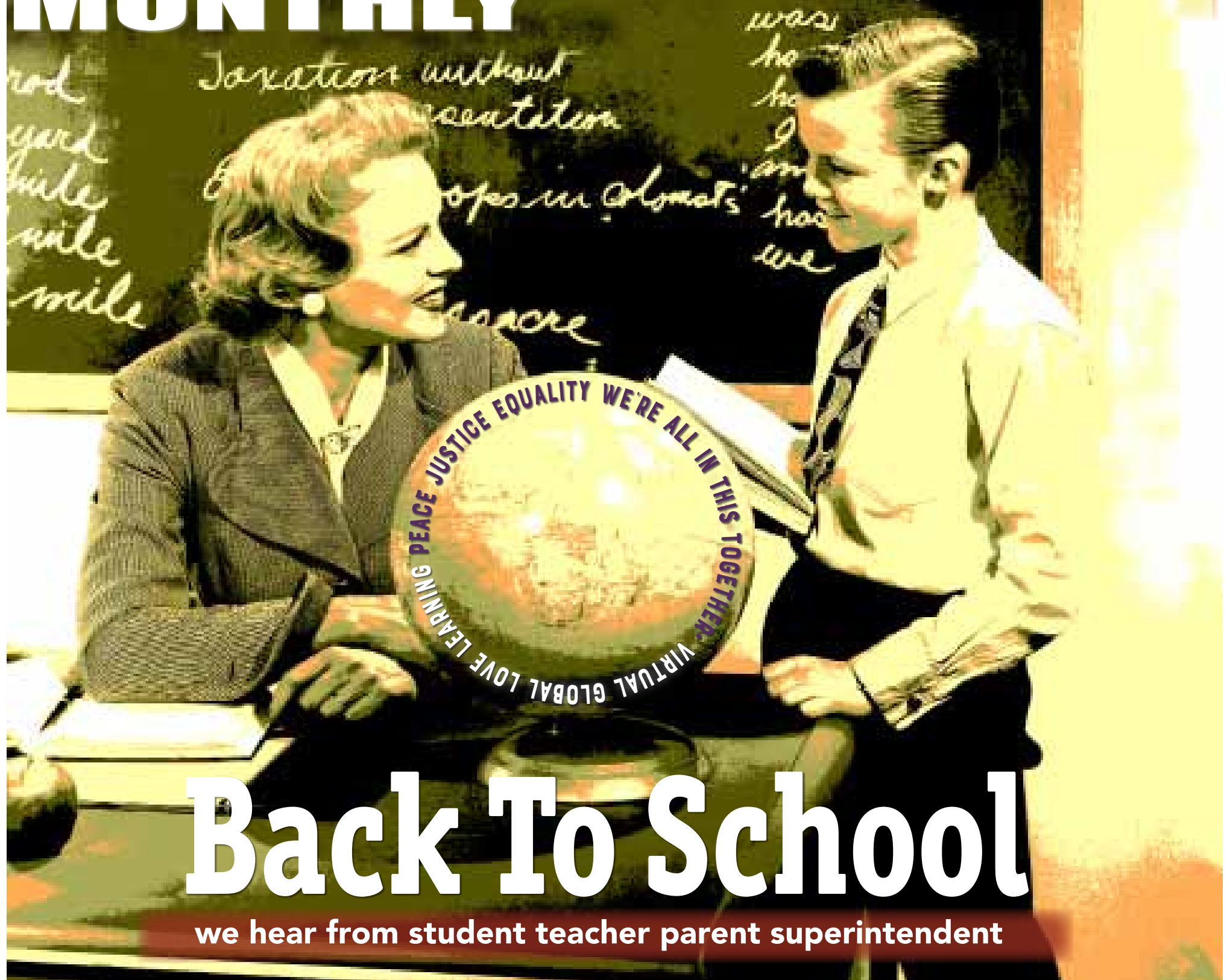


September 2020 • vol 22 • issue 259

HIPFISH MONTHLY

ART: Cambium Gallery Opens
MOVIES: Dark Divide/Columbian Opens
ENVIRO: Spray time in Tillamook County


alternative press serving the
lower columbia pacific region



Back To School

we hear from student teacher parent superintendent


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THE DARK DIVIDE

Director Tom Putnam brings Robert Michael Pyle's tome of Butterflies, Forest Conservation and Bigfoot to the Screen

IT WAS 1970 when biologist and writer Robert Michael Pyle first heard the cries of Bigfoot. Camping near Mt. St. Helens, Pyle heard a cacophony of whistles resembling nothing he'd ever heard. Thus began a lifelong journey into the fields of lepidopterology, wilderness conservation and forest biology culminating in a Guggenheim Fellowship for a study of the legendary 8-foot hominoid ape known as Bigfoot.

Filmmaker Tom Putnam's own odyssey began in 2011, when a friend gave him the book that resulted from Pyle's Guggenheim-funded research – *Where Bigfoot Walks: Crossing the Dark Divide*.

"I read it and thought it was absolutely amazing... and completely impossible to make into a film," Putnam said. *Where Bigfoot Walks* sprawls, spanning decades,



Debra Messing portrays Thea Pyle

covering Pyle's Sasquatch research, discovery of new butterfly species, historical anecdotes and personal observations of the destruction of old-growth forest. "I grew up near Portland and (the forest) was one of the main places we would go. Hunting and fishing and camping every weekend. So I remembered a lot of places and specifically some of the destruction from clear-cutting very, very well," he said. Putnam optioned the book and spent the next eight years trying to get it made.

Originally conceived as a documentary, the project morphed into a fiction film when the director realized the book's scope and depth would have made a documentary impossible. To create a story that could be told within the confines of a two-hour movie, Putnam focused on Pyle's solo six-week trek into the wilderness of the Gifford Pinchot National in 1995. After perusing other Pyle books, Putnam made the decision to make Thea, Pyle's wife suffering from terminal cancer, a major part of the film.

"She's always been such an important part of Bob's life and in so much of his work. Maybe not everybody can relate to what it's like to take a 6-week trek through this wilderness, but a lot of people can relate to the ups and downs of being in a lifelong relationship with somebody and how that can be amazing." It's with a heavy heart that Bob heads off into the *Dark Divide*, coveted Guggenheim in hand.

Putnam describes his film as "middle-aged coming of age story." The story of how a shy, butterfly expert comes to terms with grief is a "reminder of the healing power of nature," he said. On his journey, Bob experiences

firsthand the destruction of old-growth forest, watching as bikers tear up the trail and loggers destroy swaths of forest through clear-cutting. But the healing power of nature is also present, with (digitally added) butterflies making regular appearances along with

a spotted owl and enticingly, traces of Bigfoot.

In what is essentially a two-character story, Putnam cast David Cross (Arrested Development) as Robert Pyle. For much of the film Bob is alone in the wilderness. "There's huge chunks of the film that have no dialogue," Putnam says, "So I knew it had to be somebody that we really wanted to watch that could pull us through the movie scares or make us laugh at the right moments and who really had a humanity to what they did and that was David." For Cross, this was the most physical part of his career and a rare opportunity to carry an entire movie. For Thea, Putnam cast Debra Messing (Will & Grace). "People are used to her [comedy work] from Will & Grace, but most people don't know what a highly-trained, very accomplished actor she is. One of the things that surprised me about Debra was her dedication to the film. Her mother had died of cancer. One of the reasons she wanted to do the film was to explore that and honor her." Pyle

said that Messing had reached out to him and his children and her friends to research Thea, wearing clothes and jewelry in the film that embodied her. Pyle visited the set, and after seeing Messing's performance as his late wife, thanked her for letting him spend one more day with her. Putnam filled out his cast with an impressive roster of film/TV veterans including Gary Farmer (*Dead Man*), David Koechner (*The Office*), standup comedian Cameron Esposito and Drive-By Truckers frontman Patterson Hood.

To capture the breathtaking forest vistas that amount to a third main character, Putnam and his crew shot over a 200-square-mile area, hopping around from Vernonia to Mount Hood, trying to find old-growth timber stands that in many places don't exist any more. Probably the most dramatic (and dangerous-looking) location was mile-long lava tunnel, a location 200 feet down in the Gifford Pinchot National Forest, one that had never been filmed previously.

Music plays a prominent part in a movie that has long stretches with no dialogue. To that end, *The Dark Divide* features the music of The Avett Brothers, Giants in the Trees (Krist Novoselic) and Samantha Crane. "We got really lucky in that they really responded to the film and the message, and for a small film we have a million-dollar soundtrack."

Robert Michael Pyle praised the film translation, saying that while it couldn't replicate the scope of the book and took liberties with chronology, essentially captured the "guts" of his book. "From the moment I read the script I knew there was something transcendent and magical about what Tom had created. The diversity of life on Earth influences us in profound ways. The breathtaking grandeur of the great outdoors. The power of love. The devastation of loss. And how these elements can come together to transform and



David Cross is Robert Michael Pyle in *The Dark Divide*

heal. The power of nature to transform us becomes evident through these vivid, lasting connections. All of things reside in *The Dark Divide*."

For all that is explored in *The Dark Divide*, both personally and in the natural world, one mystery remains – BIGFOOT. What do the authors believe about the mythical (or not) 8 foot creature? Does it exist? For Tom Putnam, "One of the things I loved about the book was that Bob ends realizing it doesn't really matter. What was important was what Bigfoot represents and helped him discover about

himself." For himself: "I want to live in a world where Bigfoot could exist. A world that has magic and surprises left."

For the scientist Robert Michael Pyle, who has been asked the question hundreds of times, I phrased the question slightly differently: Would he be happy or sad if physical evidence surfaced proving the existence of Bigfoot? The answer was quick and direct. Happy, because it would be validation for all the time spent traipsing the recesses of the *Dark Divide*.



Renowned Butterfly expert Dr. Robert Michael Pyle

THE DARK DIVIDE plays the Columbian Theatre in Astoria, Sept 18 - 20, at 7pm. Tickets are \$8. Seating is limited following COVID-19 Guidelines. Masks are required when moving about the theatre. The Box Office opens at 6pm.

The Dark Divide also streams beginning September 18. For streaming info visit: www.darkdividefilm.com

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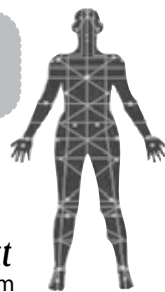
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By Victoria Stopiello

It's pesticide season in Tillamook County

WHEN WILL OUR "Dark Waters" be filmed? For those who have seen that 2019 movie, which covered DuPont Chemical Company knowingly dumping industrial wastes that were carcinogens and triggered serious birth defects, you'll understand the reference.

Over 5000 acres of forestland in Tillamook County are scheduled to be sprayed with a cocktail of chemicals between now and September 30 of this year. The intent is to kill vegetation that might compete with newly planted trees after clearcutting operations. The landowners, in this case Weyerhaeuser, Stimson, and the Oregon Department of Forestry, want young trees to grow as fast as possible without competing vegetation in order to maximize profits.

Pesticides that may be used by themselves or in combination are: clopyralid, aminopyralid, triclopyr, glyphosate, imazapyr, and metsulfuron methyl. Application will be by aerial spraying or backpack/ground spraying.

Herbicides are known to be damaging to human and animal health and can drift into drinking water. In "Dark Waters," DuPont's own records eventually came to light and people who had been harmed won financial settlements...as if money makes up for a loved one's death or disability.

The Oregon Forest Practices Act requires landowners to report upcoming forestry activities to an online system known as FERNs (the Forest Activity Electronic Reporting and Notification System), a publicly accessible information site maintained by the Oregon Department of Forestry.

Most people are not aware of FERNs, and even those who do know of it, find it difficult to use. (See the spread sheet.) As to the information it gives on upcoming pesticide applications, it only indicates that the work will take place sometime within a six month period. However, FERNs does provide data that could be used in a future assessment of public health impacts, and perhaps even trigger financial reparations.

According to FERNs, by September 30 over 50 separate pesticide spraying operations will have taken place in Tillamook County. About 80% of these operations will take place on land within the Tillamook Bay watershed; the rest will take place on land that drains directly to the Pacific Ocean or into Nehalem Bay, Nestucca Bay, or Netarts Bay.

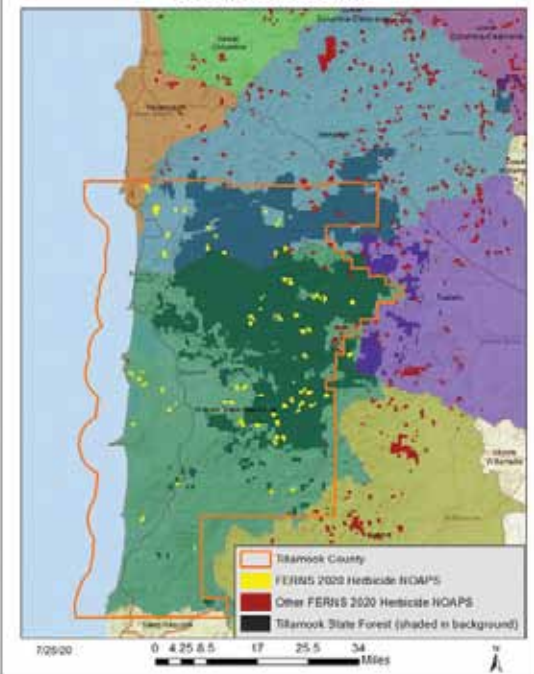
People who live or recreate near a spray operation need timely notice so they can protect themselves, their families, and animals. With limited success, North Coast Communities for Watershed Protection has tried to inform the public about spraying operations; however, NCCWP is a volunteer organization with limited funding and therefore does not have the capacity to track all spray operations, does not have reliable access to 24-hour notices, and relies on social and print media to inform the public.

Toxicologists have raised concerns about the pervasive use of chemical pesticides in modern forestry, especially the common practice of mixing several chemicals together to be sprayed. The synergistic effect of these mixtures is unknown.

Aerial spraying of pesticides has had documented effects on rural communities in the Coast Range, most notably in the Triangle Lake area and the Lake Creek watershed in Lane County. Local communities there saw increases in cancer and other illnesses that were linked to industrial pesticide exposure. While residents of these communities are at risk, so are the workers who apply pesticides when backpack/ground spraying methods are used.

However, simply notifying people should not relieve the timber companies of their

Overview of North Coast Herbicide Sprays 2020
 Aerial and Ground



liability for any harm done to people and the environment.

To see the entire list of sites to be sprayed in Tillamook County, including the landowner, acreage, chemicals to be used, and the method of application, look at the attached spreadsheet and map.

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

For more info contact Nancy Webster @ rockawaycitizen.water@gmail.com

LIVE: SPEAKER MINDS



Cannon Beach City Park • Sept 13 at 5pm

FUSING FUNK, hip hop, soul and rock since 2010, Speaker Minds something like a tasty gumbo—they stir in a little bit of everything!

Led by Randal Wyatt, a passionate, intelligible emcee, alongside a seasoned soul singer, Adrian Adel, Speaker Minds are backed by an energetic live band. Their diverse backgrounds form a bouncy, powerful collective, uniting their love of music and community.

The free show, in Cannon Beach's downtown city park, begins at 5pm on Sunday, September 13th, sponsored by TOLOVANA ARTS COLONY.

While grooving along with Speaker Minds, concert goers will be asked to maintain social distance of at least six feet. Thankfully, it's a big park with plenty of room for everyone to spread out.

Along with your chairs, blankets and picnic baskets, be sure to bring a mask. So: stay safe and boogie! Cannon Beach's downtown city park is located behind the Chamber of Commerce at 2nd & Spruce streets. The show begins at 5pm.

This family friendly event is produced by the Tolovana Arts Colony and made possible by a Community Grant from the City of Cannon Beach.

But wait.... There's more!

In partnership with THE COASTER THEATRE, TAC will be hosting an outdoor

Karaoke event in the park on Sunday, September 20th. Also, help spread the word that the Coaster will be producing a reader's theater--**"Don't Fear Shakespeare"**—in the park on **September 26-27.** Visit tolovanaartscolony.org, email tolovanaartscolony@gmail.com, or call 541-215-4445. More details on these events in the coming weeks.



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KMUN: A Different Model for Fall Pledge Drive

Astoria, OR – After closing the station during the Spring Pledge Drive, Membership Director Janet Fryberger, pivoted the messaging and donation to on air and on line, respectively. KMUN is modifying that model for this important fall drive August 17th through September 14th. “I don’t have to tell you how crazy the world is these days but, at least at this writing, fish gotta swim and birds gotta fly and KMUN’s gotta have a pledge drive and raise \$50K,” states Fryberger.

Less asking, more giving.

Instead of frequent intervals of KMUN volunteers and staff asking for donations during programs, we’re opting for a quieter, gentler Fall Pledge Drive. There will be brief air spots that let you know KMUN needs your support but they’re short and non-interruptive. That’s what we mean by quieter and gentler. We have faith that our listeners will answer the request.

There’s no social distancing on the radio! We’re shut into our homes for who knows how long, we need deep reliable reporting, we need connection to one another. KMUN and KCPB are always here for you, and we need you now more than ever too. The station has been hit hard by losses in underwriting and anticipates further losses. Yet we expanded our news team from one part-time staff member to 1 full and 1 part-time reporter. Quite a bit of equipment was purchased in order for our DJs to record their programs at home. We need your support to continue the vital work we’re doing; providing news and public affairs, music and entertainment.

Donate online at coastradio.org or send a check to KMUN | PO Box 269 | Astoria OR | 97103. Or set up Bill Pay with your bank. Or call during business hours (503.325.0010) but know that your call may not be answered quickly. Or write Janet at membership@coastradio.org



Nordic Park Funded by Oregon Cultural Trust

THE OREGON CULTURAL TRUST has awarded the Astoria Scandinavian Heritage Association a grant of \$27,034 to create ten interpretive panels for installation at Astoria Nordic Heritage Park. Planning for the park started in 2015 and is progressing with an optimistic start date of February 2021, providing fundraising is complete. ANHP will be constructed on the Astoria Riverwalk between 15th and 16th street and be a year-round monument to the tenacity and influence of Nordic immigrants to the North Coast.

The revised estimate of probable costs for the park is \$1.445 million. \$815,000 has been raised already with 73% of donations coming from private individuals. The Astoria Scandinavian Heritage Association is currently scheduling listening sessions by Zoom or outdoors with social distancing with local Nordic fraternal groups and key donors to gain feedback on the park effort and make new connections. Local individuals and groups wishing to hear a brief presentation and talk about the park effort should contact park committee chair Judi Lampi at clatsop41@yahoo.com or call 503-791-9156.



COLUMBIA RIVER KEEPER joins Tribes and Environmental Groups to Sue Trump Administration to Preserve Clean Water Protections

WASHINGTON, D.C. (September 1, 2020) -- American Indian and Alaska Native federally recognized Tribes and environmental groups, represented by Earthjustice, sued the Trump administration over its attempt to weaken clean water protections. The rule changes proposed by the Environmental Protection Agency would force states and Tribes to accept damaging and unwanted pipelines and other fossil fuel projects on their lands. The EPA reverses its long-standing interpretation of Section 401 of the Clean Water Act in a move that is contrary to the language, purpose, and intent of the statute.

The lawsuit filed seeks to protect tribal and state water quality, and to prevent the EPA from allowing dangerous levels of pollution that would harm the health of families. This rule change is being adopted explicitly to support the fossil fuel industry. The lawsuit comes after President Trump signed an executive order in April 2019 directing the Environmental Protection Agency to revise guidance and issue new regulations for Section 401.

Columbia Riverkeeper executive director, Brett VandenHeuvel, stated “We’re honored to join the Squamish Tribe, Pyramid Lake Paiute Tribe, Orutsararmiut Native Council, and Sierra Club, represented by Earthjustice, in suing the Trump administration to challenge this dangerous rule.

To stand up to the fossil fuel industry, we need strong legal hooks. One of the

best: Clean Water Act Section 401 allows states like Oregon and Washington to block dangerous projects that harm waterways or salmon.

When Oregon leaders denied the Bradwood Landing and Jordan Cove LNG terminals, they used section 401. When Washington leaders denied the Millennium coal export terminal, they used section 401.

Under Section 401 of the Clean Water Act, states and Tribes have the authority to place conditions on federal projects that degrade lakes, streams, rivers, and wetlands within their borders – or to reject them altogether.

States and Tribes review hundreds of 401 certification requests annually, allowing for better protection of water resources for all uses, including drinking water, commercial, tribal, and recreational fishing, swimming, critical wildlife habitat, and outdoor recreation.

The Clean Water Act is one of our nation’s bedrock environmental laws. Congress passed this popular law in 1972 to “restore and maintain the chemical, physical, and biological integrity of the Nation’s waters.”

To protect water quality, section 401 of the Clean Water Act creates a state-tribal-federal partnership, giving individual states and eligible Tribes the ability to review the impacts of many different types of federally licensed projects on waterways and wetlands within their borders.

Oregon Legislature COVID Relief Funds NEED HELP? Rent, Utilities, Mortgage.

• **NEED HELP PAYING RENT?** The Legislature has allocated over \$40 million to help individuals who are struggling to pay rent due to the financial impact of COVID-19. Funds are distributed by local community action partners (CAP). You can learn more about eligibility by calling 211 or visiting www.caporegon.org/find-services/ to find the nearest CAP.

• **NEED HELP PAYING UTILITIES?** Your local CAP may also be able to help. Please see: www.caporegon.org/find-services/ Many utility companies are waiving late fees, suspending disconnections, and making payment plans available. Please see <https://www.oregon.gov/puc/Documents/OregonEnergyAssistance.pdf> for information about what your specific gas, electricity, internet, or telephone company may offer.

• **NEED HELP PAYING YOUR MORTGAGE?** The Oregon Legislature has released \$30 million in mortgage assistance. If you need or anticipate needing mortgage assistance, please sign up for Oregon Housing and Community Services (OHCS) updates at <https://www.oregon.gov/ohcs/about-us/Pages/news-updates.aspx>. You can also contact OHCS at (503) 986-2025. You may also be eligible for foreclosure protection through September 30th under legislation passed by the Oregon Legislature.



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 Drafall

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

OREGON: BETTER TOGETHER

OREGONIANS all deserve a good quality of life regardless of place or race. But for their own power and profits, some corporations funding TIMBER UNITY PAC (TUPAC) try to divide us based on where we are from or what we look like. These corporations also hurt rural Oregon by providing fewer and fewer good paying jobs and supporting lawmakers who deny rural Oregon money for community services. By working together, we can create an Oregon where rural communities thrive with reliable, good paying jobs as well as the medical care and services we need, especially during a global pandemic.

Timber Unity presents as a grassroots organization. Some of our neighbors are part of it. But Timber Unity is actually two corporations and a Political Action Committee (PAC). Early on, the name Timber Unity was taken over by Andrew Miller, CEO of Portland-based Stimson Lumber Co., and Julie Parrish, a GOP operative. They formed the corporations and PAC, and Miller is director. A longtime conservative donor and strong opponent of environmental laws, Miller and his Stimson Lumber Co. have donated at least \$2 million to politicians.

In their opposition to climate change legislation, Miller and TUPAC's interests are aligned with Wall Street real estate investors who own at least 40% of private forest lands in western Oregon, as well as corporations such as Koch Industries, owner of Georgia-Pacific, which owns Oregon paper mills.

Tactics of such corporations include threatening employees with job layoffs if climate legislation is enacted. Georgia-Pacific, for example, threatened to close its Wauna Mill. After the GOP walkout blocked a vote on climate legislation in 2019, Stimson Lumber cut 40% of jobs at its Forest Grove mill anyway.

No matter where we live or what we look like, Oregonians want a democracy where each vote matters and their elected leaders have a voice in the legislature. But politicians funded by Timber Unity PAC try to divide us – urban vs. rural, black vs. brown vs. white, farmers and loggers vs. environmentalists – so they can bypass the democratic process and protect the profits of the corporations funding the PAC.

In the last two legislative sessions, politicians backed by Timber Unity PAC walked out to prevent votes not only on climate legislation, but also on bills to fund disaster relief and other needed services. But most Oregonians want responsible governance and a healthy planet.

It's especially important that this November 3 we come together to elect leaders who will protect our democracy and make sure all of our votes and voices count. Indivisible North Coast Oregon will continue to share our positive and unifying vision for rural Oregon. #OregonBetterTogether

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



PeaceVoice



Be a Viral Superspreader

by Tom H. Hastings

I'M HOPING you'll agree to be a viral superspreader—in a good way, in a way that actually defends democracy and keeps America free.

Trump has again said that he might not abide by the results of the upcoming election if he doesn't like those results, that is, if he loses.

He will lose.

Trump won in 2016, thanks to the antiquated, obsolete electoral college, which gave him the bizarre victory despite losing by nearly three million votes.

This time we will vote him out.

In the summer of 2016 I told my university president that Trump would win. He scoffed and said, "Never." Yeah, never didn't last that long, to paraphrase the old country song.

Trump is trying every dirty election-rigging method he can think of, even suggesting his people commit felony vote fraud themselves by voting twice! He said, "send it in early and then go and vote."

But despite all the mischief coming from Trump, from Russian trolls, and from Republican governors and legislatures who have done their level worst to break the voting process for many who might not vote their way, Trump will lose this time.

We will vote. And we will use all nonviolent means to defend that vote.

To take the pledge to join us, please sign on at <https://choosedemocracy.us/#pledge> and tell everyone you know.

When Michelle Obama described what we might need to do, that was a wake-up call. In some states we may need to stand in line for hours, even overnight, to vote. Those of us with mail-in ballots should get them right in the mail very early or, even better, find an official ballot dropbox and physically put our ballot into it. In some states, public libraries offer that service.

When the people knew that they had voted out Ferdinand Marcos in the Philippines in 1986, they did not put up with his attempt to steal the election.

When the people of Chile knew that they had defeated General Pinochet at the ballot box they did not allow him to carry through with his attempt to steal the election.

When the Serbian people knew that they had voted dictator Slobodan Milosevic out in 2000 they went on general strike until he stepped aside.

All these defenses of democracy were non-violent, all were entirely unarmed, all faced well armed troops and police, and all were victori-

ous. They all showed respect and even fondness for police and soldiers, but stood in the gap very publicly and refused to allow the dictator to steal their democracy.

We can do this, if we remain nonviolent, committed, and unified. Please join in this open commitment to use peaceable methods to achieve the election protection we need and deserve.

Spread the word, sign on to Choose Democracy, join millions of Americans determined to stop any election fraud and assure a peaceful transition of power.

Dr. Tom H. Hastings is Coördinator of Conflict Resolution BA/BS degree programs and certifies at Portland State University, PeaceVoice Director, and on occasion an expert witness for the defense of civil resisters in court.

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

NATURE NEWS

SOLVE Invites All Oregonians to Join Statewide Volunteer Event

REGISTRATION IS NOW OPEN for SOLVE's annual Beach & Riverside Cleanup, happening from Saturday, September 19 through Sunday, October 4. This statewide volunteer event includes beach cleanups, inland cleanups, and habitat restoration events, all of which keep Oregon's watersheds clean and healthy.

Since 1984, more than 140,000 Oregonians have participated in this statewide event, collecting over 900 tons of litter and debris. This longstanding Oregon tradition has seen renewed excitement each year, reflecting how important taking care of the environment is to Oregonians.

The Beach & Riverside Cleanup, along with all SOLVE events, requires all volunteers and volunteer leaders to adhere to safety guidelines. These guidelines include wearing a face covering at the event, maintaining social distancing, and providing only sanitized tools, among other measures. Even with Safety Guidelines in place, SOLVE volunteers have still proven motivated to keep Oregon clean.

This summer, from June 1 through August 31, SOLVE supported volunteer efforts along the Oregon Coast as part of their Summer Beach Cleanup Series, presented by AAA Oregon. In total 550 volunteers removed over 5,700 pounds of litter and marine debris during 31 cleanup projects coastwide. This fall SOLVE is excited to expand their litter cleanup efforts from covering not only the coast but inland as well.

To sign up for the Beach & Riverside Cleanup or lead a project of your own, please visit SOLVEOREGON.ORG. Volunteers are welcome to browse a list of projects and sign up for a project near them.

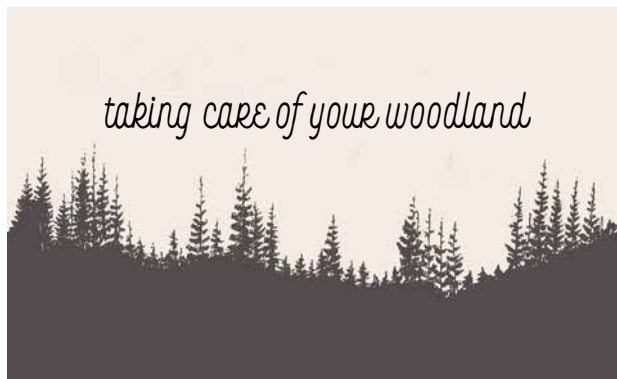


Coastal Woodland Management Webinar Series Starting in September

LEARN THE BASICS of taking care of your woodland, from planting a new tree to taking care of a mature forest. Woodland owners, living-on-the-landers, and everyone else interested in learning more about basic forestry principles and practices are invited to attend this seven-course webinar series that will cover tree identification, wildlife in your woodlands, forest health, forest ecology, timber sale logistics, laws and regulations, defensible space for fire, and resources to help you get the work done.

Thursdays: seven consecutive evenings starting September 10, 2020

Visit <http://blogs.oregonstate.edu/coastalwoodland/> for dates, details and registration. This is a free series brought to you by Oregon State University Extension Service. For more information, email Norma Kline, Norma.Kline@Oregonstate.edu or Dan Stark, Dan.Stark@oregonstate.edu.



Take a virtual walk on the Oregon Coast Trail



THE OREGON COASTTRAIL is a border-to-border hiking route first proposed about 50 years ago and first declared "hikeable" in the 1980s. But it remains a work in progress. And people have actually been walking some version of the Oregon Coast Trail for a very long time. How long? And how does one go about planning a thru-hike on the OCT today?

Join guidebook author Bonnie Henderson and North Coast Land Conservancy Thursday, Sept. 10, at 5:30 p.m. for a virtual presentation about the OCT: its geological and human history and the quirks of hiking this unique long-distance trail. Find the registration link at NCLCtrust.org/event/virtual-oct.

Why Sept. 10? This is the evening CoastWalk Oregon 2020 participants would have met in Seaside for orientation before embarking on three days of hiking on the OCT. CoastWalk Oregon is an annual three-day event benefitting NCLC that had to be cancelled this year; organizers hope to walk the 2020 route in September 2021 instead. Meanwhile NCLC is offering this talk to registered participants and anyone else interested in learning more about the OCT.

For information about CoastWalk Oregon, visit coastwalkoregon.org.



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The challenge...the silver lining

It's Back To School in the Pandemic



By
**KATHERINE
LACAZE**

IT'S NOT NEWS that preparing for the start of a school year amid a public health pandemic looks different for everyone involved, from parents and students to teachers, administrators, and support staff.

Across the Lower Columbia region, families are substituting back-to-school shopping with picking up their student's Chromebook and refining their at-home workspace to create an environment conducive to studying. Teachers are getting ready to implement new distance-learning curriculum that presumably improves upon the systems rapidly adopted in mid-March, but they're still facing numerous unknowns that put mounting pressure on them to remain flexible.

Meanwhile, the Oregon Department of Education has allocated roughly \$1.17 million to the school districts in Oregon House of Representatives District 32—which includes Seaside, Astoria, Knappa, Warrenton-Hammond and Neah-Kah-Nie—to help with distance learning. Those funds can be used to cover student and teacher devices; digital content and curriculum; learning management systems; and professional learning for educators.

For most parents, however, the question looms of how to balance their professional responsibilities with at least six weeks, if not more, of guiding their students through distance learning. They must continue navigating the unrealistic expectations embedded within their current realities.

Amid this unprecedented situation, each person has their own story to tell of the emotions, concerns, and challenges they are experiencing ahead of the 2020-21 school year. Here are just a few perspectives from those personally affected by the current situation:



STUDENT: AZARIA DAMGHANI

An incoming senior at Astoria High School, Azaria Damghani sums up her current mood in two words: "Let down."

"I have no idea how this next year is going to go," she said. "Or I have an idea, I'm just not fond of it. Which sucks, but I get it."

She's cognizant of the current situation and what it means to be realistic based on how the country

has responded to the global coronavirus pandemic. This situation hasn't been experienced on a widespread level since the early 20th century, and communities are dealing with a major change to their routine that involves most children going to school on a set schedule.

"Cutting that off is just kind of devastating, because you don't know what to do, and you have to reset," Damghani said.

When Clatsop County's case count remained relatively low in May and early June, she hoped the new school year would be conducted in-person. Then, the numbers started climbing after the lockdown concluded. At that point, she said, she had the realization, "Oh yeah, we're not going back."

For several months, she felt overwhelmed in the face of not only the COVID-19 pandemic, but also the racial justice issues proliferating across the nation.

"This young generation has to figure out what to do with our planned careers, finish school, and deal with speaking out against the horrible stuff that's going on, and still be a kid? There isn't enough time," she said.

As an honors student who is heavily involved in the arts, she said it's challenging to create a feasible virtual substitution for pottery, choir and other activities, although teachers have made a concerted effort to do so.

"You can't rely on students to do stuff online," Damghani said, adding there is not the same sense of accountability or satisfaction that accompanies remaining on-task and turning in assignments in the classroom. Additionally, she describes high-schoolers as "natural procrastinators," which makes time management critically important, especially in a virtual environment.

Another challenge, Damghani said, is that "most teachers at Astoria are safe spaces for kids." She believes many students will struggle without the tangible presence of that support system.

"As someone who is also extremely extroverted, it's hard," she said. "It's hard to be isolated, and also do all that's required for education."

Facetime, Zoom, and social apps like Houseparty will continue to play an important role in facilitating interactions. She also anticipates that part of making the best of this situation will involve small groups of students who are taking similar classes gathering to work together.

"We're going to bring laptops and sit together on someone's lawn," she said, adding it's a way to maintain safe distance, but still have that human connection. "Keeping each other accountable is super awesome."

PARENT: SOPHIE ALLEN

Sophie Allen, a working parent with two students enrolled at Astoria High School and one at Lewis and Clark Elementary School, is ready for her children to go back to school in-person, fulltime.

When the school year ended and summer began, she said, it was a "huge relief to no longer be dealing with school."

"Life was still really boring, but to get rid of that looming, daunting task of getting assignments done and nagging kids—I was glad that was over," she said.

Over the summer, it was "a rollercoaster" of emotions and expectations as she waited to see what would happen in the fall. One minute, she would be optimistic as her family members in other states prepared for in-person classes. The next, there would be new information that indicated a different situation in Oregon.

When the school district finally made the announcement in August, she said, "I wasn't all that surprised, just disappointed."

"I would like to continue to hope that they go back, and my kids do, too," she said. "The more often we tell them again and again, 'No, you're not going back,' they're just deflated even more every time."

With the school year about to start Sept. 14, she said, their family wants to get ready, "because you want to be prepared and organized, but you don't know what to get prepared and organized for." Her teenager, for example, wants to go shopping for new clothes, but why bother?

Additionally, as someone who has several jobs, including working as a server at a restaurant, she's trying to make sense of why public education is one area where in-person interactions aren't resuming with restrictions.

"It's kind of weird for me," she said.

However, Allen feels the school district has "done an amazing job" gathering feedback from the community and sharing information with families. Additionally, she doesn't want her kids going back to school and worrying about making others sick.

"I don't want teachers to react like, 'oh I'm scared of you,'" she said. "I want them to be in a caring, nurturing environment."

During the end of last school year, she observed the pandemic and at-home learning structure affect her children differently. Her oldest child, a high school sophomore, is self-motivated and managed his time well.

"I rarely had to interact with him at all, because he would want to get it done and play for the rest of the day," she said.

For her other child, an incoming freshman, it was an opposite situation.

"She's not able to stay on task, nor is she motivated unless she's around other people," she said. "For me to motivate her was just awful."



Her youngest child, a fifth-grader, is just “a sponge,” constantly wanting to absorb new information and explore the world.

“Her poor little brain just couldn’t get fed enough,” she said. “It’s very overwhelming as a parent to feel like you need to teach them so much.”

Even still, her biggest fear is not the academic piece, but questions such as, “What is our day-to-day life going to look like? How long are they going to be in front of their computer? What are the assignments that are going to be required of them? I just want to find a system that will work for our family.”

However, Allen said they aren’t “doomsday people” and they continue to move forward one day at a time, looking for positives, such as the chance to connect as a family and learn more life skills. She’s also glad not to be in the position of making the decisions that affect the whole district.

“I’m not complaining about any school boards, or any teachers,” she said. “And I pray for those people in those meetings who are having to make those decisions. I’m just going to do the best I can to make it easier for them.”

TEACHER: Ryan Hull

After having taught second- through fifth-graders at the Cannon Beach Academy in the past, Ryan Hull is starting the 2020-21 school year with a class of kindergartners, first-graders, and a handful of second-graders.

He’s not new to this age group, having spent about 14 years at the Portland Arthur Academies and periodically working with early learners, but doing so completely online will be a new experience.

“We had a good little test in March when we had to kind of do an emergency setup,” he said, adding they learned from the successes and challenges of the system they implemented. “Even though I know we’re all disappointed to not be able to see the kids again and be able to have class in our school, I feel like we’re going to be much more prepared for this coming school year.”

Under the leadership of academy director Amy Fredrickson, the small staff has been kept informed of possibilities as they evolved over the summer. They also took part in a community planning session hosted by the Seaside School District in July.

At that time, Hull said, “it was looking very promising” that schools would be able to start with a hybrid of in-person and virtual instruction. Then, circumstances changed and the state issued a set of metrics to be met before students can return to campus. As a result, the name of the game is flexibility.

“Every day is a new day,” Hull said. “You can plan, you can prepare, you can be ready, but tomorrow it’s going to change, so you have to be willing and you have to be flexible.”

Under the circumstances, the only other option would be to take a year off and encourage parents to focus on teaching their kids life skills at home: how to do laundry, cook meals, fix a car, garden, and hike.

“We could just stop and say, ‘Let’s not do any teaching for a year,’” Hull said, “but then those kids are going to miss a formative year of learning, of that education that is so valuable.”

Although education is more effective when the teachers can see students face to face, he added, “I think what we did and what we’re planning to do definitely does have a benefit. It’s not just a stopgap, it’s not just to keep them preoccupied. I do believe it will be worthwhile.”

Kindergartners present one of the biggest challenges, because most of them are just starting their primary education and learning how to be students in a classroom. The technology aspect is also a wildcard. While the school ensures every student has a suitable device and Internet connection at home, there’s no guarantee families won’t face a disruption of their service or other technological issues.

“You’ve got to keep your head and prepare but also understand there are going to be challenges you have to face tomorrow,” Hull said.

On the flip side, he believes distance learning has prompted creativity and an exploration of new tools that teachers can continue using in their classroom

once they’ve adapted to a hybrid model, or even when students permanently reconvene on campus. For example, there are online resources that provide virtual tours of museums, aquariums, and other institutions and geographic landmarks. Hull took advantage of such tools when doing a social studies unit on the Vikings with his students last year, and he feels like even once kids return to class, they could still utilize them.

Most importantly, on a community wide level, Hull encourages positivity and acknowledging that “we’re all in the same situation, and everybody wants to return to normalcy.”

“Thinking of this as a parent, as a teacher, as a community member, if we all stay positive, we can all get through this,” he said. “For the moment, this is what we got. Things will change, things will get better.”

SUPERINTENDENT: SUSAN PENROD

Susan Penrod spent last year working as the assistant superintendent of the Seaside School District, but as she officially takes the helm, she’s been dealt a difficult hand.

“Our goal continues to be that we can get kids back in school as quickly as possible, but I don’t want to do it so soon that it compromises the health of our students and staff and then we have to keep them out for longer,” she said. “That’s what keeps me up at night.”

As a superintendent, she feels her responsibility is to “listen first” and “try to look at everyone’s perspectives,” from teachers and parents to each instructional assistant, bus driver and community member. She got practice doing that

and establishing relationships with families during her time as assistant superintendent, when one of her primary duties involved administering the Student Success Act at the local level and gathering feedback on what the district is doing well and what can be approved.

Those one-on-one conversations laid the groundwork for establishing a community planning team, which the district met with in early July to get their perspective on the draft plan. With the information gathered at that time and based

on metrics provided by the state, Penrod said, “I will not waiver from keeping everyone in our community healthy and safe.”

“That weighs on me every day,” she said, adding it also “does not take away my guiding principle of our responsibility and our desire to educate kids.”

As the new school year starts, Penrod wants to establish as much

consistency as possible, which means offering comprehensive distance learning for the first six weeks, then re-evaluating and making an informed decision about where to proceed based on the data available.

“With things changing so quickly, it can be easy to make a knee-jerk decision based on limited information, and I don’t want to do that,” she said.

Penrod strongly believes in looking at every aspect of public education through a lens of equity, which may mean adapting for students who aren’t responding well to distance learning and providing support for families.

“Every student is their own unique being and every family has their unique qualities,” Penrod said. “When I was a classroom teacher, I had my class that I got to know. And then, when I was a building principal, I had my school I got to know. As a superintendent, I have the opportunity to get to know the whole school community, and that’s such a privilege.”

With that responsibility comes responsibility, especially where public education is involved, as it serves as a

pathway to freedom. Penrod was raised in poverty before becoming the first person in her family to graduate from college.

“Without public education, I wouldn’t be where I am today,” she said. “Every day, I see kids that remind me of me, and this situation has the potential to divide our classes more than ever. I’m not going to let that happen. And I’m not going to let kids be left behind. I want to make sure every student has the opportunity because education opened up a whole



new world for me. It saved me from a lousy situation, and I want every one of our students to feel that freedom to choose.”

On the plus side, she feels encouraged by the creativity of her staff and a school board that “is all about what’s best for our students.”

“I’m just really honored to be a part of the team that really believes that,” she added.

Additionally, she believes the district can use this challenging, complex situation to come together, embrace with a problem-solving mindset, and practice resilience and resourcefulness.

“We’re learners as well,” she said. “Times like these, which disrupt our patterns, are an opportunity to reflect on our practices.”

Students also will be watching and absorbing from how their parents, teachers, and other community members respond to the situation.

“Through this, we as adults can teach kids the very, very important life skills of flexibility and adaption,” Penrod said. “We need to model that for them.”

CAMBIUM ART GALLERY: A Confluence of Art & Reciprocity

By Heather Hirschi



Kirista, by Kirista. 40 x 40

During August's ArtWalk, just 6 weeks after its inception as a possibility, Cambium Art Gallery opened to the public. Cambium takes its name from the cellular layer in plants that gives rise to new cells and facilitates secondary growth. Long and Trask hope to facilitate growth in Astoria by giving rise to new artistic voices. Both Long and Trask see Cambium as the fruition of a mutual dream, to showcase artists who otherwise may not find representation in traditional galleries. Cambium nurtures underrepresented artists, particularly LGBTQ makers, by hosting monthly shows dedicated to a single artist's work. In the spirit of promotion, Cambium offers artists 70% of art sales, rather than the traditional 50%.



Cambium on Duane, open and approachable

In October 2020, Cambium will premiere its first featured artist, Delilah Anaya. Her show, "In Between", chronicles a moment in the life of Cesar and his siblings, who live in a small border town in Southwest New Mexico. The children are citizens of the U.S. but their parents are "undocumented." Anaya, a photographer who "questions the rule of law from many angles" wants to advocate for people like Cesar, one of 8 million kids in similar legal situations, who occupy borderline spaces and need someone willing to "take risks" on their behalf.

Cambium Art Gallery was born from a super productive period in the early COVID lockdown, as both Long and Trask experienced "58 solid days" of personal, quality productivity. Long says the lockdown was "terrifying at first," but that she soon began to see it as a chance to reflect on what she really wanted to create, who and how she wanted to teach, and what she wanted in a workspace. Before the pandemic hit, both Trask and Long had embarked on projects that the virus debilitated. For Trask, it was a show she was curating as President of Portland Open Studios. Long was gearing up to teach 4 ceramics classes, in which 32

students were enrolled. Each artist found, in these forced endings, seeds for growth, both in their individual creativity and in their budding partnership.

They realized, as Long explains, that they shared "not only the same artistic vision, but the same work ethic". Both have been active advocates for social justice, particularly in the LGBTQ community. Both are passionate about living in rural Oregon and bringing difficult conversations to the surface, specifically through art. Both are committed to nurturing artists who occupy liminal spaces. Their dream of a working studio/gallery exhibiting such artists' work is manifesting in the Makers' Building.

Audrey Long was enlisted by Glenn Herman to create studio space in the building in 2017. Since then, Long has occupied the garage front studio, opening for Second Saturday Art Walk. She is well-loved in Astoria, both for her functional ceramics and her commitment to community uplift. A few months ago, Herman decided to vacate his adjacent studio and offered Long the space. She agreed, seeing clear potential. She also felt her occupation of the studio would make things easier for Herman. Circumstance created another confluence as Trask had recently lost her studio space with the closure of the Blue Collar Collective.

The duo see Cambium Gallery as another gift of the Duane Street neighborhood. The stretch of Duane between 9th & 11th Streets is a thriving micro community in downtown Astoria. On 11th, colorful food carts serve everything from Po Boys to Ramen. Closer to 9th, the Labor Temple is not only a favorite drinking establishment known for its filling menu, but also hosts local music, drag, and burlesque performances. The AVA Gallery on

the corner of 10th and Duane exhibits monthly shows of local and guest artists. and sponsors residencies for visual and literary artists. Such a residency brought Trask to Astoria in May 2019.

Kirista Trask is a 7th generation Oregonian who grew up in Eugene. Trask was living in

Portland when awarded the AVA residency. She began splitting her time between Astoria and Portland, where she continues to serve as President of Portland Open Studios. Trask grew up with two moms who owned a book shop. Her early childhood was impacted by the awesome power of literature to create worlds. In later life, she found the same unbounded potential in painting. A gifted abstract artist, Trask also has a background in business. "I'm not afraid to use both sides of my brain," she says. Her business and marketing acumen is another asset she brings to Cambium.

Over the course of her residency, Trask's marriage dissolved and she "chose Astoria," but feels that, "in a way, Astoria chose me." As her life shifted from marriage and a well-established career in Portland to a new community in rural Oregon, "Astoria rose up to carry me."

Long feels like the Duane Street neighborhood has risen up to carry both of them in their new venture. An additional collaboration will establish Coffee OR Waffles, Josh Jensen's food cart, as a coffee bar inside the gallery. Seating will not be offered, both



Gallery creators, abstract painter Kirista Trask and ceramicist Audrey Long

in compliance with current health policies, and to encourage patrons to focus on the art.

During the baffling days of the pandemic, many Duane food carts remained closed for the weekends and catered to local customers during the week in an effort to limit community exposure to the virus. Jensen, who opened Coffee OR Waffles in July 2019, shut down when the pandemic hit, then reopened in April for limited times five days a week. Eventually, he reopened on Saturdays, as well. Jensen met Long and Trask as customers and they developed a friendship. Like most, he experienced derailed plans as a result of COVID. Happily, that derailment allowed him to accept Long and Trask's invitation to move his food cart indoors.

This spirit of sustaining people you live and work with is the cambium of the partnership between Trask and Long. Since six weeks is a rushed gestation, there wasn't time to set up a new artist's exhibit for the August opening of their gallery. Trask and Long instead exhibit paintings and sculpture informed by their pandemic experiences with "We've Never Been Here Before." Through the 58 days of lockdown, both artists worked together and individually to document these days of COVID. Each of their collaborative and solo projects "ask a new question about the possibility of hope during a pandemic."

hf

Collaboration, ceramic and paint, by Long and Trask

"We've Never Been Here Before," runs through October 7 at Cambium Gallery, located at 1030 Duane St. in Astoria. cambiumgallery.com



art happens *openings and news in the LCPR*

Garland Kirkpatrick: AD NAUSEUM at AVA



FOR BETTER OR WORSE, branding has been an effective tool of persuasion, meeting our thirst for truth and authenticity through social media. In "Ad Nauseam" Garland Kirkpatrick repurposes the commercial vernacular of signs utilizing the graphic arts to 'push' messages that call for social justice. "... more icon than image, immediate and urgent communication is stripped down to the essentials, yet with enough nuance to invite reflection" (Designer Garland Kirkpatrick: Keeping Social Issues Alive, Print Magazine, October, 2017).

Kirkpatrick is an award-winning American graphic designer, artist, curator, and

educator. His social graphics are in numerous museum collections, and design and printing archives including the American Institute of Graphic Arts, the Los Angeles County Museum of Art, the Center for the Study of Political Graphics, Self-help Graphics, and the Zurich University Museum of the Design. They are widely published, have appeared in films, and are exhibited in the United States and internationally. He received the MFA from the Yale School of Art, and is currently a Professor of Design at Loyola Marymount University in Los Angeles.

Ad Nauseam opens during Art Walk, September 12 from noon to 8pm, through October 3. The Astoria Visual Arts (AVA) is located at 1000 Duane Street in Astoria and is open Fridays and Saturdays from 12 to 4pm. AVA is a 501(c)3 nonprofit that works to enhance, strengthen and promote the arts in Greater Astoria.



The Choices We Make New paintings by Deborah DeWit White Bird Gallery

White Bird Gallery features new paintings by Deborah DeWit through September 30. DeWit creates symbolic imagery through the interplay of indoor and outdoor environments, elevating her sensitive and thought-provoking compositions into a realm where real and imagined space meet. She considers the human experience and moments in time through natural and figurative subjects rendered in luminous oil paintings. Her metaphoric compositions utilize



Fallen Apple

familiar subjects in unsuspecting ways with many scenes conglomerated from her home-studio-property and people in her local community. "In this work I've explored a lot of territory that interests me—how the process of painting leads to ideas and how ideas lead to meaning. The subject matter has grown out of my personal perception of the world around me which includes nature and the human mind and heart"

- Deborah DeWit Studio - July 2020

White Bird Gallery features new paintings by Deborah DeWit through September 30. Open Tue, Thur, Fri-Sun, Mon and Wed by appt. or chance. 251 N. Hemlock in Cannon Beach. 503.436.2681. whitebirdgallery.com

LightBox Altered Reality



Jane Wiley, She Is Crowned

LIGHTBOX Photographic Gallery will open the Altered Reality Exhibit on Saturday, September 12th from 11-4 pm. In "Altered Reality", works created with historical photographic processes are celebrated. 33 photographers from around the nation were selected by a trio of Jurors, all practicing Alternative process Artists, Diana H. Bloomfield of Raliegh N.C., Karen Hymer of Silver City, N.M. and Jim Fitzgerald of Vancouver, Wa.. Presented are the finest works representing visionary contemporary use of Historical processes, considering technique, originality and creativity, from photographers using Alternative Historical Processes.

Altered Reality will be on display in the gallery through October 7th. The Gallery is open for viewing on a limited schedule with mask only. Show info is on the LightBox website at <http://lightbox-photographic.com/shows/>. Contact LightBox at 503-468-0238. LightBox is located at 1045 Marine Drive in Astoria, gallery viewing hours are Thursday – Saturday, 11:00am - 4:00pm.

SITKA CENTER hosts a live reading and Q&A with author Lee van der Voo.

LEE VAN DER VOO will read a sneak preview from her highly anticipated book, *AS THE WORLD BURNS: The New Generation of Activists and the Landmark Legal Fight Against Climate Change* (Timber Press; on sale Sept. 29, 2020), which looks at youth and climate change through the lens of a landmark lawsuit brought by 21 young plaintiffs against the U.S. Government. Dylan Plummer, the former Public Engagement Organizer for the plaintiffs' legal team, Our Children's Trust, will participate in the discussion. In addition, high-school student



Edie Allen and Sitka Executive Director Alison Dennis will co-host the interactive question and answer session following the reading.

In *AS THE WORLD BURNS*, Twenty-one young people from across America sued the federal government over climate change, charging that US actions to promote a fossil fuel economy violate their consti-

tutional rights to life, liberty, and property. Their trial could be the civil rights trial of the century. But it hasn't happened yet. While rare legal tactics attempt to stymie the case follows the plight of the young plaintiffs, chronicling their legal battle through a year of drought and wildfire, floods and hurricanes, and the most tumultuous political season in modern history.

Lee van der Voo is an award-winning investigative and environmental journalist whose work has appeared in publications such as the New York Times, The Atlantic and The Guardian. Her 2016 book *The Fish Market*, which chronicles the gentrification of the sea in the name of sustainable seafood, won an Oregon Book Award for General Nonfiction. www.leevandervoo.com

Pre-purchase a signed copy: Van der Voo will be staying in residence at Sitka and is offering the Sitka community the opportunity to pre-purchase a signed hardcopy of *AS THE WORLD BURNS*. The pre-order window is open for a limited time from now until September 11, 2020. Pre-order your signed copy at Sitka's online store at sitkacenter.org/store

September 18, 4pm in Pacific Time (US and Canada). FREE on ZOOM. Registration Required. Go to sitkacenter.org



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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Downtown Astoria



Laura Hamje In The Clouds at IMOGEN

THIS REGION, known as a place of confluence where the mighty Columbia River flows into the Pacific Ocean has long attracted artists, who pay homage to the vast and ever changing skies hovering over both natural and manmade elements that define the region. Photographing, painting, and writing about the unfolding drama of windswept hillsides, remnants of pilings left from the grand days of a thriving fishing industry, along with the iconic Megler Bridge, has long held the imaginations of all who visit. This is what has captured the attention of Seattle based artist Laura Hamje, who brings a new series of oil paintings, *In The Clouds* for her second solo exhibition in Astoria. The exhibition will open Saturday, September 12 and be on view through October 6. Laura Hamje will be available to answer questions about her work Saturday, September 12, 5 – 8 pm. Also available will be her newly published book *Concrete Ghost: Seattle's Vanished Viaduct and Emerging Paintings* by Laura Hamje.

Laura Hamje has found herself drawn to the region of the Lower Columbia River for years. Her strong love and fascination for the area has become informative to her work, shaping her vision and sense of composition.

Hamje's paintings portray a nostalgic and contemplative landscape, defined by architectural structure seemingly to support sky while at the same time acting as a point of connection between land, water and atmosphere. Hamje, like many, has been drawn into the allure of Astoria and through that she depicts elements of history, a lost past, while also suggesting a path to what remains unknown; the future.

Imogen Gallery is currently open 5 days a week (closed Tuesday and Wednesdays) at 240 11th Street in Astoria. Regular business hours are Thursday through Monday, 12:00 to 5:00 and 12:00 to 4:00 each Sunday. Also available by appt, please call 503.468.0620 Imogen Gallery can also be found on Facebook or on the internet at www.imogengallery.com.



Below the clouds, oil on canvas, 36x48



Caged, oil on board, 11x14on

Brumfield Gallery the paintings of Kamala Dolphin-Kingsley and Mary Alayne Thomas

BRUMFIELD GALLERY presents two exhibitions for September. The featured show *Dawning Splendor* pairs the work of two Northwest artists, Kamala Dolphin-Kingsley and Mary Alayne Thomas, and the **September Collections Show**. The featured artists each create a new body of work for the exhibition, sharing a fascination for wildlife, a similar sense of design and spark of magic in their representation of the world.

"I'm often trying to create a primordial sense of magic, to regain the feeling of wonder I had as a child adventuring in the mossy Redwoods alone or with animals," says Kamala Dolphin-Kingsley. Kingsley paints temperate rainforests and tropical plants with psychedelic properties. While her paintings are rooted in marine biology, ecology and the natural environment, her aesthetic is informed by various influences, from Art Nouveau to an Alice in Wonderland sensibility, creating lush, multi-media painted forest scapes.

Mary Alayne Thomas paints women adorned with flowers and birds, surrounded by animals—caught in a moment of contemplation—rendered as a part of the overall composition, no more important than the flowers and birds in her hair, the mink in her embrace, or bear at her side. "I'm constantly inspired by the wildlife, forests and dark beauty of my home in Portland Oregon, and childhood memories of wandering the mesas in Santa Fe continue to compel my work. I strive to capture those magical ephemeral moments we all experience, real or imagined," says Thomas.

The gallery's September Collections show features new work by Duy Huynh, Emily McPhie and Maggie Taylor. Both shows open for Astoria's Second Saturday Art Walk, 11am – 8pm, and continue through October 4. Open Thur – Sun, 11am – 4pm and by appt. You can make a reservation for a viewing, or just stroll by at the Second Saturday Art Walk, or for a private viewing call: 503 714 3439 or email info@brumfieldgallery.com



Dolphin Kingsley, Strongylodon Eupithecia



Thomas, Return to the Magnolia Grove

Shifting Fragments at RiverSea

RIVERSEA Gallery presents a three person show featuring artists responding to the effects of the pandemic, and a solo exhibition of landscape paintings. Both shows open Saturday, September 12 during Astoria's Second Saturday Artwalk, held from noon to 8:00 pm. The artwork will remain on view through October 6, 2020.

Shifting Fragments is an exhibition in response to this year's pandemic featuring three Portland area artists, Alea Bone, Stephanie Brockway and Heide Davis.

The long-time friends attribute their inspiration to a change in their perception of the world. "The pandemic altered the world that we knew as we withdrew into isolation. We suddenly found ourselves fragmented from the community we held so dear. Now we feel the shift toward new ways of coming together. Tones of resurgence, resilience and renewal underline the work in this trio exhibit."

Alea Bone makes folk art butterflies out of a patchwork of vintage tin scraps, cowboy boots,



A. Bone, Butterflies



H.Davis, Souvenirs of a Former Life

antique furniture bits and bottle caps, and is also exhibiting a collection of mixed media Coronavirus art masks. The work aims to achieve a rustic elegance, in the spirit of the Japanese principle, Wabi Sabi which celebrates the imperfect.

Stephanie Brockway offers new interactive animal sculptures created from unexpected objects.



S. Brockway, Thinking Woman

A giant bobble head buffalo comes to life as his head nods and his tail wags—his body built out of a bongo drum and carved horns out of elk bones found on the beach. She's also put her own spin on the phrenology head by creating a "Thinking Man" and "Thinking Woman" with a plethora of found objects highlighting the mayhem in our minds.

Heide Davis paints abstracted nudes set in stylized interiors. With this new work she examines our collective isolation and how our perceptions of reality have become fragmented.

Showing in the Alcove space is *Ethereal Atmosphere*, small landscape paintings by Paula Blackwell. Working in translucent layers of pigmented beeswax on panel, she creates luminous vistas in a style influenced by the Hudson River School and J. M. W. Turner. These delicately moody works serve as portals to enchanting small worlds. They range in size from just 2" x 3" up to 12" x 16".



P. Blackwell, Waterline

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

ART ACCELERATED

Farm Animal SketchCrawl at Blue Heron Cheese Company

SOUTH COAST LOCAL non-profit arts organization Art Accelerated sponsors a SKETCH CRAWL, Saturday, Sept 12 from 10am to noon at the Blue Heron Cheese Company, in Tillamook.

From farm animals to old trucks and tractors, or even the gigantic Blue Heron sculpture, spend a weekend morning getting your sketch on.

Christine Harrison and Dennis Worrel, local artists, will provide short instructions on how to get started with your sketching. A Black Hawk pencil along with a simple accordion sketch book will be provided.

Sign up to participate on Art Accelerated's website at: artaccelerated.org Cost is \$10. Get yourself some fun on the farm!



MESSAGES SONJA GRACE



HUMANITY is locked into the polarity of what is becoming an old reality. Like kids we spend a lot of time trying to decide if we want a cherry or grape popsicle – and for most children that is the most important decision in their reality. It carries into adulthood where we feel we must choose this one or that - him or her- them or us- constantly dividing the same issues repeatedly. How can we see the choices put before us are not even what we might prefer? Do we even think outside of what is presented to us? We get so locked into two sides we forget there is more. Our minds are dealing with what is at hand, with fear often pushing to the forefront sending most people straight into the amygdala - the fight or flight center of the brain. The amygdala is like

a train station where we try to figure out what part of the brain we will go to next. When adults or children are locked into the amygdala the learning process is frozen - we need pathways flowing with white matter from the back of the brain to the prefrontal cortex so we can learn- and realize through that incredible process we have many choices. Presenting a cherry or grape popsicle becomes a simple choice for children that narrows down the decision-making process. For adults, there are many more choices, but fear can take us right out of that process.

Fear is destabilizing and for many who have grown up in dysfunctional families it triggers us right back to an early childhood moment. We spend a great deal of time in fear while navigating uncharted waters in health and safety. The best way to get out of fear and the amygdala is through movement. Go outside and play, stomp your feet! Exercise and march in place tapping the opposite knee- cross the midline and get your brain function back! Even if you feel there are only two choices in your life whatever that may

Cherry or Grape

be, look beyond the boundaries of this moment and realize the Goddess and Creator are much more than that. Your soul body understands infinity. On Earth, we need faith to remind us of our connection. Give yourself permission to see the many choices and allow yourself to be free!

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

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



A Special Request from the Dogs & Cats at the

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

Dog Food – Nature's Domain (Costco)

Cat Food – Nature's Domain (Costco)

Wet Dog Food & Pate style Cat Food

High Quality Kitten Food

50 Gallon Garbage Bags

13 Gallon Tall Kitchen Bags

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Dawn

Bleach

Cat Toys (No Catnip)

Dog Kongs (Black only please)

Feline Pine Cat Litter

Laundry Detergent (HE)

Also - We take Cash Donations!

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

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

ENJOY THE RIDE!

wordwisdom

A FRIEND recently left on a road trip to Northern California. I wrote to him, "Be safe! Enjoy the view! Enjoy the journey!" After I wrote that I realized it's pretty much my mantra these days.

Be Safe! On a road trip, make sure you have enough gas to get from point A to point B. Don't take obviously risky moves, such as passing without clearance. In real life these days, there's much to destroy our sense of safety. The threat of unemployment, loss of a loved one and financial hardships, some directly related to the pandemic, something we have little or no control over, means we have to control those things that we can control. Reel in the risky behaviors. Be Safe.

Enjoy the View! Stop and look around. Take a new look at what's out there, just like you would on a road trip, "Gee!" Be curious. Be in awe of the vibrant pink and orange sunsets! Let a blue sky dazzle you. Take side roads. Meander. Investigate. Explore new vistas, ideas, and experiences for whatever they have

to offer. Expand your vision outward. It will open your heart.

Enjoy the Ride! A road trip / life involves decisions. Left or right, north or south, here or there? Unforeseen events may slow down one's progress. Wrong road taken, u- turns, traffic jams, flat tire. Every



setback requires a decision. Your decision. One that will get you back on the right road. Wherever you "are" today is result of decisions you once made.

Enjoy the Journey! First came the desire and the plan of sorts. A destination, a map, a time frame. There's also the spontaneous, "Let's just

go, let's see what's out there." Both versions satisfies a yearning to see more, know more, experience life.

Our boundaries soften, expand, then solidify in a new construct. We learn what we like and don't like. A big city is heaven for some and a nightmare for others. No matter how, when and why someone "rides" enjoy the process as a learning venue, about you and your place in the world. I always advocated for self-discovery, and knowing oneself. Only then can we fulfill dreams and aspirations. When one is out in the world, the world becomes part of your "home." One sees the bigger humanity. Knowing you belong to the world, as we all do, allows your heart to embrace others more easily. By expansion, embracing yourself can be seen as a destination in itself. LIFE IS A ROAD TRIP. Gas up your car and go. Be Safe... Enjoy the View...Enjoy the Journey!

Tobi Nason is a Warrenton counselor - (503-440-0587) She loves road trips.

By Tobi Nason



THE LOWER COLUMBIA CLINIC

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MOVIES AT THE LIBERTY

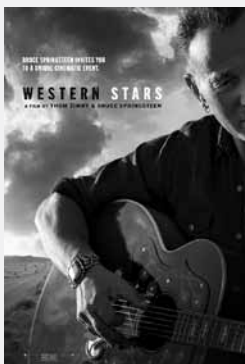
AS coastal events slowly move into safe social gathering, the Liberty Theatre in Astoria opens its doors to the movies. The Liberty reopens its doors slowly, and now presents the new vestibule, box office, and concession stand in its amazing renovation journey. Go early, get a beverage (bring your Liberty cup) and take the tour.

All shows are \$8, under 18, \$5.

WESTERN STARS

Friday, Sept. 11 7pm,
Saturday Sept 12, 4pm

"Western Stars" offers fans the world over their only opportunity to see Springsteen perform all 13 songs on the album, backed up by a band and a full orchestra, under the cathedral ceiling of his historic nearly 100-year-old barn. Springsteen's first studio album in five years, drawing on his roots. Touching on themes of love and loss, loneliness and family and the inexorable passage of time, the documentary film evokes the American West—both the mythic and the hardscabble—weaving archival footage and Springsteen's personal narration with song to tell the story.



MALEFICENT: MISTRESS OF EVIL

Friday, Sept 18, 7pm
Saturday, September 19, 4pm



Maleficent's peaceful life is once again set to be disturbed when the princess announces her engagement to Prince Phillip. As humans are separated from fairies, Maleficent and Aurora find themselves on opposite ends of the brewing conflict.

To meet with state requirements for contact tracing, please purchase your tickets online before the show. If you are unable to do so, the Box Office will be open 2 hours before showtime to assist you.

Tickets are limited to 50. Please see COVID-19 Reopening Guidelines online, Masks required; social distancing observed. Touchless ticketing and concessions are available! Bring your Liberty cups or purchase one in concessions and enjoy your food and beverages in your seat!

FLASH CUTS

MOVIES & MUSINGS



MULAN (SEPT. 4 DISNEY PLUS) Big release of the month is Disney's much-anticipated live action version of their 1998 animated film. While the new version tells the same story, the new Mulan is not a musical, and all the characters from the first movie do not reappear – no talking animals. Mulan tells the ancient Chinese legend of Hua Mulan (Yifei Liu), a young girl who tries to live the conventional life, but can't hide her inner warrior. A messenger arrives at Mulan's village bearing news conscripting one male from every household to fight Northern invaders led by the evil, nasty-looking Bori Khan (Jason Scott Lee). Having only two daughters, Mulan's father offers himself for service, but knowing he is feeble and will likely be killed, Mulan

isolates herself to hide who she really is, but in battle Mulan proves herself, powered by her inner chi which gives her strength. Mulan and the Emperor's army face off against the dark forces of Khan who are aligned with a powerful witch – Xianniang (Gong Li) who exudes the bitterness of a woman who has become twisted due to a society that demeans women.

WOKE (SEPT. 9 HULU) Live action/animation comedy series based on the life of cartoonist Keith Knight. (who by the way, was a contributing cartoonist to Hipfish in the 2000's.) Series follows Keith, a Black cartoonist who is on the verge of breaking through to mainstream success. Acutely aware of being African-American, Keith has a lot of white friends and tries to always "keep it light" and humorous and avoid anything smacking of controversial or political. While out hanging flyers advertising his comic, Keith is tackled to the ground at gunpoint by police who mistake him for a suspect. After the police realize their mistake and leave, the traumatized Keith realizes that he now possesses the ability to hear and speak to inanimate objects, who appear like characters in a comic strip. Keith has become "Woke."

RATCHED (SEPT. 18 NETFLIX) Sarah Paulson toplines as Mildred Ratched, an origin story of the infamous Nurse Ratched character from One Flew Over the Cuckoo's Nest. Season 1 tells the story of Mildred Ratched, a former nurse in the Marines in WWII, who felt constrained by her role as a nurse. Determined to make more of a difference, she takes a job at a mental institution and begins to "improve" the hospital and its treatment of its insane patients to her own, nearly



psychotic standards. Synopsis: In 1947, Mildred arrives in Northern California to seek employment at a leading psychiatric hospital where new and unsettling experiments have begun on the human mind. On a clandestine mission, Mildred presents herself as the perfect image of what a dedicated nurse should be, but the wheels are always turning and as she begins to infiltrate the mental health care system and those within it, Mildred's stylish



exterior belies a growing darkness that has long been smoldering within, revealing that true monsters are made, not born. With Judy Davis, Cynthia Nixon, Sharon Stone, Corey Stoll and Vincent D'Onofrio. Ryan Murphy (American Horror Story) produces. Murphy's take on the lead character: "I feel like Nurse Ratched is a sort of shorthand for barbarism. She became almost a catchphrase for any sort of institutional abuse of power. What was interesting was trying to create an emotional character from a reputation that's very cold... trying to figure out every detail about her childhood, her relationships, her sexuality. Because when people think of Ratched, they think of her as shutoff and cruel and uncaring."

THE MURDERS AT WHITE HOUSE FARM (SEPT. 24 HBO MAX) HBO has picked up true life British crime drama series about an infamous murder of a family and resultant sensational trial. In 1985, five members of a family are found shot to death at White Horse Farm, Essex. DCI Taff Jones (Steven Graham) believes a Sheila, a daughter with a severe case of schizophrenia, is responsible for killing her family and then herself. But DS Stan Jones (Mark Addy) believes otherwise. Sheila was found dead with the murder weapon, having shot herself in the head twice. Few suicides shoot themselves twice. Jones's suspicion is aroused by this as he tries to find the real murderer.

FREE WILL ASTROLOGY

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

ARIES (March 21-April 19): “A new idea is rarely born like Venus attended by graces. More commonly it’s modeled of baling wire and acne. More commonly it wheezes and tips over.” Those words were written by Aries author Marge Piercy, who has been a fount of good new ideas in the course of her career. I regard her as an expert in generating wheezy, fragile breakthroughs and ultimately turning them into shiny, solid beacons of revelation. Your assignment in the coming weeks, Aries, is to do as Piercy has done so well.

TAURUS (April 20-May 20): “Every day I discover even more beautiful things,” said painter Claude Monet. “It is intoxicating me, and I want to paint it all. My head is bursting.” That might seem like an extreme state to many of us. But Monet was a specialist in the art of seeing. He trained himself to be alert for exquisite sights. So his receptivity to the constant flow of loveliness came naturally to him. I bring this to your attention, Taurus, because I think that in the coming weeks, you could rise closer to a Monet-like level of sensitivity to beauty. Would that be interesting to you? If so, unleash yourself! Make it a priority to look for charm, elegance, grace, delight, and dazzlement.

GEMINI (May 21-June 20): Author Renata Adler describes a time in her life when she began to notice blue triangles on her feet. She was wracked with fear that they were a symptom of leukemia. But after a period of intense anxiety, she realized one fine day that they had a different cause. She writes: “Whenever I, walking barefoot, put out the garbage on the landing, I held the apartment door open, bending over from the rear. The door would cross a bit over the tops of my feet”—leaving triangular bruises. Upon realizing this very good news, she says, “I took a celebrational nap.” From what I can tell, Gemini, you’re due for a series of celebrational naps—both because of worries that turn out to be unfounded and because you need a concentrated period of recharging your energy reserves.

CANCER (June 21-July 22): “I like people who refuse to speak until they are ready to speak,” proclaimed Cancerian author Lillian Hellman. I feel the same way. So often people have nothing interesting or important to say, but say it anyway. I’ve done that myself! The uninteresting and unimportant words I have uttered are too numerous to count. The good news for me and all of my fellow Cancerians is that in the coming weeks we are far more likely than usual to not speak until we are ready to speak. According to my analysis of the astrological potentials, we are poised to express ourselves with clarity, authenticity, and maximum impact.

LEO (July 23-Aug. 22): Of all the mournful impacts the pandemic has had, one of the most devastating is that it has diminished our opportunities to touch and be touched by other humans. Many of us are starved of the routine, regular contact we had previously taken for granted. I look forward to the time when we can again feel uninhibited about shaking hands, hugging, and patting friends on the arm or shoulder. In the meantime, how can you cope? This issue is extra crucial for you Leos to meditate on right now. Can you massage yourself? Seek extra tactile contact with animals? Hug trees? Figure out how to physically connect with people while wearing hazmat suits, gloves, masks, and face shields? What else?

VIRGO (Aug. 23-Sept. 22): “Like any art, the creation of self is both natural and seemingly impossible,” says singer-songwriter Holly Near. “It requires training as well as magic.” How are you doing on that score, Virgo? Now is a favorable time to intensify your long-term art project of creating the healthiest, smartest version of yourself. I think it will feel quite natural and not-at-all impossible. In the coming weeks, you’ll have a finely tuned intuitive sense of how to proceed with flair. Start by imagining the Most Beautiful You.

LIBRA (Sept. 23-Oct. 22): I propose we resurrect the old English word “museful.” First used in the 17th century but then forgotten, it meant “deeply thoughtful; pensive.” In our newly coined use, it refers to a condition wherein a person is abundantly inspired by the presence of the muse. I further suggest that we invoke this term to apply to you Libras in the coming weeks. You potentially have a high likelihood of intense communion with your muses. There’s also a good chance you’ll engage with a new muse or two. What will you do with all of this illumination and stimulation?

SCORPIO (Oct. 23-Nov. 21): Each of us has a “soul’s code”: a metaphorical blueprint of the beautiful person we could become by fulfilling our destiny. If our soul’s code remains largely dormant, it will agitate and disorder us. If, on the other hand, we perfectly actualize our soul’s code, we will feel at home in the world; all our experiences will feel meaningful. The practical fact is that most of us have made some progress in manifesting our soul’s code, but still have a way to go before we fully actualize it. Here’s the good news: You Scorpios are in a phase of your cycle when you could make dramatic advances in this glorious work.

SAGITTARIUS (Nov. 22-Dec. 21): “Life is the only game in which the object of the game is to learn the rules,” observes Sagittarian author Ashleigh Brilliant. According to my research, you have made excellent progress in this quest during the last few weeks—and will continue your good work in the next six weeks. Give yourself an award! Buy yourself a trophy! You have discovered at least two rules that were previously unknown to you, and you have also ripened your understanding of another rule that had previously been barely comprehensible. Be alert for more breakthroughs.

CAPRICORN (Dec. 22-Jan. 19): “If you’re not lost, you’re not much of an explorer,” said rambunctious activist and author John Perry Barlow. Adding to his formulation, I’ll say that if you want to be a successful explorer, it’s crucial to get lost on some occasions. And according to my analysis, now is just such a time for you Capricorns. The new territory you have been brave enough to reconnoiter should be richly unfamiliar. The possibilities you have been daring enough to consider should be provocatively unpredictable. Keep going, my dear! That’s the best way to become un-lost.

AQUARIUS (Jan. 20-Feb. 18): “Dreams really tell you about yourself more than anything else in this world could ever tell you,” said psychic Sylvia Browne. She was referring to the mysterious stories that unfold in our minds as we sleep. I agree with her assessment of dreams’ power to show us who we really are all the way down to the core of our souls. What Browne didn’t mention, however, is that it takes knowledge and training to become proficient in deciphering dreams’ revelations. Their mode of communication is unique—and unlike every other source of teaching. I bring this up, Aquarius, because the coming months will be a favorable time for you to become more skilled in understanding your dreams.

PISCES (Feb. 19-March 20): In June 1876, warriors from three Indian tribes defeated U.S. troops led by General George Custer at the Battle of Little Big Horn in Montana. It was an iconic victory in what was ultimately a losing battle to prevent conquest by the ever-expanding American empire. One of the tribes that fought that day was the Northern Cheyenne. Out of fear of punishment by the U.S. government, its leaders waited 130 years to tell its side of the story about what happened. New evidence emerged then, such as the fact that the only woman warrior in the fight, Buffalo Calf Road Woman, killed Custer himself. I offer this tale as an inspiration for you Pisceans to tell your story about events that you’ve kept silent about for too long.

Bike Madame

By Margaret Hammitt-McDonald

Parental Bike Tutorials: The Finer Points

As I write this, my seven-year-old, Luthien, is zipping around the parking lot on her bright purple bike. Making tight turns, chugging uphill, coasting downhill, and even taking a mini jump, she’s confident and in charge—that is, until two pesky kids come along on a scooter and a skateboard and intercept her. “I just wove around them,” she reassures me. “I treated them like bumps in the road; very bothersome bumps, that is.”

It brings joy to a cycling parent’s heart to witness one’s little person experiencing the freedom of the sidewalk on their own two wheels. Although Norman Rockwell never immortalized it, teaching children to ride bikes is a milestone for parents, emblematic of the evolving parent-child relationship: from tiny and dependent on the parent to tall, gangly, and off on their own adventures. Getting them off on the right pedal isn’t always intuitive, though, especially as some motorists are no longer accustomed to slow-paced side streets filled with kids skating, biking, playing basketball, and hopscotching.

Embarrassing confession: I didn’t ditch the training wheels until I was nine. If you’re blessed with either a confident or a phlegmatic kid, they’ll shed the supporting cast sooner than if your child is cautious. The key is to let the child decide when they feel they’re ready (and be prepared for them to reconsider if they wobble or it gets too scary). After removing training wheels, lower the seat so that the child can put both feet on the ground while sitting to give extra reassurance in case they flop over.

Leaving the training wheels on longer also helps kids master pedaling. A small rider may not yet have the strength to push the pedals around from a stopped position, especially

when they have to keep the bike steady too. Kids’ bikes have less tension on the pedals than adult bikes, but training wheels keep them upright while they learn to push off, set up the pedal for their dominant foot to turn it, etc.



Braking is a lesson to learn early on, as new riders tend to gather speed and then bail when they panic. I suggest teaching both the “pedal backward” one-speed braking maneuver and the emergency “feet on the ground” stop—although they shouldn’t rely on the latter when going fast, since at

best it’ll wear the soles off one’s shoes and at worst, the rider will come to a painful, crashing halt.

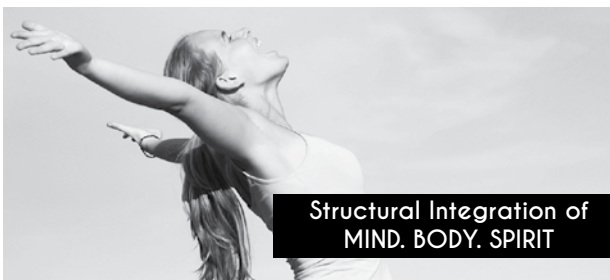
Hand signals are another fun and useful thing to practice, not just because it’s important for children to help motorists, other cyclists, and pedestrians to know what they’re planning to do, but also because it teaches them the all-important skill of maintaining balance (and direction) while riding one-handed. They’ll need this skill for grabbing their water bottle or an emergency tug on a pant leg to keep it out of the chain. (My dad just insisted on my tucking my pants into my socks, geeky as that was.)

Just because a child is a skilled rider doesn’t mean they’re ready for traffic. The ability to judge the speed of oncoming road users is an advanced ability. After getting familiar with low-traffic streets, they can graduate to riding between two adults, where they can learn the importance of not stopping suddenly or swerving into traffic.

Soon enough, the wobbly tyke on the trike will grow up into a teen who races off and leaves the parental units eating their road dust. (In my case, Luthien may not even need to reach adolescence to achieve that.)

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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 dangerously pollute communities.

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

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

What do you think?
nahcotta2@aol.com

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

Whole PLANET Health

By Margaret Hammitt-McDonald

Social Networks and Introverted Elders

IN MY GERIATRICS class in medical school, we learned that one determinant of continued good health for elders is belonging to a robust social network. You've likely witnessed (or experienced) the pain unique to elders when they outlive friends and family. Psychologists advise older people to make friends with younger people so they do not end up alone. Senior communities often emphasize social activities over solitude, in keeping with this society's extravert-friendly notion that aloneness equals loneliness. Some even seek to emulate the communal atmosphere of a college dormitory, assuming this setting provided us with our most fun memories. But what about aging introverts? What is a healthy balance between maintaining social lifelines and being pushed into a gregarious lifestyle they'd prefer to avoid?

This question is personal, as I'm an introvert. I like other people, but I need time alone to recharge, and I prefer maintaining a few close friendships over a lively social calendar. My mother, now in her eighties, is happy to spend her day reading, watching movies, and observing birds interact at the feeder, as well as talking with friends on the phone once a week. My father liked arising at 4 a.m., when quiet reigned. Both avoided hanging out at the senior center.

Some people only recognize themselves (or others identify them) as introverts when they're older. Introversion is a misunderstood personality style, mistaken for shyness or social anxiety. Besides solo activities like walking (or using a wheelchair), and reading, introverts gravitate toward small groups and topical discussions, like book clubs, as they prefer focusing on a subject of interest than on either personal matters or small talk. They also tend to enjoy concerts, museums, and creative opportunities like art or cooking classes, where imagination, good humor, and mental stimulation flourish.

While family members get concerned about an elder becoming too isolated if they live at home, introverted elders considering moving to senior communities might express a different worry: having to accom-

modate to living spaces and programming designed for extraverts. Deciding to relocate to a home where one receives assistance with cooking, cleaning, and lawn maintenance doesn't mean you must sign on to a zillion group activities. However, it's essential to check out the community and ask questions beforehand to determine if it's a good fit. Will you be expected to eat meals with others in a group dining area? How will staff members get hold of you when needed, while respecting your privacy and independence? Are residents expected to take part in all, or some, activities and outings?

It's important to recognize a difference between introversion and a refusal to connect with others due to a health condition. Introversion is a set of beliefs, behaviors, and preferences that have been present for someone's entire life, though it can take different forms throughout the lifespan. Be concerned if an elder in your life starts to shun human company suddenly, and when this personality change accompanies others, like suspiciousness, hostility, and difficulty with memory and concentration. Any number of conditions may be responsible, from the reversible dementia associated with urinary tract infections and adverse effects of medication to a disease affecting organs' functions, and evaluation by a healthcare provider is advisable.

Maintaining a vibrant social life into elderhood doesn't require an introverted person to abandon their own personality. Two or three close friends, time outdoors, books and ideas to savor...as at any age, the richness and depth of our experiences, not their number (or the number of people we enjoy them with) ensure our ongoing vitality.



FOOD GROOVE



IF YOU HAVEN'T BEEN SQUASHED yet this summer, you don't have a garden or a friend with a garden or you remembered to roll up the window when you parked in a public lot or you don't have a porch where things can be left anonymously.

September is serious summer squash month. The Patty Pans in my garden started in June with offerings of perfect little squashes served up one at a time for the two of us to share or fight over. By July our obvious devotion was rewarded with harvests of handfuls of the little space ships every few days. By August, our efforts to keep up meant we were getting larger squash as they stayed on the vine until I could think of yet another way to cook them. Happily, summer squash are friendly and accepting of others, at least on the surface. They are best friends with sweet corn, sun-warmed tomatoes, a host of herbs, almost any kind of cheese. But, now it's September and the latent cruelty of squash is manifest. I'm still combing my cookbooks for inspiration, but more and more I'm inclined to just steam the damn things. Fortunately, a big lump of butter, a blessing of coarse salt and a crack of black pepper renders my capitulation completely delicious.

As the squashy, emotional bell curve of anticipation, elation, inspiration, exhaustion ebbs toward a sort of wistful farewell, I'm once more inclined to get creative knowing there won't be Patty Pans much longer. You can't freeze them. You can pickle them, but I'm way over having jars of gone garden sitting on shelves forever projecting their judgy vibe in response to being ignored. Or dusted. So, it's eat them now or forever hold my peace. Peace-holding not being a particular skill of mine, I currently have stuffed Patty Pans in the oven perfuming the house and reminding me how much I've loved them all summer. I've given them a delectable supporting role on pizza, pasta and roasted vegetable platters, in stir-fry, quiche and summery soup with pistou. Maybe best of all, when I just steamed the damn things.



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

CHEW ON THIS!

by Merianne Myers



YOU'RE GONNA MISS ME WHEN I'M GONE STUFFED PATTY PANS

Here is what I make for the two of us

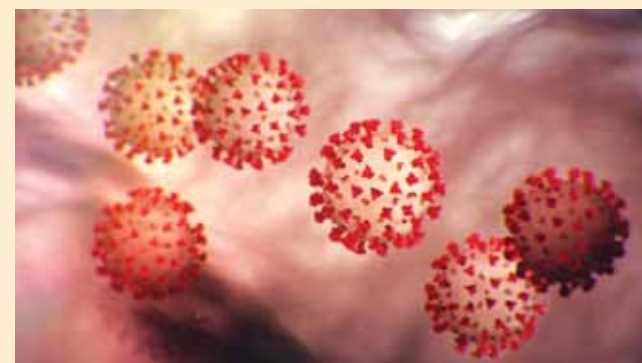
- 4 medium sized Patty Pan squash
- 2 strips of bacon, cut into lardons
- 1 small shallot, finely chopped
- 4 Chanterelles, finely chopped
- 1 chunk Lobster mushroom, finely diced
- 1 ear sweet corn, kernels removed
- 1 wedge of sweet pepper, finely diced
- 2 sun-dried tomatoes, finely chopped
- The squash innards, finely diced
- 1 clove garlic, minced
- 1 Tablespoon tomato paste
- 1/4 cup veg or chicken stock
- 2 sprigs fresh thyme
- 4 Tablespoons grated cheese
- Salt & Pepper

This is not a recipe. It's a gathering of everything I had in the garden and fridge that sounded good. Use what you have.

Sauté the bacon until done but not crisp. Add the rest of the ingredients and simmer just until they begin to soften. Spoon the mixture into the squash shells and top with cheese.

Bake at 350 until the shells are soft when pierced with a fork. Time is relative to the size of the squash. Start with 20 minutes, then keep checking.

I've added toasted, crumbled leftover cornbread, pork sausage instead of bacon, leek or yellow onion instead of shallot, any old kind of mushrooms, etc. Don't worry if you have extra filling. It's a spiffy pizza topping. I've added snap peas and green beans and served it as a side. It makes a meal when piled on a baked russet or sweet potato. It's delish spooned atop chili or tucked into an omelet. You get the drift.



CMH SUPPORTING CAREGIVERS WITH CHILDCARE ASSISTANCE

Monthly stipend and donation to Lil' Sprouts childcare provide relief

COLUMBIA MEMORIAL HOSPITAL (CMH) announces two new relief initiatives for caregivers who need childcare in Clatsop County.

Eligible CMH caregivers who meet income requirements will be given a monthly stipend to help pay for childcare expenses from September 2020 through the entirety of 2021. Caregivers who qualify must apply and be approved to receive the stipend.

Additionally, CMH has partnered with Astoria School District to assist in the relocation of the Lil' Sprouts childcare program from the Gray School Building to the Astoria Recreation Center. This move will provide additional classroom space, leading to a greater post-COVID enrollment capacity and the ability to better customize areas for small-child care.

CMH recognizes the value of childcare services and has generously supported this endeavor by giving \$10,000 to help offset construction costs at the ARC. CMH is also backing grant applications seeking other funds for the space.

"Even before COVID-19, finding reliable childcare was challenging in Clatsop County," says Erik Thorsen, CEO. "We are truly grateful for all of our caregivers and are hopeful this relief will help provide peace of mind as they find care for their children."

Lil' Sprouts will transition to its new location in mid-September, with a short disruption to care services the week of 9/7-9/11.

CMH continues to meet with the county task force and consider other ideas to help its caregivers with childcare in Clatsop County.



MARKET TIME

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. astoriasundaymarket.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. seaside-market.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/PacificCityFarmersMarket

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

PACIFIC NORTHWEST BREW CUP Finds a New Format for 'These Times'



ABOUT THIS TIME OF YEAR, fans of beer and music look forward to the annual Pacific Northwest Brew Cup, a tradition that accompanies crisp fall air, albeit sometimes rain, but always a welcome way to say hello to a changing season. The Astoria Downtown Historic District Association is taking Brew Cup to the pub! In these times, everything is a little different to say the least, but that won't stop Astoria from bringing you an event to create a little joy, support our fermentation industry and show off what makes Astoria a special place.

Breweries, cideries, distillers, bars and restaurants will all be part of the action! Participating venues will have a specialty beverage or two available just for the PNW Brew Cup. At time of publication participating venues include Astoria Brewing Co., Bridge & Tunnel Bottleshop & Taproom, Buoy Beer Co., Fort George Brewery & Public House, Hondo's Brewery, Merry Time Bar & Grill, Astoria Moose Lodge, Reach Break Brewing, and Reveille Ciderworks.

Brew Cup attendees will be able to download or pick-up a walking map of participating locations and bingo card. Folks are encouraged to create a 'bingo' by trying beers listed on the card, getting those beers marked off their card, and creating a typical 'bingo'. Once you have a bingo, you earn the 2020 Brew Cup glass!

Look forward to specialty beers on tap to delight your senses at multiple locations with options for a dine-in experience, patios with views, take-away in crowlers, and even some available by delivery for a private backyard Brew Cup!

Brew Cup organizer, ADHDA hopes that locals will revisit their favorite establishments and that visitors will discover new styles and venues. Merchandise and a special commemorative 2020 Brew Cup t-shirt will be available online.

The Pacific Northwest Brew Cup will be hosted from establishments throughout Astoria September 15-30th, sponsored by Churchill Mortgage. FMI: visit www.pacificnorthwestbrewcup.com.

One dollar of each 'Brew Cup tap' sold will benefit the projects and programs of the ADHDA, its mission to encourage involvement and investment in preserving the character of historic downtown Astoria while promoting its health and future. www.astoriadowntown.com

FOODGROOVE

Columbian Café & VooDoo Lounge Open for Biz!

ASTORIA'S ICONIC BOHEMIAN EATERY Columbian Café and its sister night-time spot, the VooDoo Lounge have merged forces to navigate the COVID-19 times.

Once cloaked in lush red-draped walls, VooDoo objet d'art, and comfortable couches, the windowless den—haven for music, tasty handmade cocktails, and toast-of-the-town bellied up to its bar—has transformed to bistro.

The now more spacious VooDoo still features its largest giant Ouija Board 6-top moved to the center of the room, with accompanying 4-tops surrounding, and the recently replaced windows all open to street viewing. Double entry doors are left open, assisting in ventilation.

So three eating areas, including sidewalk seating and a few spots in the Columbian Café, are all on the same time clock, Thursday through Monday, 9am to 10pm. This means you can have a Bloody Mary at 9am in the VooDoo along with eats from the grill. Thursday nights, Sheckie Metzner rattles the keys with jazz/blues behind an upright piano, with Brothers' Ydstie in tow on bass and drums, 7-10-pm. Opened this August, everything so far, so damn good. Hats off to another establishment getting on the frontline to serve the people.

When reminiscing with co-owner Jeanine Fairchild about the original incarnation of the VooDoo Lounge, she says, "We'll get back to that one of these days."

- D. Urell





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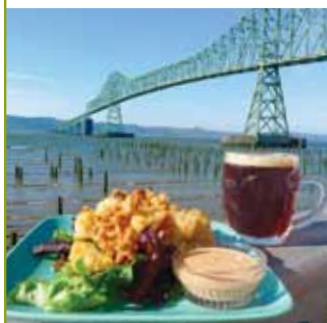


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