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in the Right Place –
Replanting
After the Great
Ice of 2021**



LGBTQIA+

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By Kaisa Saavalainen

LOWER COLUMBIA Q CENTER: the regions LGBTQIA advocacy organization supports its first program coordinator

MEET BENEDETTO DEFRANCISCO



"I feel like someone just summoned me—Ben needs to come to Astoria now," says Benedetto DeFrancisco, new Program Coordinator at the Lower Columbia Q Center (LCQC). "Ok. I'm on my way," was their reply when the seemingly divine call reached them in Chicago last year.

On a Wednesday afternoon, I went to the LCQC to meet Benedetto, a person with striking, long, dark hair and a grounded, peaceful vibe. We talk about their inspired entrance into Astoria, as well as their evolving role at the Q Center. We're masked up, and I've made an appointment to be there, even though technically we are meeting during open hours. Due to COVID, in-person time at the Q Center is still not ready to operate like it used to.

The space-- which I had not been inside since pre-COVID, nor since its move from the Armory to Uniontown, is ready and waiting for its people. Books are on the library shelves, art is on the walls, and a large mounted screen set-up will continue to make the space accessible to those who cannot show up in person, even when support groups are no longer held over Zoom.

Outside, a Pride flag waves over West Bond Street, signaling the Q Center is open; the rippling colors give the neighboring Pig N Pancake sign a boost of flamboyance I'd never noticed before. Next door to the Q Center, venerable Lower Columbia out queer and LCQC board member David Drafall is visible in the window cutting hair at One Six Five West Bond, the hair salon and queer-Astoria institution, owned and run for decades by his late partner and community queer elder, LeRoy Adolphson.

"Everything unfolded and came together so easily," Benedetto says about moving to Astoria. Housing, community, ultimately the job with the Q Center, it all just seemed to fall into place within months of this major cross-country move. "I know I'm meant to be here," they smile.

To move across the country during a pandemic, into a community with an expressed housing crisis, and call it "effortless," feels like a dream I can't process at first. Yet, Benedetto is genuine in their joy, and their synergistic experience has been hard won.

As a queer, trans, divorced Millennial, Benedetto has navigated coming-out and the work of knowing themselves in a way I am unqualified to retell as a cisgendered, queer person. However, listening to them talk about the path to this moment, I start to appreciate with more clarity this sense of timing and being "called." By coming into their most true and authentic self, and opening their spirit to the possibilities of where they

could give their highest gifts, Benedetto found their way to Astoria just when they were needed. If someone was calling, it was the Q Center and our queer community.

While Benedetto's path wound toward Astoria, The LCQC board has been working diligently to create a vision for the center's future. Long-term community members who make up the fabric of the queer community have poured years into activism and visibility, and have built the Q Center and Astoria Pride.

thing where you say only between these times you are going to deal with community needs. It's evenings, weekends. It's meeting people on the street."

In their mid 30s, they also see themselves as poised to be a bridge between generations. "I get along fabulously with my Elders and I'm learning to connect with the 20 things." A background in education has developed their skills with teens.

Recognizing a position as a newcomer, Benedetto is humble about the time and investment it will take to see the big picture. "I have a lot to learn, I have a lot of people to talk to and a lot of stories to hear, a lot of dreams to hear as well. In many ways, I'm here to be someone to listen."

Compassionate and present listening is a gift Benedetto brings to another program arm of the Q Center: support groups. Existing groups are currently being expanded and fortified, and new groups are on the horizon.

"We want to create as many containers as we can for people," is how Benedetto explains it. The newest addition to the support group calendar is an LGBTQIA+ family education and group called, "**The Rainbow Family Circle.**" It's aimed at parents and caregivers of queer youth where ever they are on their journey. Kicking off in April, the group will be held Tuesday's from 4-5:30.

Kiki is the youth support group held every Thursday at 4pm. With special workshops from community members, karaoke nights and other themed meetings, this group is aimed at supporting queer and questioning youth in the community.

Queer Edge Sobriety meets on the 1st Wednesday of every month at 6 pm, with a goal of

Late Bloomers, a group focused on folks coming out later in life, meets the 3rd Saturday of every month at 3:30 pm

The Gender Alliance/Trans Support Group meets on the 4th Tuesday of the month, with a goal of becoming weekly.

Toward the end of our conversation, a community member stops by to drop off some clothing donations that will make their way to the Astoria Warming Center. Benedetto is equally warm and familiar with this person as they are with me, even though they are also just meeting.

The feelings of "rightness" Benedetto describe come to mind again as I see the love with which Benedetto engages with community. I'm reminded of an awareness campaign by Black trans spiritual leader J Mase iii: #transpeoplearedivine. Indeed they are, and we are lucky when we are clear-eyed enough to let them lead us.

"I'm just going to give it my best and devote myself to my community. This is the first time in my adult life that I can actually be all of who I am," says Benedetto. "My life is amazing. I'm finally in a position where I can be authentically myself and be around others who see me."



Inside the Q Center office in Uniontown Astoria

Now, they are looking to grow the Q Center by increasing direct services, supporting the next generation of queer youth, and reaching deeper into under-served and further marginalized segments of the population.

According to board member Hilary Levine, the center is currently in a bit of "a dream state." Deciding to pursue funding for an employee has been a concrete move in the direction of cultivating and focusing these dreams. Two-year funding for the part-time Program Director position came from the Collins Foundation, an Oregon-based philanthropy organization. Levine authored the grant, with the help of the rest of the board.

Benedetto, who began as a volunteer before quickly becoming the obvious choice for this leadership role, oversees all of the Q Center's programs, as well as volunteers. Mainly, the Program Director's role is a resource for people who need to access the center for support, services or otherwise. Part of the role is assessing long-term community needs and putting all of the pieces together for the next stages of the Q Center vision.

Admittedly, Benedetto is already putting in more than their on-paper 20 hours per week, but they say they don't mind. "I don't want to be the kind of person who plays by the timesheet. Sometimes I'm checking emails at midnight. It's not the kind of

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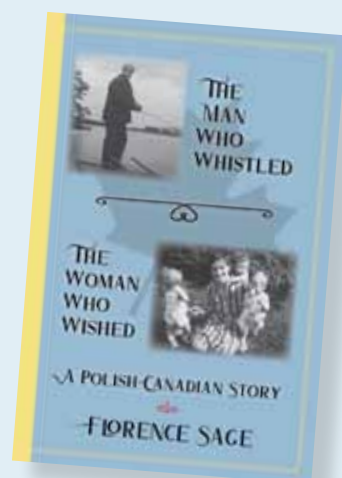
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outside the box



STEPHEN BERK

A GREAT MANY OBSERVERS OF American life have commented on our ceaseless activity. The Europeans who colonized and built America were restless and adventurous. Moving out of one's native village and traveling often thousands of miles across land and ocean to get to the North American continent, necessitated such personal characteristics. Some, of course, had to leave because they were fleeing oppression. One thinks, for example, of people worshipping in dissenting churches in seventeenth century England, or of late nineteenth and early twentieth century Eastern European and Russian Jews persecuted by Orthodox Christian religious establishments. Americans take religious freedom for granted, but the United States, after the Revolution would be the first country to offer religious freedom. As a result, a great many religious dissenters crossed the ocean.

One cannot write accurately about the peopling and building of America without strong reference to the Africans, who were brought over in chains and subject to brutal enslavement. Blacks have been the ones continuously subjected to the most heavy lifting. The issue of slavery eventually brought on the Civil War and a black freedom movement that continues to this day. I spent some years of my academic career visiting and writing about a black led faith-based community development and racial healing movement in Mississippi, once the most segregated state in the country. For all it has accomplished, the movement for black equality is still unfinished and continuing. This was starkly demonstrated in Minneapolis, long considered one of America's most liberal cities, when a white police officer killed African American, George Floyd in the street, by getting him down, applying his knee to Floyd's neck, and thereby choking him to death. Occurring last fall, this incident triggered the national Black Lives Matter movement.

From slavery to Jim Crow segregation to present day residual racism notable in many public and private venues, African Americans have generally faced worse treatment than other minorities. Since

my generation, which came of age in the 1960s, to that of my grandchildren, the black freedom movement has drawn support from anti-racist whites, particularly among young adults.

Racism has been with us back to the days of slavery, the possible expansion of which was the cause of the Civil War.



Other than a minority of abolitionists, Northerners did not go to war against the South because they wanted to end slavery. The overriding issue was whether the territories in the West would come into the Union as free or slave. Free soil farmers feared competition from slave plantations. But the bloody encounter between the two social and economic systems freed African Americans, thus ending chattel slavery in North America. Emancipation was an early round of a continuing worldwide freedom movement that goes on among suppressed races and nationalities. Two present examples include the Uyghur movement in China, which sees a Muslim minority group denied expression by a totalitarian government. Another is the movement of the Basque people in Spain for a state of their own. Official state religions, together with dominant ethnic groups, often deny religious freedom and civil equality to minorities.

After World War Two, the Jews, of whom some six million had died in the Nazi genocide, were given the territory

that had been Palestine, the place where biblical Israel had existed. Winston Churchill, who had led Britain through the war, commented at the time that if the Arab inhabitants of Palestine were not given their own state, then endless hostilities between Israeli Jews and Palestinian Arabs would ensue. Over 73 years later, Israel has grown and flourished even absorbing territories claimed by Palestinians. The European Jews who moved to Israel after World War Two were largely refugees from the Holocaust. Thus, when modern Israel was created, it had the sympathy of much of the world. But the Israeli failure to grant territory to native Palestinian Arabs inevitably brought about the iniquitous situation Churchill had warned of. While much of the world favors creation of a Palestinian state as the only fair solution, Israeli nationalism stands in the way and keeps Palestinian grievance alive.

Nationalism has often been the means whereby a historically suppressed nation, or ethnicity, accomplishes self-determination. But if in gaining such freedom that nation imposes itself upon another less powerful people sharing the same land, then an unequal situation continues to exist, and the suppressed people will spawn its own nationalistic movement. In all likelihood, the Israel-Palestine conflict will not be resolved until Palestine too gets a state. This would involve concessions from a hegemonic Israel, which Israelis would experience as loss. In winning wars with surrounding Arab nations, Israel added the West Bank and Gaza to its territory. The Israelis could cede that land to the Palestinians, as many have advocated. But having settled and annexed those places, Israel is not about to hand them over to become a Palestinian state. The appropriate time when Palestinians should have been given land was when Israel was founded, as Churchill had admonished. Now it is diplomatically impossible to undo the Palestinians' loss. In this case, one people's nationalism trumps equity for another. Nationalism is a parochial, not a universal value. And nation states do not ordinarily cede land to oppressed minorities within, despite the equity such cession would bring about.



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

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Send general email correspondence:

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HIPFISH is produced on the web at:

www.hipfishmonthly.com

Hipfish is printed at the Astorian

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In Honor of Earth Day, Oregonians are Invited to Join the Oregon Spring Cleanup

Portland, Ore., March 1, 2021 – Registration for SOLVE's statewide volunteer event, the Oregon Spring Cleanup, presented by Portland General Electric, is now live! Thousands of Oregonians are expected to celebrate the 51st anniversary of Earth Day by signing up to volunteer on April 17.

The Oregon Spring Cleanup event has over 70 participating volunteer projects, ranging from beach cleanups and inland cleanups, to restoration projects and native tree and shrub plantings. Project locations range from Astoria to Bandon, Medford to Pendleton, and many places in between. This event brings volunteers and SOLVE partners from around Oregon to celebrate Earth Day by working together for a healthier environment and cleaner communities.

While most projects are happening on April 17, volunteers can still get involved the week before and the week after (April 10-April 24). Interested volunteers should visit solveoregon.org for a full list of projects happening as part of this statewide event.

This is the first year of the Oregon Spring Cleanup. Its roots lie within two of SOLVE's most time-honored events, the Spring Oregon Beach Cleanup,

which began in 1986, and SOLVE IT for Earth Day, which began in 1990.

Since they began, both events have engaged more than 250,000 volunteers and helped remove over 17 million

pounds of litter and debris from Oregon's coast, forests, urban areas, and natural landscapes.

These results were only made possible by the Oregonians who were willing to come together at SOLVE supported projects and put in the work. The Oregon Spring Cleanup is a continuation of

these efforts, and anyone who would like to join can sign up for a project at solveoregon.org.

All participating volunteers must agree to SOLVE's COVID-19 Safety Guidelines.

If someone knows of an area that could use a litter cleanup or invasive species pull, it's not too late to host an Oregon Spring Cleanup project! Email your project idea to info@solveoregon.org.

Along with Portland General Electric, other event sponsors include: AAA Oregon/Idaho, Metro, Clean Water Services, The Standard, Fred Meyer, Facebook, Holman Enterprises, Washington County, Oregon State Parks and Recreation Department, OnPoint Credit Union, K103FM, and KOIN.



Forests For Sale

There's a real estate boom out here in the Columbia-Pacific region, and undeveloped land is no exception. In this monthly column, we highlight one property that is currently forested or undeveloped which is for sale. The hope is that one or more HIPFISHMonthly readers will be interested in buying and saving these properties from development, or will start a campaign to protect them. If you know of such a property, please contact us at hipfish@charter.net.

Compiled by B. Goldberg



March 2021

Our maiden property is adjacent to the Cathedral Tree Trail facing Irving Avenue in Astoria. It is one of a few lots which are still privately held near the trail. Most of the property near the trail and Astoria Column is publicly held.

Address: Irving Avenue #8800, Astoria OR 97103

Current Price (3/2/21): \$55,000

Lot Size: 0.42 acres

Real Estate Agent: RE/MAX River & Sea

History and Outlook: Lot has been forested since at least 2005. Unsuccessful attempt at sale made a few years ago, during the last real estate boom in the 2010s.

At least two individuals have expressed interest in chipping in to buy this property after the city and local land trusts expressed no interest in purchase or protection. Gravel off of street used for trail parking. Several people have expressed shock that this land could be developed. Forming a local land trust to purchase and protect this property seems the best approach to keeping it forested. If interested in this option, please send email to forestsforsale@gmail.com

Support Local Public Radio Donate to Your Public Radio Station KMUN 91.9fm

AS THE ONLY LOCAL NON-COMMERCIAL BROADCASTER, Coast Community Radio operates its three stations by relying on funds from the community it serves. Because of the community's strong support, KMUN has been getting better and better for 38 years. "KMUN is a reflection of the community we serve. Listener support facilitates and drives our quest to be a refuge, through music programming, and a resource, through news and local interest shows," notes Janet Fryberger, Membership Director.

Starting March 15 through April 17th, KMUN will have it's annual Spring Pledge Drive! Please tune in, on the FM dial for ways to donate or from the website KMUN.org and become a member by clicking the donate button.

In these challenging times, your role as a champion for KMUN is more important than ever.

Coast Community Radio is member-supported, volunteer-operated radio, serving a diverse listening audience along the North Oregon and SW Washington coasts, from Raymond, Washington to Pacific City, Oregon. We strive to provide locally relevant programming, news and emergency information on three stations KMUN, KTCB and KCPB.

KMUN at 91.9fm is the flagship station in its 38th year based in Astoria, Oregon. Its format includes local news, public affairs and an eclectic mix of locally hosted music shows along with programs from NPR and other independent sources. Sister station KTCB 89.5fm carries the KMUN broadcast to listeners in Tillamook, while a third station, KCPB at 90.9fm, broadcasts a separate mix of news and classical music. These stations can also be heard on KMUN.org

County Task Force for Vaccines

Weekly Update Info

Clatsop County, Columbia Memorial Hospital, and Providence Seaside Hospital have formed a COVID Vaccine Task Force to coordinate vaccine delivery to county residents. The task force will provide the latest information to the public through a weekly update. Oregon Health Authority expects to be done vaccinating all groups in Phase 1A by the end of February. However, this is dependent on availability.

County Weekly Update go to: co.clatsop.or.us.

The Task Force has also set up a dedicated email account to handle citizen questions about the local COVID-19 vaccination effort. If you have questions about whether you are in a Phase 1a group or other vaccine-related requests, please email covid19vaccine@clatsopoc.com.





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North Coast INCO NEWS INDIVISIBLE

Make A Difference With Special Districts

We have a special district election coming up on May 18!

Running for a position in a special district or helping fellow progressives in their campaigns is one of the best ways to advance a progressive agenda in your own backyard.

If you value...

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- Healthy and accessible learning environments for all children
- A college education
- Healthy waterways
- Public health
- Shared outdoor spaces
- Efficient and accessible public transportation

...then you should hold local office.

If you don't think it's worth running for small district offices, consider that people with different ideas about who these resources are for will be more than happy to run unopposed. It's not "sexy" work, but it is where the rubber meets the road.

The commitment for most Special District offices is not high, with many smaller districts meeting only once a month.

Do you want to find out that your water district has made some poor land use decisions, only to look up the last election results and see "No Candidate Filed" and learn that Mr. Kevin Klutz-Klansman was a successful write-in with three votes?

The requirements for most of these types of office are that you live in the district they serve and pay a \$10 filing fee to get on the ballot. There is an additional \$25 fee to be included in the Voter Pamphlet for most positions.

This year, there is a campaign school being held to help progressive candidates and their campaign helpers get up to

speed. The Clatsop Campaign School aims to train progressive candidates on how to run for office, as well as training campaign managers and treasurers (we need these too!). There are currently three training sessions planned, with the orientation planned for March 9. The last day to file to be on the ballot is March 18. The election is May 18.

Running for a local office is a great way to build experience in campaigning and participate in government. If you want to get involved either as a candidate, or if you want to learn how to help run a campaign, email clatsopcampaignschool@gmail.com. If you're not sure which positions you might try for, the campaign school team can help match you up with something in your area.

Among the positions up for election:

- Clatsop Care Center Health District
- Union Health District
- Clatsop Community College
- Administrative School District #10 (Seaside)
- Astoria School District #1C
- Clatskanie School District #6J
- Jewell School District #8
- Knappa School District #4
- Warrenton-Hammond School District #30
- Clatsop County Rural Law Enforcement District

There are also many fire protection districts, water districts, and sanitation districts with open positions. For the full list go to <http://bit.ly/clatsop2021>

To learn more about Indivisible North Coast Oregon, visit www.incoregon.org or email incoregon@gmail.com.



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:

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

The Right Tree in the Right Place

Replanting After the Great Ice of 2021

Everybody living in the coastal regions of southern Washington and northern Oregon in 2007 remembers the Great Gale. From December 3-5, a tropical depression bringing unseasonably warm temperatures (~65°F) and winds over 100 mph decimated the Columbia estuary area. Power was out everywhere for about a week, telephone and cable service were down and cell towers were not operating. And trees – big ones – were felled like matchsticks.

After the initial cleanup, property owners went on a vendetta against big trees. Calling them “hazard trees”, local governments and other agencies permitted the removal of a small forest of trees that had survived the storm, but were close enough to houses and other structures that they made owners antsy. Even the most staunchly environmental of local residents had big trees near their homes removed. In many cases, either they or those they knew had either barely survived a big tree coming down on their house, or had seen this happen to someone else. One couple had to be rescued from their house a week after the storm, after more than 30 trees had fallen onto it.

Since that awful storm – which also devastated communities all over the Pacific Northwest, mostly with flooding from the rain – the weather here has been relatively tame. Power outages have steadily decreased over the years, and though stormy winter and spring weather has been a staple of our lives here in the rainforest, we had, up until a few days ago, largely escaped major tree damage here on the coast.

Until the Great Ice of 2021.

As we were plunged into a deep freeze that is still happening in much of the country – due to the infamous “polar vortex” phenomenon – we largely avoided the snow that hit the Portland and Seattle areas hard, but endured a day and a night of freezing rain that produced beautifully ice-sculptured trees, but also saw many of those trees, especially alders and big-leaf maples – the main deciduous trees in natural areas across the region – crack and explode and spread debris down the slopes and across the roads and utility infrastructure in the area. Even California laurels, relatively indestructible trees, were split apart all over. Power went out, cable internet and phone service was disrupted for days, and the sound of chainsaws can still be heard everywhere. It will be a long time before the mess is cleaned up.

On the homeowner level, many deciduous trees were destroyed by the incredibly unusual ice storm. There haven't been many reports of big evergreen trees or even branches falling on homes, so it's unlikely that the fear of these will cause a run on chopping them down. But there was significant damage to all sorts of trees in the area, and property owners will be thinking of how to clean up and what to plant, if anything, in the place of these trees.

This then, like the Great Gale, is a good time to be thinking of what are the right trees and other plants for your property, and for the natural areas of the coastal region. Because of the hilly nature of the Astoria peninsula, for instance, letting a hillside near your home be denuded of trees without replacing them could be dangerous, as slides are occurring all over the area, always.



buds live on



On public property and in natural areas, the calculus becomes possibly even more important, as these areas provide the backdrop to our incredibly beautiful region, drawing tourists and visitors from all over the world.

Jonah Dart-Mclean, the Astoria Parks & Recreation director, told me not too many big trees had to be removed in city parks and along trails, and most of the trees affected were alders. A large ash tree at the Pioneer Cemetery lost a good portion of its branches, and is being evaluated for possible removal for safety reasons. Dart-Mclean said that if this is necessary, replacement with a similar type tree would be done, taking into account safety and maintenance needs.

Many alders and other deciduous trees along the Astoria Riverwalk were heavily damaged or destroyed by the Big Ice.



Story and
Photos
by
Bob
Goldberg

Crews have already been out to remove dangerous branches and debris, but Dart-Mclean told me that due to the small maintenance staff at Parks & Recreation, these trees would probably not be replaced any time soon. In addition, Dart-Mclean said, the original Riverfront Vision Plan landscaping of the Riverwalk has not up until now received much attention, and is not likely to be realized in the near future.

Natural areas make up a significant amount of the property that is publicly and privately owned in the region. In Astoria, the publicly owned natural areas are administered by the Public Works Department, which is also not likely to do much replanting in the near future. It is general policy to leave these areas alone unless there are safety issues, and so these areas will be allowed to regenerate naturally. It may look messy and weird for the moment, but these types of natural disasters are common over time in forests, and in general, they recover quite well. When asked about volunteers who might want to help with cleanup of parks, trails and natural areas, Dart-Mclean said that he recommends calling the city with ideas.

As for what to do in your yard or property, arborists and local experts agree that the best time for planting is in the fall, as the rainy season commences here on the coast. Though it might be tempting to plant a replacement for a big-leaf maple, California laurel, alder or any other tree that was destroyed or heavily damaged in the Big Ice right now – as the spring approaches and the weather makes it easier to get out into the yard – these experts say that you should see how the new alignment of trees in your yard (and your neighbors' yards) makes the environment different for your remaining plant life, and how new trees would affect that new alignment now and in the future.

Take advantage of all the resources in the area, including the OSU Extension Service (they usually have a table at the Astoria Sunday Market), and make the decision of what the right tree or shrub would be for those places where you lost trees to the Big Ice over the coming warmer months (including possibly not replanting anything), and prepare your property for some upgrades. Talk to neighbors and friends, go out and take a look at what others have done, and try some volunteering with projects done by local land trusts and other organizations.

Yes, the Big Ice, just like the Great Gale, was very destructive and disrupting to the Columbia-Pacific region, especially to some of our most useful and lovely trees. But unlike the Great Gale, where most of the big trees removed have never been replaced, we have an opportunity to take a good look at our deciduous tree cover and start a long process of planting the right tree in the right place.



hf

Nature Matters: Collaborating with Beaver for a Resilient Future

JAKOB SHOCKEY has been working professionally in Oregon's streams, rivers, and wetlands for over 8 years. He is the co-founder and Executive Director of The Beaver Coalition, an organization working to empower humans to partner with beaver through education, science, advocacy, and process-based restoration. He owns Beaver State Wildlife Solutions, a company that specializes in addressing frustrating conflicts with wildlife in a new way. Join this talk to learn about the benefits of collaborating with beavers in ecological restoration.

This free event is online. The 7 p.m. presentation takes place March 11th online via Facebook Live on Fort George Brewery's Facebook page: www.facebook.com/FortGeorgeBrewery/

Jakob Shockey grew up in Oregon—on a farm in the Siskiyou Mountains—and pretends not to like using a computer. He lives with his wife and their three children on the same creek he grew up swimming in. He has published research on the

endangered Pygmy Three-toed Sloth of Panama and has worked for Washington Dept. of Fish and Wildlife, the Bureau of Land Management, and the Applegate Partnership. Jakob is a writer, hunter, paragliding pilot, & fiddler.

Nature Matters, a lively conversation about the intersection of nature and culture, takes place on the second Thursday of each month from October through May. Nature Matters is hosted by Lewis and Clark National Historical Park in partnership with the North Coast Watershed Association, the Lewis & Clark National Park Association, and the Fort George Brewery + Public House.



What is the Lower Nehalem Rapid Bioassessment?

ON MARCH 18TH, 2021 the LOWER NEHALEM WATERSHED COUNCIL is excited to host Jeremy Lees as he presents Bio-Surveys LLC's findings from the Lower Nehalem Rapid Bioassessment and Limiting Factors Analysis.



A Rapid Bio-Assessment Inventory (RBA) for Salmonids was conducted by Bio-Surveys LLC within the Lower Nehalem watershed during the summers of 2018 and 2019. A total of 202.2 stream miles were snorkeled, encompassing all mainstem and tributary habitats exhibiting anadromous potential from the confluence with the Pacific Ocean to the confluence of Humbug Creek (RM 34.7). The intent of this project was to quantify distribution and relative abundance of all salmonid species within the range of anadromy during summer pinch period low flow regimes. Additionally, spawning gravel abundance estimates and anchor site identifications (LFA Lite) were included along with an inventory of thermal refugia within the lower 34.7 miles of the mainstem Nehalem. In this presentation Jeremy will review their findings and discuss the watershed's strengths and challenges.

"The prioritizations based on this RBA are central to the LNWC's current work," says Zac Mallon, the LNWC's Coordinator. "It helps us focus our outreach and spending on places where our work can have the most impact." Since 2019 the LNWC has implemented large wood placements in two of the prioritized stream segments, has secured funding for 2 more prioritized segments, and are developing additional projects all based on the RBA!

Jeremy Lees is the owner and operator of Bio-Surveys LLC. Jeremy has been with Biosurveys for 13 years. Over those years he has co-authored several RBA reports, conducted inventories across over 1000 miles of Oregon's rivers and streams. This experience gives Jeremy a wealth of direct experience with salmon habitat and directly monitoring the impacts of restoration activities.

The talk will be hosted on Zoom. Find the link at www.facebook.com/lwnc1. You can also contact the watershed council at lwnc@nehalemtnet.net.

SPEAK UP to get Drinking Water and Climate Advocates on Oregon's Powerful BOARD OF FORESTRY

PACIFIC NORTHWEST FORESTS can sequester more carbon per acre than even the rain forests of the Amazon and lock it up for hundreds of years. But short-rotation forestry that leaves few trees behind limits carbon storage in our forests. One of the most important parts of the system that regulates forestry in Oregon is the little-known Oregon Board of Forestry.

The Oregon Board of Forestry makes important decisions on the management of private timberlands and state forests, influencing community drinking water, ecological integrity, carbon storage, and climate change resilience. The Board has historically been run by the timber industry, and unsurprisingly, it's repeatedly failed to advocate for drinking water or climate-smart forestry policies.

But that could change very soon! In the coming weeks, the Oregon Senate will have the opportunity to confirm three candidates to the seven-member Board of Forestry. These three nominees would shift the balance of the Board toward better climate-related decisions. But for these nominees to join the board, the Senate must vote to confirm them.

It's not sexy, but it's a CRITICAL first step. And it has to happen right now. This is where you come in! Contact your state senator and ask them to commit to voting "yes" to these nominees.

For more information on this campaign, and to get involved, please visit the campaign webpage: <https://350pdx.org/campaigns/forest-defense/a-better-board-of-forestry/>

You can help Oregon become a leader for Climate Equity by supporting HB 2488: Climate, Equity and Land Use

Beyond Toxics and the NAACP are laying a foundation for climate, environmental, and racial justice through the land use system. How we currently zone and use land drives inequities and climate problems. Join Beyond Toxics to take action to update land use laws to protect communities and create a healthy climate future. Please speak up for stronger rules by testifying to support HB 2488: Climate, Equity and Land Use. You can Start getting your written testimony ready to submit as early as the week of March 8.

Learn more about HB 2488. Plus check out 5 Tips for Navigating the 2021 Oregon Legislature Virtual Session. Find out about House and Senate Bills, watch committee meetings and submit testimony. Go to: www.beyondtoxics.org

SYSTEMIC RACISM

THE BACKS OF SLAVES produced millionaires. In 1860, slaves were the single largest financial asset in the entire U.S. economy, worth more than U.S. manufacturing businesses and the railroad transportation system. Four million American slaves were worth some 3.5 million dollars.

After the Civil War ended in 1865, and slaves were freed, plantation owners found themselves losing their prosperous incomes. These white millionaires were appeased with a \$300.00 tax credit for every black male (and nothing for the black women or children who also provided much of the labor). With this credit, white millionaires living in the lower Mississippi valley were able to hold on to some of their wealth and pass along their profits to their children and grandchildren.

Former slaves, who had been exposed to inhumane terror on a daily basis, who worked from sun-up to sun-down, were left with no power because they had no processions or money.

The descendants of slaves have been trying to "catch up" ever since the Emancipation. In 2016, the net worth of the average African American family was \$6500.00, compared to the average white family's net worth of \$110,000. Today, black families still lag behind whites in basic economic securities by an enormous margin.

Why? Systemic racism. Systemic racism is a combination of laws and institutions that perpetuate inequality. All kinds of American industries implement practices that support these racist practices. In real estate, financial institutions supply mortgages with high interest rates to people of color or only fund mortgages for black people in limited, depressed, areas of a city or community. Limited educational opportunities, less than adequate wages, and a justice system that responds differently to people of color remain institutionalized. While other groups that suffered from US policy, such as Japanese Americans interred during World War II, have received reparations toward economic equality, descendants of African slaves have never received an apology or reparations for centuries of enslavement and systemic racism.

When I was employed as a teacher in Chicago in the early 70's as an instrument of the demanded integration of schools, I filed a grievance against the principal of that school. I missed two days of school when I was ill with my children during a pretty cold winter. The principal told me that I had to bring in a note from a doctor verifying my illness. The Teacher's Union agreement designated that an employee must provide a doctor's note after a three day absence. I discovered two white co-workers were absent the same two consecutive days. I asked them if the principal had requested doctor's notes from them. They answered negatively. Therefore I refused to submit a note and the principal immediately docked me two days' pay.

After months of litigation, my pay was restored with the declaration that the reason was not related to racism, but because the principal made a procedural error. My claim of systemic racism was called non-existent because systemic racism doesn't exist, as some would have us believe.

Later I was employed as a 6th grade center teacher in the Clark County school district in Las Vegas, I applied for a position at a high school as a choir director. I interviewed in a school in the neighborhood where I lived. The principal interviewing me asked if I knew that none of the students in the school looked like me. She was alluding to something that I never considered during my long years of conducting a choir. High School Choral directors received extra pay over and above the regular pay as prescribed by our teacher's contracts. After researching the entire

UNCONSCIOUS BIAS

By Denise Reed

district, I discovered that there were no African-American choral directors in any of the high schools in one of the largest public school districts in the United States.

With the help of an attorney, I filed a case with the Nevada Equal Rights Commission, accusing the district of keeping people of color out of the high schools as a way of denying them monetarily enhanced employment opportunities. As soon as the music supervisor for the district was informed of my case, the first African American man to teach in a Secondary school in Clark County was hired.

I have experienced systemic racism in all areas of our American society, as did my parents and grandparents who were part of the Great Migration. And it continues. The area of Chicago where my grandparents settled when they fled the Jim Crow laws in the south is still one of the poorest in Chicago with the most poorly funded schools.

A recent NPR podcast details the situation of 2019 students in the school I attended as a child. Many of these students were homeless or living in

heal, will move on to a stage of awareness of diverse situations of others.

2) Of equal importance is **AWARENESS**, an awareness of the white privilege their race has held for 400 years. This stage cannot be achieved unless the individual is resolved to understand and examine the history of race in this country's social institutions that perpetuated inequalities. White people need to truly listen to the stories of the unrepresented members of our communities.

3) This awareness stage moves into a very difficult period when an individual will experience shame and guilt for injustices perpetrated on others. The first utterance in this stage is, 'I didn't do it: it wasn't me who did that, how am I responsible?' This white guilt is a result of white privilege and is connected with the concept and feeling of perfectionism, 'I don't want to say the wrong thing.' Once the stage of awareness is achieved, the condition of **EMPATHY** evolves, where you can understand and emotionally feel the hurt of another.

As a result of moving through these stages of awareness, which may take



Dr. Denise Reed is an Educator and director of Astoria's North Coast Chorale. This winter she'll be teaching a course for future teachers at Tillamook Bay Community College, on "Multicultural Education" and will also lead a number of public school faculty in-service sessions on the same subject in Clatsop County, facilitated by Clatsop Community College.

This is the final in a series of articles by Dr. Reed highlighting systemic racism in the operating systems of our society.

dilapidated apartments, still struggling to achieve some educational goals without the necessary funding and accommodations. When I lived in Chicago, and still today, people of color travel outside of their neighborhoods to secure quality food without an inflated price tag. In order to receive a Covid vaccine in many states, many African American low wage workers have to travel without cars to more affluent areas, missing work to stand in line for hours.

How can we heal to become a truly equal society? I believe it must be a personal, individual journey that I would propose for members of the white citizenry to take, in an earnest effort to understand and eradicate systemic racism.

1) The stage that many may be stuck in is **DENIAL**, which leads to anger and frustration when inequalities are pointed out. Those who really want to

years, a new identity is developed, a more humble existence where white privilege begins to melt away and people are able to move past outward appearances to recognize the humanity in all of us.

At this point a white person becomes a full ally and is able to confront systemic racism and unconscious bias by standing up for people of color when they face injustice and intervene when someone is mistreated. An ally does not stand by and watch, but refuses to participate in the injustices and calls them out. Don't run away when someone else is suffering either physically or emotionally. Figure ways to disrupt acts of prejudice or cruelty to others.

When we all become full allies with every other human being, we begin to heal historical and systemic wrongs. We can experience true inner peace that may lead to justice and peace in America and around the world.

Unsheltered Thoughts

By Kathleen Sullivan

"The most difficult thing is the decision to act, the rest is merely tenacity." - Amelia Earhart

SPRING IS A TIME to welcome the light. This spring marks another season of the Astoria Warming Center providing overnight shelter during severe weather for unsheltered individuals. Seven seasons that began with a decision to act, and the tenacity to follow through.

Over the years dedicated volunteers, a devoted staff, amazing board members, generous donors, good neighbors, and community partners working together have kept the Astoria Warming Center open. All of this goodwill flows from the community's decision to care for the most vulnerable. Then decision by decision, we make a difference. The willingness to accept change, lets the light in, and sets in motion the acts of kindness that add up to saves lives. Community support is paramount.

The First United Methodist Church offers their ground floor during winter weather to the Astoria Warming Center to use as overnight shelter space. Local restaurants generously donate meals of hearty soups and stews to keep our guests fed. The Clatsop County Public Health Department helped us to adapt our space and routines to new safety protocols during the pandemic. Paul Radu and P & L Johnson Mechanical donated a large Carrier air purifier. Our gratitude list is long and varied.

The Astoria Warming Center is open for 90 days between November 15th and March 15th, depending on the weather, when the forecast predicts a mean temperature or a windchill of 37 degrees or less, and or if there is one-third inch of rain or more.

This season, by February 22nd, AWC has been open 65 days averaging 17 individuals per night. We also provide weekly Wednesday afternoon showers between noon and 4:00PM. From August 2020 through February 10, 2021, AWC provided 460 afternoon showers. This is also a time to exchange wet clothing, or blankets, as well as receiving needed hygiene products. This time allows more conversations that lead to referrals for housing, medical care, and social services, along with COVID information, masks, and hands sanitizer.

Our handbooks states: "As a low-barrier shelter, the AWC admits almost anyone, including persons experiencing acute chemical dependency and mental health challenges, so long as they do not pose a threat to others. The only exceptions are that a person must be capable of unassisted mobility, and that the AWC is unequipped to accept unaccompanied minors. AWC does not require that guests take part in religious observances or recovery programs."

AWC provides an overnight space to sleep safely out of winter weather. Remember how the gathering hours of darkness add to the weight of winter months, when daylight is restricted, shortening days and lengthening



nights. This is when the Astoria Warming Center opens its doors to welcome those needing shelter. Each night inside comes with a foam mattress on the floor, a chair, blankets, a hot meal, perhaps a shower, clean socks, dry shoes, or jacket. A sense of community develops over the season, guests get acquainted, and staff gets to know the guests.

Each morning before dawn, staff prepares the slow-cooked oatmeal and coffee for the guests. Soon thoughts turn to another day outside without shelter. Think for a moment of the deepest part of winter, it is still cold, it is still dark, and it may be raining sideways, yet out you must go. Think of the courage it takes each day to leave the security of the center to head into the rawness of a new day; think of the difficulty of being the one responsible each morning to say, "it is time to go."

For seven seasons, the Astoria Warming Center has gratefully done our best to keep our guests alive during the winter months. We continue to need community support. Yet, we know we are just one part of one solution to a complex social situation.

The unhoused need housing. Housing provides a stable base to begin to resolve the factors leading to being unhoused in the first place.

Clatsop County has one of the highest per capita rates of homelessness in the state. We must be proactive in finding answers now and into the future. As AWC looks forward to our eighth season, we add our voice in support of efforts to increase housing options. The 2018 Clatsop County Housing Study offers solid examples of how our communities can increase housing capacity. The City of Astoria is looking at updating planning codes to allow a moderate increase in housing density. Let us support and encourage our elected officials and professional staffs as they work toward solutions. Let them know the difficult decision to act has been made, and that we possess the tenacity to navigate the changes that will be needed.

Kathleen Sullivan is the Executive Director of the Astoria Warming Center. Contact her at: Kathleen.ed.awc@gmail.com. www.astoriawarmingcenter.org. www.facebook.com/astoriawarmingcenter/

Skamokawa Swamp Opera's *Foxglove Streets*

wry and perfect tribute to modern day rural folklore.

One of the first tunes slotted for this second release, featuring full vocal ensemble, is paeon to the band's coveted tambourine known as *Celeste Brown*. Picked up by Eric Friend at a church garage sale, Celeste enjoys play on just about every track. Lyrics improvised by band members in a jam practice, Emlen eventually put a tune structure together, Raye and Austin creating a slinky backup chorus. Vocal harmonies are a stand out for SSO, and Raye and Austin's voices make for an infectious sound. Always an added bonus to a CD release, (if you're old enough to miss record albums) liner notes in the lovely nature-inspired illustrated lyric booklet by Conner Emlen-Patterson reveal more about Celeste, and her attributed visually enticing chorus, "resplendent in her relaxed fit gold Lamé."

Two tracks on the album derive from SSO's 2-year stint as the house band for the Portland production, *7 Deadly Sins*, the highly-popular storytelling show at the Mission Theatre. Writer and creator Tod Kelly, a high school friend of Emlen's, after seeing SSO perform, hired them immediately. A rigorous musical task, every month the band was given a brief on five performer stories, of which they came up with a tune for each—sometimes original, sometimes a cover, and one theme-oriented tune to open the show. Kyleen Austin's corporate stab, *It's Mine* was written for the "Greed" show, and Emlen's quirky *Too Wild* for the "Love Sucks" theme, this when the production had run out of sins. Eventually, a desire to get back to writing and performing original music led SSO to end their house-band stint, but not without a performance at Oregon's premier roots music festival, Pickathon.

Foxglove Streets was recorded at Emlen's home studio, in the quiet of State forested Wahkiakum valley. "The only reason we had to re-record was due to extraneous noise from our rooster," Emlen reports. "We had to run out and feed 'em once in awhile to shut him up, and then get back to recording." Asked to Emlen, "How do you do a record in a pandemic?" The answer is simple—you do it before a pandemic. At the onset of the Covid-19 shut down, all that was left for the album was the mixing and CD art—

SSO's Eric Friend the mix master. The album released at the top of 2021.

Foxglove Streets is a cross of country/folk/rock, with a bit of a swampy bluegrass edge.

Emlen's versatile cello is at once melodic theme, stand-in for what might be a guitar solo, and thirds as funky bass. Music making, no boundaries. His cello lines carry Kyleen Austin's emotional ballad, *Never Want to Break Away*, and provide thematic expansion on Jillian Raye's shadowy gypsy-esque lament, *Light My Way*.

After the 11-year run for Emlen's folk ensemble Willapa Hills, he called out to the 4000 who populate Wahkiakum County, "Who can play?" And trusting in his call he found a new ensemble. First a classical cellist, Emlen was inspired by Astoria folk-theater creator Joseph Stevenson, to create his own rendition of Americana music tradition on the north side of the Columbia River. A product of that inspiration, Willapa Hill's musical tributes to the peoples of this region are now included in the Washington State Historical Society archives.

The musical family of Skamokawa Swamp Opera is multi-instrumental, multi-talented, with an innate passion to bring on song. Unconventional, performing with joy, abandon and musical acumen, they're a treasure on these Lower Columbia shores. In this unprecedented time, the release of *Foxglove Streets*—a celebration from some of our region's finest music makers.



Andrew Emlen, Kyleen Austin, Jillian Raye, & Eric Friend

THERE'S NOTHING BETTER on a sunny winter day driving Hwy 30—east or west, from say . . . a trip to Longview, taking in forest and field, sans stench of Wanna paper mill and clear cut close-ups—but listening to a fresh new disc in the CD player. This particular trip—the latest release from Skamokawa Swamp Opera, sent to Hipfish from band leader and longtime Lower Columbia musician Andrew Emlen. It made the trip worth it.

Foxglove Streets is nine original tunes by the Wahkiakum quartet, following their freshman release, *Sweet Emotions*. Formed in 2014, SSO is known and adored for, what Emlen refers to as, 'an unlikely meld'—a classical cellist, a rock & roll diva with a banjo, an opera singer turned guitarist/singer-songwriter and a percussionist banging on a plastic beach bucket and a tambourine.

And it's this unusual instrumentation that creatively drives the eclectic mix. Search youtube for your viewing pleasure as SSO cooks up a bevy of covers from the Eurythmics to the Temptations, Jimi Hendrix, etc. What an acoustic cello, banjo, guitar and bucket can't replicate in a pop recording, the deft vocals from the fab four do indeed replenish. The iconic Annie Lenox hit, *Sweet Dreams*, itself a minimalist pop contraption (of synthesized cello and percussion), features duo vocals—Jillian Raye (aka lead rock siren of band Giants in the Trees), and Kyleen

Austin—whose opera prowess takes the high split—produce a super sexy version of the tune, whilst the band, perched on tree in some Skamokawa swamp, adds extra charm.

Depending on the tune, anyone of the SSO could be doing lead vocals. Drummer and mando player Eric Friend (aka Giants in the Trees drummer), has a perfect, high-pitched pop timbre featured on the title cut from the first release *Sweet Emotion*, and Andrew Emlen a fluid folk-rock voice heard throughout the region since the earlier days of his longtime former folk ensemble, Willapa Hills, is featured on both SSO releases.

Without the traditional tunes and pop covers of the first album, *Foxglove Streets* still accomplishes the SSO brand of music making, spanning multiple genres and doing it with a sweet blend of originality. All four musicians wrote lyrics and music for the effort, often singing their own tunes. Diverse in the songwriting styles, it makes each track distinctive while proceeding artfully along the musical continuum.

Songs on *Foxglove Streets* reflect the Pacific Northwest environment they come from, kicking off with Raye's spirited banjo stomp opener, *Mountain Gold* a tribute to chanterelle hunting . . . "gotta get that loot, gotta get that fruit."

And nothing could be a more utterly local piece of song craft plus two years in the making, than *Wahkiakum County Sheriff's Report* by Emlen. Based on rather innocuous yet suspicious incidents reported to the county sheriff and published in the *Wahkiakum County Eagle* weekly newspaper, Emlen has been collecting his favorites, even with a promised volume II. Set to an arrangement reminiscent of a Dan Hicks tune, it's a



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art happens *openings and news in the LCPR*

Toddd Molinari & Francis Dot Apokálypsis: An Uncovering astoria visual arts



Francis Dot, *Fresh Residue*

IN "apokálypsis: an uncovering" Toddd Molinari and Francis Dot explore the intense redefinitions of spaces that began in 2020. The ways in which we relate to places, objects, and other people is undergoing a radical shift. Like trees and fish whose growth rings tell the story of their environments, will art made during this time be imbued with the possibilities and consequences of apocalypse? How do our negative spaces have a different energetic charge?



Toddd Molinari

With these questions in mind, the artists created an assemblage installation with multimedia objects, which stand in relation to the questions posed by grander cycles of space. As these unfamiliar edges of ancient sequences surface in our world, the artists hope to uncover new types of relational experiences for the viewers and participants.

The exhibit opens Second Saturday Art Walk, March 13 from 12-8pm and runs through April 3. Astoria Visual Arts is a 501(c)3 nonprofit that works to enhance, strengthen and promote the arts in Greater Astoria. AVA is located at 1000 Duane Street and is open Fridays and Saturdays from 12 to 4pm.

A-I-R Deanna Antony Community Conversation Soft Sculpture

MULTI-DISCIPLINARY artist Deanna Antony, Astoria Visual Arts' current artist-in-residence, welcomes the public to her studio via Zoom on Friday, March 12 beginning with an artist talk at 5:30pm. Antony's current work includes primarily soft sculpture, playful, squishy abstract forms made by sewing fabric into assorted shapes. The public can access the zoom link via AVA's social media and our website.

Antony received an MFA from the University of Wisconsin, Madison in 2020, and a BA from the University of Wisconsin, Parkside in 2016. Through AVA's a-i-r program, Deanna received a free studio space in the Astoria Studio Collective from November through June.

Open Call To Artists To Celebrate Earth Day!

ASTORIA VISUAL ARTS invites artists residing in Clatsop and Pacific Counties to submit artwork for a juried exhibit to celebrate Earth Day. First celebrated in 1970, Earth Day is now an annual event celebrated in 193 counties around the world on April 22 to demonstrate support for peace and environmental protection. This exhibit is open to artists working in all mediums living in Pacific and Clatsop Counties. Artists may submit 2 original pieces, not larger than 36" x 36" x 36", completed within the past three years. Dee Vadnais, a renowned plein air artist, will jury the exhibit. Awards are TBA. For the full prospectus, please visit astoriavisualarts.org.

The exhibit opens Second Saturday Art Walk on April 10 and run through May 1. To submit artwork, please deliver in person to AVA, 1000 Duane Street on April 7 from 11:00am to 2:00pm. Special arrangements for delivery may also be made by email to astoriavisualarts@gmail.com or calling 503-791-0575. Participants will be invited to participate in an optional virtual public forum to celebrate Earth Day and discuss their artwork.

Wenda Vorce Upcycled Art At AIMCA

AIMCA exhibits the funky crafted mixed media work of Astoria artist Wenda Vorce, who cleans up the earth one piece of art at a time by collecting found objects such as people's rubbish and driftwood planks which are then transformed into upcycled art with great imagination; the analog collage artwork of locally and nationally shown artist Sid Deluca; the atmospheric acrylic paintings by Kelley Stargazer. As always, work by Lisa Ackerman and TKO will also be in the show.

Opening for Astoria 2nd Saturday Art Walk, 12 noon – 8pm, March 13. Live music. Please call (503) 395-1221 for appt. to see art before or after Art Walks

and to get involved in music projects and art shows.

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Royal Nebeker Gallery
Cinnamon-Bun
Philanthropy

THE ROYAL NEBEKER GALLERY is partnering with Whitney's Giant Ass Cinnamon Roll to host a special exhibit of original artworks that will be on display in the physical gallery from March 4th – 18th and auctioned online to raise funds for Clatsop Community Action's Regional Food Bank, part of the Oregon Food Bank network.

Due to the pandemic, the annual *Au Naturel: The Nude in the 21st Century* was canceled for 2021. In place of that competition, CCC students and artists from around Clatsop County and the Portland area have created unique works of art on 12" x 12" cinnamon roll boxes to help bring vital aid to our neighbors in need and to give us all a chance to celebrate hope and unity.

The boxes will be on display in the gallery for the duration of the show, and the auction will be held online. The gallery will be open to the public during the limited hours of 10am-4pm, Monday – Friday. Guests must wear face coverings and practice social distancing. No more than 6 guests may enter the gallery at a time.

The online bidding commenced March 4th, and there will be an image of every box in the virtual gallery, available on social media

Instagram: @giantasscinnamonroll

Twitter: @GiantAssCinRoll and the website: <https://give.oregonfoodbank.org/fundraiser/2729473>

Each box will be numbered. To bid on your favorite box, visit and donate at Oregon Food Bank's Whitney's Giant Ass Cinnamon Roll page: <https://give.oregonfoodbank.org/fundraiser/2729473>. As you make your donation and place your bid, be sure to indicate in the comments section which numbered box you're trying to win.

At the close of the show on Thursday, March 18th, the highest bidder for each box wins.

There'll be features both weeks during the show's run, including a Hot Box of the Day!

WHITNEY RUTZ started baking giant-ass cinnamon rolls for healthcare workers during the first weeks of lockdown. More than 125 rolls later, she has raised over \$55,000 for Oregon Food Bank, an organization that's seen a 70% increase in demand since COVID-19 hit the state of Oregon.

To entice donors, Whitney collaborated with Portland-based artists Guy Featherstone, Kelly Neidig, Paul Rutz, and Nicole Selis to make uniquely designed and decorated boxes. Some included autographed portraits of singer K.D. Lang and NBA coach Terry Stotts. Portland's own Storm Large was the first celebrity to throw her decorative talent at the effort with big-booted angels and sexy stallions. The response was overwhelming!

With the increase of COVID cases over the past several months, Whitney has not been able to deliver her homemade cinnamon rolls to healthcare workers due to food safety concerns. Unfortunately, the need for our community members to eat has not dwindled. Now, more than ever, our fellow Oregonians need our support.



**Bid on your
fav box
through
March 18!
Cinnamon roll
not included,
sorry.**



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Twists & Turns / Making Our Maps Paintings by Jody Katopothis at IMOGEN

IMOGEN welcomes back the sublime work of artist Jody Katopothis presenting a new collection of acrylic paintings. Through exquisitely subtle use of color and texture, she brings forth layers of history, excavating surface to build a story of life. Over time civilizations have evolved, leaving traces of history through culture or physical relic, much like the path or trajectory of one's own life. Through painting she creates a narrative tapestry of the twists and turns of life. Culture, past and future are reflected while navigating unforeseen changes of course that become etched in memory, shaping our vision of self. The exhibition will be on display through April 5th.



The Old Neighborhood 24x24 acrylic on canvas

Within this series of paintings, Katopothis builds muted shrouds of color as overlay to subtle nuance of past history, creating luminescent narrations. She looks to nature's organic beauty and the occupation and organization of nature by our human relationships to the environment, to illustrate an "archaeology" of the human experience. When considering the content of this series, Katopothis reflected on the challenges of life itself. During this time when the entire global population has experienced a changed perception of life, through painting she considers the process of growth while moving through the trials and tribulations beyond one's control. This series brings reflection from where we've come as a society to marking the path of time marching forward.

Jody Katopothis has always been an artist who follows her passions. Being successful in dual careers, as painter and musician, she finds one nurtures the other, and like her paintings become a woven metaphor dedicated to a connection to the human spirit. Her own exploration of both music and visual art have taken her far, including several years living abroad and studies in Europe, primarily in Wales. She has exhibited her work internationally resulting in awards, such as First Place for "Best Work in all Shows" at the Fishguard Arts Festival, UK and an Award of Excellence from Contemporary Abstracts at the Alameda Art Center in California. She has also been featured on OPB's ArtBeat program, her paintings have been selected twice for use as wine labels to Paro Wines of Sonoma, as well as being published in Sunset Magazine.

Imogen Gallery is open 5 days a week (closed Tues/Wed) at 240 11th Street in Astoria. Hours: Thur-Mon 12noon to 5pm, 12 to 4 Sun. Avail by appt, 503.468.0620/imogengallery.com.

Hoffman Gallery Color Show Black and Blue



Christine Harrison, Above the Clouds

The Hoffman Center Gallery's extremely popular community art show returns. With Covid, politics, the awakening of attitudes about history, fairness, and equality, 2020 has been exceptionally challenging and a time of reflection. Thus, a provocative two-color combination for 2021: Black and Blue for the fifth annual community color show. Nearly 60 artists will be participating this year, so please come out and support the local art community!

Opening Friday March 5, and showing through March 28, open Friday – Sunday 1pm – 5pm. Free and open to the public. Masks required for entry. Located at 594 Laneda Ave in Manzanita.

Trail's End Gallery Pastel Show

Trail's End Gallery opens a new show In March featuring paintings from the intermediate and advanced Pastel Group. A reception for the artists happens March 6, during the Gearhart ArtWalk, 2-5 pm. The show will be open Friday - Sunday, 11am – 3 pm from March 5 to 28.

Members of the Pastel Group include Kathy Moberg, Lynda Campbell, Mary Ann Gantenbein, Linda Rook, Susan Thomas, Deanne Johnson, Jan Clawson, Linda Schaeffer and Debby Stenberg.

Trail's End is located at 656 A Street in Gearhart. TrailsEndArt.org. 503 717-9458



D. Stenberg, Innocence

Jesse Reno: Paintings Full Of Natural Magic And Stories At Riversea



Horse Sitting on Bench, Waiting 12" x 6"

RIVERSEA GALLERY presents *Necessary Pictures*, a collection of intuitive paintings from internationally recognized Portland artist, Jesse Reno.

United around themes of nature and peace, Reno's complex, mixed media paintings are brimming with fantastical stories that take place in that magical realm where dreams intersect the natural world. As he works, images emerge, interplay with others, and then are often concealed as new layers are added and the painting takes a new direction. Stream-of-consciousness phrases inspired by the images and their serendipitous connections to each other are added into the mix and cause further evolution of the painting. Each work is a palimpsest that documents the evolving manifestations of Reno's artistic journey while imparting a folkloric narrative that reaches deep into the human psyche.

The artist notes, "This past year I have taken more walks and trips to the coast than ever before. With the current isolated state, nature has brought me peace and a deep sense of comfort I was unable to find anywhere else. It has been a reconnection to my older works and ideas. Painting these images brought me to a place I hadn't been in a long time, a place full of natural magic and beauty."

Reno is a self-taught, life-long artist who has been regularly exhibiting his works for over 20 years. He has extensively exhibited and given lectures about his artwork, techniques, and ideas throughout the US, Canada, France, Australia and Mexico. Many artists over the years have been encouraged and inspired through attending his workshops. Reno's work has been covered in various art publications, including Juxtapoz, Artnews, Artension and many others. In 2016 he was a featured speaker at the annual conference of the National Art Educators Association in Chicago.

The show opens on Saturday, March 13 with a reception from noon to 8pm during Astoria's Second Saturday Artwalk, and the artist will be available from 5 to 8pm. The work will remain on view through April 6. RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. Monday through Saturday, noon to 5; Sunday, noon to 4. 503-325-1270, riverseagallery.com.

Art Loft Art Call : Gone Baby Gone Extinct/Nearly Extinct Species

EACH YEAR, Astoria Art Loft sponsors an exhibit of endangered plants and animals to call attention to the beauty in nature and the fragility of life. This year, the Art Loft is featuring those species that are extinct and those that are nearly extinct.

Every year, more of our species are vanishing. The World Conservation Union (IUCN) predicts that soon, 2/3 of the world's wildlife will be gone. Moreover, the earth is experiencing its sixth mass extinction and more than 500 vertebrae species have 100 or fewer individuals remaining.

Major extinctions of the past were caused by volcanic eruptions, oxygen depletion, climate changes, and asteroid impact. The current crisis was caused by humans through urbanization, agriculture, overuse of chemicals such as pesticides and fertilizers, logging, fishing, hunting, and more. By 2019, the newly extinct included the Indian cheetah, the Sumatra rhino, the Spix macaw, the giant softshell turtle, the Chinese paddlefish, and others. In immediate danger, in 2021, are the reticulated giraffe,



the koala, and many plants (2/3 of the world oak trees are gone).

The Art Loft invites artists to submit 2 and 3-dimensional artwork featuring extinct and severely endangered species. The artwork may be submitted digitally, or if the pandemic is over, submitted in person. Artwork should be submitted by August 24-29. The exhibit will be open from September 11 through November 2, 2021.

Artwork submitted should be appropriately framed/displayed. Submission fees are \$15 for up to 3 pieces. Overall dimensions of 2-dimensional artwork should not exceed 672 sq. in. including frame. Please call 503.325.4442 or 503.791.8444 for dimensions of 3-D work.

Astoria Art Loft. 106 Third St., Astoria, OR 97103. E-mail: astoriaartloft@gmail.com

MESSAGES SONJA GRACE



MY BELOVED CLIENT of six years called me 18 months ago to inform me his wife had been diagnosed with a rare lung cancer. The shock wave was real. His wife is an athlete and businesswoman who is intelligent, kind, compassionate and giving. This odd cosmic event left me asking 'why'. My conversations with God help me to help others in such trying times. Creator told me it is her karmic path that brought about sudden illness and disease. Upon looking into her past lives, I discovered several with lung issues and illness. She has worked diligently with me for a year and a half, diving deep into the karmic issues, healing and clearing emotional wounds and coming to terms with the 'why'.

Today, I spoke with her husband and he said the cancer had moved into the central nervous system, crossing the blood brain barrier causing her to lose function of her legs and arms. I sat down and cried. My job is never easy, but this is

the hardest part. My client was strong as he told me she was now on hospice with doctors forecasting her journey.

We discussed the tricky part about cancer. I explained that it thrives emotionally on our resistance. We spend tons of energy thinking no, no, no, this can't be happening—yet that kind of resistance takes our energy away from a much different kind of healing. Remember as kids we would get to go swimming in the river, lake or pool and stand at the edge, tense and excited but not ready to meet the cold? Once we got in the water and swam about, we warmed up, no longer holding tension in the body.

That's the approach to take with cancer—it allows God in. Once we surrender a different energy comes into play working on the body through the divine. My client thanked me. He told me she was only given 3 months to live in her first diagnosis nearly two years ago. Tears ran down my face. He told me, because of you she got 18 more months to be here with me and it was a good 18 months. He told me how grateful he was and reminded me of her first session, where I told her she was going to get through this. He explained, his wife hung onto my words of encouragement and that gave her the strength to be here for a much longer time.

I got to talk to her briefly, her voice was hardly audible. I was able to tell her I

TRANSISTIONS

loved her, and I would send all the angels to be with her. I am deeply grateful to be a part of her journey. Her bright light reminds me it is a thin veil between this world and the spirit world. We only transition from this dense physical form back to our original state of being. Our soul bodies are infinite and connected to a much greater Source that we call Creator, God, Goddess, and numerous other names that imply higher power. May we all connect before we leave Earth and fill our hearts with divine love sharing gratitude and compassion. Our time here is a blink of the eye—forgiveness is the key.

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 is currently presenting Mystic Healing on Sky TV in the U.K. on Feel Good Factor TV. She 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 at: www.sonjagrace.com

THE SIMPLE LIFE wordwisdom

THE SIMPLE LIFE

What comes to mind when you hear that phrase? Quakers? Mayberry? How about Arlo Guthrie? Whatever it is, there's something appealing about it. Like . . . all those nasty complicated details of life disappear. No, taxes will still be around as well as illness, joblessness and death.

Simple life is more about stripping away those things that add nothing of value to your daily existence. Excess stuff. Excess spending for more stuff. Excess attention paid to semi-toxic people that hang around your world. Excess worry about what others think, or don't think.

The simple life requires focus—as I've stated many times over and I hope you've been paying attention—knowing yourself, your likes, dislikes, the vision of the life you desire, how every day is a reflection of you.

Elimination may be hard for many of you. Simplicity is a process, not a set goal. It's a way of life. As with any

change, little steps are good. Stressed for time? Try to get up earlier. Eliminate that 40 minute daily chat with the neighbor that drives you crazy—or limit it time wise. Ease up on social media. Wean yourself from the idea that your time is endless. It's not. Use it purposely.

Things! I love my things. Who doesn't? The pandemic kept most of us home. No shopping sprees, no art walks where jewelry and prints catch the eye. I found I turned to reading and knitting for my entertainment. Straightening of drawers and closets came in second. I found things I forgot I had. Kitchen tools that were not useful, never had been. But, my heart said, "Auntie Arline gave you that peeler!" I found the strapless white push-up bra I wore on my wedding day. You get the idea. Exception: I found a bottle of "Occur," the Avon cologne that my mother wore during her last years. I'm keeping it. Oc-

asionally I spray it, an indulgence in sentiment.

When you weed out senseless stuff, you create time and space for your present life. I have room now for another Push-up bra if I ever need one, and one that might actually fit me these days.

I have a drawer of those care manuals. You know, care for your new coffee maker, ten whole pages of nonsense. I could spend precious time tending to appliances. I choose not to.

Simplifying is easier on the whole body. The less to care about, tend to, think about, the less worries pop up. When crises do occur, you have the time and emotional wherewithal to deal more effectively.

Remember this: Less is more. With that, my words end here.

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

By Tobi Nason



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

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

- Dog Food – Nature's Domain (Costco)
- Cat Food – Nature's Domain (Costco)
- Wet Dog Food & Pate style Cat Food
- High Quality Kitten Food
- 50 Gallon Garbage Bags
- 13 Gallon Tall Kitchen Bags
- Paper Towels
- Dawn
- Bleach
- Cat Toys (No Catnip)
- Dog Kongs (Black only please)
- Feline Pine Cat Litter
- Laundry Detergent (HE)
- Also - We take Cash Donations!*

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

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



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

Virtual TV at The Liberty

Six virtual shows for your viewing pleasure are coming up in partnership with KMUN TV (KMUN recently purchased AV equipment to video and stream events):

- **Sparrow Dance Company** performing a piece choreographed by Julia Gingerich entitled "Love is Love" **Airing March 5 at 7pm, free**

- **James Shields, Emily Cole, and Maria Garcia of 45th Parallel** performing a program of French favorites for clarinet + violin + piano. Maria's performance of Debussy's Clair de Lune on stage had the audience crying. **Airing March 15 at 7pm, free**

Dates Coming Soon

- Maria Garcia returns with 20 Digitus Duo to perform LatinX compositions. TBD
- The Hackles Airing TBD
- The Horsenecks Airing TBD
- Brad Parsons - former member Horse Feathers. Airing TBD



Lindsey Bones • ANITA Window

Artist Lindsey Bones has new installation work opening in the Anita window gallery. this second Saturday of March (12th). The work will be up for one month. Lindsey's ethical taxidermy sculptures with road kill bring animals back in a new light. An Astoria artist Lindsey finished Taxidermy School in Thompson Falls, Montana, and has exhibited in the region since 2016.

ANITA Building, 1312 Commercial St, Astoria, OR Insta: @anitastoria or email theanitabuilding@gmail.com



Sharing the Shuttle: A Collaborative Weaving Project in the Art Trailer Gallery at Sou' Wester in Seaview

Through *Sharing the Shuttle*, Cynthia Stan balances intuitive making with the therapeutic benefits of collaborative weaving. We weave trust through the support of the warp and the expression of the weft. Using the loom as both metaphor and tactile way to move through the isolation of past trauma. **March 8-13. OPEN: Every Day 9am-9pm. The Art Trailer Gallery is free and open to the public. One person, or family at a time.**

FLASH CUTS MOVIES & MUSINGS



BIGGIE: I GOT A STORY TO TELL (MARCH 1 NETFLIX)

Authorized "origin story" of the famous rapper Biggie Smalls who rose from the ghetto to become a hip hop legend only to die violently at the age of 24. The emphasis on Smalls' beginnings is captured by the omnipresent camera of childhood friend Damian Butler who was Smalls' unofficial videographer. Film covers Smalls' beginnings from grandparents emigration from Jamaica to young Chris Wallace growing up in Brooklyn. In a neighborhood full of temptations, Wallace does low-level drug dealing until finding his true calling in music which Butler captures in a freestyle street battle. Smalls is also shaped by the influence of neighborhood jazz musician Donald Harris and his effervescent Jamaican-born mother, Violetta Smalls.

SHADOWS (MARCH 1 HBO MAX)

Crime drama series has been described as a Romanian "Sopranos" or "Breaking Bad." The first production of HBO Europe to air in the States, series follows Relu (Seban Pavlu) a family man and ordinary taxi driver, who as we discover, isn't so ordinary. Unknown to his wife and two children Relu also works as a debt collector for The Captain, the head of the local mob in order to better provide for his family. Because he's a decent man, not a killer or psychopath, Relu never rises beyond his position as a debt collector. Although Relu tries to be reasonable, inevitably he must resort to strongarm tactics and violence. After he accidentally kills a man, Relu can no longer go back to his decent former life. He now lives in the Shadows.



MOXIE (MARCH 3 NETFLIX)

Amy Poehler directs this coming-of-age YA story of female empowerment inspired by '90s Riot Grrrl culture. Hadley Robinson plays Vivian, an introverted 16-year-old just entering high school and completely intimidated. Together with best friend Claudia (Lauren Tsai), Vivian is tossed into the

STREAMING IN MARCH

BY LES KANEKUNI

noxious high school social scene, very much aware of their complete lack of social standing among the cool kids and terrified by an upcoming nasty annual list that includes categories for "most bang-able" and "the best rack." But Vivian observes new Black student Lucy (Alycia Pascual-Peña) fight back against heartthrob bully Mitchell Wilson (Patrick Schwarzenegger). Finding inspiration from her mother's Riot Grrrl mementos, Vivian clandestinely starts zine Moxie designed to start a revolution against sexist school policies.

THE MAURITANIAN (MARCH 2 AMAZON)

Jodie Foster and Benedict Cumberbatch topline this post-9/11 legal thriller about a lawyer defending a man suspected of being a 9/11 organizer. Based on the true story of Mohamedou Ould Salahi, who was imprisoned for 14 years at Guantanamo without being charged with a crime. Foster plays Nancy Hollander, a New Mexico lawyer who defends Salahi (Tahar Rahim) after he is detained by American authorities shortly after 9/11. Opposing her is Lt. Col. Stuart Couch (Cumberbatch), who has orders to win the case quickly and achieve the death penalty. While Salahi declares his innocence of any ties to Al Qaeda, the Government provides evidence that he received a call from Osama Bin Laden's satellite phone. Hollander discovers that the Government has violated the Guantanamo prisoners right to habeas corpus – the right to be brought before a judge and informed of the charges against them. Prisoners have spent years in custody, tortured for evidence – evidence that may have been fabricated.



RAYA AND THE LAST DRAGON (MARCH 5 DISNEY+)

Kelly Marie Tran and Awkwafina star in this Disney animation about a warrior, Raya (Tran), who must find the last dragon, Sisu (Awkwafina), in order to save her land from invading monsters. Synopsis: Long ago, in the fantasy world of Kumandra, humans and dragons lived together in harmony. But when sinister monsters known as the Druun threatened the land, the dragons sacrificed themselves to save humanity. Now, 500 years later, those same monsters have returned, and it's up to a lone warrior, Raya, to track down the last dragon in order to finally stop the Druun for good. However, along



her journey, she'll learn that it'll take more than dragon magic to save the world – it'll take trust as well.

BOSS LEVEL (MARCH 5 HULU) Frank Grillo, Mel Gibson and Naomi Watts topline this over-the-top time loop action thriller. Grillo plays Roy Pulver, a burnt out ex-special ops soldier who's now a drunk. And who wouldn't be considering Roy is stuck in a video game-like loop where everyday he wakes and must take on hordes of assassins (one of whom literally wants his head) killing dozens before inevitably, he ends up dead himself, only to wake up again. But, far from being a nightmare, Roy has gone through the loop so many times he knows exactly when to duck, dodge and step to avoid bullets, sword swipes and machine gun attacks. It's all routine to him, even getting killed at 12:47 pm every day. But Roy has a goal: improve his survival/killing skills so he can rise to Boss level and take on The Captain (Gibson) so he can escape the time loop.

Zack Snyder's Justice League (March 18 HBO Max)

During post-production on the 2017 movie Justice League, director Zack Snyder left the production which was finished by Joss Whedon. Whedon's cut was a drastic change from Snyder's version, with some estimating that only 10% of the footage shot by Snyder remaining in the film. Justice League bombed on release, both critically and commercially. After a strong fan demand to release Snyder's original cut, Warner Brothers and Snyder worked together to finish his cut, which included shooting new footage with the original cast. Originally planned a four-part miniseries, Snyder's 4-hour cut will now be released as a standalone movie. Like the 2017 version, Snyder's version features the Justice League trying to save the world from the threat of Steppenwolf and his army.

FREE WILL ASTROLOGY

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h 11° r 6' ♂ 27° ♀ 7' ☉ 15° ♀ 64' 0° ♀ 48'

ARIES (March 21-April 19): In late April of 1969, Cambridgeshire, UK hosted the first-ever Thriplow Daffodil Weekend: a flower show highlighting 80 varieties of narcissus. In the intervening years, climate change has raised the average temperature 3.24 degrees Fahrenheit. So the flowers have been blooming progressively earlier each year, which has necessitated moving the festival back. The last pre-Covid show in 2019 was on March 23-24, a month earlier than the original. Let's use this as a metaphor for shifting conditions in your world. I invite you to take an inventory of how your environment has been changing, and what you could do to ensure you're adapting to new conditions.

TAURUS (April 20-May 20): Author Leo Buscaglia told us that among ancient Egyptians, two specific questions were key in evaluating whether a human life was well-lived. They were "Did you bring joy?" and "Did you find joy?" In accordance with your current astrological potentials, I'm inviting you to meditate on those queries. And if you discover there's anything lacking in the joy you bring and the joy you find, now is a very favorable time to make corrections.

GEMINI (May 21-June 20): At age 11, the future first President of the United States George Washington became the "owner" of ten slaves. A few years later he "bought" 15 more. By the time he was president, 123 men, women, and children were struggling in miserable bondage under his control. Finally, in his will, he authorized them to be freed after he and his wife died. Maganimous? Hell, no. He should have freed those people decades earlier—or better yet, never "owned" them in the first place. Another Founding Father, Benjamin Franklin not only freed his slaves but became an abolitionist. By my count, at least 11 of the other Founding Fathers never owned slaves. Now here's the lesson I'd like you to apply to your life right now: Don't procrastinate in doing the right thing. Do it now.

CANCER (June 21-July 22): During World War II, the Japanese island of Okunoshima housed a factory that manufactured poison gas for use in chemical warfare against China. These days it is a tourist attraction famous for its thousands of feral but friendly bunnies. I'd love to see you initiate a comparable transmutation in the coming months, dear Cancerian: changing bad news into good news, twisted darkness into interesting light, soullessness into soulfulness. Now is a good time to ramp up your efforts.

LEO (July 23-Aug. 22): "Scars speak for you," writes author Gena Showalter. "They say you're strong, and you've survived something that might have killed others." In that spirit, dear Leo, and in accordance with astrological omens, I invite you to authorize your scars to express interesting truths about you in the coming weeks. Allow them to demonstrate how resilient you've been, and how well you've mastered the lessons that your past suffering has made available. Give your scars permission to be wildly eloquent about the transformations you've been so courageous in achieving.

VIRGO (Aug. 23-Sept. 22): According to novelist Doris Lessing, "Everybody in the world is thinking: I wish there was just one other person I could really talk to, who could really understand me, who'd be kind to me." She implied that hardly anyone ever gets such an experience—or that it's so rare as to be always tugging on our minds, forever a source of unquenched longing. But I'm more optimistic than Lessing. In my view, the treasured exchange she describes is not so impossible. And I think it will especially be possible for you in the coming weeks. I suspect you're entering a grace period of being listened to, understood, and treated kindly. Here's the catch: For best results, you should be forthright in seeking it out.

LIBRA (Sept. 23-Oct. 22): "How much has to be explored and discarded before reaching the naked flesh of feeling," wrote composer Claude Debussy. In the coming weeks, I hope you'll regard his words as an incitement to do everything you can to reach the

naked flesh of your feelings. Your ideas are fine. Your rational mind is a blessing. But for the foreseeable future, what you need most is to deepen your relationship with your emotions. Study them, please. Encourage them to express themselves. Respect their messages as gifts, even if you don't necessarily act upon them.

SCORPIO (Oct. 23-Nov. 21): You may never wander out alone into a dark forest or camp all night on a remote beach or encounter a mountain lion as you climb to a glacier near the peak of a rugged mountain. But there will always be a primeval wilderness within you—uncivilized lands and untamed creatures and elemental forces that are beyond your rational understanding. That's mostly a good thing! To be healthy and wise, you need to be in regular contact with raw nature, even if it's just the kind that's inside you. The only time it may be a hindrance is if you try to deny its existence, whereupon it may turn unruly and inimical. So don't deny it! Especially now. (PS: To help carry out this assignment, try to remember the dreams you have at night. Keep a recorder or notebook and pen near your bed.)

SAGITTARIUS (Nov. 22-Dec. 21): "What damages a person most," wrote philosopher Friedrich Nietzsche, "is to work, think, and feel without inner necessity, without any deep personal desire, without pleasure—as a mere automaton of duty." Once a year, I think every one of us, including me, should meditate on that quote. Once a year, we should evaluate whether we are living according to our soul's code; whether we're following the path with heart; whether we're doing what we came to earth to accomplish. In my astrological opinion, the next two weeks will be your special time to engage in this exploration.

CAPRICORN (Dec. 22-Jan. 19): What are your edges, Capricorn? What aspects of your identity straddle two different categories? Which of your beliefs embrace seemingly opposed positions? In your relations with other people, what are the taboo subjects? Where are the boundaries that you can sometimes cross and other times can't cross? I hope you'll meditate on these questions in the coming weeks. In my astrological opinion, you're primed to explore edges, deepen your relationship with your edges, and use your edges for healing and education and cultivating intimacy with your allies. As author Ali Smith says, "Edges are magic; there's a kind of forbidden magic on the borders of things, always a ceremony of crossing over, even if we ignore it or are unaware of it."

AQUARIUS (Jan. 20-Feb. 18): According to intermedia artist Sidney Pink, "The idea of divine inspiration and an aha moment is largely a fantasy." What the hell is he talking about?! That's fake news, in my view. In the course of my creative career, I've been blessed with thousands of divine inspirations and aha moments. But I do acknowledge that my breakthroughs have been made possible by "hard work and unwavering dedication," which Sidney Pink extols. Now here's the climax of your oracle: You Aquarians are in a phase when you should be doing the hard work and unwavering dedication that will pave the way for divine inspirations and aha moments later this year.

PISCES (Feb. 19-March 20): For you Pisceans, March is Love Yourself Bigger and Better and Bolder Month. To prepare you for this festival, I'm providing two inspirational quotes. 1. "If you aren't good at loving yourself, you will have a difficult time loving anyone, since you'll resent the time and energy you give another person that you aren't even giving to yourself." —Barbara De Angelis 2. "Loving yourself does not mean being self-absorbed or narcissistic, or disregarding others. Rather it means welcoming yourself as the most honored guest in your own heart, a guest worthy of respect, a lovable companion." —Margo Anand

Homework. What's your theme song for 2021 so far? FreeWillAstrology.com

Bike Madame

By Margaret Hammitt-McDonald

Zombie Cyclists: Using the Phone While Riding Melts Your Brain!

A MENACING FORM advances on me in my rear-view mirror. Clad in sodden rain gear, face contorted into a crazed expression, the zombie rider behind me would shamble if they could do that on a bike. They're hunched up, not to become more aerodynamic but because they've got their cellphone tucked in the crook of their neck. At the last minute, they shift gears and blow by me. Whew. For a second, I thought they were hankering to nosh on my cerebral cortex.

OK, maybe that zombie-apocalypse scenario is over the top, but I do regularly encounter cyclists using their cellphones while riding. Some display amazing balance as they ride hands-free. Is riding and calling as dangerous a distraction as doing the same deed while driving? And is it illegal, if not shambolic and brainless?

Back in early 2012, a distracted-driving law prohibited operating a vehicle while using a phone, but the law applied to motor vehicles, not bikes. Both drivers and cyclists objected, arguing that although a distracted motorist might do more harm than a distracted cyclist, the latter could still injure themselves and others (*Cycling With Cell Phones: Illegal or Not?* Eugene Bicyclist, February 16, 2012, eugenebicyclist.com). Jun Ren and colleagues conducted a study on road injuries in Shanghai, China caused by cellphone distractions and concluded that, no matter what mode of transportation people used, about half the road-injury cases involved cellphone use a minute or less before the accident and increased threefold their overall likelihood of causing or experiencing a road injury (Jun Ren et al., "Road Injuries Associated with Cell Phone Use While Walking or Riding a Bicycle or an Electric Bicycle:

A Case-Crossover Study," American Journal of Epidemiology, January 4, 2021), California attorney Gary Brustin offers two reasons why using a cellphone while cycling is dangerous: it takes your eyes off the road for crucial instants and occupies at least one hand that you need for steering and braking (Gary Brustin, "Texting and Cycling: Can You Use Your Cell

Phone While Riding?" December 20, 2018, www.bicyclelawyer.com).

Most riders don't reach highway speeds, but we travel fast enough to crash if we look away from the road for even a second.

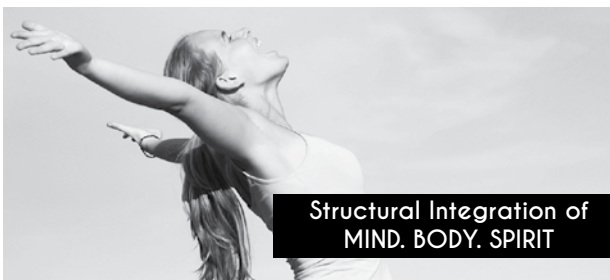
Many of us are convinced we're fantastic multitaskers, but neurologic research contradicts these claims, revealing that efforts to pay full attention to two

cognitively demanding activities at the same time result in diminished performance for both. Cycling involves some reflex actions, but we also pay constant attention to road and traffic conditions. Not only does phone use diminish the brainpower we need for safe riding, but we're also not giving our complete attention to the person we're texting or talking to.

The obsession with ever greater efficiency and speedy completion of tasks that got its start with industrialization has only accelerated. Increased demands for productivity and constant availability have made it difficult to put the phone away and focus on arriving safely. For some people, using the phone while in the saddle isn't a show-off balancing act; it's evidence of unrealistic demands on our time and safety. It's easy to consider these behaviors a matter of individual choice. Yet to prevent ourselves and others from becoming zombie riders, we need to dig deeper into the structures that benefit from our being distracted.



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

-Rachel Carson

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Due to inaction at the highest levels, military families and their neighboring communities live on contaminated soil and ground water.

The problem has been identified by the Department of Defense. Congress needs to hold the DoD accountable.

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Whole PLANET Health

By Margaret Hammitt-McDonald

Niceness versus Kindness: Why the Difference Matters

AFTER FOUR YEARS of a presidency that celebrated meanness, we're hearing calls to resurrect the lost art of being nice. Not only would a return to civility be a relief on the political front, but being prosocial enhances our health too. As a counterpoint to the hype early evolutionary psychology gave to competition and selfishness in the corporate-friendly 1990s, more recent research has concentrated on the biology of cooperative behavior. This research depended on the discovery of mirror neurons, which enable social creatures to decipher others' feeling states and to express empathy for them. That's why smiling is contagious... and so is yawning.

Friendliness fosters a positive climate at work, home, and in public, reducing stress and enhancing cooperation. As yoga instructor and psychologist Sara Stevenson states, "...each time you smile at a person, their brain coaxes them to return the favor. You are creating a symbiotic relationship that allows both of you to release feel-good chemicals in your brain, activate reward centers, make you both more attractive, and increase the chances of you both living longer, healthier lives" (Sarah Stevenson, "There's Magic In Your Smile: How Smiling Affects Your Brain," *Psychology Today*, June 25, 2012: www.psychologytoday.com)

But is being nice always good for you? Sometimes a pleasant demeanor demonstrates authentic kindness, while at other times, putting on a friendly face acts as a defense mechanism or is a job requirement. Some gruff dispositions hide loving hearts; conversely, an amiable exterior can clothe a manipulative interior. When our outward presentation and inner state are congruent, we're more likely to enjoy physical and psychological wellness, as demonstrated through measures as diverse as immune, cardiovascular, and neurologic functioning. Studies on the health benefits of benevolence reveal higher levels of stress-relieving, immune-boosting hormones and neurotransmitters, reduced levels of depression, anxiety, and inflammation, optimal blood pressure, and greater longevity (Maile Proctor, "6 Science-Backed Ways Being Kind Is Good For Your Health," *Quiet Revolution*, www.quietrev.com)

What happens when "niceness" becomes a role instead of an expression of one's inner state? People who feel compelled to be civil may be internalizing their negative emotions, not releasing



them. Underneath that cheerful exterior, frustration and resentment may lurk, ready to explode into hostile outbursts that leave us puzzled and remorseful (Robert Taibbi, "The Dangers of Being Nice: There's A Downside To Always Being the Good Guy," *Psychology Today*, July 21, 2018 www.psychologytoday.com.) This behavior pattern may originate early in life, with adults admonishing children, "If you don't have anything nice to say, don't say anything at all" or "You look prettier when you smile!" We don't learn contentment and coping skills from such scolding. We learn to stifle our emotions and to disrespect our own personal boundaries, a recipe for discontentment, bitterness, and disappointment in ourselves and others.

Cultivating compassion includes self-compassion: acknowledging when you're irritated, tired, and/or overcommitted and giving yourself time to recover instead of ignoring your needs and limitations in the name of caring for others. Noble deeds go with authenticity and justice. While our struggles don't give us a free pass to be nasty, enforced niceness glosses over these struggles and promotes injustice: witness more privileged people complaining about how "angry" and "aggressive" disenfranchised people are when they stand up for their rights. Let's not forget that asking nicely, or staying silent, has never convinced those in power to relinquish their privileges.

Niceness benefits us all when it's a manifestation of loving kindness, but when we use it to cloak our own and others' misery, that's the time to act constructively disruptive.

THE COVID pandemic's new normal feels like a virtual straitjacket against which we can struggle but never get free. Admittedly, we can rebel against masks, doggedly insist on attending family gatherings and even pretend the whole thing is a hoax. We can try to stuff this bad behavior into a personal freedoms suit. Like the glass slipper on a wicked step sister's foot, it just won't fit. That suit may not make us look fat, but it absolutely makes us look stupid.

I find the whole business to be an acute lesson in the inalterable facts of my everyday life. Among those:

Change is a given.
Almost everything I know is wrong.
I am not the center of the universe.
And, neither are you.

Turns out, if we put our responsibilities to nature and to each other on hold for too long, those responsibilities get bored and testy and circle around to bite us in the bum. We have been sent to our rooms until we can learn to behave and only a few of us are bothering to think about what we've done. A whole lot of us are pitching a fit like an unruly two-year old too long at the supermarket. The kicking and screaming is currently accompanied by a rampant virus and guns. It's exhausting!

Where was I? Oh, yeah. A food column. I've been cooking a lot lately. (See the above) Recently, while searching my cookbook shelves for dinner inspiration, I unearthed a little treasure called, "Burke's Complete Cocktail and Tastybite Recipes." It was written by Harman Burney Burke, aka Barney Burke, and published in 1932.

For several years, I moved too often from one rental situation to another. The house got sold, the rent got raised, my space got given to a landlord's family member, I wanted to be closer to work, etc., etc. Moving repeatedly is tedious as well as a lesson in lightening one's load. I found Barney's book at a yard sale offered up by another hapless mover. We obviously had very different approaches to the chore of moving, this fellow transient and I. Where I chose to offload as much heavy stuff as possible, they chose to get rid of the very thing that could have made the process tolerable - a guide to cocktails. What on earth possesses people?

This little gem is a great read. Here's how Barney talks, "To the neophyte who may lack the wisdom or miss the good fortune to choose and imbibe his drinks with understanding, there lurks a potential gloom-god ready to spoil what otherwise may become an extremely pleasant phase of living this life of lights and shadows." Oof! Times change and language with them. That heady combination of condescension, admonishment and plain old snootiness leaves me hopelessly smitten with Barney. That and the booze.

Soon, I had deftly reconfigured my dinner plan and had committed enthusiastically to the idea of a couple of cocktails and a platter of cocktail-appropriate snacks. Listen, if it comes to you served on a real plate accompanied by a cloth napkin, it's dinner. This is not open to discussion.

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



I love Mr. Burke's book because it contains recipes for things that are long out of style but absolutely delicious. Example: In 1932, the 15 most popular drinks were Martini*, Manhattan, Bronx Cocktail, Old Fashioned, Sidecar, Clover Club, Gin Rickey, Gin Fizz, Bacardi Cocktail, Alexander, Rock and Rye, Whiskey Cocktail, Sherry Cocktail, Dubonnet Cocktail and Champagne Cocktail. I have no idea what the Top 15 drinks of today are, but I bet a whole lot of them have vodka in the glass. Mr. Burke's book does not mention vodka. Time changes everything. If I were throwing a cocktail party, I'd rely on Mr. Burke's sensibilities to set the tone and the menu. The combination of savory, salty canapés and icy, fiery booze is timeless.



*Martini: Gin is implied.

Rules of thumb:

If it's not Gin, you need more words to describe it. Adding 'tini' to the end of the name does not make it so.

ANCHOVY CANAPÉS

Cut bread 1/4 inch thick. Cut to shape and size desired. Dip in or spread with butter. Fry, or bake in oven. Spread with Anchovy Paste. Chop separately Yolk and White of Egg. Lay white and yolk in alternate rows on bread

CAVIAR CANAPÉS

Toast thin squares of bread on one side only. Spread one-third of the square with caviar, another third with minced onion, and one-third with chopped yolks of hard-boiled eggs.

TOMATO CANAPÉS

Cut Bread to suit. Toast slightly. Lay sliced Tomato on bread. Salt, Black Pepper, sprinkle of Cayenne. Grated Cheese. Brown in oven.

Remember this is 1932. The bread is probably homemade and dense enough to stand up to multiple toppings; the tomatoes garden grown. It's hard to imagine simpler, more elegant hors d'oeuvres (which Barney asks us to pronounce OR DER).

My favorite is simply an Anchovy filet wrapped around a stuffed olive and secured with a cocktail pick. There just isn't a taste that mates more perfectly with a martini.



photo: @OregonGovBrown/twitter

GOVERNOR KATE BROWN Issues Statement One Year After First Confirmed Case of COVID-19 in Oregon

"FOR SO MANY OREGONIANS, after living through the COVID-19 pandemic, wildfires, flooding, severe winter weather, and a long-overdue reckoning on racism and racial justice, our lives are far different than they were on February 28, one year ago.

Through it all, I have been inspired by the way Oregonians have pulled together and helped one another. Because of your smart choices to protect friends and family, Oregon has maintained some of the lowest infection, hospitalization, and death rates in the nation throughout the pandemic.

Today, I want to take a moment to say:

Thank you, Oregon.

Thank you to all our frontline workers—from our doctors, nurses and health care workers who have worked tirelessly to save lives, to the agricultural, food processing, and grocery workers who have kept food on our tables throughout the pandemic, to first responders, postal workers, transportation workers, restaurant and food service workers, educators and school support staff, and the many more who have kept us all going.

Thank you to everyone who has helped friends and neighbors in need—from Oregonians experiencing hunger or homelessness, to those displaced by wildfires, to those who lost jobs and livelihoods during the pandemic.

Thank you to parents and caregivers, especially working mothers, who have balanced school, work, and family responsibilities in ways we never before imagined.

We must also acknowledge that this pandemic has had a disproportionate impact on Oregon's Black, Indigenous, Tribal, Latino, Latina, and Latinx, Pacific Islander, Asian, and communities of color, as well as our immigrant and refugee communities. We must do better—to build a stronger, more just, more equitable Oregon for everyone who lives here.

With our vaccine efforts ramping up, the light at the end of the tunnel grows closer each day. We are reopening school buildings, businesses, and communities. But we must keep up our guard, with new, more contagious COVID-19 variants circulating in the United States, including in Oregon.

Today and every day, we remember the more than 2,200 Oregonians we have lost. Our hearts are with the families who have lost loved ones to this deadly disease. We must continue to keep each other safe by wearing masks, avoiding gatherings with people from outside our households, maintaining distance, washing our hands, and staying home while sick.

But, while we must continue to keep our physical distance from one another, we will get through the rest of this pandemic the same way we have come this far: together."



A Web Evolution: NCFW's Small Farms Market Day

"Egg Day". Local producers gathered to sell their goods, especially eggs, at the Web's site (588 18th Street). Customers also could buy fresh veggies, fruits, locally foraged mushrooms and other goods directly from vendors.

Obviously, this model lost viability once COVID hit. But like all strong organisms, the Web adapted. 2020 was "a wild ride," says Caitlin, with new changes

every few months due to the pandemic and demands from customers. Ultimately, however, pandemic limitations fostered the growth of the latest Web evolution: Small Farms Market Day, a "year-round market featuring locally grown and produced food from small farmers, ranchers, fisher folk, foragers, bakers, and makers around the mouth of the Columbia River in Oregon and Washington."

Ordering takes place online Sunday-Tuesday prior to pick-up day each Thursday. The farm stand hosted about 10-15 vendors on big days. Now, Caitlin says, the online system allows more than 30 vendors. The Market worked with a total of 40 vendors in 2020. The online model puts less strain on vendors, who only have to drop off their goods on Wednesday, rather than allot a full day to sitting at the market. Volunteers then sort each order for customer pick up on Thursday afternoon.

The online ordering process is easy. Customers register and order online Sunday at 9 through Tuesday at midnight. They can pay via credit card or with SNAP benefits online. The Market also accepts checks and cash. On pick-up day, customers wait outside at safe distances, shielded by a tarp on rainy days, and volunteers bring orders to them.

The Market Day model allows more food processors because frozen and shelf-stable foods can be maintained as inventory for longer periods. The Market features meats and fish from local North Coast vendors, fresh and frozen berries from farmers and foragers, and other foraged foods like fiddleheads and various mushrooms.

The online model also allows the Web to support local businesses like the Bucket Bites food cart in Astoria's Uniontown. Their famous pasties are available to order frozen, as is their cardamom bread. Other

innovative food delivery systems such as local foods meal kits are provided by sources like Salmonberry Commons in Wheeler. They offer pasta and sauces, as well. Fans of local salsa can buy Warrenton's Tres Bros through the Market. North Fork 53 sells their tea delicacies on Market Day and coffee fans can order Columbia River Coffee Roasters' products.

The Small Farms Market Day is a huge task involving 20 volunteers and 30 hours a week. "Every week there's something new," Caitlin says, and the system is "constantly evolving." As a volunteer run community-led effort, customers are largely understanding of the project's evolutionary nature. To support the Market's evolution, NCFW applied for a USDA grant with a group of Food and Tourism partners. They were awarded the grant and toward its goals hired Lila Barrett, who started February 1st as part-time Market Coordinator.

While the pandemic disrupted the road map NCFW was traveling, it allowed a pause. According to Caitlin, the pause "gave us some time to step back as an organization and evaluate our processes. It allowed us to imagine a new vision." The new vision for Small Farms Market Day has expanded food security on the North Coast. Each of the Web's threads--producers, processors, volunteers and consumers--benefit from this latest evolution.

For more information, visit <https://north-coastfoodweb.localfoodmarketplace.com/>



HUNGRY BUT HOUSEBOUND? Now you can get breakfast lunch or dinner delivered to your door! Slurpalicious, a new food app, offers convenient delivery from some of Astoria's favorite eateries. Get pho from Nekst, a reuben from Peter Pan or a vegan burrito from Blue Scorcher, just three of the restaurants currently signed up with Slurpalicious.

SLURPALICIOUS Launches in Astoria *your meal ordered online, delivered to your door*

Similar to apps like DoorDash, Slurpalicious requires a simple download that allows you to order from any of the participating businesses. Unlike DoorDash, the service costs nothing for restaurant owners who don't have to inflate menu prices. Slurpalicious is a test pilot app launched a few months ago in Astoria that strives to help restaurants succeed, pay drivers fair wages, and satisfy customers with good service.

Candy Yiu and her husband, Slurpalicious CEO Akshay Dua, are both software engineers and restaurateurs. As students in Portland nine years ago, they decided they wanted to start a family and buy a house. Sadly, they discovered the neighborhood they were eyeing was out of their price range. A year later, the realtor called with a house they could afford--an extreme fixer-upper. The couple bought the house and decided to renovate on their own. Over the next 2.5 years, they learned an entirely new skill set. With no kitchen, they sought out food carts as a way to stay within their budget. One day, they discovered a beautiful airstream cart decked out with cloth napkins and hand-painted bowls. Not only did the cart offer a restaurant quality dining environment, the food was phenomenal.

They became regulars and decided if they ever had the money, they'd invest in chef Jesse Aron. Fast forward to January 2020, they opened Malka with Aron at the helm. They designed and outfitted the restaurant using the skills they'd acquired as homeowners. The restaurant became an instant success and their customers introduced a pay it forward feature, telling Yiu and Dua they'd like to make contributions to fund meals for diners down on their luck. During last year's wildfires, the restaurant raised over \$10,000 and delivered several hundred food bowls to firefighters.

When Malka had to close for indoor dining because of the pandemic, Yiu and Dua investigated several food delivery services available in Portland. They were frustrated by the high costs to restaurant owners, as well as limited menus and inflated prices for customers. The couple decided to create their own app that would minimize costs and pay drivers a fair rate.

Still operating Malka in Portland, they decided to launch their app as a pilot in Astoria.

Yiu and Dua bought the old Franklin Street Station downtown and opened their boutique hotel, Near the Pier. They live there temporarily with their two children, aged 2 and 5. The couple initially thought of calling the app, "Slurp". Their son, who Yiu says has "probably read too much Cat in the Hat," came up with Slurpalicious. It stuck.

The couple hopes the service will be win-win-win for drivers, restaurants and customers. Customers get quality food delivered hot, fresh and hands-free at a reasonable rate. They pay \$1 pick up and \$1 delivery + .50 per mile, all of which goes to the driver. Customers also set the tip amount. "If customers tip well," Liu says, "drivers can make a fair living." Restaurants benefit from the ease of the service and no extra fees. They set their own hours of availability and have the option to refuse orders if they're too busy.

Inspired by their Malka customers, Slurpalicious has incorporated the restaurant's "Pay it Forward" feature. Customers can donate funds to participating restaurants to cover meals for anyone in need. Available funds show up on the eatery's menu and those who need a boost can order a free meal with those funds. If the app is successful in Astoria, Yiu and Dua plan to take it nationwide. Currently, 13 Astoria eateries participate in the Slurpalicious pilot, with more scheduled to sign on in March.

Interested drivers, restaurants, and foodies can find all the information on the app at Slurpalicious.com.





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