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North Coast Performing Arts Alliance weathering the pandemic and

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- reopenings



KALA reopens this May with a new series FIRST PERSON authors talk

> *NC Chorale Opens the PAC this April*



North Coast Performing Arts Alliance

Clatsop County Organizations Rally Together to Weather Pandemic and support the Performing Arts community

By Katherine Lacaze

What do you do when the show can't go on? When stages are dark and audiences are tucked safely at home amid a global health crisis? When dancers and actors and musicians can no longer safely create in the same space?

These are the questions dozens of area organizations have grappled with over the past 12 months while facing a tenuous and ever-changing scenario. But in the Lower Columbia River Region, they didn't face it alone.

In spring 2020, Liberty Theatre executive director Jennifer Crockett was staring down a traumatic situation as she slowly postponed and canceled all of the organization's events that were scheduled for the upcoming season—52 in all.

"It was pretty scary," Crockett said. "I definitely had a lot of sleepless nights."

It got her thinking about the fate of all the small nonprofit



The North Coast Chorale opens the Charlene Larsen PAC this April, with Requiem Mass Lux Eterna, see p9

organizations who cultivate culture and art in the community. In her mind, the area benefits in numerous ways from having a selection of venues and groups hosting events. With a mindset of "The stage is dark, but it doesn't mean the theater has to be closed," Crockett started developing a tangible plan of action to take in a time when plans were crumbling left and right.

She reached out to the Nonprofit Association of Oregon for guidance and asked Liberty's board of directors to adopt a temporary mission to be "a catalyst for the performing arts on the North Oregon Coast."

The North Coast Performing Arts Alliance quickly brought in 17 different organizations from the region, from for-profit dance studios like Encore and Maddox Studio and well-established venues like Astor Street Opry Company and Coaster



Jessamyn West (center) and Triple Moon Bellydance pose for a shot in the Llberty Theatre Green Room for the 2018 Dragalution show. West, Director of Astoria Arts & Movement Center and it's many dance instructors await the time when dance can once again operate full force. For now, a reduced schedule is available at astoriaartsandmovement.com

Theatre to fluid groups like the North Coast Chorale and North Coast Symphonic Band. They have been meeting twice per month over the past year.

In one sense, the most meaningful benefit of the alliance is camaraderie and moral support.

"We all went through the nine stages of grief together," Crockett said.

Jessamyn West, executive director of the Astoria Arts and Movement Center, agreed, referencing the emotional and mental difficulty she experienced as a dancer—not to mention a building owner—while navigating the pandemic.

"We really came together to, one, use each other as a resource and, two, cultivate that sense of camaraderie in the community," she said. "We felt like we were in this boat together and navigating everything at the same time and in a similar way. I think we bonded on the ups and downs of the pandemic as we were going through them together."

The NAO also rolls out information that Crockett can then share with other alliance members. She also brings in special



Patrick Lathrop, Coaster Theatre Exec. Dir. and Coaster photographer George Vedder. The Coaster will look forward to presenting live theater in the park in Cannon Beach this summer.

speakers to address some of the unknowns surrounding insurance policies and coverage, financial relief, fundraising and other pandemic-related issues. As a result of the alliance, some organization received their first grant aware or wrote their first fundraising appeal in the past year. Opportunities for collaboration have also cropped up.

Advocating for Equitable Relief

However, there is also strength in numbers, and the alliance members have been active independently and collectively to ensure rural communities aren't overlooked for relief funding coming from the state and federal government. It started last year with the Coronavirus Aid, Relief and Economic Security (CARES) Act. The Liberty and KALA Performance Space were the only local venues that were eligible for music venue relief because of the requirement that at least 70% of revenue come from ticket sales.

Jim Brunberg, owner of Mississippi Studios and Revolution Hall in Portland and founder of the Independent Venue Coalition, was leading the charge in Oregon to secure industry specific financial aid for performing arts venues, and the alliance was able to join in and advocate at the state level through the National Independent Venue Association. Thanks to that effort, the Oregon Legislature's Emergency Board in July approved \$50 million in CARES Act funding for state's art infrastructure. Criteria was changed, making two additional organizations in Clatsop County— the Coaster Theatre and the Charlene Larsen Center for Performing Arts—eligible for relief.

"It's great to be able to quickly mobilize with advocacy because we have this alliance where we're all sharing information," Crockett said.

Now, the Small Business Administration is getting ready to administer the Shuttered Venue Operators Grant (SVOG) program. The program, which will start taking applications April 8, includes more than \$16 billion in grants to independent venues across the nation.

However, the criteria for the SVO grants originally precluded a number of active venues in Clatsop County from being eligible. For example, venues were required to have paid actors on staff and permanent seating.

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IN THE PAST SEVERAL YEARS we have seen a deterioration of the traditional norms of civility, tact and tolerance. Much of this slide can be blamed on the ubiquity of social media. For all his intemperate tweets, former president Trump avoided publicly insulting other world leaders. But a journalist was able to bait President Biden into saying Rus-

sia's Putin is a "killer." During the Cold War presidents avoided such language in speaking of Soviet leaders. And Putin responded to Biden by wishing his "American colleague" good health. But he also recalled America's violent history, including genocide against indigenous nations, enslavement and relentless mistreatment of African Americans, ultimately producing the broad-based Black Lives Matter movement. The American ruling class (not the people as

a whole), stated Putin, project their own violent history and continuing murderous propensity onto other countries like Russia, seen as adversaries.

Biden's intemperate statement reflects the present tactlessness that dominates much of our public discourse. The loss of tact and civility, the basis of healthy public dialogue and international diplomacy, can be ascribed to a loss of tolerance. In a tolerant, pluralistic society, which the US claims to be, a broad diversity of opinion would be welcomed. The World War Two fight against Nazi Germany, brought American, British and Russian allies into direct contact with the most flagrant example of mass intolerance of modern history. Allied armies, who liberated death camps like Auschwitz and Treblinka, witnessed the result of extreme intolerance. And for many ensuing decades Americans, as well as Europeans, Australians and other open, democratic cultures strived to bridle the many forms of social exclusion. But ironically in eagerness to eliminate bigotry - racism, sexism, homophobia, etc. – people in positions of authority can create a monolithic Orwellian order where people who violate social norms are shunned and "canceled" on public media.

We can see this surplus righteousness on a societal level in the movement generated by control-minded elites for "political correctness." Two of the fundamental freedoms guaranteed in our Bill of Rights are freedom of speech and the press. Today the press would include the public airwaves and the internet. Freedom of speech does, however, get limited on much of media because it



is privately owned. This is especially a problem in the US, where in the past several decades the powers that be, including almost the full range of media, are privately held. Thus free speech is limited in accordance with the wishes of media moguls such as Rupert Murdoch (Fox Corporation) and Jeff Bezos (Amazon). With so much clout in the hands of so few, this also limits the range of tolerance. Ideas like socialism that these mega-capitalists are hostile to get no venue in their media. Hence media tolerance is limited by whatever is acceptable to the great media capitalists.

But while concentration of wealth and power sharply limits the range of ideas and subjects given public venue, it is not especially the cause of the decline of civility and coarsening of our culture. That is more an artifact of the loss of consensus. For several decades after the end of World War Two, Americans, while admitting a variety of differences of belief and lifestyle, shared a cultural consensus. Ideals and practices of Western civilization such as popular self-government, public literacy and emphasis on the common good were held in rough consensus. But since the late twentieth century, consensus has gradually broken down. And



American lovalties are now commonly to ideological factions rather than traditions held in common.

Hence America is now composed more of groups with ever narrower focus. Some on the right view their personal freedom mainly in terms of their right to gun ownership. And they see the greatest threat coming from those who in response to mass shootings and

many thousands of shooting deaths, wish to enact some controls on the spread of these deadly weapons. The nominal regulation of background checks thus becomes the looming threat of government gun confiscation.

An area that the left seeks to regulate is language. Here we have what critics have labeled "the thought police." Some want to sharply limit the use of gendered pronouns. This originally grew out of feminist objection to the use of the male personal pronoun as a universal. A further develop-

ment is substitution of Latinx for Latino/ Latina. Language radicals would replace all reference to binary genders. So instead of male and female polarities with gay, lesbian and transsexual as varieties, they want to deemphasize male/female designations in favor of a spectrum of sexual orientation. Psychologists have in fact known and taught for at least the past fifty years that sexuality is more a spectrum than a binary condition.

The upshot of these controversies is that some have staked out positions as if continued human life depended on it. And on social media we now have people "canceling" those with different views. Thus tolerance and dialogue dissolves as people stake out absolutist positions. What is sorely needed is a return of tolerance and rationality to public discourse. In 1968, during tumult over the Vietnam War, two luminaries, Gore Vidal and William Buckley, held a series of public debates. Vidal was liberal and openly gay. Buckley was conservative and Catholic. They were on friendly terms and their debates on a wide range of public issues are classic. You can find them easily online. This is the kind of rational interchange we need to get back to.



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Hipfish is printed at the Astorian

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

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 CO-VID-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.

Assistance League of the Columbia Pacific Globe Trotting with Chef Sean

COVID-19 PANDEMIC isn't stopping Assistance League of the Columbia Pacific's all-volunteer members from putting on a safe fundraising event to take the place of the Assistance League's annual Golf Ball Drop!

Assistance League of the Columbia Pacific, is a non-profit, volunteer organization whose philanthropic programs promote the well-being & self esteem of youth in Clatsop County

The Assistance League fundraiser "Globe Trotting: a Zoom

Cooking Class featuring Tapas!" happens on Sunday, April 18 at 4pm featuring Chef Sean Whittacker, former "Iron Chef Goes Coastal" winner. All funds raised will go to help children in Clatsop County thrive! Learn the art of making Tapas as Chef Sean demonstrates how to make his secret recipes.

Buy your \$30 tickets at: https://tinyurl.com

Don't want to do it on your own? Tag a friend below and join ALCP on the 18th! Never used zoom before? No worries it is easy. All you need is a PC, MAC, tablet or smartphone. You don't need a video camera or a microphone to join the class. Everything you need to know will be provided in the ticket confirmation email.

Improving Diversity of Representation on Oregon's Boards and Commissions



In an effort to further the Governor's diversity, equity and inclusion mission three virtual board and commission member recruitment events are being hosted (each of these will be identical):

The focus of this event is to create a diverse pool of candidates for Oregon's boards and commissions. Diverse in terms of geography, gender, race, disability/ability, ethnicity, LGBTQ+ and veteran status.

The program will include an overview of what it means to serve as a board/ commission member. Current board/commission members will be available to talk about their experiences. The event will also include break-out sessions for more in depth conversations with board/commission members and executive directors.

The State of Oregon Boards & Commissions want to reach as many Oregonians as possible.

For registration please visit State of Oregon: Administration - Boards & Commissions website and click on the "Save the Date" i-con in the upper right corner of the page. A full program agenda in mid-April will be published.

• Wednesday, April 28:

- 11:45 a.m. 1:15 p.m.
- 5:30 p.m. 7:00 p.m.

• Saturday, May 1:

9:00 a.m. - 10:30 a.m.

Questions please feel free to reach out to Sherry Kudna (sherry.kudna@oregon.gov).



AAUW Scholarships for Young Women

EACH YEAR the American Association of University Women (AAUW) Astoria Branch grants scholarships to support AAUW's mission "Advancing equity for women and girls through advocacy, education, philanthropy, and research". To be eligible for the scholarship: the applicant must be identified as a female, attending a college/university in the 2020-2021 academic year, admitted to an Associate or Baccalaureate degree program at an accredited college or university, with enrollment no later than the Fall of 2021, and have a grade point average of 3.0 or better. May 1st is the deadline for applications. For more information contact Pamela Alegria at 503-325-8024 or pamjim3750@msn.com and astoria-or.aauw.net/ scholarships/









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



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INCO NEWS North Coast

What's Happening in Salem? Campaign Finance Reform, that's what.

LEGISLATORS IN SALEM have been busy writing proposals, with over 4,000 new bills submitted for discussion and possible approval this year. They have until June to decide what does and doesn't get passed.

In the frenzy to get as much done as possible, some great ideas can be overlooked. To help voters stay informed, a network of volunteers from Indivisible and other progressive advocacy groups in Oregon have joined forces under the umbrella organization we call COIN (Consolidated Oregon Indivisible Network) to form a Legislation Watch Team. The volunteers are reviewing proposed legislation to find bills that deserve attention. Topics include campaign finance reform, common sense gun safety, timber taxes, policing reforms, housing, and more.

My Campaign Finance and Election Reform team is excited about some of the proposals undergoing public hearings in the Oregon House and Senate. These bills include efforts critical to ensuring a more ethical government. Using research to grade the states based on the laws and systems they have in place to deter corruption, the State Integrity Investigation has assigned Oregon an F grade, ranking us 42nd (out of 50 states) for integrity.

We desperately need to reduce money in politics. In the 2020 election, we watched in shock as almost \$2 million was spent on the campaigns for House District 32, (Clatsop, Tillamook and parts of Washington County) and Bills under consideration this term would control campaign spending by outside interests and big money donors, limit how much is contributed per person, and clarify the true sources of campaign contributions. The best of these bills leaves no loopholes for manipulation of campaign financing by those aiming to undermine democracy. By banning dark money from campaigns, they would encourage legislators to be more responsive to the needs of their actual constituents.



Lower Columbia Q Center and ASTORIA PRIDE announce the ASTORIA PRIDE **FESTIVAL will commence on schedule** for 2021, in respective accordance with **OHA/CDC** Guidelines.

Friday June 11 — Limited Ticketed Reception at The Barby Train Station. 21+

Saturday June 12 — An afternoon with LIVE MUSIC and BEER GARDEN across a very large outdoor venue. Downtown Astoria Scavenger Hunt: First Clue in the Astoria Pride Guide, and culminating at the Lower Columbia Q Center, 171, West Bond, taking place from 1-7pm/ Prizes to be won by the Whole Family!!!! All Ages.

Saturday June 12 — Evening - a locally produced movie of our local LGBTQIA+ Community. All Ages Welcome.

Sunday June 13 – Family BBQ @ noon, large outdoor venue.

These proposals also require transparency in all public mes-

saging to voters. Have you wondered who is behind the many communications on TV or on the internet, pushing one candidate or another? Are the messages financed by local citizenry or by outside interests? Especially when communications are misleading or mean-spirited, it is important to know

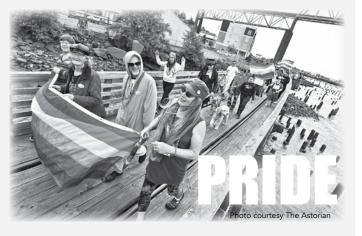


whose voice we are really hearing.

The list of ideas under consideration in Salem is long and cover a wide range of topics. How can we be sure that the best ideas, including campaign finance reform, get fair consideration from our legislators? That's where all of us get involved, writing letters to our local newspapers and conveying our support to Representative Suzanne Weber (503-986-1432) and Senator Betsy Johnson (503) 986-1716). In some cases, there will also be opportunity to submit oral testimony via videoconferencing or to submit written testimony via an online portal. We can also show support through postings on social media.

Thanks to technology, it has never been easier to participate in our state government. With current threats to our democracy, it has also never been as important. To stay informed on those bills requiring your action, sign up for the INCO newsletter at: indivisiblenorthcoastoregon.org. You can also track the progress of proposed bills at https://legiscan.com/OR.

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FILM IN REVIEW: The People VS. Agent Orange

Agent Orange follows Vietnamese activist Tran To Nga, who, in a French court, is suing the American chemical industry for poisoning her and her family in Vietnam. And in Oregon, Carol Van Strum battles to stop the ongoing spraying of toxins by the timber industry.



T HERBICIDE AGENT ORANGE is

associated with a war we would all just as soon forget. But the lessons the war in Vietnam taught us, that America doesn't always have God on its side, that our government isn't above lying to us, that large corporations can be absent a conscience, that war doesn't necessarily end when the shooting stops, and when the people rise up in large enough numbers their voices can change the course of history; these lessons live on and have given an older, and hopefully wiser, country some precepts to help maintain our democracy.

In this spirit film makers Alan Aldeson and Kate Taverna have given us an exceptional documentary film that should rekindle viewers outrage about events past and present concerning Agent Orange and the wholesale use of toxic chemicals in general. Rising to the highest standards for cinematography, sound and visual syntax, *The People vs Agent Orange* is above all a human document that reminds us that the road to justice can be long and hard, sometimes seemingly unattainable, but that there are always those extraordinary souls who are willing to fight on.

In the opening footage we join Darryl lvy, a spray helicopter crew member who is in the process of delivering a truckload of herbicide to a helicopter spraying a clearcut mountainside in Douglas County, Oregon in 2015. Nearby is Swiftwater Park on the North Umpqua River where adults and children are playing and enjoying nature along the mountain stream. "They have no idea what just drove by", Ivy says, knowing full well that even under ideal spraying conditions the chemicals about to be sprayed can drift for miles and will run downhill into water sources.

Later in the film Ivy reveals that the spray has effected his breathing even when not on the job. As he waits along side his truck to refill the helicopter with chemicals, he is enveloped by the herbicide as it drifts his way on the wind. At one point we see him handling the chemicals with protective gloves when suddenly droplets of the herbicides rain down on him from the helicopter passing directly overhead. Reacting to the carelessness being exhibited he blurs out, "You've got to be f---ing kidding me!' an apt sentiment for much of what the film reveals.

We learn that here in Oregon Agent Orange was sprayed on clearcuts in the Coast Range to control brush from 1969 to approximately 1979; a practice most likely continued unofficially by timber companies for several years thereafter. The Oregon Department of Forestry got its earliest shipment of Agent Orange directly from the U.S. Military as they were phasing it out under accusations by the scientific community that they were perpetrating chemical warfare and genocide in Vietnam. Though its not mentioned in the film, in Oregon the timber industry and the Department of Forestry tried to put lipstick on a pig calling Agent Orange by the name Silvex.

As the result in large part of activism by members of the Five Rivers community in Oregon, in 1985 the EPA banned the production of 2,4,5-T, the compound



Carol Van Strum, Oregon activist and author of "The Big Fog: Herbicides and Human Rights."

with the highly carcinogenic dioxin molecule attached that comprises half of the Agent Orange mixture. The ban ended its use anywhere in the United States. However, Oregon's forest management practices have permitted the continued use to this day of 2,4-D, Agent Orange's other primary component.

By Roger Dorband

The documentary gives a heads up to Oregonians as we learn that the health effects of 2,4-D are still not agreed upon. The timber companies and the Oregon Department of Forestry make the dubious claim that it is harmless to humans when sprayed according to the directions on the label.



The problem is that some of those labels read "harmful to humans" and wildlife, and especially "toxic to fish".

Considered a "possible human carcinogen" by the World Health Organization, lab tests on animals show the greatest health effects when 2,4-D is administered in low doses over an extended period of time. That is particularly troubling when one considers that by their own measure the EPA has found 2,4-D is the most widely found contaminant in ground and surface water.

We learn from one of the activists in the film that to make matters worse, 2,4-D is mixed with herbicides like glyphosate, atrazine and others that have not been rigorously reviewed by the EPA. The mixtures massively used in our Oregon forests have not been scientifically vetted leaving no assurance that their mixture doesn't give rise to dioxin.

After meeting Ivy at the outset of the film, viewing footage of aerial spraying in Oregon and seeing the impact of clearcuts on the environment in scenes that include a clip of log loading at Astoria Forest Products at Pier 1, the film shifts to focus on one of the two main protaganists. Carol Van Strum.

Van Strum is in her 70s and still living on the property in the community of Five Rivers, Oregon where she has lived for over 45 year. Somewhat disheveled while ambling about feeding her farm animals one would never suspect that she has been a life long activist and is author of the award winning book, *A Bitter Fog* that decries the aerial spraying

of herbicides that has heavily impacted her community. As we follow her doing the morning chores she begins to reveal her initial encounter with Agent Orange in 1975. Within hours after a timber company aerial sprayed the defoliant over a clearcut nearby her children got sick. The next day she and her husband walked along a tributary of the Alsea River and found birds, fish and other wildlife that had succumbed to the spraying. Within a few days after the spraying her garden began dying. Not long after that her dog died.

At the time of the incident Van Strum and others living nearby had no idea of what was being sprayed. But as they experienced more and more of the effects they began to investigate. Their outrage grew into protests and ultimately a series of law suits over many years. The film makers use interviews from those early days as well as still photographs and present day interviews to convey the ongoing nature of the legal battle against aerial spraying in Oregon.

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NATURE NEWS

Nature Matters: Chum Recovery

Chum salmon, Oncorhynchus keta, is one of the largest species of Pacific salmon and most widely distributed. On the West Coast, two populations are listed as threatened under the Endangered Species Act, the Columbia River Chum, and the Hood Canal summer- run Chum. During this Nature Matters talk, Scott Brewer, Executive Director of Hood Canal Coordinating Council (HCCC), will discuss Chum recovery efforts and the organization's role in salmon recovery planning. They hope this approach can be a lesson learned for others seeking salmon recovery in their watersheds and communities.

This free event is online. The 7 p.m. presentation takes place April 8th online via Facebook Live on Fort George Brewery's Facebook page. www.facebook.com/ FortGeorgeBrewery/

Scott Brewer is the Executive Director for the Hood Canal Coordinating Council, accountable to Hood Canal Coordinating Council Board of Directors and responsible for the administration of all Council activities and operations. HCCC is responsible for the development and implementation of the Hood Canal and Eastern Strait of Juan de Fuca Summer Chum Salmon Recovery Plan. Scott has over 30 years of experience working as a biologist, ecologist, and program administrator in the Puget Sound and Hood Canal.



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.

Oregon Shores Panel Discussion Impact Of Forestry Practices On Coastal Communities And Environments

A SPECIAL PRESENTATION in honor of the 50th anniversary year, Oregon Shores hosts a panel discussion the "Impact of Forestry Practices on Coastal Communities and Environments." The event, free and open to all, takes place on *Thursday, April 29, at 6 p.m.* Panelists include:

John Talberth, Ph.D., President and Senior Economist for the Center for Sustainable Economy and Co-Director for the Forest Carbon Coalition. The Talk Title: How Industrial Logging Corporations Damage the Coastal Economy. Talberth will focus on how these damages limit economic opportunities for coastal communities, and discuss three key strategies the Center for Sustainable Economy and its partners are pursuing to turn things around and help coastal communities thrive: reforming corporate land ownership laws, redirecting subsidies, and making timber corporations pay the full cost of their damages.

Shreejita Basu, Ph.D., Water Scientist at Sustainable Northwest. The Talk Title: Oregon Coast Community Forest Initiative: Case Study of Arch Cape Water District Overview: Sustainable Northwest is a regional nonprofit that uses a proven bottom-up, collaborative approach to overcome the rural West's most difficult natural resources challenges. Since 2017, Sustainable Northwest has worked within a collaborative partnership of diverse organizations to support coastal communities in understanding the connection between their forested watersheds and their drinking water.

Michael Paul Nelson, Ph.D., Ruth H. Spaniol Chair of Renewable Resources and Professor of Environmental Ethics and Philosophy, Oregon State University. The Talk Title: Interactions of Science and Ethics in Environmental Decisions. Michael will speak about the necessary, but often neglected, interactions of science and ethics in environmental decision making and management practices.

The panel will be moderated by Paul Sherman, an emeritus Professor of Biology from Cornell University, and an Oregon Shores board member.

To register for the zoom link go to oregonshores.org



ON APRIL 8 MEG REED, COASTAL SHORES SPECIALIST, will discuss the expected impacts of sea level rise along the Oregon coast and how the Oregon Coastal Management Program is planning to help communities and partners address these impacts over time. The OCMP is currently in the process of creating guidance for local governments to address sea level rise, to be completed this coming summer, with additional resources to come over the next year and a half.

"A certain amount of sea level rise is unavoidable, even if we were to dramatically reduce greenhouse gas emissions," says Margaret Treadwell, the Program Coordinator for Friends of Cape Falcon Marine Reserve. "Adapting to sea level rise can feel like an overwhelming problem, so I think it will be very interesting and heartening to hear about the ways that it's being planned for in Oregon and around the world."

This talk, hosted on Zoom, is co-sponsored by the Lower Nehalem Watershed Council and the Friends of Cape Falcon Marine Reserve.

Meg Reed is the Coastal Shores Specialist for the Oregon Coastal Management Program, administered through the Oregon Department of Land Conservation and Development. Based in Newport, Meg provides technical assistance and policy guidance to cities, counties, and state agencies related to land use planning and hazard mitigation for coastal shore processes and geologic hazards. She also co-coordinates the Oregon King Tides Project with Coast Watch. She has been with DLCD for 6 years.

The talk will be hosted on Zoom. You can find the link at Inwc.nehalem. org or on the event at www.facebook.com/Inwc1. You can also contact the watershed council at Inwc@nehalemtel.net.

Prior to the presentation, the LNWC Board of Directors will meet for a Bi-Monthly Board Meeting. The public is welcome to join us and get a deeper look at the council's upcoming projects and regular business.

Stay posted for the Lower Nehalem Watershed's Speaker Series other great talks coming up this spring:

May 13th: "Revisiting the Labor Day wildfires of 2020: Were they really unprecedented?" w/ Dan Donato PhD, WA Department of Natural Resources and University of Washington Forest Resources Department.

Event Information: This event is FREE and open to the public. Find more information on our speaker series and the links for access on our website (www.LNWC.nehalem.org) or Facebook page (https://www. facebook.com/lnwc1).

The People vs Agent Orange cont.

One of the chilling sub plots of the film is the open ended question of how much blowback from the chemical companies in the form of threats and surveillance of the Five Rivers activists took place once the activists filed law suits. Several had unusual encounters, including a local obstetrician who substantiated the abnormal number of miscarriages and rare birth defects that occurred in Five Rivers.

After the obstetrician and her husband had written numerous articles about the their concerns, she was approached at her home by "two men in suits" who said they wanted to talk about herbicides. When they made vague threats to her children she curtailed the interview and stopped her activism. Around the same time Carol Van Strum's house was burned to the ground killing all four of her children. Though the film's implication is horrifying, state police found no evidence of arson.

From Five Rivers the scene shifts suddenly to the frenetic streets of urban Vietnam where among the legion of motor bikes is one driven by Tran To Nga, the film's other protaganist who could arguably be called its heroine as well.

Speaking in French with subtitles, Tran to Nga weaves her family's personal history into the fabric of Vietnamese history during the last 100 years. Through old film and photographs we visit the French colonization period, the earliest arrival of the American military in 1953, the decision to use Agent Orange in Vietnam in 1961 and the massive destruction that ensued in the 10 year period during which the U.S. military dumped 20 million gallons of Agent Orange on the jungles and rice paddies of the country. As the title of the film suggests, it traces the many lawsuits that have been filed in an effort to get compensation for those who have suffered the effects of Agent Orange. Here in Oregon that story centers on the efforts of Van Strum and her community. In Vietnam we follow Tran to Nga's long journey to a courtroom in France where the verdict of her lawsuit against the manufacturers of Agent Orange, Dow Chemical and Monsanto, began in 2015, will be found this year.

Tran To Nga is an apt representative of the untold thousands of Vietnamese who suffered the effects of Agent Orange during and after the war. The toxic chemical which can remain virulent in soil and water indefinitely is still negatively impacting the country in the form of miscarriages, birth defects and cancers. Some of the film's most powerful and unforgettable images are from a facility that cares for children deformed by Agent Orange.

Like Carol Van Strum, Tran To Nga has suffered great personal loss because of Agent Orange. Her smiling disposition, humility and courage mask tremendous grief at the loss of her first child and the life long diseases of her other children as well as her own ongoing battle with terminal liver cancer. In the tradition of a family whose women fought fiercely for their country, Tran To Nga's determination to seek justice for herself and her people is nothing less than heroic.

The People vs. Agent Orange is being screened around the country prior to being shown as part of the PBS Independent Lens series on June 28th. For more info on the filmand movie screenings visit: warlegacies



Activist Tran To Nga, left, who divides her time between a suburb of Paris and Vietnam, visits several of the fourth generation of victims of Agent Orange in Ho Chi Minh City, Vietnam, in the documentary "The People vs. Agent Orange."

UNSHELTERED: dispatches from the street community

THE ASTORIA WARMING CENTER

recently wrapped up it's seventh season. On a personal level, I feel both pride and relief; I'm proud we chose to stay open this year despite COVID-19, and that we survived major organizational changes. I'm relieved our safety measures worked and we didn't have an outbreak in the center, and that I don't have to wake up at 4:30am anymore. For our guests though, my primary feeling is concern. Were they dry when it was pouring rain last night? Were they warm enough when the trees outside were whipping in the wind? As anyone who lives here knows, spring doesn't exactly mean nice weather is on the way.

I worry about our guests because I've grown to know them better, and have gotten a fuller picture of the obstacles they face. Their stories would move anyone to tears, but one of the most heartbreaking aspects of my job was a simple question often asked in the morning. Our regulars knew they had to be out by 8am, but almost weekly a new guest would stop at the front desk before leaving and ask me, "Where do we go now?" At first I had answers, or at least I thought I did. The more I learned about what we realistically have to offer people, the less I had to say. Eventually, I began to look them in the eye and tell them, "I don't know."

The 90 days that the Warming Center is allowed to provide emergency overnight shelter each season ended on March 15th. I'd like to delve into the codes and agreements that we operate under in a future column, but for now I'll just say that this is not due to a lack of willingness on our part to give people a place to sleep the other 275 nights of the year. More urgently, this means the roughly 900 residents of Clatsop County who don't have a home are literally unsheltered until we open again on November 15th. Where are they supposed to go in the meantime to sleep, bathe, stay dry, or simply exist?

Working on homelessness in an official capacity has illuminated me as to how different people are answering this question. The City and County have set a goal to create a drop-in resource center, and will hopefully be seeking the counsel of the local organizations and individuals who've been working on this issue for years to make this much-needed step a reality. Our community has no shortage of leaders who are determined to find lasting and humane solutions to homelessness, and as the new interim executive director



of the Astoria Warming Center, I look forward to collaborating with them in the future.

It's also vital to include the input of the street community when advocating on their behalf. They've taught me that not everyone wants to be housed, and that many would be happy with a place to get their basic needs met with dignity and just "be." As an unsheltered friend said, "As long as you have an address you're not really homeless." She's given me ideas for immediate ways to support people that don't involve waiting through the inherently lengthy process of nonprofits and different levels of government and the private sector working together to implement a new system. Her list of what she needs to get by was a lesson in living simply: a place to take a shower, do laundry, get mail and charge her phone

Homelessness, like most things in life, can be overwhelming when viewed from the macro level. It's a multi-layered problem that lies at the intersection of poverty, inequality, classism, systematic failures, trauma, mental illness, addiction, and a growing housing crisis. Each of these issues is a behemoth in its own right, and if we think we must solve them all before we can begin to tackle homelessness, it does seem unsolvable. That's why I've been harnessing my inherent optimism to remind us all that there are steps we can take right now to start chipping away at this together. Toward the end of the past season, I was able to add a hopeful note to my response when guests asked where they could go after they left for the day.

"I don't know... but I'm working on it."

UNSHELTERED: Dispatches from the street community is presented in collabortion with HIPFiSH and the Astoria Warming Center.

THE BIG ISSUE is one of the UK's leading social businesses and exists to offer homeless people, or individuals at risk of homelessness, the opportunity to earn a legitimate income, thereby helping them to reintegrate into mainstream society. It is the world's most widely circulated street newspaper.

Teresa Barnes is the interim Executive Director of the Astoria Warming Center. www.astoriawarmingcenter.org. www.facebook.com/astoriawarmingcenter/



This Show Will Go ON! Keeping the Magic Real

Astor St. Opry Company has announced that SHANGHAIED IN ASTORIA, the regions long-running beloved musical melodrama set in turn-of-the-century waterfront Astoria, will stage it's 37th in August-September (Labor Day Weekend ending) at the ASOC Playhouse in historic Uniontown. Director Ashley Mundel will be casting from the ASOC Shanghaied performer roster, sans auditions.

Fourteen shows will offer 50 seats—18 front row, 32 for the rest of the house, following social distancing guidelines. ASOC will feature one outdoor performance of Shanghaied in July at the KOA Campground stage. Stay tuned!

"If you weren't in that category, you were not going to be able to apply for the grant," said Tita Montero, board treasurer at the Coaster Theatre.

Alliance members were quick to jump in, augmenting the advocacy already underway. Montero started working her network and reaching out to state and federal officials to get the eligibility requirements changed. Crockett and West also got involved, noting that for small venues in rural communities that have to diversify to stay afloat, the requirements were excessively prohibitive.

"When you have a rural area like the north coast, you may only have one theater or one dance studio in that town," West said. "When those entities or organizations don't make it, so to speak, you've literally erased that avenue for creativity, sometimes throughout an entire county."

Ultimately, the wording and interpretation by the SBA has been changed, thanks to the efforts of Brunberg, the North Coast alliance and multiple organizations and individuals creating pressure.

This is a good example, Montero said, of people "working together to help their own venues but also to help the venues throughout the county."

Planning for the Future

As vaccinations proliferate throughout the region and COVID case counts are brought down, organizations are now looking to the future—cautiously.

"Moving forward, our word is flexibility," Coaster Theatre Executive Director Patrick Lathrop said. "We make a plan but we know it may have to change."

In light of having to cancel about a dozen shows, the theater used the past year to do housekeeping, such as im-



The Iconic Chris Lynn Taylor aka Miss Macey of Shanghaied in Astoria

proving bylaws, refining board oversight, and redesigning their website. Now, they are planning outdoor programs for the summer, with the hopes of opening the theater for fall and winter shows. According to Lathrop, they plan to choose oneact pieces and not have intermissions or concessions to limit person-to-person interactions.

West is also exploring future programs for the Astoria Arts and Movement Center, which has periodically opened with limited capacity.

"The past year has been really challenging," she said. In addition to being "forcibly closed," the center wasn't able to contribute to any community events, which has reaped negative financial and emotional ramifications.

The center is currently offering a few classes, including ballet, modern dance and Zumba. Moving forward, "when we're on the other side of the vaccination," West said, "that's when I anticipate being able to return to some of the larger classes." As the temporary director of the fledgling Ten-Fifteen Theater, she also is overseeing the future of that organization.

West's mindset is one of gracious optimism. She's practiced the art of missing people and looking inward with her craft. Like others, she feels apprehensive about being out of practice and exploring how to function as an organization in the post-pandemic world. Yet, she sees no wrong way to get the art ecosystem in the Lower Columbia region back on a healthy trajectory.

"Wherever we're at when we all come back together, is just perfect, whatever that looks like," West said.

KALA presents First Person: authors talk • May 14 HOST: Heather Hirschi and Guest Author Cliff Taylor

KALA Performance Space presents a new and original monthly series and marks its opening after the one year pandemic performance venues closure. First Person: authors talk is an hour of lively discussion on the Kala stage, with local authors/writers and welcomes interview host Heather Hirschi. The program will feature writers' perspectives on everything writing--from craft to the zone of "focused fun". Audience Q&A and a few surprises are part of the festivities!

"It's with great anticipation and deep respect that we safely welcome back KALA audiences," says Dinah Urell, proprietor of the performance space, overseen by HIPFiSHmonthly, of which she is the publisher.

"Collaborting locally is a stong part of KALA'S mission, in additon to touring artists. This is a venture that we are very exicted to share with the coastal community."

"I've always been passionate about collaborative creativity and projects that build community," says host Heather Hirschi, a writer and educator transplanted from Salt Lake City, Utah, who moved to Astoria because she recognized a similar spirit here. "There are a lot of fine writers on the Coast. I've been really welcomed by writers I've met here, like folks at Ric's Open Mic and the Astoria Writer's Guild."

Hirshi's poetry, fiction, and essays have appeared in journals including *Black Warrior Review* and *Painted Bride Quarterly*, and publications like *HipFish Monthly*, *The West View*, and *Utah Business*. Salt Lake Acting Company produced her short play, "A Beautiful Child" and her textbook, *Creative Writing: The Easy Way*, was published by Barron's in 2004. Hirschi was an editor for *Salt Flats Annual* and *Quarterly West* and *What There is: The Crossroads Anthology*, a collection of Southwestern writing and art forwarded by Terry Tempest Williams.

Heather taught writing at the University of Utah for 25 years, most recently as an assistant professor in the Department of Writing and Rhetoric Studies. In that capacity, she developed the Dreamkeepers Project (2011-2016), a college pathway program for underrepresented middle schoolers based on mentorship and identity development.

Hirschi came to Oregon in August 2018. A year later, she opened Pink Elephant Juice Emporium, which In addition to an array of healthy juices, pro-

North Coast Chorale to Perform LIVE

NORTH COAST CHORALE will perform live and to a live audience on Friday, April 9 at 7pm., Sunday, April 11 at 4pm, and Sunday, April 18 at 4pm at the Performing Arts Center in Astoria. NCC will be presenting the Lux Aeterna, (translated, Eternal Light), a composition by Morten Lauridsen. This is a requiem Mass, which Lauridsen wrote in response to his Mother's final illness. Although sung in Latin, the words speak of light, a universal symbol of illumination, at all levels—spiritual, artistic, and intellectual. The Chorale will also be singing Easter choruses and arias from the Messiah, featuring well known NCC soloists.

To ensure the safety of the audience, tickets will ONLY be available for purchase through the Partners for the PAC website, www.partnersforthepac.org A limit of 50-tickets will be sold for each performance. As in the past, NCC concert tickets are \$10 each plus processing fees, with children under 12 free when ac-

vided a venue for local artists and writers. She hosted classes, readings for local and visiting writers like Stanley Crawford, and open mics for the Writer's Guild of Astoria. Pink Elephant closed last summer due to COVID and Hirschi began Creative Juices Language Arts, a writing and tutoring service. She envisions First Person as an entertaining vehicle to support local writers. "Supporting each other is how we'll survive. How we thrive," she says, "Kala is an ideal venue for First Person, intimate and friendly, yet spacious enough for safe gathering."

Hirschi is excited to dive into conversation with the



premier First Person, author **Cliff Taylor.** His book, *The Memory of Souls*, is Cliff's story of "stumbling into his people's ways...shedding the bindings of trauma and getting his soul back; it is the story of a young Ponca walking with the little people on a journey of cultural recovery/regeneration and remembrance." Author Clark Roth says "Cliff's rare genius is to make a Fellini film and a hallelujah chorus of something that you'd normally only see out the corner of your eye." Copies of *The Memory of Souls* will be available for purchase at the event.

Friday, May 14. Doors open 7:30pm, Show at 8pm. Tickets: \$15. Limited Seating. Cocktails. Covid Guidelines. Table Bubbles of 2-3. Tickets at www. brownpapertickets.com, KALA Performance Space. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878.

Lux Eterna and Messiah Easter Choruses

companied by an adult. While it has been an excruciatingly long time since the Chorale has been able to sing for an audience, with safety in mind, no one performance will exceed 60-minutes. Singers will perform wearing specialized singers masks. Again, to keep our patrons safe, Masks and Social Distancing are required of everyone while inside the Performing Arts Center.

North Coast Chorale receives support from Oregon Arts Commission, Oregon Cultural Trust, and Clatsop County Cultural Coalition, all state agencies funded by the



art happens openings and news in the LCPR

Away from Home: American Indian Boarding School Stories

A Traveling Exhibit at the Clatsop County Heritage Museum

THE HERITAGE MUSEUM of the Clatsop County Historical Society will host a temporary exhibit entitled, Away from Home: American Indian Boarding School Stories. This showing of the National Endowment of the Humanities, NEH on the Road traveling exhibition will be the only appearance in the Pacific Northwest in 2021.

Beginning in the 1870s, the US government attempted to educate and assimilate American Indians into "civilized" society by placing children—of all ages, from thousands of homes and hundreds of diverse tribes-in distant, residential boarding schools. Many were forcibly taken from their families and communities and stripped of all signs of "Indianness," even forbidden to speak their own language amongst themselves. Up until the 1930s, students were trained for domestic work and trade in a highly regimented environment. Many children went years without familial contact, and these events had a lasting, generational impact. Away from Home: American Indian Boarding School Stories explores offreservation boarding schools in a kaleidoscope of voices. Away from Home opens April 6 at the Heritage Museum in Astoria.

Native Americans responded to the often tragic boarding school experience in complex and nuanced ways. Stories of student resistance, accommodation, creative resolve, devoted participation, escape, and faith in one's self and heritage speak individually across eras. Some families, facing increasingly scarce

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Sioux children on their first day at school, 1897. Photo: Library of Congress

resources due to land dispossession and a diminishing way of life at home, sent their children to boarding schools as a refuge from these realities. In the variety of reactions, Ojibwe historian Brenda Childs finds that the "boarding school experience was carried out in public, but had an intensely private dimension."

Unintended outcomes, such as a sense of "Pan Indianism" and support networks, grew and flourished on campuses, and advocates demanded reform. Boarding schools were designed to remake American Indians, but it was American Indians who changed the schools. After graduation, some students became involved in tribal political office or the formation of civil rights and Native sovereignty organizations. The handful of federal boarding schools remaining today embrace Indigenous heritage, languages, traditions, and culture.

Please note: Away from Home contains stories of resilience and

revitalization, agency and honor. Please be aware that it also contains descriptions of human indignities and hardships and terms that reflect historically racist perspectives and language from past eras. In speaking the truth about acts of seemingly unfathomable violence and suffering in the lives of Native peoples, this exhibition is advised for more mature audience members, grades eight to adult. This exhibition is made possible

by NEH on the Road, a special initiative of the National Endowment for the Humanities. It was adapted from the permanent exhibition, Away from Home: American Indian Boarding School Stories, organized by The Heard Museum in Phoenix, Arizona. It was adapted and toured for NEH on the Road by the Mid-America Arts Alliance

The Clatsop County Heritage Museum is open daily, 10am – 4pm at 1618 Exchange St. in Astoria.

zoom in on wi

Astoria Poet Featured at WordFest ASTORIA POET FLORENCE SAGE is featured writer at the Poetry Month edition of WordFest, 7pm on Tuesday April 13. She introduces and reads from her newest collection, The Man Who Whistled, The Woman Who Wished: A Polish-Canadian Story, published in

Astoria by Gray Area Press with HIPFiSH Publications. The book contains 62 kindhearted narrative/story

poems about life with her immigrant family in Canada from WW II through the next three decades. It was the subject of a HIPFiSH article in December.

Books are available at: RiverSea Gallery in Astoria, and Time Enough Books in Ilwaco WA.

WordFest is a monthly gathering of Lower Columbia writers and readers, celebrating the joy of words with public readings, discussions, and networking. It's hosted by Longview writer Alan Rose. Free and open to the public, at this time events are via Zoom.

To receive the Zoom invitation by email, register for the WordFest newsletter at: alan-rose.com.

NW Author Series • CB Library



- much of which is not widely known - about this important subject. Make sure to watch until the end for an engaging discussion about the legacy of slavery in Oregon and how it continues to impact us today!

To watch the program, go to cannonbeacharts. org or Cannon Beach Library | Facebook.



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APRIL 21 |hipfishmonthly.com| (11

Lisa Ackerman At AIMCA

AIMCA's April Astoria Art Walk features Lisa Ackerman showing her current and earlier surreal paintings and mixed media art, Sid Deluca his analog collage art, and Kelley Stargazer, her atmospheric acrylic paintings. Also on display and for sale, beautiful vintage batiks which are signed and unsigned, some vintage postcards and books, ceramics by TKO, and Mexican Lottery Card art by Paul Gagnon. Live music by Lorenzo. Piano lessons now available. For private showings and more info call (503) 395-1221.



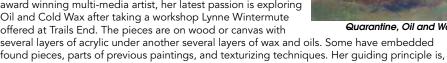
Lisa Ackerman, Water and Earth Fusion, oil on canvas

Astoria Institute of Music and Center for the Arts is located at 1159 Marine Dr. in Astoria. Open April 10, 12-8pm, by appt. (503) 395-1221

New Paintings: Kitty Paino at Trail's End

TRAILS END GALLERY will open a new show In April featuring Oil and Cold Wax painting by Kitty Paino. Reception for the artist is on April 3 during the Gearhart ArtWalk, 2-5 pm.

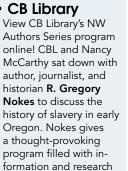
Kitty Paino grew up near the beach in Seaside and now lives in Astoria. Although starting out as an artist, life happened, and so she eventually retired from CCC as a dean of continuing education and gained the opportunity to paint daily.An award winning multi-media artist, her latest passion is exploring Oil and Cold Wax after taking a workshop Lynne Wintermute offered at Trails End. The pieces are on wood or canvas with



'The journey is the reward'. View the show Fri-Sun, 11am-3pm through April 25. Trail's End is located at 656 A Street in Gearhart. Open Fri-Sun, 11am to 3pm. trailsendart.org. 503 717-9458.







Quarantine, Oil and Wax

art happens openings and news in the LCPR

Earth Day Exhibit at AVA FIRST CELEBRATED in 1970, Earth Day, April 22, is now an annual event

FIRST CELEBRATED in 1970, Earth Day, April 22, is now an annual event celebrated in 193 countries around the world. Astoria artists demonstrate their support for this holiday through their collective artwork that acts to celebrate Earth Day and focus attention toward the need for environmental protection, recycling, and efforts to clean up our planet. The exhibit features artists from Clatsop and Pacific County working in all media. Dee Vadnais, a noted regional plein air artist, will jury the exhibit.

The exhibit opens during Second Saturday Art Walk on April 10 and runs through May 1. Participants are invited to participate in a virtual public forum, date and time TBA, to celebrate Earth Day, meet each other, and publicly discuss their artwork.

AVA is located at 1000 Duane Street and is open Fridays and Saturdays from 12:00 to 4:00pm. Astoria Visual Arts is a nonprofit that works to enhance, strengthen and promote the arts in Greater Astoria.

Astoria Visual Arts Invites Artists To Participate In July Open Studios Tour

Astoria Visual Arts invites local artists to participate *in the* 11th annual Astoria Open Studios Tour, Saturday and Sunday, July 24 and 25. Artist studios may be open to the public both days from 11:00 to 5:00pm or artists may participate virtually. Artists must reside within the greater Astoria. Register online at www. astoriavisualarts.org. The cost to participate is \$40 per artist or \$25 for AVA members. The deadline to register is May 15.

The purpose of the Astoria Open Studios Tour is to support and promote Astoria artists, to promote tourism and enrich our community. Professional and emerging artists are featured and all ages can enjoy this free public event. Visitors get to meet the makers and see a close-up view of their techniques and

media. Artists get to connect with patrons, networks with visitors, and expand their audience. Artists retain 100% of sales made from their studios. Artists will also be featured in an exhibit at the AVA Gallery opening July 10.

The Astoria Open Studios Tour draws hundreds of visitors to Astoria each year. Astoria Visual Arts will publish a free, full-color Tour Guide featuring all participating artists and widely publicize the event. Visit astoriavisualarts. org for more information.

Sherrie Wolf and Mary Roberts The Hoffman Center Gallery





Sherrie Wolfe, Tea

THIS APRIL the Hoffman Gallery in Manzanita features the prints and paintings of Sherrie Wolf and pottery of Mary Roberts, April 2-25.

SHERRIE WOLF'S FOUND SERIES, celebrates random images and observations gleaned from travel. The artist captured the organized chaos of antique malls, garage sales, and thrift stores here and abroad in England and France. All the new work is in black and white acrylic on yupo paper, focusing on the shapes of light, shadow and rhythmic patterns.

A collection of functional wheel-thrown vessels in subtle seacoast colors and textures, in SHAPE AND SURFACE, MARY ROBERT'S aim is elegant and modern. The Pacific Northwest coast inspires each surface – delicately lined shells, sculpted driftwood, fissured bark, overcast skies and granite rock, incandescent spring growth. All are food and dishwasher safe.

Hoffman Center for the Arts is located at 594 Laneda Avenue, Manzanita. Open Fri – Sun, 1-5pm. View more works at hoffmanarts.org



Morgan Brig Brumfield Gallery

3D COLLAGE ARTIST Morgan Brig's figures bring disparate materials to create a unified being, imbued with emotive human expression. She is drawn to sculpture because she finds it provides the best conduit to explore how the manipulation of an eye, mouth, ear or brow can change the expression and implied meaning of a work. Into this she introduces symbolic imagery and found objects.

Morgan's show runs through June 6, at Brumfield Gallery open Wednesday – Saturday 11am – 5pm and Sunday 11am – 4pm, located at 1033 Marine Drive in Astoria. The work is also available from the gallery's website at www.brumfieldgallery.com, which also features a film about the making of this work. Also view two video demos on Morgan's techniques.

A Storied Life: Narrative Assemblages

Dan Pillers at Riversea

RIVERSEA GALLERY presents A Storied Life, a solo exhibition of provocative assemblages by Portland artist Dan Pillers, who creates conceptual works from collections of vintage furniture parts and other remnants of days gone by. The show opens on Saturday, April 10 with a socially distanced reception held during Astoria's Second Saturday Artwalk from 12:00 to 8:00 pm, and an opportunity to meet the artist from 5:00 to 8:00 pm. The exhibition will continue through May 4, 2021.

For many years Pillers has been fascinated by the power of using his artwork to encapsulate memories, to impart his own story along with provoking consideration of broader cultural themes. He conveys emotion, social awareness, and personal memories through considered arrangements of selected artifacts. These compositions are given a heightened sense of history and context with the addition of meaningful text, and presented within elaborate,



As a Boy I Liked to Play with Dolls

beautifully hand-crafted vitrines and wall-mounted or freestanding assemblages.

Sparked by inspiration from vivid memories and current events, and partially guided by lucid dreams, he embarks on a painstaking process of deconstructing, reimagining and assembling until he has transformed a collection of mundane objects into a compelling and meaningful narrative.

Pillers has a BFA from the San Francisco Art Institute and has exhibited extensively for the past couple decades, participating in gallery shows and installations in public institutions throughout the west coast. This is his second solo show at RiverSea Gallery where he has been a represented artist since 2015.

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.

More Garden Studies Deb Stoner at IMOGEN

IMOGEN GALLERY hosts a second solo exhibition for Portland artist Deb Stoner and her meticulous still life compositions. Join Imogen for a socially distanced Second Saturday Artwalk, April 10th 12-7pm to view More Garden Studies. Stoner, an accomplished photographer brings a new series of archival pigment prints, focusing on her love of gardening and the Dutch masters of still life painting. The exhibition will be on view through June 7th.

More Garden Studies, a continuation of Stoner's garden series, showcases her love of botanicals with large format prints that allow the viewer to immerse themselves in details not normally seen without careful scrutiny. With some images printed as large as 40" x 60", insects larger than life reveal themselves within her compositions. looking at home in their artist made world. Incredible detail in a vast array of plant varieties included to each print, Stoner's work is easily a horticulturist's dream come true. She carefully cultivates each detail of her compositions with the delicate nuance of curl on a petal, or the subtle shift of hue within a blossoming rose. The juxtaposition of the leather like skin of a pomegranate to the matte, velvety surface on the spring growth of fiddle head fern, all provide the allure of indescribable texture and dimen-



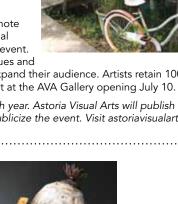
RIP Prince, 26x32

sion that leaps from the flat surface of rag paper, each image is printed to.

Stoner is an artist who is constantly challenging herself to create and reveal the unexpected. Her photographic process is not the atypical point and shoot format with a hand held camera and lens doing the work, instead she creates each high resolution imagery on her scanner, literally building her compositions on the scanner bed to capture as much detail as possible.

Stoner has juried purchases in the permanent public art collections at University of Oregon, OHSU, PCC, and Portland International Airport; is the recipient of grants and a recent residency, and sells work to enthusiastic collectors around the world.

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.





Earth Day Juror Dee Vadnais

MESSAGES **SONJA GRACE**



YOUNG CHILDREN are often confused by the concept of time.

Birthdays might be a year away, but it must be tomorrow. A time out is confusing because what is time? As adults we struggle with keeping time, being on time and allowing for time to pass. The wounded inner child wants it now, insists on a do over and cannot accept there is no time. We rush to pick up the kids, go to work and race the clock to make meetings. We are late for our loved ones and angry that our loved ones are late! We calculate our hair color by how many days have passed, our weight by the time we have spent not exercising, our patience by the amount of frustration we have experienced.

Time is a measuring system that never seems to be on our side. We fear our

time is limited, we won't have enough time, or we are at the end of our time. What if the clocks simply stopped and

we were forced to be in the moment? How would time look to the rushing, bustling, impatient and intolerant world then? I dimension we are energetically altered. Time comes down to what is important. Loving yourself and loving each other.

When you are dying of a terminal disease your time left is very precious. It takes on a whole new meaning to simply have one more day. When you are a twoyear-old you have no concept of time, so every day is a play day!

We need to remember the elderly that are sitting quietly alone, marking time, time for the news, time for Jeopardy and time for dinner. Your emails, phone calls and handwritten letters are very important to those marking time alone.

For those of you who want to go beyond time, meditate and allow the moment to be all that matters. There is no past or future only the present moment. Take time to breathe and center yourself. Feel how extended the moment becomes when you are no longer preoccupied in your mind.

Time is a concept that is no longer operating within the fifth dimensional

word wisdom

+ passion. 0

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TIME and personal energy are givens. You either have the time and energy or you don't. Well, maybe. A person will "make the time" and "find the energy" to fulfill a desire. Artists and authors often live lives that prove that point. Choices we make ideally will reflect our vision of a quality life, one with meaning and purpose. A life that feeds the soul...time is allotted willingly and with love to one's art, one's

Most of us have some vision of a quality life. Sadly, for some, it reflects quantity and consumption. I'm trusting that if you are reading my column, have some artistic bent, seek a life worth living, then the vision, personal, unique to each person will emerge

with most every decision made in the course of a day. Quality of life may dictate the foods you choose to eat, the vegetables you buy. As if you may not have noticed, I'm advocating strongly for quality over quantity in all matters.

Time is limited. Only 24 hours in a day. Most of us will not reach a hundred years of life. I've known many who have jam packed a whole lot of projects and meetings into every day. If it's satisfying to the soul, the person exudes excitement and life. If the only words that come forth are "I'm so busy. I'm so tired. I need a vacation," that reveals a person who isn't making quality decisions regarding their own



life. Here's where picking and choosing wisely can get you more of the life you want. Weed out the volunteer budget meetings that you may have done for 20 years and now is nothing but boring and time-consuming. Like

system. If you find you are arriving to your destination sooner, your surgery took less time, you passed through the tunnel and lost 30 minutes you are experiencing a cosmic time out. This means in the fifth This is a new time, zero time and a cosmic time out. Adjust your clocks accordingly!

Cosmic Time Out

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

By Tobi Nason

volunteering? Pick an area that thrills you.

Treat yourself to a fulfilling experience. Don't just do things to say you do things. Busyness is not as valued as it once was... but using time to fuel your passion is a quality act.

People only have so much energy. It varies from person to person for a variety of reasons. Health, genetics, stress factors-it's individual and dictates to some extent, choices made. Again, honor your energy level as only you can truly know. Consider how well a new project will fit into the existing reality. If you work, do you have the time and the energy to volunteer, commit to a book group, take care of a needy neighbor and potty train that new kitten? Maybe not. Choose the activity most rewarding. Commit to yourself.

Honor your time and energy. That's all. Simple.

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



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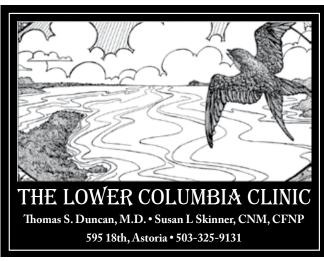
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FLASH CUTS MOVIES & MUSINGS

OSCARS PICKS 2021

BY LES KANEKUN

BEST PICTURE



Prediction: Nomadland The big favorite for the Best Picture Oscar is director Chloe Zhao's story of disenfranchised America. Frances McDormand stars as Fern, a 60-something year old who, after her husband dies and the town gypsum factory closes, takes to a nomadic lifestyle, determined to never be tied down again. Alone in her van, Fern moves from place to place, picking up seasonal work but never staying too long. Her only community is other nomads like herself, who revel in their itinerant lifestyles while accepting the inevitable daily hardships including the possibility of freezing/starving to death. Proud and self-reliant, Fern only accepts assistance from her sister when her van breaks down. Yet when her sister offers Fern a place to stay she declines, declaring "I'm houseless. I'm not homeless." Along the way her path crosses with a gentle nomad named Dave (David Straithorn) and strikes up a friendship that offers the possibility of romance and permanence even as Fern (as always) feels the pull of the road.

Other Nominees: Promising Young Woman / Minari / The Trial of the Chicago 7 / Sound of Metal / Judas and the Black Messiah / Mank/ The Father

BEST DIRECTOR

Prediction: Chloé Zhao (Nomadland) China-born Zhao, after studying filmmaking at NYU, directed two independent films, the second of which, The Rider, won and Independent Spirit Award for Best Picture and Best Director. Frances McDormand had optioned the nonfiction book the film was based on and approached Zhao to write and direct. Zaho accepted and created a film that combined the observational quality of a documentary with an unsentimental peek at the living on the edge lifestyle of Fern and the other nomads whil using a great actor like McDormand to flesh out the personal loss that drives Fern to leave stability behind and permanently take to the road. Zhao has since directed another movie on a much larger scale about another



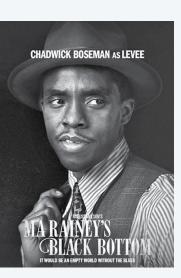
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outcast group – Marvel's Eternals – about a superhero group that has secretly lived on Earth for thousands of years.

Other nominees: Emerald Fennell (Promising Young Woman) / David Fincher (Mank) / Lee Isaac Chung (Minari) / Thomas Vinterberg (Another Round)

BEST ACTOR

Prediction: Chadwick Boseman (Ma Rainey's Black Bottom) The late Chadwick Boseman is the overwhelming favorite for this category with his last performance as Levee, a trumpet player with big talent and ambitions to match whose dreams are shattered by a racist white society. Based on August Wilson's play, film takes place in a sweltering Chicago circa 1927, where singer Ma Rainey (Viola Davis) is to record a new song. The sidemen arrive at the recording studio



early and rehearse. Guitar and trombone player Cutler (Colman Domingo) wants to play the song the way they always played it, but Levee has other ideas. Seduced by the promise by the white record company president Sturdyvant that he will record some of Levee's songs, if he "jazzes up" Ma Rainey's recordings, Levee follows through, only to find himself cut off by Ma Rainey. In the end, Levee learns that his eagerness to embrace his exploiter Sturdyvant only lead to more exploitation.

Other nominees: Riz Ahmed (Sound of Metal) / Anthony Hopkins (The Father) / Gary Oldman (Mank) / Steven Yeun (Minari)

BEST ACTRESS



Carey Mulligan plays Cassie Johnson, a med school dropout now working as a barista who spends her nights feigning drunkenness in clubs. When self-described "nice guys" attempt to take advantage of her, Cassie humiliates them by calling them out. Years earlier in college, Cassie's best friend Nina was raped at a drunken party by Al Monroe (Chris Lowell). Cassie has never forgotten her friend's rape and its tragic aftermath to the point that her once-promising future has become a shambles. After a chance meeting with classmate Ryan (Bo Burnham), now a doctor, Cassie begins a tentative relationship possibly healing the void in her life. But when Ryan mentions that Al is getting married, Cassie brushes him aside and begins plotting revenge on the man who destroyed her best friend's life.



Prediction: Carey Mulligan (Promising Young Woman)

Other nominees: Frances McDormand (Nomadland) / Viola Davis (Ma Rainey's Black Bottom) / Vanessa Kirby (Pieces of a Woman) / Andra Day (The United States vs. Billie Holiday)

BEST SUPPORTING ACTOR

Prediction: Daniel Kaluuya (Judas and the Black Messiah) Daniel Kaluuya is the frontrunner for his scorching performance as Black activist leader Fred Hampton – the Black Messiah – who was murdered in his bed by Chicago police in 1969. He was 21. With FBI head J. Edgar Hoover (Martin Sheen) obsessed with radical groups, he uses his unfettered power to create an illegal hit squad to destroy them. To this end, FBI agent Roy Mitchell (Jessee Plemons) recruits William O'Neal (Lakeith Stanfield) to infiltrate and sabotage the Black Panthers, in particular, Hampton. Hampton at the time was a rising star in Chicago – an organizer with incredible charisma who could galvanize crowds with his speeches -- a threat that put him squarely in the crosshairs of the FBI.

Other nominees: Paul Raci (Sound of Metal) / Sacha Baron Cohen (The Trial of the Chicago 7) / Leslie Odom, Jr. (One Night in Miami) / LaKeith Stanfield (Judas and the Black Messiah)

BEST SUPPORTING ACTRESS

Prediction: Glenn Close (Hillbilly Elegy) Ninth time looks to be the charm for Glenn Close who has been nominated for an Oscar a record 8 times without winning. In Hillbilly Elegy Close physically transforms to play Mawmaw, the true-life matriarch of a Appalachian family whose foul mouth and tough exterior mask a soft heart. Amidst poverty and hopelessness, Mawmaw struggles to raise her grandson J.D. while protecting him from the clutches of his drug-addicted mother Bev (Amy Adams). Unlike Bev, who can't see beyond her own needs, Mawmaw sees the potential in J.D., who later graduates from Yale and writes the bestselling book on which this film is based.

Other nominees: Maria Bakalova (Borat Subsequent Moviefilm) / Amanda Seyfried (Mank) / Youn Yuh-jung (Minari) / Olivia Colman (The Father)

BEST ORIGINAL SCREENPLAY.

Prediction: Promising Young Woman (Emerald Fennell)

Other nominees: The Trial of the Chicago 7 / Minari / Judas and the Black Messiah / Sound of Metal

BEST ADAPTED SCREENPLAY Pick: Nomadland (Chloé Zhao)

Other nominees: One Night in Miami / Borat Subsequent Moviefilm / The Father / The White Tiger

The 93rd Academy Awards will be held Sunday, April 25, 5p.m. PDT.

FREE WILL ASTROLOGY

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ARIES (March 21-April 19): In the novel House of Leaves, the hero Johnny Truant describes his friend Lude as wanting "more money, better parties, and prettier girls." But Johnny wants something different. What is it? He says, "I'm not even sure what to call it except I know it feels roomy and it's drenched in sunlight and it's weightless and I know it's not cheap." In my opinion, that declaration is far too imprecise! He'll never get what he wants until he gets clearer about it. But his fantasy is a good start. It shows that he knows what the fulfillment of his yearning feels like. I suggest you get inspired by Johnny Truant's approximation to conjure up one of your own. Gaze ahead a few years, and see if you can imagine what your best possible future feels like. Then describe it to yourself as precisely as possible.

TAURUS (April 20-May 20): How distraught I was when I discovered that one of my favorite poets, Pablo Neruda, was an admirer of the murderous dictator Joseph Stalin. It broke my heart to know I could never again read his tender, lyrical poetry with unconditional appreciation. But that's life: Some of our heroes and teachers disappoint us, and then it's healthy to re-evaluate our relationships with them. Or maybe our own maturation leads us to realize that once-nurturing influences are no longer nurturing. I recommend that sometime soon, you take a personal inventory with these thoughts in mind. I suspect there may be new sources of inspiration headed your way. Get ready for them.

GEMINI (May 21-June 20): Self-help author Steve Maraboli has useful advice for you to consider in the coming weeks. I hope you'll meditate on what he says and take decisive action. He writes, "Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't." To get started, Gemini, make a list of three things you do have power over and three things you wish you did but don't have power over.

CANCER (June 21-July 22): While he was alive, Cancerian author Franz Kafka burned 90% of everything he wrote. In a note to a friend before he died, he gave instructions to burn all the writing he would leave behind. Luckily, his friend disobeyed, and that's why today we can read Kafka's last three novels and a lot more of his stuff. Was his attitude toward his creations caused by the selfdoubt that so many of us Cancerians are shadowed by? Was he, like a lot of us Crabs, excessively shy about sharing personal details from his life? In accordance with astrological omens, I urge you to at least temporarily transcend any Kafka-like tendencies you have. It's time to shine brightly and boldly as you summon your full powers of self-expression.

LEO (July 23-Aug. 22): To create your horoscope, I've borrowed ideas from Leo-born author Cassiano Ricardo. He speaks of a longing "for all that is tall like pine trees, and all that is long like rivers, and all that is purple like dusk." I think yearnings like those will be healthy and wise for you to cultivate in the coming weeks. According to my reading of the astrological omens, you need expansive influences that stretch your imagination and push you beyond your limitations. You will benefit from meditations and experiences that inspire you to outgrow overly small expectations.

VIRGO (Aug. 23-Sept. 22): Virgo actor and director Jean-Louis Barrault (1910–1994) aspired to "wake up a virgin each morning." He wanted "to feel hungry for life," as if he had been reborn once again. In order to encourage that constant renewal, he regarded going to sleep every night as "a small death." I recommend his approach to you during the coming weeks. In my astrological opinion, the cosmic rhythms will be conspiring to regularly renew your desires: to render them pure, clean, raw, and strong. Cooperate with those cosmic rhythms!

LIBRA (Sept. 23-Oct. 22): Is there anything more gratifying than being listened to, understood, and seen for who you really are? I urge you to seek out that pleasure in abundance during the coming weeks. My reading of the astrological omens tells me you need the nurturing jolt that will come from being received and appreciated with extra potency. I hope you have allies who can provide that for you. If you don't, search for allies who can. And in the meantime, consider engaging the services of a skillful psychotherapist or life coach or some other professional listener.

SCORPIO (Oct. 23-Nov. 21): "Blobs, spots, specks, smudges, cracks, defects, mistakes, accidents, exceptions, and irregularities are the windows to other worlds," writes author Bob Miller. I would add that all those things, along with related phenomena like fissures, blemishes, stains, scars, blotches, muck, smears, dents, and imperfections, are often windows to very interesting parts of this seemingly regular old ordinary world—parts that might remain closed off from us without the help of those blobs and defects. I suggest you take full advantage of the opportunities they bring your way in the coming weeks.

SAGITTARIUS (Nov. 22-Dec. 21): Innovative psychologist Carl Jung had a nuanced understanding of the energies at work in our deep psyche. He said our unconscious minds are "not only dark but also light; not only bestial, semi-human, and demonic, but also superhuman, spiritual, and, in the classical sense of the word, 'divine.'" I bring this to your attention, Sagittarius, because now is a favorable time to get better acquainted with and more appreciative of your unconscious mind. For best results, you must not judge it for being so paradoxical. Don't be annoved that it's so unruly and non-rational. Have fun with its fertility and playfulness and weirdness.

CAPRICORN (Dec. 22-Jan. 19): The fantasy drama Game of Thrones appeared on TVs all over the world. But the audience that watched it in China got cheated out of a lot of essential action. Government censorship deleted many scenes that featured nudity and sex, fighting and violence, and appearances by dragons, which play a starring role in the story. As you can imagine, Chinese viewers had trouble following some of the plot points. Telling you about this, Capricorn, is my way of nudging you to make sure you don't miss any of the developments going on in your own personal drama. Some may be hidden, as in China's version of Game of Thrones. Others might be subtle or disguised or underestimated. Make it your crusade to know about everything.

AQUARIUS (Jan. 20-Feb. 18): "Words are, of course, the most powerful drug used by mankind," wrote author Rudyard Kipling. Yes, they are. I agree. They change minds, rouse passions, build identities, incite social change, inspire irrationality, and create worlds. This is always true, but it will be especially important for you to keep in mind during the coming weeks. The ways you use language will be key to your health and success. The language that you hear and read will also be key to your health and success. For best results, summon extra creativity and craftsmanship as you express yourself. Cultivate extra discernment as you choose what you absorb.

PISCES (Feb. 19-March 20): Piscean linguist Anna Wierzbicka says the Russian expression dusha naraspashku means "unbuttoned soul." She continues, "The implication is that it is good, indeed wonderful, if a person's 'soul,' which is the seat of emotions, is flung open in a spontaneous, generous, expansive, impetuous gesture, expressing full trust in other people and an innocent readiness for communion with them." I wouldn't recommend that you keep your soul unbuttoned 24/7/365, but in the coming weeks, I hope you'll allocate more time than usual to keeping it unbuttoned.

Bike Madame

By Margaret Hammitt-McDonald

The Wind At My Back A Cycling Life

IN REVIEW:

PHYSICAL ACTIVITY isn't just about maintaining muscle mass, bone density, and cardiovascular fitness; it's also a means to explore our lives and the world around us. Cycling immerses us in nature, the pleasure of exertion, and a mental state of quiet yet active reflection that's creative, renewing, and problem-solving simultaneously. Paul Maunder's memoir, The Wind

At My Back: A Cycling Life, explores the connections between cycling and creativity in vignettes that are by turn invigorating, meditative, and humorous in that self-deprecating British way. He begins with childhood rides through the English suburbs with his father, recounts a foray into road racing in his teens, and finally describes his current status as a cycle commuter

and weekend rider. Like me, Maunder was a quiet child who observed, imagined, and uncovered mysteries. The latter include histories hidden in the countryside south of London: "The English landscape is a place of horror and the uncanny. Scratch, or rather dig, at its surface and you may uncover secrets you wish had remained underground" (page 53). These secrets are historical (wars and persecutions) or contemporary, as with the atomic weapons facility he encountered on a weekend ride. He tried to write a novel focused on this place which haunted him because its terrible purpose manifested in such an ordinary setting: "I still can't quite get over the fact of these bomb factories existing cheek by jowl with normal, boring Berkshire villages" (page 71). The novel about the nuclearweapons facility wasn't Maunder's only foray into fiction-writing that fizzled. With relatable humility, he describes his attempts to write and publish novels (none of which made it to print)

and his shift of gears to nonfiction.

- He makes a wonderful connection
- between riding and storytelling that explains why these activities reinforce

each other. Like those classic stories

where a protagonist sets out on a

quest into unknown lands and then returns home at the end transformed, a ride also iterates a story structure

(page 96). We go forth, on an errand or on errantry, and barring accidents,



we return to our starting point, with a warm drink to savor and dry clothing to don

Maunder also celebrates solitude, which for me is conducive both to storytelling and sanity. He notes that stories rarely spring full-blown to his mind while riding alone: rather, ideas and images are born there that flourish later (page 98). Instead of trying consciously to work through ideas or problems while in the saddle, he urges readers to cultivate that open state that comes from repetitive physical effort in a changing landscape: "Riding is like dreaming: the conscious mind shuts down, allowing something deeper to happen" (page 99).

The only jarring note in this symphony is the unarticulated privilege of the men in the narrative—his father and himself as a boy, the famous racers he admires, and his adult self-to escape family life and build their bodies and minds while someone else does housework and childcare. Whether it's a Sunday-morning ride with other middle-aged fathers (page 220) or a solo ramble through West Country hills, to rejoin in time the "splendid chaos" of his children (page 250), the unspoken assumption recurs that men but not women are given leave to extricate themselves from domesticity. Where are the mothers on those Sunday rides? Absorbed in the chaos, we assume, which isn't so splendid when it's not optional.

Exercise in the outdoors, reading, and writing are my favorite activities. If they're yours as well, Paul Maunder's lyrical, candid, and utterly delightful book belongs in your saddlebag.

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

PETITION

WE ARE IN THIS TOGETHER! 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.

Funding for cleanup can provide jobs for civilian unemployed and skills training for military personnel, providing a gateway to a post military career.

Inspired by the CCC during the Great Depression, when active-duty Army general officers supervised conservation training for the jobless, we can clean up this mess.

To learn more: https://projects.propublica.org/ bombs/

To learn more about a petition: CONTACT: nahcotta2@aol.com, Fritzi Cohen, Moby Dick

This message sponsored by Moby Dick Hotel and Oyster Farm

Whole **PLANET** Health

By Margaret Hammitt-McDonald

The Right to Solitude



AS A TEENAGER, I fell in love with Percy Shelley's poem *Alastor*, *or*, *the Spirit of Solitude*. Never mind that the poem warned about the dangers of self-absorption more than it celebrated creative aloneness; its depictions of landscapes majestic in their desolation promised to turn my gawky aloneness into something heroic.

I've always yearned for time alone. My father, who'd bequeathed his temperament to me, solved the problem by getting up at 3 a.m., but the idea of ditching my warm covers at that ghastly hour discouraged me. Also, being by myself in our dining room didn't appeal. I longed to find and lose myself in the Yellowstone backcountry, but I was a kid from the Bronx, NY who couldn't drive, let alone afford to take a vacation.

Vicarious experiences became the next best thing. I subscribed to outdoorsports magazines and devoured books celebrating wilderness adventure. Then, when I tried to write a new version of "Alastor" with a female protagonist, I realized something that had remained tacit, both in the poem and in outdooradventure literature: people like me didn't become explorers or poets. If those books and magazines were faithfully representing their readerly demographic, then only rich, white, straight, cisgender males were permitted in the woods alone by choice. Over the years, I studied the complex relationship between the outdoors and African-Americans (for whom the lonely woods could be a site for terror-being beaten up or lynched), Native Americans (dispossessed of their lands, only to have them turned into playgrounds for the privileged, complete with the

mythology of being "untouched by man"), and poor people (like the Appalachian locals evicted from what would become Great Smokies National Park). The message? The outdoors is a place to play for those who can pay and a site for labor, absence, or invisibility for the rest.

But time alone outdoors isn't the only form of solitude affected by discrimination. Amply resourced people can afford spacious homes with sanctums for each inhabitant to retreat when needed. Their money also buys time to reflect and recre-

ate. Poor people have no choice but to inhabit cramped homes shared with enough other people to make rent affordable. When you're compelled to work long hours at multiple jobs to make ends meet—and also to take two or three bus routes to work—refreshing alone time just doesn't happen.

Then comes the caregiver role, by nature an unrelenting immersion in the needs of others. It's a burden that's overwhelmingly imposed on women of color, immigrants, and people experiencing poverty, both as unpaid caregivers for one's own children and elderly parents and as professional caregivers receiving some of the lowest earnings in the nation. To care for others means you can be interrupted at any time. You can't even go into the next room, let alone out for a walk by yourself. Even worse is the assumption that it's in your "nature" to provide care...a lovely excuse to impose this work on wives, mothers, and daughters.

Everyone needs time to renew their spirits, release burdens, gain new perspectives, enrich their minds, and cultivate creativity. Whether it's in the backcountry or a room of one's own, we all could use some solitude. The unequal distribution of this resource isn't an indicator of how few people desire it; it's yet another expression of deep, unquestioned health disparities. By denying some people the right to solitude, the whole world loses out: on the ideas they could've contributed, the works of art they could've made, and the richness and wholeness it would've brought to their lives, in place of impoverishment and despair.

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food groove

time.

CANNON BEACH FAT BIKE FESTIVAL

PEASARE PERFECT. Easy to grow, beautiful flowers and peas we love are descended from wild plants in southwestern Asia and southern Europe. The Chinese were enjoying them in 2000 BC. The wife of Louis XIV and the mistress of Louis XV both wrote about their infatuation with peas which were an innovation in their

The British were slower to get sweet on peas. Even into the late 1600's green peas were viewed as unquestionably questionable. One writer was moved to remark, "It is a frightful thing to see persons so sensual as to purchase and eat green peas." I am sad to admit I have no idea what that means. I realize there is something innately sensual about shelling and devouring garden fresh peas but I think of it as more a reflection on the pea than the person. And then there's that whole unsavory connotation about sen-suality regardless of who's being it. Perhaps you had to be there. I'm glad I wasn't.

A noted chef (sure wish I could remember who) suggested that peas should be harvest-ed and cooked in the same breath. It's true that once picked, the peas busy themselves converting their sugar to starch. That's why frozen peas are so reliably tasty. They go from the vine to the freezer tout de suite thereby hanging onto pretty much all of that pea sweetness. Understandably, that makes them a favorite frozen vegetable. Right after a fresh picked, hand shelled, home grown pea that is. Sorry Birds-Eye, you're a close second.

Peas inhabit not only an honored place at table, they are the stuff of legend. A particu-larly inspirational bit of literature from the Sixth Century tells of the aphrodisiac potential of peas boiled with onion and spiced with cinnamon. Peas or no peas, The Perfumed Garden of Cheikh Nefzaoui is poetically erotic and filled with helpful hints, fables, warn-ings and steamy bits. Couldn't hurt to share some spiced peas and onions with a spe-cial friend, read a couple of chapters to each other over a glass of wine and see what develops.

England may have been slow to catch on but, once the population had the chance to taste a pea, they came right down off their high horses and were ultimately responsible for the proliferation of peas throughout Europe. This was due in large part to the work of Thomas Edward Knight who developed the first sweet tasting pea. Apropos of little, Mr. Knight was from Downton which should rightfully be famous for more than its Abbey. Apropos of even less, the British etiquette for pea eating mandates they be squashed on the back of a fork as the proper method of getting them from plate to mouth. Jeez Louise! Excuse me for opting out of proper pea eating protocol.

Manners aside, as they all too often are, peas have been eaten by every culture in eve-ry way since long before we started writing stuff down. There's a reason for this. If you've forgotten what it is, eat a locally grown spring pea. 'Nuff said.

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



HERBED FRESH PEA SOUP

From a recipe by Gretchen Blissett 4 Servings



- 4 Cups shelled tender peas
- 1 1/2 teaspoon salt (or to taste)
- 1/2 cup water

- 6 cups milk or cream
- 8 spring fresh marjoram (1/4 tsp dried)
- 1 sprig fresh thyme (1/8 tsp dried)
- 4 fresh mint leaves
- 1 Tablespoon sugar
- 1/8 teaspoon lemon zest
- 1 1/2 teaspoon salt (or to taste)
- 1/2 teaspoon chopped fresh parsley Pinch of chervil
- 1/2 teaspoon chopped celery leavess
- 1 fresh basil leaf (pinch of dried)
- 1/8 teaspoon lemon zest

Heat peas and water in a saucepan to just below boiling. Pour into your blender and add milk, marjoram, thyme, mint and sugar. Use a mortar and pestle to grind the re-maining ingredients together. Add them to the blender and blend the whole works until smooth. Press the mixture through a sieve into a saucepan and heat to serve.

PEA OVT!



THE CANNON BEACH FAT BIKE FESTIVAL is one of the best events of the year and one of the first to return to the Oregon coast! If you ride a fat tire bike, there's no better place to be than riding your bike around Hug Point on the scenic Oregon coast with fellow fat bike enthusiasts. With races, beach games with awesome prizes, delicious local beer, and good company, you can't go wrong. All activities will be under current COVID Guidelines and under the Oregon Health Authority Sector Guidance - Outdoor Recreation and Outdoor Fitness Establishment Order & follow all CDC Guidelines.

"Explore the beauty of Cannon Beach by bike. Enjoy safely distanced group fat bike rides from the heart of Cannon Beach to the waterfall at Hug Point. Beach bike games and sunset activities on the beach will be spread out to enjoy while keeping groups small and distanced. Saturday activities will also include a "scavenger hunt," a fun way to explore the town like a local!" Daniella Crowder, Director Oregon Rides & Events

Tickets on sale now www.cannonbeach.org/fatbike

Schedule of Events: Dates: April 30 – May 2, 2021 Friday, April 30th

5-7pm | Packet pick up @ Cannon Beach Chamber ~ Community Hall, 207 N Spruce St, Cannon Beach, OR

7:30-8:30pm | Fat Bike Meet Up - Meet at the Chamber at 7:30pm for a sunset beach ride along Ecola Creek

Saturday, May 1st

9:30am -12:30pm | Fat Bike Beach Ride to Waterfall.

2-6pm | Community Scavenger Hunt – A fun way to explore the town's best views, "locals spots," eats, brews, & shops.

7-9pm | Beach bonfire and Fat Bike games. Meet at Tolovana Beach State Recreation Site (in front of Mo's Restaurant)

Sunday, May 2nd

Participants are encouraged to drive to Klootchy Creek County Park (On HWY 26, approx. 5.5 miles from Cannon Beach) where you can take a self-guided ride of the Klootchy Creek Trails. Due to limited availability, no Fat Bikes to demo this year. You'll need to bring your own Fat Bike to join the event. Presented by the Cannon Beach Chamber of Commerce | (503) 436-2623 | chamber@cannonbeach.org

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4-H Offers Two Activities for Youth Babysitting Creds

A Babysitting series will be held state-wide via zoom on May 5, 12, 19, and 26 from 4 to 5:30pm for youth ages 10 to 19. The training is designed to train youth in many aspects of babysitting including baby care, toddler care, healthy snacks, business tips, age appropriate games, first aid and safety. Registration will remain open until it is filled. To register https://oregonstate.qualtrics. com FMI: Dani Annala at 541-386-3343 Ext 38260

Youth Health Challenge

Join the "4-H Commit to Be Fit 30 Hour Challenge" during the month of April. Get moving, track your progress, and win cash prizes! This is open to all youth across the state ages 5 to 19. Go to https://beav.es/JjP and download the Commit to Be Fit 30 Hour Challenge tracking grid and goal sheet and begin logging your hours. Turn your form in to the 4-H Office (2001 Marine Drive Rm 210, Astoria) or use the REGISTER button at the end of the month to submit your hours online. You will also find a healthy living activity guide to help you get moving. Every entry (all ages) that complete at least 30 hours will be entered into a \$100 prize drawing.

If you have questions on either of these activities, contact Sandra at sandra.carlson@oregonstate.edu.



Shelby Meyers

ASTORIA SUNDAY MARKET

begins 2021 on Mother's Day, as is traditional for the Market's 23-week season that ends the second Sunday in October. The Sunday Market debuted in 2000 to bolster downtown retail and support local food producers, crafters and artisans. Since then, it has grown to host more than 200 vendors and span 4 blocks of downtown Astoria, from Exchange to Marine Drive on 12th Street. Now in its 21st year, the Sunday Market has been key to Astoria's downtown revitalization over the past two decades.

But last year, rather than the planned 20th Anniversary celebrations, the Market underwent an operational overhaul. Pandemic health and safety precautions required the Market to significantly reduce vendor participation. As a result, the physical area of the Market shrank, with booths ending at Commercial rather than Marine. While the number of vendors began to climb again over the 2020 season, the Market could not return to full capacity last year.

New Market Manager Shelby Meyers

At the season's end, the Sunday Market merged with the Astoria Downtown Historic District Association (ADHDA). The merger intends to continue the Market's mission of revitalizing downtown Astoria and provides "the unique opportunity for the Sunday Market to seamlessly collaborate with downtown efforts, and to successfully grow small businesses," according to their website. Last Fall, ADHDA announced new leadership for the Sunday Market with the introduction of Market and Promotions Manager, Shelby Meyers.

Meyers moved to Astoria from Eugene, where she earned her Bachelor's degree in Landscape Architecture. In Eugene, she cofounded the Whiteaker Community Market in 2016. "Though on a smaller scale than the

The Astoria Sunday Market Coming Back to Life • May 9 Revitalizing an Astoria Institution

Sunday Market, the Whiteaker Market shares similar values, goals and mission--a market that can support young businesses and local food systems while creating a vibrant outdoor community event." Last April, Meyers moved with her partner who "has family in Astoria, that's what drew us here." Shortly after she arrived, she applied for and was hired as the ADHDA Market and Promotions Manager. She hit the ground running in November, just in time for the holiday retail season.

Meyers is responsible for promoting downtown businesses year-round, particularly during the holidays. She began her management tenure with "Shop Plaid," an alternative to Black Friday that encourages local retail shopping, and one of ADHDA's spirited Downtown Holiday Campaigns. It was encouraging to be able to dive right into festivities like "Santa in the Liberty Ticket Booth" and the downtown shops' holiday window displays. "Right now we're working on Coast Guard packets--all the new Coast Guard members get flyers, discount coupons and little gifts from downtown businesses and organizations, just to welcome them and get them acquainted with Astoria."

Meyers sees ADHDA's oversight of the Market as strengthening the vision for a thriving downtown economy. As manager for the Market and other downtown promotions, she serves as a communications conduit between the Market and the downtown community. Meyers sees improved communication as central to her job; to that end, she's initiating additions to the Market, like an information booth and walking maps to highlight downtown shops. She also plans to strengthen the Market's online presence, including vendor profiles on the website.

"We have a lot of vendor retention, both craft and food," Meyers says of the more than 200 vendors who participate in the Market. Last year's reduced numbers were difficult for many vendors who rely on the local market economy. "We really want to make the transition back to fuller capacity seamless for them." After a difficult year, vendors and customers, as well as downtown retailers, look forward to a reinvigorated Market. "The Sunday Market is such an important and exciting event for Astoria," Meyers says, "And I couldn't be more honored to help keep it thriving." In safe increments, with protective and distancing measures in place, the ADHDA intends the Market to return to a "full footprint in 2021," including a full roster of vendors.

"It will be a bit of a dance," Meyers says of the Market's return. COVID concerns require mask wearing as currently specified by the CDC, and safe distances between booths. "Within plenty of space," and with precautions in place, Meyers says "the season will be a collaborative effort" as the Market shifts to accommodate customers and vendors' comfort and sense of safety.

According to Meyers, a primary goal of ADHDA's Sunday Market acquisition is to preserve this gem of a small town market, to "recognize how strong it is, what a contribution it has made, and to keep it functioning as seamlessly as possible for vendors and customers." Downtown's vitality depends on encouraging and supporting local business. She and the ADHDA see the Market as "a business incubator for crafters, artisans and food producers."



Meyers hope is to increase the Market's collaborative efforts with other Coastal organizations and businesses. She's been impressed with organizations like the North Coast Food Web, whose Small Farms Market Day functions through an online ordering system. Her long term goals include strengthening the Market's online systems to facilitate expansion for growing businesses. Meyers hopes ADHDA's increased online presence will support young food producers and she's open to future collaborations with groups like North Coast Food Web.



By Heather Hirschi



New: SNAP at the Market

The Food Web folks helped inform one of the Market's new features: EBT and SNAP payments. Meyers set in motion the application process for the Market to accept EBT and SNAP payments in order "for the community to have more access to food and to bring in more income for farmers and food producers." The payment system "may not be ready on opening day, but it will be available this season." To facilitate payments, ADHDA will host an information booth at the Market.

The information booth is another new Market feature intended to serve customers and strengthen communications between the Sunday market and downtown retailers. The booth will provide customers with walking maps to direct them to various businesses and activities. Her goal is to "more intentionally tie" the Market to ADHDA businesses.

While a full return is the goal, safety is paramount. Some limitations are in place, such as curtailing musical performances until the Market returns to full capacity. Currently, plans for music will be made on a "week to week basis".

Spring is certainly springing on the Coast, and everyone seems primed to get outside. Astoria is ready to take business outdoors at the Sunday Market next month. Through 2020's tumult, many aspects of the day-to-day were transformed and attention to what matters refocused. For the Sunday Market's new manager, what matters is a vibrant Astoria that sustains local food producers, artisans, and the downtown community. Shelby Meyers smiles. "2021 will be a fun season," she says. "A fun season to come back to life."

astoriasundaymarket.com





HANTHORN CANNERY MARKET AT PIER 39 is a new venture of Hanthorn Cannery Foundation to raise money and awareness about its efforts to preserve the history of the fishing and canning industry on the lower Columbia River. The market is located behind Rogue Public House and adjacent to Hanthorn Crab Company. It will operate under cover on Sundays from 10am to 3pm starting May 1. Vendors who make hand-crafted products are welcome to apply. These can include works in wood, metal, fiber plus art of all kinds, processed food, jewelry etc that reflect the tradition of local design and craftsmanship preserved in the museum and throughout Pier 39.

The Hanthorn Cannery Foundation is a Non-profit organization dedicated to the preservation of cannery history, all cannery workers, and the fishing industry livelihood as it was developed from 1875 to the present. The foundation operates a museum on-site that houses a collection of historic equipment, photos and documents. The Hanthorn Cannery is the oldest fish processing plant remaining on the lower Columbia River. Located on the 39th St Pier that was formerly home to Bumble Bee Seafoods, Pier 39 includes businesses including Rogue Pier 39 Public House, The Coffee Girl, Hanthorn Crab Company, Four Winds Canvas Works, Astoria Scuba, and the Fisherman's Suites vacation rentals. Pier 39 is bustling with activity in the summer months—the vision is a market that will be a positive event for craftspeople and the public.

Vendors interested in learning more about how to participate should email Hanthorn-CanneryMarket@gmail.com or call 360-269-1039.





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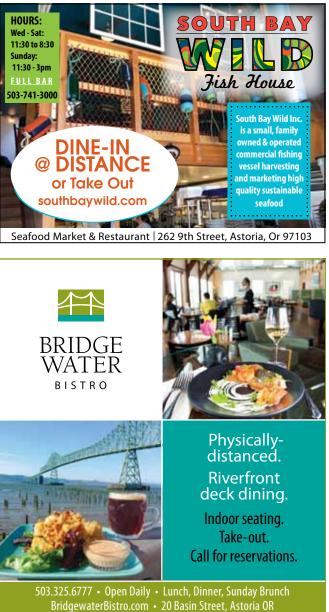
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