor, 2020 Vision

about the artwork. For the best experience they suggest you bring your headphones with you. In addition to regular opening hours they are offering appointments for private viewings. And, if you are not ready to visit the gallery scene just yet, their entire inventory is available though their website, brumfield-gallery.com. They have also created video exhibition tours and artist talks, which they share through their Facebook, Youtube and Vimeo channels.

- Dinah Urell

## Light Paintings, Goddesses, and Assemblages Jill Mulholland at AVA



ASTORIA VISUAL ARTS welcomes Jill Mulholland in a solo exhibit, *Light Paintings, Goddesses, and Assemblages*, which opens Second Saturday Art Walk August 8 from 12:00 to 8:00pm. Light Paintings, Goddesses, and Assemblages are three individual series. The "Light Paintings" use reflected sunlight through different mediums that Mulholland photographed, and then the light was gone. "Sometimes I swore I heard music by looking at them," Mulholland says. The "Goddesses" series is a group of 29 large scale collages from images Mulholland collected from the last 35 years, each mounted on maps dated from 1930 to 1983. An archaeologist in an earlier life, Mulholland was constantly looking at the ground. The

"Assemblages" are grouped things that she collected over the last 15 years, many of them from the Corning, New York garbage.

Mulholland's projects in this exhibit have come to fruition during the COVID-19 pandemic. Fresh, creative, humorous and wild, "Goddesses" literally map a kind of off-beat feminism. Assemblages, might be alter pieces created by early woman who suddenly found herself delighted in a future unknown. Light paintings in this exhibit are the more conservative or pure art form in the collection, as the photographer is capturing an organic process, void of conscious interpretation. Overall, this is a solo show bursting with expression and intent, food for feeling for both artist and viewer. - Dinah Urell

Mulholland learned light as a three-dimensional art form in the theater and received a Masters in Interior Architecture from the University of Oregon. She received a PhD. in Architecture from Texas A&M University, where she taught design studios in the Architecture and Visualization Departments. She currently coordinates an all-volunteer non-profit board for the International Association of Lighting Designers that furthers architectural lighting education.

*Light Paintings, Goddesses, and Assemblages will be up through September 5. AVA is located at 1000 Duane Street in Astoria and is open Fridays and Saturdays from noon to 4:00pm. AVA is a 501(c)3 non-profit that works to enhance, strengthen and promote the arts in Greater Astoria.*

## FELTNoir at RiverSea

IN TWO SOLO EXHIBITIONS, RiverSea Gallery presents film noir inspired paintings and prints by **Leslie Peterson Sapp** and contemporary felt sculptures by **Karen Thurman**.

Both shows open Saturday, August 8 during Astoria's Second Saturday Artwalk, held from noon to 8:00 pm. The gallery welcomes individuals and small groups, with a maximum of 20 visitors at any given time, masks required. The artwork will remain on view through September 8, 2020.

RiverSea Gallery once again hosts a solo exhibition from Oregon artist Leslie Peterson Sapp. **Story without**

**a Plot** is a continuation of her series inspired by classic American film noir and pulp fiction covers, and features collage paintings along with a selection of intaglio and woodcut prints. These works are populated with femme and homme fatales poised to impart mysterious narratives. Full of romantic longing, drama and adventure, they are imbued with the intrigue and glamour of a bygone era.

Meet Peterson Sapp in person during the Artwalk opening from 6 to 8pm. In addition, join her on Thursday, August 13 at 5pm for an online presentation. She will show a video of her work on exhibit, give a short artist talk about her inspiration and process, and then take questions. Anyone interested may contact the gallery for a link to the event.

**In the Alcove: Felt Works**, fiber art sculpture by Portland artist Karen Thurman, whose inspiration comes from the medium itself – the transformation of fiber into felt. Strongly influenced by the natural world, her contemporary organic shapes offer lively color, pattern and whimsy, a welcome injection of levity into our world.

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



K.Thurman, Wishbone



L. PetersonSapp, Pursuit

## TOM CRAMER at IMOGEN

RENOWNED Portland artist Tom Cramer presents his third exhibition at Imogen Gallery.

The exhibit includes paintings, wood relief furniture and wood burned oil paintings. During Astoria Art Walk, Cramer will be available to answer questions about his work and career from 5-8pm.

At the epicenter of the Portland art scene for decades, Cramer is known for his distinct and evocative painting style, and multiple canvases utilizing furniture, cars, buildings, the ballet, et al. Within this series, his collectors might notice a shift in style as he merges into a new era, both personally and artistically.

When discussing his work, Cramer states, "The paintings emerged slowly and were worked on for months. This allowed them, in a sense to paint themselves. A lot of layers and steps were involved and a passage of time hopefully is reflected in the imagery."

A common thread in all his paintings is his attempt to record memories of certain cherished places or emotions that have meaning. Included are positive childhood recollections of the Oregon Coast. Other themes range from urban to rural, and from organic to the human construct. "To quote Edward Munch, "I paint not what I see, but what I saw." My way of responding to the current scary and chaotic social situation is to attempt to lift the viewer towards an elevated consciousness. I believe without art, music, love, and immersion in the natural world, life is not worth living."

His work continues with strong use of color and pattern in smaller scale paintings on canvas, echoing his long interest in eastern spirituality, music and botany. Also using wood as a medium, the exhibition will include just a few of his wood burned oil paintings, still exploring abstraction though use of form and line. Cramer, utilizes organized color, and pattern to hold elements of geometry, that then in entirety become a vessel of essence and/or spirituality. He also includes to this exhibition one of his rare pieces of relief furniture, a carved golden bench.

*Imogen Gallery is currently open 5 days a week (closed Tuesday and Wednesdays) at 240 11th Street in Astoria. Hours: Thur- Mon, 12to 5 and 12 to 4 ea Sun. Also by appt. 503.468.0620. imogengallery.com*



T. Cramer, Interchange, oil on canvas

## Cambium Gallery Opens

AUDREY LONG and Kirista Trask open for August Art Walk in Astoria. Cambium is the co-exhibit space of the two artists, with an expanded adjacent studio space, and "Coffee & Waffle," will be operating in tandem in the back of the gallery. Diversify on the coast!

With the intention of supporting emerging artists, this first go round, **We've Never Been Here Before** is a collaborative art show by the two—exploring art in the time of Covid with abstract paintings by Trask and functional ceramics by Long, both exploring the daily experiences of living through quarantine.

*Makers Building, 1030 Duane St. in Astoria, info@cambiumgallery.com*



PHOTO: Dinah Urell



## Astoria Institute of Music and Center for the Arts (AIMCA)

JOIN AIMCA in presenting experimental keyboard soundscapes performance by Brenda Harper and view paintings by Paul Polson and John Willis.

*Saturday, Aug 8, 2nd Saturday Art Walk, 11am to 4pm, located at 1159 Marine Dr. in Astoria.*

# MESSAGES

## SONJA GRACE



THERE WAS ONCE a great kingdom where the land and people were free. One day a new king was appointed - and the people feared their freedom would be lost. Another family, a rival to the king, felt they should rule, and a quiet war ensued.

The family made sure they had spies around the kingdom and planted lies to undermine the king. The king made sure all the villages were flushed out of any extended members of this family - killing them in the town square. He believed the rumors that his adversary died crossing the sea. He relaxed and threw a huge party that lasted for days, celebrating the death of his rival.

Several months later, the kingdom was attacked, and a war began with another country. The family had snuck away and aligned with a much more powerful kingdom and returned to take the throne. The battle was fierce, and many died. The king rode his horse across the battlefield and mourned the loss of his

army. The family hid as they watched and waited. Once the king was in the open, they attacked again, but the king had a group of soldiers hidden who surprised the family, killing them all, except for one. The king battled with his rival and they fought through the night. The king died at the hands of his enemy, his own half-brother, who led the family in this fight for control and power over all the land. The half-brother died from a wound to the belly after he delivered a fatal blow to the king's heart. The children of the king and of the family walked the battlefield crying for all their relatives who were now dead. They gathered in a circle and vowed to be together tying garlands around their wrists binding to one another.

The children created a kingdom that reflected unity and respect. Freedom was restored and the kingdom was quiet and peaceful for another eighty years, until the great grandchild of the king decided he should rule ...

It is important that we ponder our history. There are clues for us to gain awareness and understanding for our future. Burying the past only perpetuates the cycle. A great example of historic cycles like the story of the king is seen

in wars, economic distress, depressions, pandemics and more. Feelings of anger, fear, aggression, resentment, and anxiety are tethered to these cycles. If the story of the king and his half-brother had been shared through the eighty years of peace and unity, the great grandson might have thought twice before letting his greed and desire for power take over and repeat the cycle once again. Bringing the shame, hardship and struggles of our families, tribes, communities, and countries to light helps us all to heal.

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

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

# The Cycle

## wordwisdom

### SYNCHRONICITY

SYNCHRONICITY. I've had a lot of it lately. It's a form of meaningful coincidence. Two events that seem related but without cause.

Just when I'm worried about something—not having enough money, for example—something happens that solves the concern. Maybe it's good luck. Karma. Always alert to possibility on my part.

I remember as a kid, the wondrous feeling of being at one with the world. Where I could lie in grass and gaze at clouds and imagine anything.

My goal today is to be totally alert to possibilities and let my subconscious mind take me places. I want to access awe.

This world feels heavy to me right now. Battling one thing after another. Feeling the pain of those truly suffering, which are many, and striving to maintain room for hope and inspira-



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tion. Maybe, just maybe I'm aiming to let my spirit fly. It might counterbalance the corrupt and often cruel world of today.

Synchronicity feeds into one's spiritual side. You have to be willing. And it may be that the world will take care of you and take you places if you're

alert and willing. I find enriching myself with awe and wonder is something I treasure—a gift to myself.

**Counselor's advice:** There's more to life than money, food and drink. Your imagination can create positive visions and soul satisfying changes. Lie down in grass, connect with earth and gaze at the clouds. You might find a reservoir of memories and a fast forward imagining of a better world. It's in your power. Don't neglect that part of you. The child heart that beats within us all.

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

By Tobi Nason



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**AN AMERICAN PICKLE (AUG. 6 HBO MAX)** Seth Rogen plays a pickle worker in 1919 New York who wakes up in the present day and must deal with a century's worth of changes through his very straight app developer grandson (also played by Rogen). Story kicks off with Herschel Greenbaum (Rogen), a ditch digger in the fictional eastern European town of Schlupsk, who endures his difficult life with a smile. He marries Sarah, a woman he's entranced with for her full set of teeth. The couple emigrate to New York where Herschel finds work in a pickle factory. Soon after, Herschel falls in to a vat of pickles and wakes up 100 years later in present-day New York, preserved by the pickle juice. Herschel must deal with a century's worth of changes while also fighting with his coder grandson Ben, who has rejected his Jewish background in favor of getting rich.



**SHE DIES TOMORROW (AUG. 7 VOD)** Actor/director Amy Seimetz's well-reviewed second feature is a psychological horror depicting one woman's deep conviction of impending death. Amy (Kate Lyn Sheil) is introduced to us in a state – tears roll down her face, drinking, playing Mozart's Requiem. We soon learn what is the problem. Amy calls best friend Jane (Jane Adams). When Jane arrives, Amy tells her she will die tomorrow. She's not suicidal, her death is more like a prophecy. Jane connects Amy's depression with

past and existing problems, including addiction. But when Jane leaves, Amy's dark vision goes with her. Amy's unexplained premonition of death gets passed from friend to friend throughout her social circle. It's contagious.

**THE KING OF STATEN ISLAND (AUG. 11 AMAZON)** SNL's Pete Davidson stars as Scott Carlin, a 24-year-old stoner who lives with his mother on Staten Island in a state of arrested development. Scott has no plans for anything and spends his days playing videogames and smoking dope in the basement with his bros. Despite being a hopeless slacker, Scott has a girlfriend in Kelsey (Bel Powley), and an undemanding but increasingly exasperated mother Margie (Marisa Tomei). But Scott's slacker lifestyle is upended when his mom begins dating Ray (Bill Burr). Scott and Ray do not hit it off – complicated by the fact that Scott has never gotten over the death of his firefighter father 17 years previous.

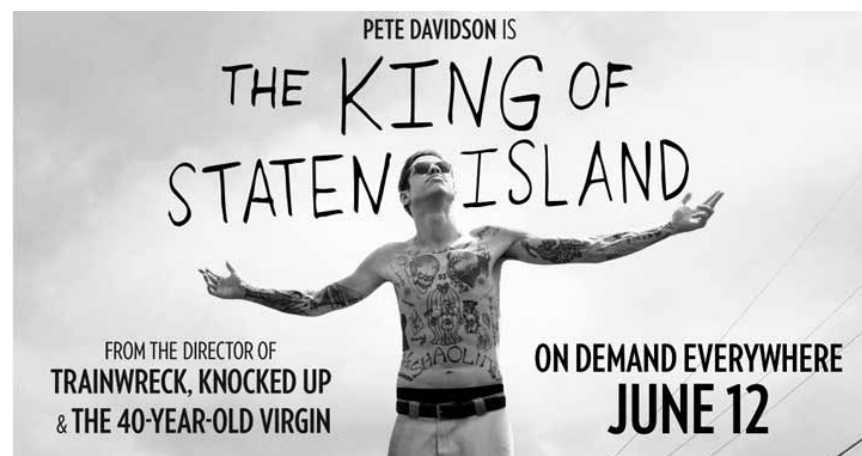
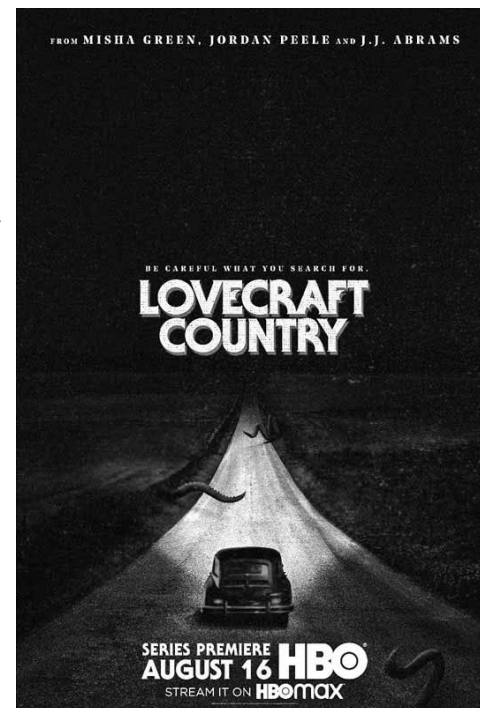
**THE RENTAL (AMAZON)** Actor Dave Franco directs and co-writes this couples retreat movie that turns full-blown horror when their idyllic weekend rental turns deadly. Charlie (Dan Stevens) and wife Michelle (Allison Brie) rent a secluded weekend getaway along with Charlie's brother Josh (Jeremy Allen White) and his girlfriend Mina (Sheila Vand), who also happens to be Charlie's business partner. While the house and the location are beautiful, the manager, who's brother owns the house, is threateningly passive-aggressive and possibly a racist. Settling in, despite the disquieting start, cracks start to surface. Josh irritates Charlie by bringing his pet bulldog, which is against the rules of the rental. When the couples take a walk on the beach, Charlie and Mina go on ahead – business partners who have more than business on their minds. Later, when Mina discovers a camera hidden in a shower head, the couples realize they are being spied on – but for what purpose and by whom?

**LOVE IN THE TIME OF CORONA (AUG. 22 HULU)** Four-part romantic comedy limited series about the search for love, sex and connection in a time of social distancing.

Series follows several interconnected stories with characters sheltered in their homes. Story #1 follows James and Sadie, a married couple drifting apart who are forced back under one roof. In Story #2 deals the platonic friendship of Oscar and Elle becomes complicated. In Story #3, when the pandemic forces Sophie home from college she finds that her seemingly happily married parents have separated. In Story #4, Nanda a headstrong woman is determined to celebrate her 50th birthday despite her husband being stuck in rehab. Show was filmed remotely in the actual homes of the actors. Series is toplined by Hamilton star Leslie Odom, Jr.

**LOVECRAFT COUNTRY (AUG. 16 HBO)** Jordan Peele executive produces new horror anthology series on HBO. Series follows 25-year-old Atticus Black, who joins up with his friend Letitia and his Uncle George to embark on a road trip across 1950s Jim Crow America to find his missing father. They must survive and overcome both the racist terrors of white America and the malevolent spirits that could be ripped from a Lovecraft paperback.

**THE BINGE (AUG. 28 HULU ORIGINAL)** Vince Vaughn stars in this debauchery comedy. Set in a time when all drugs and alcohol are illegal except for one day of the year – Binge Day. Follows three friends, Griffin (Gisondo), Hags (Darden) and Andrew (Franco), who have all just turned 18 making them finally eligible to participate in the elusive once a year Big Binge Party.



# FREE WILL ASTROLOGY

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**ARIES** (March 21-April 19): Aries poet Lawrence Ferlinghetti is renowned for his buoyancy. In one of his famous lines, he wrote, “I am awaiting, perpetually and forever, a renaissance of wonder.” Here’s what I have to say in response to that thought: Your assignment, as an Aries, is NOT to sit there and wait, perpetually and forever, for a renaissance of wonder. Rather, it’s your job to embody and actualize and express, perpetually and forever, a renaissance of wonder. The coming weeks will be an especially favorable time for you to rise to new heights in fulfilling this aspect of your life-long assignment.

**TAURUS** (April 20-May 20): I live in Northern California on land that once belonged to the indigenous Coast Miwok people. They were animists who believed that soul and sentience animate all animals and plants as well as rocks, rivers, mountains—everything, really. Their food came from hunting and gathering, and they lived in small bands without centralized political authority. According to one of their creation stories, Coyote and Silver Fox made the world by singing and dancing it into existence. Now I invite you to do what I just illustrated: Find out about and celebrate the history of the people and the place where you live. From an astrological perspective, it’s a favorable time to get in touch with roots and foundations.

**GEMINI** (May 21-June 20): “When I look down, I miss all the good stuff, and when I look up, I just trip over things,” says singer-songwriter Ani DiFranco. I wonder if she’s tried an alternate approach: looking straight ahead. That’s what I advise for you in the coming weeks, Gemini. In other words, adopt a perspective that will enable you to detect regular glimpses of what’s above you and what’s below you—as well as what’s in front of you. In fact, I suggest you avoid all extremes that might distract you from the big picture. The truth will be most available to you if you occupy the middle ground.

**CANCER** (June 21-July 22): The Italian word *nottivago* refers to “night roamers”: people who wander around after dark. Why do they do it? What do they want to accomplish? Maybe their ramblings have the effect of dissolving stuck thoughts that have been plaguing them. Maybe it’s a healing relief to indulge in the luxury of having nowhere in particular to go and nothing in particular to do: to declare their independence from the obsessive drive to get things done. Meandering after sundown may stir up a sense of wild freedom that inspires them to outflank or outgrow their problems. I bring these possibilities to your attention, Cancerian, because the coming days will be an excellent time to try them out.

**LEO** (July 23-Aug. 22): “Notice what no one else notices and you’ll know what no one else knows,” says actor Tim Robbins. That’s perfect counsel for you right now, Leo. According to my analysis of the astrological omens, your perceptiveness will be at a peak in the coming weeks. You’ll have an ability to discern half-hidden truths that are invisible to everyone else. You’ll be aggressive in scoping out what most people don’t even want to become aware of. Take advantage of your temporary superpower! Use it to get a lucid grasp of the big picture—and cultivate a more intelligent approach than those who are focused on the small picture and the comfortable delusions.

**VIRGO** (Aug. 23-Sept. 22): “Look on every exit as being an entrance somewhere else,” wrote playwright Tom Stoppard. That’s ripe advice for you to meditate on during the coming weeks. You’re in a phase of your astrological cycle when every exit can indeed be an entrance somewhere else—but only if you believe in that possibility and are alert for it. So please dissolve your current assumptions about the current chapter of your life story so that you can be fully open to new possibilities that could become available.

**LIBRA** (Sept. 23-Oct. 22): “One must think with the body and the soul or not think at all,” wrote Libran author and historian Hannah Arendt. She implied that thinking only with the head may spawn monsters and demons. Mere conceptualization is arid and sterile if not interwoven with the wisdom of the soul and the body’s earthy intuitions. Ideas that are untempered by feelings and physical awareness can produce poor maps of reality. In accordance with astrological omens, I ask you to meditate on these empowering suggestions. Make sure that as you seek to understand what’s going on, you draw on all your different kinds of intelligence.

**SCORPIO** (Oct. 23-Nov. 21): “I always wanted to be commander-in-chief of my one-woman army,” says singer-songwriter Ani DiFranco. I think that goal is within sight for you, Scorpio. Your power over yourself has been increasing lately. Your ability to manage your own moods and create your own sweet spots and define your own fate is as robust as I have seen it in a while. What do you plan to do with your enhanced dominion? What special feats might you attempt? Are there any previously impossible accomplishments that may now be possible?

**SAGITTARIUS** (Nov. 22-Dec. 21): Your meditation for the coming weeks comes to you courtesy of author and naturalist Henry David Thoreau. “We can never have enough of nature,” he wrote. “We must be refreshed by the sight of inexhaustible vigor, vast and titanic features, the sea-coast with its wrecks, the wilderness with its living and its decaying trees, the thunder cloud, and the rain which lasts three weeks and produces freshets. We need to witness our own limits transgressed, and some life pasturing freely where we never wander.” Oh, how I hope you will heed Thoreau’s counsel, Sagittarius. You would really benefit from an extended healing session amidst natural wonders. Give yourself the deep pleasure of exploring what wildness means to you.

**CAPRICORN** (Dec. 22-Jan. 19): Author and activist bell hooks (who doesn’t capitalize her name) has taught classes at numerous American universities. She sometimes writes about her experiences there, as in the following passage. “My students tell me, ‘we don’t want to love! We’re tired of being loving!’ And I say to them, if you’re tired of being loving, then you haven’t really been loving, because when you are loving you have more strength.” I wanted you to know her thoughts, Capricorn, because I think you’re in a favorable position to demonstrate how correct she is: to dramatically boost your own strength through the invigorating power of your love.

**AQUARIUS** (Jan. 20-Feb. 18): Aquarian author Langston Hughes (1902–1967) was a pioneering and prolific African American author and activist who wrote in four different genres and was influential in boosting other Black writers. One of his big breaks as a young man came when he was working as a waiter at a banquet featuring the famous poet Vachel Lindsay. Hughes managed to leave three of his poems on Lindsay’s table. The great poet loved them and later lent his clout to boosting Hughes’ career. I suspect you might have an opening like that sometime soon, Aquarius—even if it won’t be quite as literal and hands-on. Be ready to take advantage. Cultivate every connection that may become available.

**PISCES** (Feb. 19-March 20): Author Faith Baldwin has renounced the “forgive and forget” policy. She writes, “I think one should forgive and remember. If you forgive and forget, you’re just driving what you remember into the subconscious; it stays there and festers. But to look upon what you remember and know you’ve forgiven is achievement.” That’s the approach I recommend for you right now, Pisces. Get the relief you need, yes: Forgive those who have trespassed against you. But also: Hold fast to the lessons you learned through those people so you won’t repeat them again later.

# Bike Madame

By Margaret Hammitt-McDonald

## Well-Behaved Women Don’t Ride Bikes: A Review of *Revolutions* by Hannah Ross

“ISN’T that dangerous?” I’ve been asked about riding on Route 101, in the rain, while pregnant, and a host of other bicycling behaviors that strain people’s ideas about the “genteel” (as in not muscular, courageous, or road-begrimed) gender.

While more acceptance exists today for women cyclists than when the first penny-farthing rolled onto the late 19th century streets, the sport remains male-dominated (25% or fewer regular cyclists identify as women). Thus, it’s no surprise that Hannah Ross’ new book *Revolutions: How Women Changed the World on Two Wheels* refers to both bike tires and social change.

Ross takes us through an entertaining and instructive history of women riding bikes and rocking the world. Early on, antifeminists recognized the twin threat of “uppity” women and their upstart machines. When male students protested the possibility of admitting women to degree programs at Cambridge University, they hung in effigy a woman on a bicycle (page 1). Although the nascent bicycle-building industry capitalized on women’s interest in the new machines by releasing “ladies” models like the hilariously named Psycho Ladies’ Safety Bicycle (page 23) and the Witch (page 24), the guardians of propriety hurled everything from insults to bricks at women who dared to reveal their ankles astride a bike (page 29). Physicians agonized about cycling’s alleged capacity to damage women’s reproductive capacities, although Dr. Frances Oakley, who both practiced medicine and rode a bike, provided a rebuttal in support of her fellow female cycling enthusiasts (page 36). Far from weakening an already frail vessel, women who had been in poor health due to the Victorian insistence that femininity equals inactivity reported how their symptoms disappeared once they took up an active life on wheels (page 40).

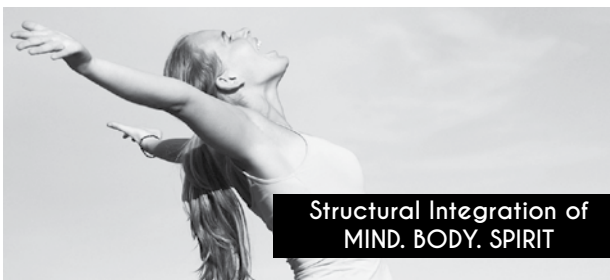
Ross profiles pioneers in long-distance riding and racing. She also celebrates women mechanics who’ve taken the mystery out of repairing one’s own ride and riders of color who’ve busted stereotypes and segregation. They include Katherine “Kitty” Knox, an African-American cyclist who challenged the League of American Wheelmen’s efforts to restrict their membership to white men in 1895 (pages 87 to 91) and the Ovarian Psycos Bicycle Brigade of Los Angeles, a Latinx cycling sisterhood that hosts night rides where riders proudly take back their streets instead of being “driven off [them] by fear” (page 95) and “Clitoral Mass” rides to refute the

misperception that bicycling is a white men’s sport (page 96). We also learn about Dervla Murphy from Ireland, who traveled the world on a heavy old bike that “had to be held together with wire and string” (page 183) and Louise Armaindo, a former circus strongwoman from Canada who became one of the first female bicycle racers—on a high-wheeler, no less (page 228).

While a woman on a bike is no longer an unusual sight, we still have a ways to go in terms of gender parity, in terms of both inclusion (the Tour de France is still men-only) and pay (in 2018, a female long-distance winner received a \$1,250 prize, while her male counterpart won \$128,217 for a route of similar duration and difficulty) (page 292), and women of color are still underrepresented in the sport—the British track cyclist Yewande Adesida, for example, is still often the only Black woman present at races (page 308). Women aren’t accepting the status quo and keep breaking through barriers on what Susan B. Anthony called their “freedom machines,” which “‘have done more to emancipate women than anything else in the world’” (quoted on page 3). I urge you to pick up this book and let their stories inspire you to kick some butt on your bike.



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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?  
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## Whole PLANET Health

By Margaret Hammitt-McDonald

### Anger: Toxic or Transformative?

AN EARLY Chinese character for "anger" depicts an enslaved person holding up her arm to block a blow from her oppressor. Righteous anger clears away that which should not be (hatred, injustice, violence) and makes room for that which should be (love, compassion, creativity). Yet our lived experience of anger can be contradictory and confusing. Displays of rage by the privileged reinforce instead of dismantling inequality, while those on the receiving end of discrimination are "tone policed" and dismissed for being "too angry." People even use the language of psychological health ("it's better to express than repress") as an excuse to terrorize their loved ones with adult tantrums.

How can we direct anger to shatter the tools of oppression, while preventing it from corroding our relationships and our souls?

Anger feels mighty, and it's no wonder the powerful use it to keep others down and support the status quo. Yet we can all internalize and express dominating forms of anger. To find out if your habitual expressions of this emotion reproduce oppression instead of challenging it, ask yourself: When you get mad, do others get frightened? Do your loved ones "manage" you to prevent outbursts? Do you ignore daily aggravations until you "blow up" over something small? Two keys to managing unhealthy anger are recognizing and communicating emotions clearly in the moment and treating the other person(s) involved with respect. (Jennice Vilhauer, Ph.D, "Do You Have Toxic Anger Issues and Not Know It?", Psychology Today, June 11, 2017. Since inappropriately expressed anger can be scary to you and others, I encourage you to find a supportive professional to accompany you on this journey.

Mindfulness practices, derived from Buddhist teachings, offer a way to direct anger without losing control (lashing out) or repressing the emotion (lashing in). Mindfulness enables us to step back from the incoming tides of our experiences and reflect on them. We can then identify the cause(s) of our fury—both the inciting incident (the boss reprimanding you) and more remote causes (your parents belittling you as a child). Awareness isn't the end goal, though; compassion is. Approaching our own pain with tenderness,

we empathize with our suffering and others'. That doesn't mean we must tolerate or forgive boundary-violating behaviors. It does mean we stand up for ourselves and others with integrity while recognizing the pain that lurks beneath toxic behaviors. (Dr. Bernard Golden: "What Constitutes 'Healthy Anger'? A Call for Reflection," Psychology Today, August 17, 2016.

Racism, global climate change, extinctions—these problems loom so large that no one person can change them, and our sense of helplessness can become self-consuming fury. As Dr. Shawn Blue observes, "People of color, especially Black people, have been living with this trauma on a daily basis, often without resolution, respect or care." She recommends protecting yourself from this toxic burden by staying connected with supportive community and working with culturally affirming therapists. Self-care practices (like joyful movement, conscious eating, and cultivating one's spirituality) aren't just good for you; they're a kick in the posterior to cultures of domination that devalue Black and Brown bodies, LGBTQ+ bodies, aging bodies, big bodies, and others/Others. Above all, getting involved in groups that push back against oppression is the ultimate mental-health intervention. ("A History of Injustice—Coping With Racial Trauma," The Health Nexus, June 18, 2020, <https://thehealthnexus.org/a-history-of-injustice-coping-with-racial-trauma/>).

Anger is like a blade: it cuts through wrongdoings, but we run the risk of stabbing ourselves and others. Just as a martial artist learns to wield her tools with skill and discernment (which includes knowing when not to draw the sword), we can handle this volatile emotion conscientiously to move forward with peace and power.



WE LIVE IN TRYING TIMES. Most likely always have, always will. The thing about trying times, besides their innate pain-in-the-ass quality, is the sheer magnitude of opportunity they bring along with them. Sort of a ‘welcome to the apocalypse here’s a little something you might be able to use’ situation. Nothing offers a bigger welcome mat to change than the realization that almost everything you know is wrong. Nothing like a pandemic to drive that point home. A whole lot of what we’ve historically gotten wrong in this country and on earth has been working its way from a slow simmer to a low boil with pustules of war erupting here and there for approximately ever.

The recipe is inevitable given the ingredients.

Stir together:

- 1 cup of fear of ‘others’, any kind, whatever you have on hand
- 3 Tablespoons rising sea level
- 2 teaspoons Covid 19

Allow to proof until frothy

Sift together: 1 rounded cup of planetary destru tion

(Not the entropy kind, the manmade kind)

A pinch of salt because it’s a recipe, damn it

Stir it all together with:

As much determined ignorance as you can stomach

Cover with:

A thick layer of tainted air

Set aside to rise until doubled in bulk. No kneading needed, just the realization that this steaming heap is as much an invitation as a monumentally unappetizing mess.

If we don’t protest injustice, embrace our fellow humans, stop “shitting where we eat” as my beloved Aunt Marge would say and hold our elected officials, corporate entities and each other to a higher standard of behavior we cannot save ourselves from a heaping helping of ‘please, sir, no more’! I know there are legions of excuses for not doing even one thing on the list. I have heard many of them and come up with a few myself. Ultimately, any excuse is pretty puny in the face of rampant viruses, brutality to large numbers of our own people and planetary destruction that is outstripping all previously projected timelines. If it all makes you reluctant to get off the couch, I get it. Me, too. Frankly, as I read more about privilege and racism and the interconnectedness of every single living thing, I am poleaxed by what I don’t know, what I have blithely never known. At 74 years old, I am still a work in progress. I’m pretty sure I owe somebody, maybe everybody, an apology for that. Given that ignorance and a couple of bucks will get you a cup of coffee, I admit that I have most often opted for the coffee. These days, I’m sipping coffee while I read non-fiction books (what?!?) and watching videos about the endless things I do not know.

Here are a couple of things I do know:

1. Voting is not a privilege or a right. It is a requirement, a small fee for being a citizen in the United States. If you do not vote, you are a deadbeat. Voting is a first, essential step in being a useful person. No citizen should be denied the right to vote and no one who is able to vote and doesn’t should claim to be a citizen.

2. Fried Rice is an excellent way to use your garden bounty.

I realize that was a pretty sharp swerve from pontification to dinner. It’s sort of my trademark. Regular readers of this column are used to making chronic, unjustified leaps of faith like this. If you’re new to The Chew, just know - it never gets any better.

## CHEW ON THIS!

by Merianne Myers



## I’M MAD & I’M NOT GOING TO TAKE IT ANY MORE FRIED RICE

Serves 4

Amounts are infinitely adjustable. Use what you have. Experiment liberally.

- 3 cups cooked rice, any color

By the way, I recently got some Basmati rice from India. You know, where Basmati rice historically comes from? It bears little resemblance to the domestic form grown primarily in Texas, Louisiana, etc. It is alluringly aromatic right out of the package and has lovely flavor. I will never go back. Just saying...

- 3 cups finely chopped mixed vegetables, whatever you have

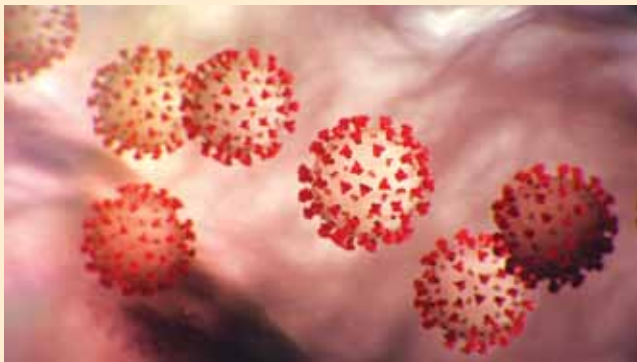
- Last night I used scallions, chanterelles, snap peas, sweet onions, broccoli rabe, kale, garlic, red bell and Jalapeño peppers

- 1 cup Oregon pink shrimp or leftover, cooked chicken or diced firm tofu or bacon lardons

- 4 eggs

If you are using raw meat or fish, start by sautéing that in a bit of oil first. Remove it from the pan, add a splash more oil and the vegetables. Sauté until beginning to soften. Add the protein back in along with the rice. Toss until rice chunks are thoroughly broken up and warmed through. Add the seasonings while you’re tossing everything together. I like ginger (grated fresh if you have it), soy sauce, oyster sauce and a dash of hot sauce. Drizzle the finished product with a bit of toasted sesame oil, a sprinkle of sesame seeds and chopped chives. Top with a fried egg.

Appreciate your good fortune for having a meal and a place to eat it.



## Health Habits in the Time of Covid

By Paula Crossfiled

I BELIEVE one of the hardest things about this pandemic is how it has destroyed our routines, which can be extremely destabilizing for body and mind. Even if you don’t have to be somewhere first thing in the morning, this moment provides a perfect opportunity to start creating a routine that is focused on yourself and your health, instead of around “what needs to get done” — and it starts with one good habit.

If you brush your teeth, this is a foundational habit, and if you floss, you now have two habits working together. It is easy to add a habit to an existing habit, so like these habits that support oral health, you can similarly create a chain that support your overall health. I call this a “habit architecture,” and when it is working for you you don’t have to fight your mind to do those things you know you “should.” After a decade of having such a routine in place myself, I don’t even think about it, I just start my day with a cup of hot water with lemon essential oil, stretch, meditate, write or do whatever I need that morning to feel balanced.

According to the Indian health science of Ayurveda, our daily routine is the foundation of our overall wellness. A routine is just a series of habits, and if those habits are mostly health-promoting, we will be healthy. The recommendation is to start your day with a series of good habits in order to set the tone for your day, improve your mood, give you confidence, and more.

This new routine will not materialize overnight - the most important thing is to start slow. Create a foundational habit and make sure it sticks (do it for three weeks) before you add something new. My recommendation is to start by having a cup of hot water with lemon, which sounds really simple but it actually quite powerful — it activates the digestive system, supports cleansing, and uplifts mood. Once it sticks, add some physical movement and something that encourages self-reflection. Giving yourself this space will create a powerful foundation to deal with whatever the world has in store for you that day.

If you’d like to learn more about my work with Ayurveda, doterra essential oils (one of my favorite tools for balance throughout my day), or Vedic astrology, go to [www.weaveyourbliss.com](http://www.weaveyourbliss.com)



# MARKET TIME

Abide by COVID-19 Guidelines for all the markets. Vendors and market managers are working diligently to keep us safe and bring us the goods!

**SEASIDE FARMER'S MARKET**  
at the Seaside Broadway  
Middle School  
Parking Lot happens  
Wednesdays, 2-6pm.



**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

**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, 4-7pm Through September. manzanitafarmersmarket.com New Market Location!!! Manzanita Farmers Market... now at Rex Champ ball field, Nehalem!!! Fulton Family Farms will be offering "Rich Lady" and "Country Sweet" yellow peaches, "Polar Gem" white nectarines, "Honey Haven" yellow nectarines, the most amazing, eye-popping blueberries you've ever seen, "Purple Amber" plums (delicious!), PEACH PIE, and more!

**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. lincolncity-farmersmarket.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 pickups are encouraged. LincolnCity-CulturalCenter.org

## North Coast Food Web's online Market Day Pick it up safe and convenient!

**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 customer to order Sunday 9am through Tuesday at midnight each week at [www.northcoastfoodweb.localfoodmarketplace.com](http://www.northcoastfoodweb.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). 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! [www.northcoastfoodweb.org](http://www.northcoastfoodweb.org)

## BLUE SCORCHER Open for take Out

At long last, Blue Scorcher Bakery and Café grill is now cookin', from 11-4pm, 7 days a week. Peruse the website and order ahead, or order at the counter for take-out. Pick up bakery and coffee drinks 8am to 4pm. Catch a table outside! 1493 Duane, 503.338.7473



## That's Good Garlic!

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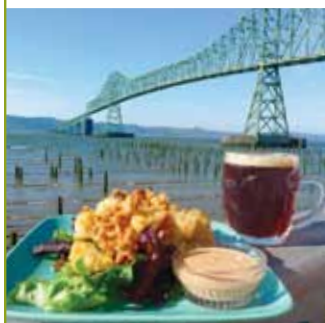


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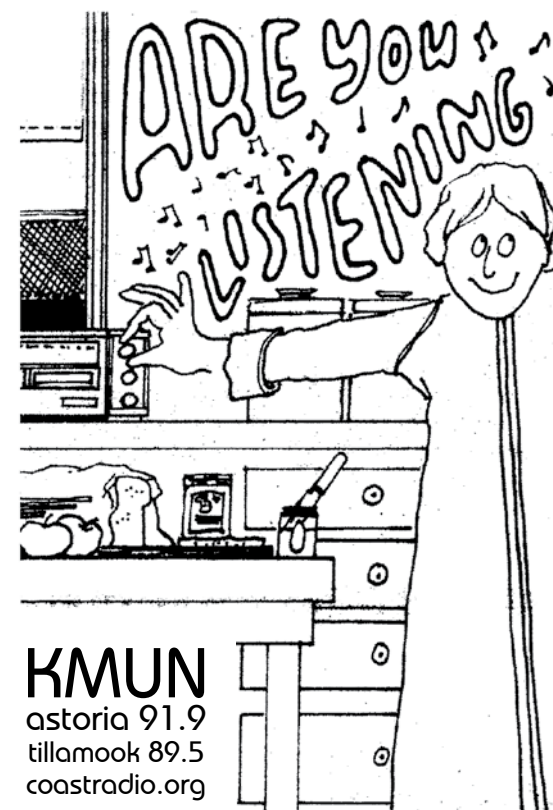
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