

May 2021 • vol 22 • issue 267

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

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May 13

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KALA REOPENS with a new monthly series

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.

"Collaborating locally is a strong part of KALA'S mission, in addition to touring artists. This is a venture that we are very excited 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 "I've been really welcomed by writers I've met here, like folks at Ric's Open Mic and the Astoria Writer's Guild."

Hirschi'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



Author Cliff Taylor

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.

Hirschi 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.

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**. Taylor's recently published book *The Memory of Souls* is about Little People that offers a huge insight into the healing power of stories. It's about author Cliff Taylor's journey from dysfunction and alienation to a renewed connection with his Ponca heritage through the medicine of the Sundance and the gentle, whimsical guidance of the Little People.

Taylor grew up in Nebraska, a shy kid who loved comic books and horror movies. "I didn't grow up on a reservation but I did grow up like a lot of Indians today, away from my people's culture," he writes, "in a household choked with

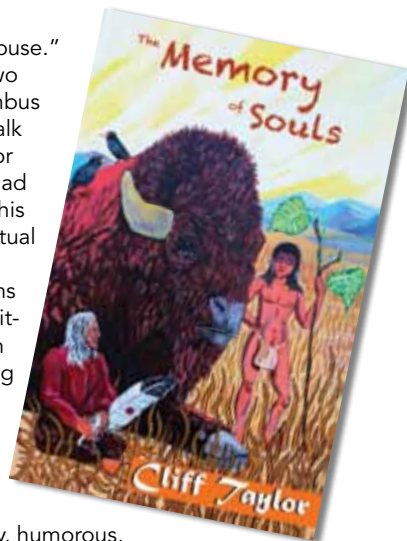
violence, alcohol and abuse." His family was one of two Indian families in Columbus that didn't practice or talk much of their heritage or spirituality. At 18, Cliff had a vision and thereafter, his life was "soaked in spiritual experiences."

His visions and dreams introduced him to the Little People, about whom he learned from listening to other Indians at Sundances and gatherings. His book tells these stories of revelation and redemption in a style simultaneously silly, humorous, loving, haunting and profound.

Taylor found his way back to healing through the stories of his people and he wants to put those stories out into the world in order to "pivot toward the truth and reshape the culture around it." At this point in history, after 500 years of genocide and colonization, "a lot of natives find themselves with all their cupboards empty or much emptier than they want," Taylor says. "We are shaped, emboldened, energized with the stories that live inside of us. I found my cupboards beginning to be filled when I realized the animated, alive, phenomena in the cosmos of stories as concrete, integral, purposeful. My cupboard is full when spirituality is fully integrated into daily life. I see that as the primary feature of native people, the understanding that every moment of life is sacred," he says.

"And kinda funny. That's the platter you're served, always kinda funny, always kinda sacred."

KALA is honored to present Cliff Taylor as the inaugural guest for First Person: authors talk, on Friday, May 14. Doors open at 7:30pm, the show begins at 8pm. Tickets: \$15 Tickets at www.brownpapertickets.com, KALA Performance Space. KALA is located at 1017 Marine Drive in Astoria. 503.338.4878. In accordance with Covid -19 guidelines, 9 table seatings are available for 2-3 ticket buyers. With apologies, no single tickets are available for this event. Cocktails. 21+ please.



Flamenco Artist Savannah Fuentes returns to the KALA stage Saturday, June 19. Tickets go on sale May 20 brownpapertickets.com



first person: authors talk

a KALA production

Friday,
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Tickets: \$15

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CLIFF TAYLOR
Memory of Souls
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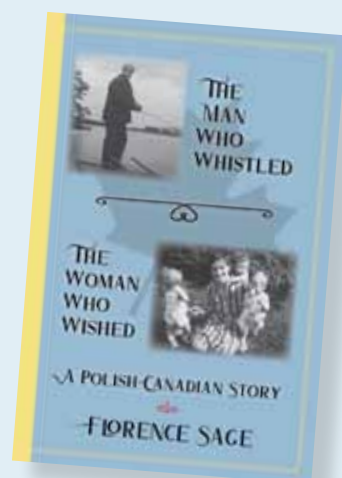
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outside the box



STEPHEN BERK

SINCE THE LATE TWENTIETH CENTURY the academic world and increasingly our national, state and local political institutions have come under the influence of something called critical race theory. The primary argument of this view is that the "white" race is invariably an oppressor of black and brown races. For a number of reasons this theory is wholly inaccurate. Many of the same left theorists who would condemn any "essentialist" view of gender eagerly proclaim essentialism in race. Ethnologists and other scientists who study race have found it to be a very slippery realm of study and that it is difficult if not impossible to determine racial boundaries. What they commonly conclude is that "race" is largely if not entirely a human construct. One cannot place tissues of black, brown and white people under a microscope and tell any significant differences. Hence to ascribe negative characteristics to a so-called "white" race that oppresses black and brown ones is without empirical foundation.

The term "white" as an essential descriptive racial term did not exist until the late 1600's. It arose within the context of African enslavement in the Western hemisphere among English, Spanish, French and Dutch colonizers. The label "white" was applied to distinguish European peoples from Africans, or free from slave. If one was white, it meant that the lowest condition she or he could occupy was that of an indentured servant, never a slave.

The age of exploration began in the fifteenth century with the Portuguese, Spanish and Dutch, and the English and French coming in the early seventeenth centuries. During this period, explorers from all these European countries went into Africa as well as the Western hemisphere. Settling and extracting commodities from what they called the "New World," they planted large farms with staple crops like tobacco, rice and indigo dye. In order to work plantations of several hundred acres, they needed a cheap labor force. Indentured servants, who generally served a term of seven years, were taken from the lower European classes. But indentured servitude was a temporary and relatively unstable situation. Many ran off and melted into the wooded interior of the Americas.

At the same time as America's colonization was occurring, European ships were sailing to Africa, where many different tribes habitually warred with one another, the victors taking slaves from the defeated. These already enslaved people were often traded to the Europeans. But during most of the seventeenth century European ships that brought

was not unique to Anglo or other European Americans. It is a worldwide phenomenon that has occurred throughout human history. In-groups, or free people, defined out-groups of other tribes as slaves. This was most commonly done with captives taken in wars.

Europeans colonizing the Americas invariably thought of themselves as

English, French, Spanish, etc., not as "white." The sole use of the term "white" was to mean non-black and hence free. There is no essence of whiteness. Critical race theory is wholly wrongheaded in its assignment of essential oppressiveness to so-called whites. The real basis for teaching this negative view of "white" people is to manipulate the minds of students to believe that "white" people are essentially oppressors, with brown and black people as recipients of their oppression.

Enslavement based on otherness, in this case blackness, or "race," did indeed play a part in the founding of the US and other New World countries. But it was a peculiar condition that emerged historically for material reasons. It was not an essential trait of "white," or European peoples.

Moreover, there were always Euro-Americans who opposed slavery. The abolitionist movement began in the early American republic and grew throughout the antebellum period. Abolitionism played an important part in the sectional conflict that led to the Civil War. Abolitionists created the Underground Railroad, composed of safe houses to help free escaping slaves. White evangelicals in the Midwest founded militantly abolitionist Oberlin College in Ohio. Slavery ended in the US largely because of its white opposition. Thus any notion of white-imposed "systemic racism" as the basis of American society is vastly oversimplified. Euro-Americans quite commonly opposed slavery and developed large, influential movements to end it. Yes, racism still exists in the US, but a great many whites have stood against it. From white progressives who joined together with blacks to form the NAACP to the many who went south to aid blacks in the Sixties Civil Rights Movement, and others today supporting Black Lives Matter, multitudes of whites have stood and continue to stand against racism.



THE HISTORICAL UNTRUTH OF CRITICAL RACE THEORY

Africans to the New World sold them as indentured servants. The status of Africans in the English plantation colonies, Virginia, Maryland and the Carolinas, as slaves did not occur until the end of the seventeenth century. In one case there were three runaway servants from a plantation: two European, one African. They were caught and a court assigned several more years of indenture to the whites and perpetual servitude to the black. This incident began the change for Africans in British North America from indentured servant to slave. As this custom grew in the eighteenth century, with growing plantation economies seeking ever cheaper labor, the practice of enslaving Africans spread to the point where being black in America defined one as enslaved, and non-black, or "white," as free or indentured. The term "white" began to be used in the eighteenth century to mean free, while black became defined as slave. Certainly racism played a role in creating these conditions. But racism



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Astoria Sunday Market Opens Mother's Day

THE 21ST YEAR of the Astoria Sunday Market opens Mother's Day and marks the return of fresh flower bouquets, tasty kettle corn, yummy baked goods and regionally grown produce. Over 125 vendors will display their wares, including artisans and artists that reveal their pieces after a winter's worth of work. It's the start of reconnecting with your favorite vendors and enjoying chance meetings with friends as you stroll through this lively open-air marketplace.

Excitedly emerging from the pandemic, the market will revive your senses in the heart of downtown Astoria, on 12th Street from Marine Drive to Exchange. Experience streets filled with rows of diverse vendors, young entrepreneurs (Biz Kidz!), and important community non-profits. ASM will also be operating an information booth to direct people around the booths and downtown. Market goers will be able to enjoy meals and treats in the food court. It's back! While the number of food vendors has been reduced to seven, and each booth 30 feet in distance, as well limited seating, and no music planned, safety is paramount.

Market Manager, Shelby Meyers says, "Myself and the Downtown Association are thrilled to be taking on the Sunday Market, as it is such a storied and important institution in Astoria. We have been working hard to continue the existing bright culture of the market, and to simultaneously make sure that the market is a safe place for market-goers and vendors alike during the ongoing pandemic. Welcoming back vendors by expanding the market back to the full footprint and ensuring proper spacing for crowds are a couple market elements we can expect for the 2021 season."

The Market is designed to be a safe outdoor shopping place during the on-going Covid-19 pandemic. Extra volunteers will be on hand to promote social distancing and mask-wearing. The market will require masks and have hand-washing and sanitization stations.

The 2021 season runs from May 9 - October 10 and is open from 10 am to 3pm every Sunday. Visit www.astoriasundaymarket.com for updates on covid updates, vendors, music, and food access information, also Instagram and Facebook.

VOLUNTEER! Astoria Sunday Market is seeking volunteers to help monitor safety guidelines at the market. Please contact market director Shelby Meyers, shelby@astoriadowntown.com



OPENING DAY for Ilwaco Saturday Market is May 1 from 10am to 4pm at the historic and beautiful Port of Ilwaco along Waterfront Way. More than forty vendors features a variety of hand crafted, food, and other products at this waterfront market. Opening day incorporates special Ilwaco Kids Day activities from Noon to 2pm at the east end of the Market. The Market practices social distancing and masks for COVID safety and encourages visitors to do the same.

Ilwaco Kids Day activities include a visit by Una the Mermaid, Ilwaco Fire Department, Beards Hollow Pirates, and Astoria Clowns. The theme is Red, White and Blue!

Ilwaco Saturday Market operating seasonally since 2000 is set in a historic town with a working fishing village in a scenic and tranquil setting. Enjoy the harbor, merchants, and marine activity that makes Ilwaco such a special place.

Visit <https://www.ilwacosaturdaymarket.com> for a list of vendors and visitor information.

Away from Home: American Indian Boarding School Stories Clatsop County Heritage Museum thru May 25



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

THE HERITAGE MUSEUM of the Clatsop County Historical Society hosts 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 off-reservation 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 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.



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North Coast **INCO NEWS** INDIVISIBLE

SMALL MATTERS: May 2021 Ballots coming your way

WHEN INCO ORGANIZED IN 2017, there were lots of big electoral issues to address. Today, many of those big issues still demand our attention as we work to ensure a vibrant democracy.

One project INCO tackled in 2018 was comparatively small, but as is the way with small matters, its impact is large. In 2001, Clatsop County had stopped producing voter pamphlets for odd-numbered election years. But as INCO member Bebe Michel testified before the county commission in 2018, even when an election is small, voters still need information. And as fellow INCO member Eric Halperin noted, voter pamphlets provide all voters with the same information—a rare occurrence given today's siloed news and social media.

Some in the county's administrative divisions were unenthused about resurrecting the off-year pamphlets. But eventually, INCO got the answer we'd hoped for: Beginning with the 2019 election, Clatsop County resumed production of the pamphlets, with a budget that allows room for covering the costs for smaller special districts that might not otherwise be able to afford the fees for submitting information.

By the time you read this, you'll likely have received your Clatsop County voter pamphlet and ballot, which were mailed starting April 28. Ballots are due (not postmarked) by May 18.

When it comes to special district elections, small matters too. Local decisions have a big impact on our lives, and some of those who serve go on to run for higher profile positions. For the Clatsop Community College Board, there are three contested seats on the ballot, as there are for the Falcon-Cove Beach Water District. The Knappa School District has one contested seat, while all five seats for the Sunset Empire Park and Recreation District are contested.

We encourage you to take the time to read through the voter pamphlet and cast your ballot in these small but impor-

tant elections.

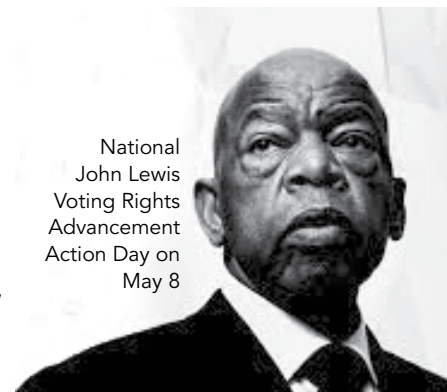
You can also watch candidate interviews hosted by the Clatsop County Democrats; view at <https://clatsopdemocrats.org/interviews/> (best on PC) or search "Clatsop Dems" on YouTube). If you're in Tillamook County, check out MooVoter on Facebook.

A healthy democracy has many vital components, small and large. As the GOP agenda continues to be out of step with the will of the people, there's a big move afoot to suppress voting, especially among people of color. Seemingly small things, like Georgia's recent prohibition against handing out water bottles to voters standing in line, combine with large-scale efforts like unfair gerrymandering to erode the functioning of our representative system.

We encourage you to stay informed and engaged on voter rights. Indivisible is coordinating with national partners on actions across the country for National John Lewis Voting Rights Advancement Action Day on May 8, including creative ideas such as "votecade" car parades.

Watch for details at indivisible.org.

At the local level, you can join INCO members in writing postcards and letters to encourage voting. The Write-to-Voters group meets every Friday via Zoom. For more information, email incoregon@gmail.com.



National
John Lewis
Voting Rights
Advancement
Action Day on
May 8

[QFolk] LGBTQIA+ LOWER COLUMBIA pacific

LOWER COLUMBIA Q CENTER/ASTORIA PRIDE CELEBRATION
will commence on June 11-13, with events throughout the week-
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FRIDAY JUNE 11 7PM TO 10PM

Limited Ticketed Reception at The Barby Train Station.
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LIVE Music and LIVE Dance Group with Refreshments
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Photo courtesy The Astorian

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GRATEFUL RAIN: Aroma Bar and Apothecary Opens

By Heather Hirschi

another astoria love story

THERE ARE PEOPLE who radiate so brightly you feel immediately warmed in their presence. Jenny Q is such a person. We automatically reach for each other's hands when I introduce myself across the counter of her apothecary, Grateful Rain, a gesture that surprises me in pandemic times. My fingers brush hers where they end at the second knuckles of her right hand. She comes out from behind the counter to show me her offerings, walking with a bounce on sleek prosthetic legs.

Jenny shows me around the space I used to know as Designing Health, which moved last year to the Red Building on the Riverwalk. Shelves are lined with dozens of brown bottles, filled with Jenny's herbal tinctures. Other shelves feature shampoos, cleansers, jewelry by local artisans, and essential oils. "I make personalized scents, too. If you're interested, I'll sit down with you to create your unique blend according to what you like. Then I'll keep the recipe on file for refills and I won't make that blend for anyone else."

"This is our reading/music room," she says, leading me into a side room off the hallway. It's cozily appointed with couches and chairs, a bookshelf filled with books and cd's, and a table arranged with several stringed instruments, including a mandolin. "When things open up, we want people to feel free to hang out and read or just relax," she says, "we have my book and Myshkin's music available for sale and we'll eventually carry other books, as well." I ask about the instruments and Jenny says, "This is really exciting! My wife, Myshkin's newest hobby is learning how to refurbish vintage stringed instruments that she finds in antique stores." The instruments are then made available for purchase. Eventually, retail accessories for string players, (strings, etc.) will be added to the music room. Then Jenny



Singer-Songwriter Myshkin Warbler and Herbalist Jenny Q, proprietors of Astoria's new herbal apothecary Grateful Rain.

Jenny and her daughter, Yazmin called Yazzy; they and the apothecary were well-loved in the closely bound community.

When Yazzy was seven, Jenny Q fell in love with Myshkin Warbler. Two months after Myshkin moved in, Jenny fell ill and was hospitalized in January, 2014. She contracted sepsis, which was not properly diagnosed or treated, and sank into a six-day coma. During that time, Myshkin became Yazzy's second mom and liaison to Jenny's traditional Palestinian family. Jenny Q doesn't remember, but tells the story she was told: her mother sat on one side of the hospital bed and Myshkin on the other. Comatose, Jenny took her mother's hand in one of hers and Myshkin's hand in the other, bringing them

into recovery. Myshkin cared for Yazzy, whose natural empathy deepened with her mother's illness. "She is so loving and attentive to me," Jenny says.

The Joshua Tree community kept the apothecary afloat.

The experience is now chronicled in an unusual memoir, *Held Together: A True Story of Love's Victory*. The book tells Jenny Q's story in her own words, and also recounts her struggle from the outside with voices of a whole "cast of characters," her Joshua Tree community. The book was published in 2018. Rather than a solo book tour, Jenny partnered with Myshkin to create a musical performance piece that included the book's cast of characters, about 15 of Jenny's friends. Myshkin, Jenny, and their community performed in several venues around Joshua Tree.

In August 2018, they brought a pared-down version to the KALA stage in Astoria. Singer/songwriter Myshkin was a favorite performer on the coast, but this show was unlike anything the audience had seen before. Only Jenny and Myshkin on the stage, Myshkin on guitar/voice and Jenny on cello, the two took on the voices of the other characters as they told this love story.

With Jenny's new physical state, Joshua Tree's unrelenting heat had become too much to bear. Both Jenny and Myshkin realized that Astoria offered a new, more hospitable climate in which they sensed similar possibilities for community. They moved to the Coast in 2019. Jenny and Myshkin hoped to open a new apothecary in Astoria while they focused on finding a home and settling in. Myshkin took a job at Natural Grocers and Jenny, who became an RN after her hospitalization, continued making her herbal remedies.

At one point, they looked into buying A Gypsy's Whimsy, Astoria's own venerated herbal apothecary and gift shop, when owner Vicky McAfee was considering selling. Jenny and Vicky immediately hit it off, recognizing kindred. Ultimately, however, Jenny wanted to focus on producing her own

tinctures and products, a time consuming process that leaves little extra for maintaining the array of merchandise Vicky sells. Eventually, Jenny and Myshkin found their new space a few blocks up Commercial. Grateful Rain opened in April, 2021. Now Vicky and Jenny direct customers to each other for their individualized specialties.

Jenny also employs an apprentice, another well-loved Astorian, Lucia Chambers who assists in the store's operation and under Jenny's tutelage, learns Jenny's herbal recipes. Meanwhile, Grateful Desert remains open as Grateful Rain's sister store in Joshua Tree, Yang to Astoria's Yin.

All employees benefit from both stores' success.

"I'm Jenny Q," she announced with her whole face smiling when I walked in that day. When I later came back to chat with her and Myshkin, they echoed the stories of so many souls I've met in Astoria. After some kind of tumult, of being transformed through tragedy or grace, you land here in a strange place that welcomes you home. Myshkin says she didn't feel it in past visits when she toured the coast, but she and Jenny Q both knew it on the KALA stage in 2018. "It's one of those places," Jenny Q says. "When you're ready, it opens to you and gathers you in."



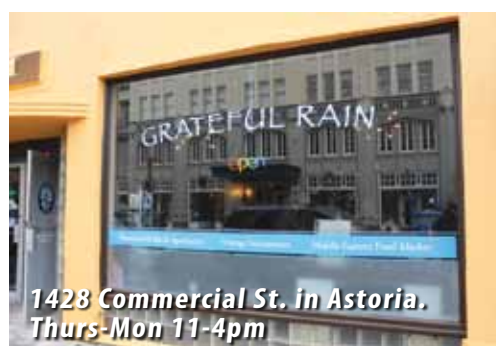
Vintage Strings for sale

PHOTOS: DINAH URELL

brings me into another side room featuring shelves of Middle Eastern foods, a hard to find commodity on the Coast. She offers me a little paper sample cup with a serving of baklava. Jenny Q (the Q stands for Quanqundah) is the daughter of Palestinian immigrants who was born in Southern California. In her early years, she followed the Grateful Dead, discovering a love for herbs and herbal medicine while on the road. Eventually, Jenny landed in Joshua Tree, where she opened her apothecary, Grateful Desert. Joshua Tree was home for



Lucia + handmade Jewelry



1428 Commercial St. in Astoria, Thurs-Mon 11-4pm

together above her body.

Luckily for Jenny, her physician father and medically trained siblings recognized the serious nature of Jenny's condition and got her the appropriate care. However, amputation was necessary. Jenny lost her right fingers and her legs and remained in the hospital for months.

While a terrifying loss, Jenny says that something magical resulted from her close brush with death. Her Joshua Tree community drew tightly around her and carried their beloved herbalist through the bleak days of amputation

CCC'S ALES & IDEAS BB4Books: Bandit Biking for Books w/Fernando Rojas-Galvan

CLATSOP Community College and the Fort George Brewery announce the May event in the Ales & Ideas lecture series—broadcast live from the Lovell Showroom via Facebook LIVE. **On Thursday, May 6th at 7pm** CCC Faculty Fernando Rojas-Galvan will share his inspiration and plans for a July Bandits Biking for Books (BB4Books) fundraiser to include a 1600-mile bicycle journey to visit each of Oregon's seventeen community colleges.

As an educator for 24 years, CCC's Spanish, English, and GED Instructor Fernando Rojas-Galvan has a frontline perspective on the impacts textbook costs can have on students working to improve their lives through education. His vision for BB4Books was originally inspired by legendary Canadian, Terry Fox, who ran thousands of miles to raise money for cancer research. In May of 2020, with plenty of time to ponder life during COVID-19, Fernando envisioned riding his trusty bike around Oregon to visit community colleges as a means to raise money to cover textbook costs for CCC students. With the support of the CCC Foundation, this vision has become a fundraising adventure, with full information including sponsorship opportunities now available on the CCC website: <https://www.clatsopcc.edu/event/bandit-biking-for-books>.

After a July 5th send off from Seaside, Fernando will begin at Lane Community College in Eugene, pedal north to Albany, Salem, and Portland; then east to Ontario and west to Bend. From Bend he'll head south to Klamath Falls, over to Grants Pass, Roseburg, Coos Bay and up the Oregon Coast to Astoria. The event will culminate on July 25, 2021 at Clatsop Community College's Lexington Campus. This unofficial kick-off to BB4Books begins with an Intro from CCC President Chris Breitmeyer. Hear Fernando's story including the powerful impact Oregon community colleges have made on his family's life. Learn about Oregon initiatives to reduce textbook costs through OERs (Open Educational Resources) and other efforts. Or sign-up to sponsor local students to help fulfill their dreams of higher education.

Fernando Rojas-Galván was born in 1971 in an adobe house in the ejido/common land of El Sauz, a village of 400 people, located in the far north-western section of the state of Michoacán, México.



June 18, 1974 marked Fernando's first day in Oregon. He stepped out of his father's 1965, White Ford Galaxie 500 onto the dirt road that lead him to fifty or so pickers half a mile away on a strawberry farm near present day Hillsboro. Fernando was raised in Hood River and The Dalles, Oregon. After graduating from The Dalles High School in 1990, he began college studies at Portland Community College, later earning BA degrees in Political Science (U of Portland), Secondary Education (College of Santa Fe), and an MA degree in Spanish/Border Studies (U of New Mexico). An educator for twenty-four years and counting, he spends his free time reading, writing, running, hiking, snowboarding, skiing, cross-country skiing, snowshoeing, and biking the many roads and hills of Oregon.

Although Fort George cannot host live audience members at this event, anyone with a computer, pad, or smartphone is welcome to find their way to www.facebook.com/fortgeorgebrewery. The event will go live by 6:45 p.m., and the formal presentation will begin promptly at 7:00 p.m. Virtual participants will enjoy a live multimedia slide presentation plus a Q&A opportunity to pose questions to Fernando through a monitored Facebook comments section. To order Fort George food and beverage for pick-up, visit <https://www.fortgeorgetogo.com>. Be sure to thank the good folks at our local Public House for their ongoing support of free community lectures—now with a virtual twist.

TWO BOOKS IN REVIEW: By Kaisa Saavalainen *Mediocre: The Dangerous Legacy of White Male America* *Undrowned: Black Feminist Lessons from Marine Mammals*

#ListenToBlackWomen

WRITER IJEOMA OLUO receives death threats. Police and SWAT get called to her address after there are false reports of shootings in her home. As a Black family with two boys, Oluo is terrified that police—arriving with guns drawn after one of these calls, will be the death of one of her children.

This harassment began happening after Oluo released her first book, *So You Want To Talk About Race*. While her work was making it onto anti-racism reading lists around the country, and during a time of protest against police brutality and systemic racism, Oluo was being terrorized as a Black woman in

America for daring to speak up.

She recounts some of these experiences in her new book, *Mediocre: The Dangerous Legacy of White Male America*. The book is not about Oluo. Rather, it is a look at U.S. History, from Westward Expansion to the present moment, and the ways in which white-male success has continued to be defined by domination over women and People of Color. Even in the spaces where men claim to be allies or progressives, Oluo details the ways in which they still center themselves and sabotage movements when it appears they will have to share—rather than hoard, power.

The premise: white male power is a pyramid scheme, and most white men are at the bottom. The consequences of this scheme are profound. Oluo shows us how throughout U.S.

Writer Ijeoma Oluo

history, when a populous of white men do not feel they are inheriting the power they deserve, the resulting anger gets taken out as violence against women, People of Color, and other marginalized people.

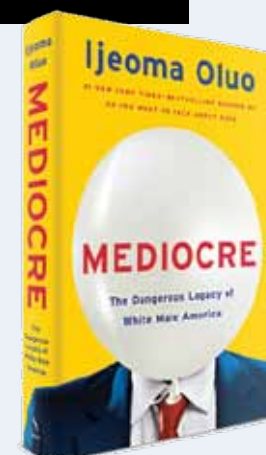
Red Summer, 1919. In Chicago, and across many U.S. Cities, violence, riots and murder was carried out against Black people, devastating Black communities. A vitriol against Black migrants to the north during the Great Migration, resistance to working jobs side-by-side with Black men, and the belief that they were stealing white jobs and therefore, white success, led to the violent targeting of Black people who were trying to build a better life outside of the Jim Crow south. This part of the book is titled, "We Have Far Too Many Negroes." Oluo is able to draw a through line from this violence to redlining, housing covenants, segregation and other oppressive tactics against Black communities, showing up how Black folks have borne the brunt of white fear.

Ijeoma Oluo was one of the first people I heard say, "Listen To Black Women" after the 2016 election, when myself and other progressive white folks were shocked Donald Trump could get elected. She was there to tell us what Black folks already knew about what this country was really made of. We could spare ourselves the shock, if we would only listen.

Listen, she asks, to the ways our government operates in favor of mediocrity and the celebration of white men with baseline progressive agendas, while Black women and other Women of Color struggle to get elected and not become political scapegoats. Shirley Chisholm's bid for the Presidency in 1972 and Lani Guinier's brief nomination to the Justice Department under the Clinton Administration are eye-opening enough reasons to read this book.

Taking it all in is neither easy nor comfortable. There is a part of me that reflexively wants to challenge her book title with defensiveness. Will people listen if they are called "mediocre" and "dangerous" in the same breath?

Slow down. There is another kind of listening and it isn't just about absorbing facts and timelines. Toward the end of the book, Oluo writes with vulnerability,



CAPTIVATED by the songs of birds, humans have marveled at these songs since the beginning of time, but how can we begin to understand the many complex vocalizations that birds make? David Lukas tells us how birds produce their songs and calls, how birds use these vocalizations in different settings, and how we study bird songs. Expect to come away from this presentation with a deeper understanding of the bird songs in your heart you hear this spring.

This free event is online. The 7pm presentation takes place May 13 online via Facebook Live on Fort George Brewery's Facebook page

David Lukas is a bird expert and author who has written many books and articles about birds. His most recent book, *Language Making Nature* explores how we can create new words for speaking of the natural world. More of his work can be found at www.lukasguides.com.

"analyzing the worst of violent racism and sexism in our history, all while living as a Black woman in this country, has been slowly wearing away at my soul."

Whereas I took a break from Medicare just to process the genocide in Chapter 1: "Cowboys & Patriots: How The West Was Won," Oluo can never take a break from being a Black Women trying to survive in America.



LaNicia Duke, an activist and Black Tillamook County resident recently said to me, "Equity is the equal distribution of discomfort."

Am I listening?

Before I picked Mediocre back up, someone sent me a short reading list with *Undrowned: Black Feminist Lessons from Marine Mammals* by Alexis Pauline Gumbs at the top.

If we are to get better at listening, we can turn to Gumbs, a self-described "queer Black feminist, love evangelist and marine mammal apprentice," for guidance.

Undrowned, Chapter 1: "listen."

The book is a compilation of daily "missives," observations, and deep listening to marine mammals. Gumbs first posted these on social media. With a forward by adrienne maree brown, the book is the first companion text in the "Emergent Strategy Series." Speaking of Black women to listen to, adrienne maree brown's book *Emergent Strategy* and her projects around intentional co emergence with nature (emergent strategy), continues the work of Black science fiction author Octavia Butler. If you are not familiar with either of them, get familiar. If you already know-- keep deep diving.

Undrowned's 19 chapters are all titled as directives, "breathe," "remember," "practice," "cultivate," "be vulnerable," "end capitalism." Within each chapter Gumbs lets us in on lessons for deep listen-

ing via dolphins, seals, whales. She invites us to wonder what they might have to tell us about survival and relearning how to breathe.

"Breathing in unbreathable circumstances is what we do every day in the chokehold of racial gendered ableist capitalism. We are still undrowning," she tells us.

The language of each missive moves between spaces that are nonlinear, and Gumbs both loves and grieves at a trans-species level for what sea mammals have borne at the hands of capitalism and colonization. Some species, like hydrodamalis gigas, whose crime was living in the path of fur traders in the 18th century, and having the blubber needed to feed and oil those expeditions -- are extinct.

"Breathing in unbreathable circumstances is what we do every day in the chokehold of racial gendered ableist capitalism. We are still undrowning."
- Alexis Pauline Gumbs

The cadence and rhythm of her pieces mimics Smithsonian or National Audubon handbooks. It is intentional, to remind the reader that scientific language is in fact, a performance. Poking holes in the hetero-patriarchal bias and dominator language in so-called "neutral" scientific writing, Gumbs shows us that we are all stuck in the fishing nets of an oppressive paradigm.

When I do go back and finish Medicare, I think of Gumbs and her ability to call a bluff on objective language. When Oluo shows up as herself in her work, when she tells us the toll it is taking on her life, I recognize that a Black woman will not gaslight readers with the pretense of "neutral" language. It confirms my decision to no longer write in the style of journalism that doesn't locate me as a cis gendered, queer, white female. People deserve to know who they are listening to, especially if they are going to invest their deep listening.

The end of Undrowned contains meditation practice to go along with each chapter, including guidance for individual and group practice. The invitation is to keep going deeper. Listen. Breathe. Be Vulnerable. End Capitalism.

I share these works together from my humble practice of learning how to #ListenToBlackWomen. Alexis Pauline Gumbs and Ijeoma Oluo are part of a lineage of Black women, and yes of course, including Trans Black Women, who are asking for the end of their oppression and the opportunity to build a more just world.

As Gumbs puts it, her "book is for everyone who knows that a world where queer Black feminine folks are living their most abundant, expressed and loving lives is a world where everyone is free."

UNSHELTERED: dispatches from the street community

By Teresa Barnes



LAST MONTH, I listed many of the root causes of homelessness, including poverty and wealth inequality. Although it seems obvious that homelessness is caused by being poor, the question of what causes some people to be poor is trickier. Is it something you do -- or fail to do -- or is it something that happens to you? If it's the result of individual choices, then why isn't it spread more equitably throughout society? Considering how dangerous and damaging poverty is, it seems important to know exactly what we mean when we use the term.

It can be difficult to talk about poverty, in part because we have a hard time agreeing on what it is. The Federal Poverty Guideline (FPG) for a single person is \$12,880 per year, an amount so ridiculously low that it clearly doesn't include everyone who struggles to make ends meet today. This makes some sense, since the FPG was arrived at in the early 60s by tripling the amount that poor families spent on food back then. Since then, it's merely been adjusted for cost of living increases, without taking into account the myriad ways our family and societal structures have changed over the last 60 years.

The Supplemental Poverty Measure is slightly more reasonable, as it accounts for variables like taxes, healthcare and rent. Using this figure, and including those living below 200% of the poverty threshold, shows that almost half Americans are either poor or low-income. Or to put it another way: a Federal Reserve Report found that 40% of adults in this country could not afford a \$400 emergency. A single person working full-time at the federal minimum wage cannot even comfortably pay that much in rent-- an actually affordable rent to someone earning that little is only \$377.

It doesn't take a very big leap to see how easily this could lead to homelessness. We like to believe safety nets for emergencies will protect us, but those most in need of them can rarely afford to wait months to get a check, or even just speak to a human. As someone who's used a variety of assistance programs over the years, I've experienced the trap they leave you in. You only get out of them by making more money, but you can't make enough to buy what they were providing you.

The fantasy that hard work will keep one out of poverty is central to our country's mythos. Although we like to think of ourselves as a meritocracy, the U.S. ranks next to last in social mobility amongst developed nations. If you look at where people are born

on the wealth spectrum in this country and where they end up, almost of those in the highest and lowest income brackets remained in their respective ends. We love a rags to riches story, but the reality is that only 4% of those born in the bottom fifth ever make it to the top fifth. As epidemiologist Richard G. Wilkinson said, "If Americans want to live the American dream, they should go to Denmark."

Our country is so deeply classist that we don't feel comfortable even using the term. We allow inequality to persist by accepting that money is taboo, and therefore can't be discussed. I learned at VOCA Camp that abuse thrives in secrecy, and I think having honest conversations about money can be a radical act. Talking about our stress around student loans or fears for retirement can show us how many others share them and remind us that we're in this together. Rather than question the work ethics of people who refuse to work at McDonald's, why don't we question why a multi-billion dollar corporation is allowed to pay their workers less than they'd receive on Unemployment?

Poverty and homelessness disproportionately affect those who are already marginalized by racism, transphobia, and other forms of systemic oppression. As with these, solutions must go beyond dealing with the actions of individuals; I believe that seeing them as symptoms of a larger sickness in our country would take some of the blame and stigma off of those who suffer from them. We can support each other, and it makes sense to me to start with those who need it most. In the words of the Jubilee Platform of the Poor People's Campaign, "When we lift from the bottom, everyone rises."

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

The Poor People's Campaign is an interfaith movement to end poverty in the United States. Oregon PPC builds power by developing pathways to organize tens of thousands of Oregonians to fight systemic poverty, systemic racism, ecological devastation, militarism and the war economy, and a distorted moral narrative of religious nationalism.

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

Encore Performing Arts Academy the Best Little private school on the coast makes a transition to K-12



PHOTO: DINAH URELL

By Katherine Lacaze

AS A FORMER-COMPETITIVE-DANCER-turned-studio-owner, Denele Sweet has trained her whole life not only “to pivot and turn,” but to “do it with style, grace and a smile on your face.”

This year represents a major pivot for Sweet’s Encore Dance Studio, founded in 1996, as she prepares to open a full-scale performing arts academy for students in pre-school through 12th grade.

“We’re excited to create our own program to serve our kids and family better,” Sweet said.

She made the announcement in March and has opened enrollment for the 2021-22 school year. Encore Academy will offer an alternative to public education that wraps academics with plenty of opportunities for movement, creativity and unique instruction. School will be in session from Sept. 7, 2021, to June 17, 2022, and Sweet anticipates they will mimic the

calendars of regional school district to support families with students in multiple locations.

Yearly tuition at Encore Academy is \$8,490, although the website states parents and guardians can reduce tuition costs by participating in fundraising opportunities offered throughout the year.

Responding to the COVID Pandemic

In some ways, the new academy is not a significant departure from what Encore began offering during the past year out of necessity.

“When we started last fall, I could see that just operating as a dance studio was just not going to be feasible as a business,” Sweet said, adding she had to close her Gearhart location so she could focus her resources and time entirely to the Warrenton location. “My heart is only so big. ... It got to be a lot to be back and forth so much. I felt like I needed to funnel love and energy into one location.”

She got approval to operate as an emergency childcare center, and the dance studio, which has encompassed a performing arts preschool since 2012, expanded its program to welcome kindergarten through 12-grade students for entire days of instruction.

“We figured it out and we persevered,” Sweet said. “That’s been really great with the ups and down of the shutdown. We’ve been consistent and open all year.”

Although there have been difficult days as the COVID-19 situation evolves and state guidelines change in turn, that plan has worked out well in most regards. No students have tested positive for the virus, families have reliable care for their kids, and children have received both supervision and assistance with their classwork.

However, the students who currently attend Encore come from various towns along the North Coast, which means they are enrolled in different school districts or online programs like Connections Academy, as well as different grade levels. During the day, they log into their individual distance-learning classes—whenever those might be—and then

do activities onsite at Encore in between, creating a fairly sporadic schedule.

“Everybody was kind of on a different wavelength,” Sweet said.

Dealing with that challenge and seeing the writing on the wall for the upcoming year, Sweet knew she needed a long-term plan that could provide more stability and security—as well as cohesion. And that’s when Encore Academy was set in motion.

“We just knew we could do it better and serve these kids better,” Sweet said. “Running this academy, where we can still have great classes and still provide a service, seemed to be a natural fit for the problems at hand.”

‘The Best Little Private School’

The private school will utilize curriculum based on an accredited online program developed by Edgenuity Virtual Academy, which offers individualized pacing and fulfills Oregon State Learning Standards. Additionally, instructors will use multimedia lessons, printable worksheets and other individual and group activities to bridge the gap between learning styles and bring academic concepts to life.

Additionally, the instructional team can coordinate schedules and ensure they’re consistent, and the kids will have direct access to their teachers.

“It’s trying to pull them off the roller coaster a little bit,” said Courtney Bangs, a longtime tumbling coach who is taking the lead as Encore’s academic director. “We have such a wide range of adults at this facility with different skillsets that we’re able to offer variety and hands-on learning.”

Bangs has her master’s degree in agricultural education and taught high school for seven years. She took a break from teaching while her children were young, and then joined a private school on the coast that closed last year.

“I ended up basically segueing over and helping [Sweet] with our emergency childcare status,” Bangs said. “With my teaching degree, it just kind of fit.”

The goal for the 2021-22 school year is to have up to 50 students from first through 12 grades in the main building at Encore’s campus in Warrenton, with preschool and kindergarten classes provided next door for



Encore’s founder Denele Sweet

approximately 20 or so. This year, Encore is serving about 35 elementary and secondary students along with operating the performing arts preschool.

In addition to their core classes, students will get tap, jazz and ballet instruction, and they can choose from a still-developing slate of electives that includes theater, hip hop and lyrical dancing, to name a few. Academy students will also perform twice per year in December and June, with additional opportunities for students to audition for the Company, Competition Teams and Encore’s biannual Disneyland performance.

“I feel like we’re serving a niche group of kids that don’t otherwise get the opportunity for this much creativity,” Bangs said, adding her children—ages 7, 9 and 11—are “thriving in it.” That being said, students don’t have to be particularly passionate about a specific performing art to benefit from the academy. “It’s not just for students who want to sparkle and shine and enjoy glitter. It’s for kids that just need a different atmosphere—an atmosphere of 100 percent acceptance and support.”

Encore also has worked out an arrangement with Warrenton-Hammond School District so academy students can participate in the public-school system’s sports and extracurriculars.

“We’re excited to make it the best little private school on the coast,” Sweet said.



Group Study



The pre-school set

art happens *openings and news in the LCPR*

AVA presents EPOCH EIPHANY 7th annual Clatsop County High School Art Show

ASTORIA VISUAL ARTS GALLERY presents the 7th annual Clatsop County High School Art Show highlighting art made by students of Astoria, Knappa and Warrenton high schools. Each student was provided with a 12"x12" wood panel on which to create artwork. This exhibit is part of AVA's Miss Bea Johnson Fund, founded in 2011 by Noel and Patricia Thomas, which provides learning opportunities for students to build content knowledge and develop skills in the visual arts.

The Fund is named for Noel's 8th-grade art teacher in Longview, Washington, Miss Bea Johnson, who motivated Noel to apply to the Art Center College in Los Angeles after high school. Thanks to her, he not only graduated from the college, but spent his working years in art and art-related businesses. He is now a celebrated watercolor painter, a member of the American Watercolor Society and the Northwest Watercolor Society.



The exhibit opens during Second Saturday Art Walk on May 8 and runs through May 29.

AVA Fundraising Event Artful Jumble

DO YOU HAVE ART SUPPLIES and equipment that you are no longer using taking up space in your studio? Looking for inspiration in the form of new supplies? Astoria Visual Arts is holding a new-to-you fundraising event, the Artful Jumble, where everyone can find items to inspire and create new artwork for a great price! \

Have Items to Donate? Deliver gently used artful items to AVA, 1000 Duane Street, Saturday, May 22 from 4 to 7pm, Sunday, May 23 from 12-4pm or by appointment

Shop Items:

AVA Members Only Day: Wednesday, May 26, 4-8pm
Open to the public: Thursday, May 27 to Monday, May 31 and Friday, June 4 to Saturday, June 5, 12 - 4pm

Learn more at astoriavisualarts.org.

Knappa Art, Acrylic and Photography 4-H Group • New Exhibit at Astoria Art Loft

STARTED OVER 100 YEARS AGO, today 4-H is in both urban and rural areas. It promotes healthy growth and development in the context of families, schools, and communities. Emphasizing growth in Head, Heart, Hands, and Health, 4-H fosters a "learn by doing" approach with support from volunteer adult mentors.

In northern Clatsop County, the Knappa Art, Acrylic and Photography 4-H Group includes members who range in age from 9 through 15. They create a range of artwork using various media and enjoy experimenting to increase their knowledge. While creating is central to being an artist, so too, is preparing artwork for presentation. Seeing one's creations and sharing them with others is important to artistic growth. It is validation of the worth of what one is doing and an important marker in development.

The 10 artists of the Knappa Art, Acrylic and Photography 4-H Group will hold their initial exhibition at Astoria Art Loft from May 8 to June 4, as featured artists for the Second Saturday Art Walk from 1pm to 4pm. They will have the opportunity to discuss their artwork and to meet with others who are interested in art and in the contributions of 4-H.

CCC Art Faculty Show thru May 13



Miki'ala Souza, Ao

The Royal Nebeker Gallery continues the Faculty Show Plus highlighting the diverse artwork created by the CCC Art Faculty in addition to two invited artists. The show will be on display through May 13. The featured artwork encompasses a wide range of media including the various disciplines taught in the art curriculum: drawing, painting, printmaking, ceramics, and photography. CCC Art faculty participating in the show are Lucien Swerdloff, Richard Rowland, David Homer, Miki'ala Souza, Ben Rosenberg, and Kristin Shauck. The exhibit also includes two invited practicing artists: Deanna Antony, the current Astoria Visual Arts (AVA) artist in residence, as well as Modou Dieng, a multi-disciplinary artist based in Portland.

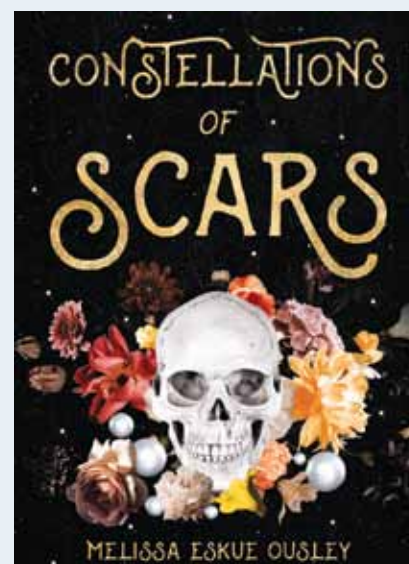
The gallery exhibit is free and open to the public during the limited hours of 10:am-4pm. Monday through Friday. Guests must wear face coverings and practice social distancing. No more than 6 guests may enter the gallery at a time.



Kristin Shauck, Portrait of Pamela Jean

The CCC Royal Nebeker Gallery is ADA accessible and located at 1799 Lexington Avenue in Astoria. FMI: 503.338.2472

zoom in on writers



JOIN THE HOFFMAN CENTER for the Arts for a book release and publishing workshop with local award-winning author, **Melissa Eskue Ousley**. The \$25 registration fee includes a copy of the author's newest book, *Constellations of Scars*, a novel set in Seaside (alternatively, there is a \$10 fee for just the event). Eskue Ousley will read from the book and discuss her publishing journey with Elle Beaumont of Midnight Tide Publishing, an author collective and independent press that seeks to give authors creative freedom while offering support and collaborative opportunities.

In this dark fantasy, not all magical gifts are a blessing. Some are a curse. When Amelia turned 12, she began growing pearls. As the pearls form, her body aches and her skin grows feverish. The harvest of pearls brings temporary relief from the pain, but leaves her back marred by scars. Hidden away for years by her protective mother, Amelia runs away from home, finding a new family in a troupe of performers at a museum of human oddities. She soon discovers the world is much more dangerous than her mother feared.

Constellations of Scars received a starred review from Kirkus Reviews, who called it, "An indelible story of loving yourself in a world of dreadful realities." Readers' Favorite Book Reviews gave it high praise: "5 Stars. *Constellations of Scars* is one of the best, most original books I've read all year...an immersive masterpiece of fiction that I won't be able to stop talking about for a long time to come." *Constellations of Scars* releases June 9 from Midnight Tide Publishing and will be available from booksellers everywhere.

Melissa Eskue Ousley is an award-winning author living on the Oregon coast with her family, a neurotic dog, two charming cats, and a piranha. Her suspense novel, *Pitcher Plant*, is also set in Seaside, and won a 2018 Independent Publisher Book Award. Her young adult novel, *Sunset Empire*, a love letter to Astoria, debuted in a bestselling boxed set.

Elle Beaumont is the founder of Midnight Tide Publishing. Elle Beaumont is the author of *The Dragon's Bride* and *The Castle of Thorns*. Her short stories have been featured in several anthologies.

Friday, June 11 at 4pm on Zoom To register for this event with the Hoffman Center for the Arts, visit hoffmanarts.org.



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2 at RiverSea

RIVERSEA GALLERY presents two solo exhibitions featuring Astoria artists opening Saturday, May 8 with a reception during the Astoria Artwalk from 12 – 8 pm. Featured are acrylic paintings of interiors by **Kate Speranza** and works in charcoal on canvas by **Lucca Ettienne**. The artists will be on hand to talk about their work from 5 – 8 pm. Both shows will remain on view through June 6, 2021.

In *Uncurated*, Kate Speranza turns aside from a world inundated with highly curated lifestyle presentations and offers us an inspection of the unintentional, random, absolutely uncurated surroundings that most of us actually live within. In this solo show of recent paintings, the scuffs, scrapes, splatters and spills are elevated for our consideration as she turns an eye to her own closest environs and documents the inadvertent marks and patina of history that humans leave on their personal spaces.

A life-long Oregonian, Speranza currently divides her time between painting, sculpture and metalsmithing in her Astoria studio. She has an abiding interest in architecture, and is drawn to clean lines, structure and minimalism. She received her BFA from Oregon College of Art & Craft and her MFA from East Carolina University. Both degrees were focused on metalsmithing, but she discovered a love of painting while in North Carolina. In February, 2020 Speranza



Kate Speranza, *Flourish*

participated in a month-long artist residency at Arteles Creative Center in Finland where she found the freedom to express herself more intuitively. She returned home to a world changed by the pandemic. These new paintings trace their roots to that time.

Exhibiting in the Alcove is Lucca Ettienne, a visual artist and poet who creates artwork referencing cultural and cosmic influences. In this show, *With a Voice from Stone*, she works with powdered charcoal and acrylic on raw-edged canvas to render expressive human figures on abstracted backgrounds. In these works, forms seem to emerge from the cosmos, still partially cloaked in mystery, at an intersection of reality and the divine. The artist draws attention to their sensitive faces, full of emotion and ready to impart their stories.

Ettienne received a teaching degree at University of Portland and taught in schools on the Navajo Nation reservation, in Astoria Oregon, and in Colorado Springs. During her twenty-seven-year teaching career, she won a fellowship to Japan, traveled to Mexico, as well as to London and Rome as an aspirant in Mother Teresa's order. These experiences inspired her to incorporate cultural awareness, stewardship, and social justice into her art.

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.



Lucca Ettienne, *Mysterium*

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, May 8th 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 dimension that leaps from the flat surface of rag paper, each image is printed to.



delphinium and rue, detail

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.



Linda Wyss, *Koi Fish*

Three watercolor artists are featured in May at **TRAILS END** Gallery, including Gheri Fouts, Linda Gebhart, and Linda Wyss.

a reception for the artists occurs during ArtWalk on May 1, 2-5pm.

Gheri Fouts originally from Chicago, has shown her paintings at Trail's End Art Association in Gearhart, the Astoria Visual Arts Association, and the Cannon Beach Arts Association. She also teaches workshops and classes at Trail's End.

Linda Gebhart retired from the Portland area, paints small seascapes, architecture and landscapes. She recycles materials for matting and framing, and uses her own travels and beach walks as subjects but welcomes photos from friends to continue to challenge and hone her skills. She teaches Watercolor Seascape Classes for Trail's End as well as Cannon Beach Arts.

A native Oregonian from Portland, Linda Wyss was inspired by beginning watercolor classes taught by Linda Gebhart and Gheri Fouts. Linda has continued to learn through the support and encouragement of all her TEAA friends and associates.

The Watercolor Show runs through May 30. Visit the show Fri- Sun 11-3pm Trail's End is located at 656 A Street in Gearhart, Or. 503.717.9458



A Brave New Word:

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.



Bottman, *Woven Samurai Vessel*

PATTERNS at Hoffman Gallery

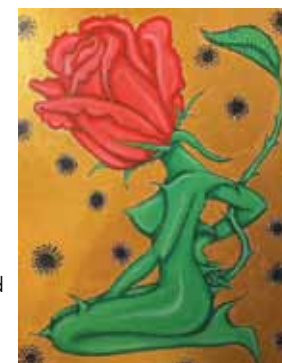
HOFFMAN GALLERY presents 3 artists in Patterns for the month of May. Drawings by Miles Sprietsma are organic, unplanned, anarchic compositions. Photographer Gretta Siegel plays with views and angles in the patterns in nature, and Tom Bottman creates ceramic vessels utilizing found objects and handmade pattern rollers. View the show Friday – Sunday, 1-5pm. The exhibition is also available online at hoffmanarts.org.

The Hoffman Gallery is located at 595 Laneda Ave in Manzanita.

Jenny Coccoresse Anti-Heroines at AIMCA

AIMCA presents the riveting art of Jenny Coccoresse, in her acrylic painting series, *Anti-Heroines*, in which she portrays wild feminine archetypes created to be evil in false narratives through history when in fact they had a strong positive light. Also art by TKO, Paul Gagnon, Lisa Ackerman and more artists' work from previous shows, + books, batiks and objects for sale. May 8, 2nd Sat Art Walk. Live music by Lorenzo. For private showings and more info call (503) 395-1221.

AIMCA is located at 1159 Marine Dr. in Astoria



Every Rose

MESSAGES

SONJA GRACE



HOW CAN WE SEE PAST THE FEAR when we live on our phones, computers, and social media? Belief systems expand and contract daily. We think we are safe from the invisible enemy and learn we are not. Like war time, people across the world suffer from post-traumatic stress. Suicide is at an all-time high. How can we find our peace in these stressful times? We must meditate. Through meditation and deep breathing we can reduce our stress and create the world we want to live in. When we are engaged in fear our experience is survival- it's time to start living. What does that mean? It is an inner process. When we engage our inner peace, we can create from a neutral place - no taking sides or swinging from this belief to that - not sitting in judgment or shaming and blaming others for

their beliefs. Taking responsibility for your own self allows for compassion for others. When we are intolerant of our kids, spouse, parents, coworkers, and people around the globe we miss the opportunity to see all sides of an issue and love at a deeper level. This is what we are here to do - love at the deepest level of our being. How do we get past the judgment? We must examine our belief systems - ask questions, don't take the news as gospel or the history books as the truth! For centuries, people in power have altered what is recorded as the 'truth'. History has a way of repeating itself because we are all tied to our individual and collective karma. If we let our fear take over it can cause our natural defense system to drop. Feeling alone and isolated can bring up emotions like anxiety and blame. The unknown can be frightening. Therefore, meditation is extremely important. It also allows you to focus on your breathing. Controlled breathing triggers the parasympathetic nervous system and is linked to the vagus nerve which governs the nervous system response and lowers

the heart rate. Take time daily to do deep breathing. Learn how to meditate and join my free Meditation Peace Project and experience a one hour guided meditation each month on zoom!

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

Meditation is the Key

word wisdom

By Tobin Nason

The Words We Use

I'M SOMEONE WHO WISHES there were twenty words for the various types of love and five different ways to dislike anything, anybody. In many areas, our language fails us. I love ice cream, my kids, justice and spring flowers. And my dog. I hate injustice, anchovies, extremely weird hairdos.

It's been proven that a language reflects the culture. In Sweden, there's about twelve different words for "snow." Snow is an important part of the Swedish daily life, so it makes sense that there are different words for the various types of snowfall. Some countries have different words for different types of love, because that is an important part of the cultural landscape. Enough said.

It is my belief we use the word "trauma" far too often. Yes, times have been tough, lots of losses. But not everything is traumatic. Maybe difficult or painful, but much of life is overcoming obstacles. Every one has suffered a traumatic event. There are some therapists that believe the initial trauma is exiting the birth canal. If you

are reading this, you did indeed incur this event. Imagine leaving a warm, watery, dark cozy place just to be pushed out into the air laden, brightly lit room of a hospital where maybe someone slaps you slightly to get your lungs clear? What an insult! Trauma! The next trauma is having to separate from your parents and start becoming independent. Trauma!

It goes on and on. But I would like other words for what eventually become, in hindsight, only another piece of the fabric of an individual life. The concern I have is too many people label a life event as traumatic... as if it were the total turning point. It may be... but the true turning point is in processing and learning from it. Maybe how to be stronger. Or how to avoid similar events by some modification of a life. Trauma implies a serious wound, either to one's body or to one's mental health. A rape is traumatic—injury physical and emotional. Someone insulting you and calling you overweight, not bright, loser, or any

one of these unpleasanties does not need to be labeled traumatic.

Trauma, I believe, should relate to objective events. Assault, debilitating car wreck, atrocious life circumstances such as abuse and life-threatening poverty is traumatic.

What about the person who claims that his/her mother never seemed to like him/ her? Or the person who lost a great job for no fault of his/hers? May feel temporarily traumatic... but here's when I say—let's develop more precise language.

Here's some phrases I'd like to see be utilized instead of how traumatizing something was... life-changing. Painful time. Life lesson.

One should not live as a trauma victim. At some point, revising trauma as an event, a point in time, will be a step forward. That's the bigger picture- moving forward to always a better place.

Tobin Nason is a counselor located in Warrenton. Call for an appointment (503) 450-0587



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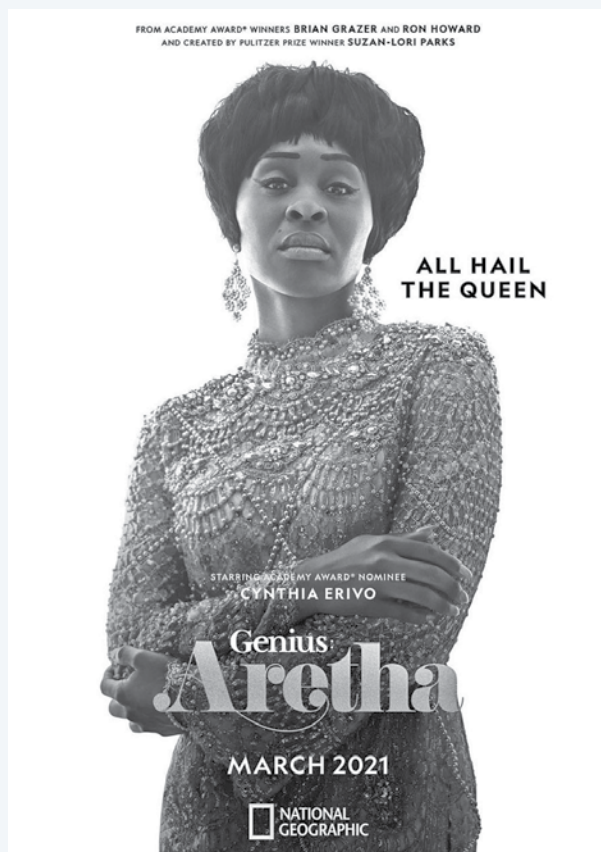
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GENIUS: ARETHA (NATIONAL GEOGRAPHIC/HULU) The third season of Genius brings to life the store of the Queen of Soul, Aretha Franklin. Cynthia Erivo stars as Aretha. Series covers Franklin's trials and tribulations from childhood through young adulthood as the talented prodigy struggles to transition to full-fledged stardom, while battling the influences of the many men in her life. It is Franklin's preacher father, C.L. (Courtney B. Vance) who wields the greatest influence, pushing Aretha into the spotlight singing gospel at his church. Aretha is an instant star, but as is the pattern in her life, every professional step forward is matched by a personal setback. At 12, Aretha has her first child. When Aretha attempts to crossover from gospel star to pop star, her efforts are frustrated by her fumbling manager-husband Ted (Malcolm Barrett). It's not until Aretha forms a musical partnership with the producer Jerry Wexler (David Cross) that the Queen of Soul emerges.

ARMY OF THE DEAD (MAY 21 NETFLIX) While most filmmakers have suffered under the pandemic, Zack Snyder is flourishing. Snyder kicked off 2021 with his Justice League cut and now drops Army of the Dead, a zombie heist movie set in Las Vegas. The zombie genre has been good to Snyder as he kicked

off his career 17 years ago with his Dawn of the Dead remake. Snyder returns to the genre with a cast headed by Dave Bautista (Guardians of the Galaxy). After a zombie outbreak devastates Las Vegas, a team of mercenaries headed by Bautista venture into the quarantine zone to pull off the biggest heist ever.

THE WOMAN IN THE WINDOW (MAY 14 NETFLIX) Delayed a year due to the pandemic, Amy Adams toplined movie finally bows on Netflix. In this Hitchcockian thriller, Adams plays agoraphobic psychologist Anna Fox, confined to her apartment due to her anxiety disorder. Separated from her husband and daughter who lives with him, Anna still talks to them every day. Self-medicating with wine and pills, Anna takes to spying on her neighbors through the windows of her Harlem brownstone. Anna meets and becomes friends with Jane Russell (Julianne Moore), who with her family has moved in across the street. While watching the Russell's apartment, Anna is shocked when she sees Jane stabbed to death. But when Anna reports the crime to the police, they are skeptical, dismissing her as an agoraphobic drunk who has imagined a murder. To further dispel the idea of a murder, Alistair Russell (Gary Oldman) appears with his wife Jane – alive – except this woman is not the Jane Anna met. Anna is convince the new Jane is an imposter and the real Jane has been murdered by Alistair.

HALSTON (MAY 14 NETFLIX) Ewan MacGregor stars as fashion designer Halston in this Netflix limited series. Synopsis: Known for his minimalist designs and hobnobbing at Studio 54 with celebrities like Lisa Minelli, Bianca Jagger and Andy Warhol, series follows the legendary fashion designer as he rises from millinery – he designed Jacqueline Kennedy's famous pillbox hat -- to reinvent himself as he becomes Halston. He turns a single, invented name into a worldwide fashion empire that's synonymous with luxury, sex, status and fame, literally defining the era he lives in, 1970's and '80s New York – until a hostile takeover forces him to battle for control of his most precious asset... the name Halston itself.

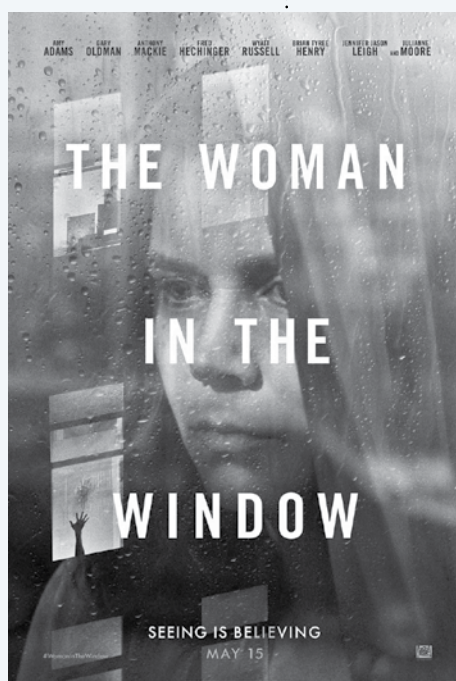
MARVEL'S M.O.D.O.K. (MAY 21 HULU) Marvel debuts their new adult, animated comedy series based on a supervillain (Patton Oswalt) who falls on hard times. Synopsis: In Marvel's M.O.D.O.K., the megalomaniacal supervillain M.O.D.O.K. (Patton Oswalt) has long pursued his dream of one day conquering the world. But after years of setbacks and failures fighting the Earth's mightiest heroes, M.O.D.O.K. has run his



evil organization A.I.M. into the ground. Ousted as A.I.M.'s leader, while also dealing with his crumbling marriage and family life, the Mental Organism Designed Only for Killing is set to confront his greatest challenge yet!

THE UNDERGROUND RAILROAD (MAY 14 AMAZON) In the wake of black history stories that mix fact with fantasy like Antebellum and Lovecraft Country arrives Academy Award-winning director Barry Jenkins's The Underground Railroad, based on the novel by Colson Whitehead that depicts the underground railroad as a literal underground railroad that slaves take to escape to the North. Story focuses Cora, a slave girl who attempts to escape her Georgia plantation for the rumored Underground Railroad only to discover it's a real trains that runs on secret tracks beneath the Southern soil. Cora escapes on the railroad pursued by the vengeful slave catcher Ridgeway (Joel Edgerton) who has only failed to recapture one escaped slave – Cora's mother.

OXYGEN (MAY 12 NETFLIX) French horror director Alexandre Aja directs this contained thriller about a woman (Melanie Laurent) who wakes up in a cryogenic pod with no memory of how she got there and with the oxygen running out. To escape her nightmare, she must rebuild her memory of her own past. Aja described the story as a "mystery box built like a labyrinth from which you have to escape."



FREE WILL ASTROLOGY

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ARIES (March 21-April 19): Poet Allen Ginsberg despairingly noted that many people want MORE MORE MORE LIFE, but they go awry because they allow their desire for MORE MORE MORE LIFE to fixate on material things—machines, possessions, gizmos, and status symbols. Ginsberg revered different kinds of longings: for good feelings, meaningful experiences, soulful breakthroughs, deep awareness, and all kinds of love. In accordance with astrological potentials, Aries, I'm giving you the go-ahead in the coming weeks to be extra greedy for the stuff in the second category.

TAURUS (April 20-May 20): In her poem "Mirror," Taurus poet Halina Poświatowska wrote, "I am dazed by the beauty of my body." I applaud her brazen admiration and love for her most valuable possession. I wish more of us could genuinely feel that same adoration for our own bodies. And in accordance with current astrological omens, I recommend that you do indeed find a way to do just that right now. It's time to upgrade your excitement about being in such a magnificent vessel. Even if it's not in perfect health, it performs amazing marvels every minute of every day. I hope you will boost your appreciation for its miraculous capacities, and increase your commitment to treating it as the treasure that it is.

GEMINI (May 21-June 20): Gemini poet Buddy Wakefield writes that after the Indian Ocean earthquake and tsunami of 2004, "the only structure still standing in the wiped-out village of Malacca [in Malaysia] was a statue of Mahatma Gandhi. I wanna be able to stand like that." I expect you will indeed enjoy that kind of stability and stamina in the coming weeks, my dear. You won't have to endure a metaphorical tsunami, thank Goddess, but you may have to stand strong through a blustery brouhaha or swirling turbulence. Here's a tip: The best approach is not to be stiff and unmoving like a statue, but rather flexible and willing to sway.

CANCER (June 21-July 22): No educator had ever offered a class in psychology until trailblazing philosopher William James did so in 1875. He knew a lot about human behavior. "Most people live in a very restricted circle of their potential being," he wrote. "They make use of a very small portion of their possible consciousness, and of their soul's resources in general, much like a person who, out of his whole bodily organism, should get into a habit of using only his little finger." I'm going to make an extravagant prediction here: I expect that in the coming months you will be better primed than ever before to expand your access to your consciousness, your resources, and your potentials. How might you begin such an adventure? The first thing to do is to set a vivid intention to do just that.

LEO (July 23-Aug. 22): "Someone in me is suffering and struggling toward freedom," wrote Greek author Nikos Kazantzakis. To that melodramatic announcement, I reply, good for him! I'm glad he was willing to put himself through misery and despair in order to escape misery and despair. But I also think it's important to note that there are other viable approaches to the quest for liberation. For example, having lavish fun and enjoying oneself profoundly can be tremendously effective in that holy work. I suspect that in the coming weeks, Leo, the latter approach will accomplish far more for you than the former.

VIRGO (Aug. 23-Sept. 22): Virgo novelist Agatha Christie sold hundreds of millions of books, and is history's most-translated author. While growing up, she had few other kids to associate with, so she created a host of imaginary friends to fill the void. They eventually became key players in her work as an author, helping her dream up stories. More than that: She simply loved having those invisible characters around to keep her company. Even in her old age, she still consorted with them. I bring this to your attention, Virgo, because now is a great time to acquire new

imaginary friends or resurrect old ones. Guardian angels and ancestral spirits would be good to call on, as well. How might they be of assistance and inspiration to you?

LIBRA (Sept. 23-Oct. 22): "To hurry pain is to leave a classroom still in session," notes Libran aphorist Yahia Lababidi. On the other hand, he observes, "To prolong pain is to miss the next lesson." If he's correct, the goal is to dwell with your pain for just the right amount of time—until you've learned its lessons and figured out how not to experience it again in the future—but no longer than that. I suspect that such a turning point will soon be arriving for you.

SCORPIO (Oct. 23-Nov. 21): In her poem "Every Day," Scorpio poet Denise Levertov wrote, "Every day, every day I hear enough to fill a year of nights with wondering." I think that captures the expansive truth of your life in the coming weeks. You've entered a phase when the sheer abundance of interesting input may at times be overwhelming, though enriching. You'll hear—and hopefully be receptive to—lots of provocative stories, dynamic revelations, and unexpected truths. Be grateful for this bounty! Use it to transform whatever might be stuck, whatever needs a catalytic nudge.

SAGITTARIUS (Nov. 22-Dec. 21): I hope you're not too stressed these days. There has been pressure on you to adjust more than maybe you'd like to adjust, and I hope you've managed to find some relaxing slack amidst the heaviness. But even if the inconvenience levels are deeper than you like, I have good news: It's all in a good cause. Read the wise words of author Dan Millman, who describes the process you're midway through: "Every positive change, every jump to a higher level of energy and awareness, involves a rite of passage. Each time we ascend to a higher rung on the ladder of personal evolution, we must go through a period of discomfort, of initiation. I have never found an exception."

CAPRICORN (Dec. 22-Jan. 19): We can safely say that Anais Nin was a connoisseur of eros and sensuality. The evidence includes her three collections of erotic writing, *Delta of Venus*, *Little Birds*, and *AuLeiris*. Here's one of her definitive statements on the subject: "Sex must be mixed with tears, laughter, words, promises, jealousy, envy, all the spices of fear, foreign travel, new faces, stories, dreams, fantasies, music." In response to Nin's litany, I'm inclined to say, "Damn, that's a lot of ambiance and scaffolding to have in place. Must it always be so complicated?" According to my reading of upcoming cosmic rhythms, you won't need such a big array of stuff in your quest for soulful orgasms—at least not in the coming weeks. Your instinct for rapture will be finely tuned.

AQUARIUS (Jan. 20-Feb. 18): "One is always at home in one's past," wrote author Vladimir Nabokov. I agree. Sometimes that's not a good thing, though. It may lead us to flee from the challenges of the present moment and go hide and cower and wallow in nostalgia. But on other occasions, the fact that we are always at home in the past might generate brilliant healing strategies. It might rouse in us a wise determination to refresh our spirit by basking in the deep solace of feeling utterly at home. I think the latter case is likely to be true for you in the coming weeks, Aquarius.

PISCES (Feb. 19-March 20): "Not everything is supposed to become something beautiful and long-lasting," writes author Emery Allen. "Not everyone is going to stay forever." Her message is a good one for you to keep in mind right now. You're in a phase when transitory boosts and temporary help may be exactly what you need most. I suspect your main task in the coming weeks is to get maximum benefit from influences that are just passing through your life. The catalysts that work best could be those that work only once and then disappear.

Bike Madame

By Margaret Hammitt-McDonald

Terrible Fates That Await Bikes

NEVER MIND receiving a lightning scar from Volde-mort...bikes can experience dreadful outcomes too. From flats to hub failure, here are the vile misfortunes that can smite your bike.

The most frequent mishap life inflicts on bikes is the flat. Often, flats happen when you're in a hurry and unprepared, so practice changing your tire in your leisure time so you can do the deed fast when rain is bucketing down. Conditions on the road are usually less than ideal—and it takes time for the patches to adhere—so I keep a spare inner tube in my tool pack (never leave home without this lightsaber of bikedom) and replace the punctured tube with it, waiting until I get home to repair the injured one. Please forget those plastic tire levers; they're breakable. Metal ones are durable, and, well, metal! Coastal roads are littered with items that pierce, so I use thorn-resistant tubes, the heavy to the tire levers' metal.

Rear tubes pop more often than front tubes, which is pesky because you need to detach the chain to get the wheel on and off. When you return the wheel to its place, you may discover your brakes are uneven and the wheel wobbles. Don't adjust the brakes; adjust the wheel in the dropouts (the little brackets where it fits). It's likely gone off true, leading to uneven break wear and a wobbly, even dangerous ride.

Brake and gear cables need love. The number-one reason brakes get soft and shifting gets sloppy is either loosened or gunked-up cables. Some bikes come with knobs on the headset that let you tighten the cables; this can be easier than doing so at the brake level. However, taking time to clean cables off with solvent and an old toothbrush helps them perform at their best.

That squeaky chain needs cleaning and lubrication! Our salty coastal air necessitates more frequent drive-chain maintenance. I like to clean the chain and its buddies, the pulleys



and sprockets associated with the derailleurs, every week with the chain in place, and every month with the chain removed and soaking in solvent. Pulleys and chains wear out, so check them and replace as needed. Your bike-shop mechanic can recommend the most suitable lubes and greases for this area's bike antagonists, precipitation and salinity.

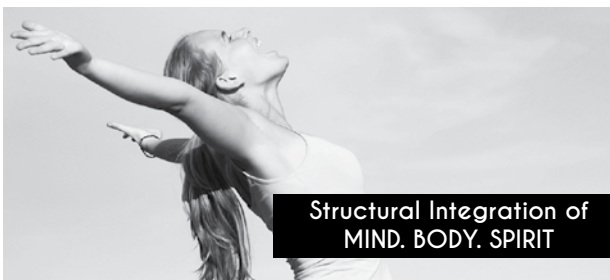
Another component to keep track of is the wheel, especially if your brakes are the caliper type that pinch the rim to slow you down. The metal eventually fatigues (you'll see grooves getting worn into it), leading to blowouts. I replace my wheels every two years.

The gnarliest blow to my bike was when the innards of my rear hub failed. One day, the gears started to get stuck while shifting, and a few minutes later, my pedals spun but the bike stopped rolling. Luckily, I was within a mile's walk from a bike shop, where they replaced my hub. If the drive chain fails on a multi-gear bike, alas, it doesn't turn into a fixie... it turns into a no-go-ie. So if your gears seem to slip before engaging and you've ruled out a problem with the shifter-cable tension or those two screws on your derailleur that govern how far it swings to shift to the next cog, consider the humble hub, which may be the evil mastermind here.

So, what if Sauron, Voldemort, or the Orange One curses you with wicked sorcery as you ride along? I confess, a Muggle like me doesn't have a handy answer.

HOMEWORK: WRITE AN ESSAY ON 'WHAT I SWEAR I'LL NEVER DO AGAIN AS LONG AS I LIVE - UNLESS I CAN GET AWAY WITH IT NEXT TIME.' POST AT: FREEWILLASTROLOGY.COM

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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

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Whole PLANET Health By Margaret Hammit-McDonald

Mindfulness: It's Evidence-Informed

IF YOUR PSYCHOLOGICAL well-being has ever been challenged (and whose hasn't?), you've likely heard about mindfulness. As with many ideas that originate in spiritual practices, the concepts can get diluted, rigidified into dogma, and/or start sounding like the mumblings of space cornflakes. If you need scientific validation before trying something, I wish to assure you that mindfulness isn't spacey, flakey, or corny. It's a central component of evidence-informed psychotherapeutic techniques. (Try saying that with your mouth full of cornflakes!)

The American Psychological Association notes that systematic reviews of more than 200 studies on mindfulness-based techniques show benefits for people experiencing depression, anxiety, and stress, our most common psychological challenges. It's also an effective intervention for major depressive episodes and chronic pain and may improve immune function (J. David Cresswell, PhD and Bassam Khoury, PhD, "Mindfulness Meditation: A Research-Proven Way to Reduce Stress," The American Psychological Association, October 30, 2019, <https://www.apa.org/topics/mindfulness/meditation>).

Two varieties of cognitively focused therapies, Dialectical Behavior Therapy and Acceptance and Commitment Therapy, both include mindfulness practices as cornerstones of treatment. DBT was developed by Dr. Marsha Linehan, whose pioneering work helped people with Borderline Personality Disorder, a notoriously difficult to treat condition. Mindfulness is the first of four core practices in DBT. The others are distress tolerance, emotion regulation, and interpersonal effectiveness, all of which help people to reduce internal conflicts, resolve relationship difficulties, and work with rather than against painful emotions ("Dialectical Behavior Therapy," Psychology Today, n.d., <https://www.psychologytoday.com/us/therapy-type>).

What does "mindfulness" mean and how does it help? Mindfulness is staying present in the moment instead of replaying past experiences, rehearsing worst-case scenarios, fantasizing about vengeance against those who have offended us, and anything else that



distracts us from what's going on right now. Learning to stay present helps us to tolerate unpleasant emotions instead of fighting them off, to place our past experiences in perspective, to ease the impact of PTSD flashbacks or phobic reactions, and many other difficulties in which we become enmeshed. Mindfulness doesn't mean over-mentalizing our experiences, becoming indifferent to injustice and wrongdoing, or invalidating our emotions and turning into rational robots like Star Trek's Commander Data pre-emotion chip. It involves acknowledging the thoughts that trip us up and the emotions that overwhelm and gives us the clarity to gain a new perspective on these ensnaring patterns of thought, feelings, and behavior.

Mindfulness has traditionally been transmitted through meditation and/or prayer techniques, but you don't need to assume an uncomfortable position, purchase a fancy cushion, or recite a mantra in an ancient language. Mindfulness is such an effective tool because you can use it wherever you are and whatever you're doing. Although you hone your mindfulness muscles by setting aside time every day for practice, any activity is an opportunity to maintain present-moment awareness. Try experimenting with different methods to discover what resonates with you. Sitting meditation, walking or movement meditation (like Taiji or Qigong), or engaging in a creative activity like playing an instrument or drawing, are all options, but they're not the only ones. You can facilitate a mindful state while changing a tire on your bike or car, working in your garden, cleaning, or hanging out with small children, who are always in the moment (although "the moment" may be a meltdown).

Images of incense-toting monks or karate masters waxing on and off aside, mindfulness is an ancient idea with modern scientific backup. It may not turn you into Yoda, but it can aid you in developing the resiliency to rise to life's challenges.

CHEW ON THIS!

by Merianne Myers



CARDAMOM ORANGES WITH YOGURT

There are countless kinds of oranges. Navel oranges are almost always available. Cara Caras boost this recipe from the simply luscious to the divine. This is lovely as a brunch entree accompanied by a warm-from-the-oven popover or a dynamic breakfast that challenges the rest of the day to step up or a light and lovely dessert after dinner. It's beautiful in a stemmed glass, a ramekin or layered like a parfait. It can elevate a simple waffle or slice of pound cake to heavenly heights.

I can eat a vat of this stuff all by myself but all amounts in the recipe are flexible so suit yourself.

- 10 oranges
- 1 cup orange juice (approximate)
- Zest of one lemon or orange (Meyer lemons are perfect)
- 3/4 inch piece of fresh ginger, peeled and sliced
- 1 teaspoon ground cardamom
- or
- 5 cardamom pods crushed, shells discarded & seeds dry-toasted in a sauté pan. This is a little more effort, but the crunch of the seed along with the pop of sweet, scented flavor is worth it
- 1/2 teaspoon ground cloves
- 4 Tablespoons honey
- Greek yogurt
- 2 Tablespoons skinned, slivered and toasted almonds (optional)

Supreme the oranges by cutting the rind and white pith away, then slicing the segments away from the membranes. Do this over a bowl topped with a strainer. Toss the segments in the strainer as you work and wring the leftover 'core' of orange to get the last of the juice before tossing it.

Combine the juice, ginger, cardamom, clove, zest and honey in a saucepan. Bring it to a boil, reduce the heat and simmer for a few minutes until it gains the consistency of a light syrup. Let cool. This is just a fancy, schmancy simple syrup, but it's alarmingly good. Use it in iced tea, cocktails, smoothies and more.

Strain the syrup over the orange segments and chill for at least an hour or overnight for tastiest results.

Serve spooned over a dollop of thick, custardy Greek yogurt. Sprinkle with the toasted almonds. Sit in the sun and contemplate your sheer brilliance for having made this.



I DON'T PRESUME TO KNOW WHAT THE GODS ATE but there's no way a respectable God would fail to have oranges at the table. Oranges are full blown sensation; an erotic one-two punch of pleasure. The ancient apple promoters have done a bang-up job imbuing their particular fruit with legendary status.

I support their effort and love their product. But, in my humble opinion, if there was ever something to tempt us beyond endurance, it's the orange.

An orange is solar energy wrapped in gorgeous rind.

It welcomes your advances with a spray of fragrant oil. It offers up an abundance of sweet segments thoughtfully wrapped in whisper soft membrane set to detonate sweet, tangy juice at first bite. The lingering scented oil on our fingers is an invitation to do it again. It's divine, it's transcendent, it's sex on a tree. And it's good for us!

Completely beside the point, but nice touch.

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

Governor Kate Brown Urges Oregonians to Get Vaccinated, 15 Counties Qualify for Extreme Risk Amid Rapid Surge in COVID-19 Cases and Hospitalizations

(SALEM, OR) — Due to the rapid spread of COVID-19 in Oregon, Governor Kate Brown announced updates to county risk levels under the state's public health framework. With hospitalizations rising above 300 people statewide, threatening to overwhelm doctors and nurses, 15 counties will move to the Extreme Risk level effective Friday, April 30 through Thursday, May 6. In addition, nine counties will be in the High Risk level, (including Clatsop and Lincoln County) four at Moderate Risk, (including Tillamook County) and eight at Lower Risk.

"If we don't act now, doctors, nurses, hospitals, and other health care providers in Oregon will be stretched to their limits treating severe cases of COVID-19," said Governor Brown. "Today's announcement will save lives and help stop COVID-19 hospitalizations from spiking even higher. With new COVID-19 variants widespread in so many of our communities, it will take all of us working together to bring this back under control."

Governor Brown is partnering with lawmakers to approve a \$20 million small business emergency relief package to immediately support impacted businesses in Extreme Risk counties through the commercial rent relief program.

In an effort to speed up the return to normal business operations, county COVID-19 data will be evaluated weekly for at least the next three weeks. Any updates to county risk levels next week will be announced on Tuesday, May 4 and take effect on Friday, May 7. Counties that improve their COVID-19 metrics will have the opportunity to move to a lower risk level. Counties will remain in Extreme Risk for a maximum of three weeks.

Continued Governor Brown: "The fastest way to lift health and safety restrictions is for Oregonians to get vaccinated as quickly as possible and follow the safety measures we know stop this virus from spreading. I recognize the burden these restrictions place on Oregon businesses and working families. My goal is to lift these restrictions as soon as it is safely possible, and keep Oregon on the path for lifting most health and safety requirements by the end of June so we can fully reopen our economy. But we will only get there if enough Oregonians get vaccinated. There are appointments available right now all across the state."

In addition, the Governor announced that outdoor capacity limits for bars, restaurants, and other sectors will be raised from 50 to 100 people in Extreme Risk counties, with health and safety measures, including physical distancing, in place.

Added Governor Brown: "We know that the risk of COVID-19 transmission is lower outdoors. I am urging all Oregonians, if you choose to gather with others, keep it outdoors. Indoor transmission is a key driver in the COVID-19 surge that is making renewed health and safety restrictions necessary."



GAETANO'S Market and Deli *Brings Delicious Italy to Downtown Astoria*

WHILE THE PANDEMIC brought closure to some downtown businesses, it also opened new opportunities for Astoria's burgeoning foodie scene. Now you can find Italian style meats, cheeses, and condiments at Gaetano's Market and Deli on the corner of 10th and Commercial. Gaetano's offers an array of deli sandwiches on ciabatta rolls, from their Italian Combo with prosciutto, capicola and genoa salami to a vegetarian Caprese with fresh basil and mozzarella.

Gaetano's specializes in housemade pastas, sauces and lasagne you can cook at home. Brother and sister Matthew and Rachel Gaetano, and Matthew's wife, Julie Hoffman, opened Gaetano's in February, and the response has been enthusiastic. "We've been busier than we imagined." The market is the only Italian style deli on the North Coast, providing customers with all the ingredients necessary to create beautiful Italian meals, easily paired with their array of fine wines.

Rachel, Matt and Julie are educators who found their lives' work transformed by COVID conditions. Matthew and Julie spent 18 years teaching internationally in Taiwan, Jamaica, Indonesia, and Mauritania. Rachel taught middle school math and moved to the coast from Arizona after accepting a temporary teaching position in 2019. Matthew and Julie had taken a year's break stateside and visited Rachel with their daughter, Genevieve. Like so many, fell in love with the Oregon coast. They bought a house in Astoria thinking that Rachel would live there while she pursued a permanent teaching job and they returned to teaching abroad. Then COVID hit. The three shifted course, and Matthew, Julie and Genevieve now live in their Astoria house with Rachel.

Matthew had some experience working as a prep cook while studying at the University of Santa Barbara. He thought of going to culinary school but ultimately chose a teaching career. Julie also had some



restaurant experience in early life and Rachel has a business background. Even more than their mutual experience, their mutual love of cooking inspired them to open Gaetano's. The Gaetanos descend from restaurateurs in the Midwest, who opened eateries after immigrating to Chicago from the Reggio Calabria region of Italy. Gaetano's red sauce comes from Matthew and Rachel's dad's recipe and Julie created their pesto and alfredo sauces, "The alfredo has been especially popular."

Moving from the classroom to the kitchen has been a leap of love, and Gaetano's landed in the welcoming embrace of Astoria's downtown business community. "We've been so grateful for all the support from the Astoria Downtown Historical District Association (ADHDA) and the Chamber of Commerce." They all chime in listing the various businesses that have helped them get their bearings, from Pat's Pantry to Nekst and Winekraft to the great shoes they got from Gimre's for the hours they now spend on their feet. They consulted with restaurants like Capricorn and Fulio's and they collaborated with other local establishments. Their ciabatta rolls come from Blue Scorchers Bakery, for example. "We just started carrying Tres Bros' salsa and we offer beverages from the Beer and Wine House in Seaside."

"We don't sell coffee," Matthew says, "because there's so many great coffee places close by like Green Door and the Bistro." They also decided against offering soup and instead direct customers to Good to Go when they ask. "It's reciprocal. Customers tell us they heard about us through other downtown businesses. It's really a supportive community and we all bring value to downtown."

Moving into their fourth month of operation, Julie, Rachel and Matthew are excited about the summer season. They plan to introduce additional menu items and are working to establish outdoor seating. "We also plan to offer picnic meal kits we'll name after local attractions like the Column." Gaetano's is part of the North West Food Trail and will be featured in their film about Astoria businesses. They're also part of the ADHDA's Discover Downtown's Shopping Trail.

Matthew, Julie and Rachel want to make Italian home cooking available for everybody. "The idea for Gaetano's was born in our kitchen." The three offer their love of good food and togetherness to their customers six days a week. They prepare Gaetano's take-home foods with the kind of care they use at home, which inspired their motto: "From our kitchen to yours." The market offers imported oils, vinegars, olives, peppers, pastas, sweets, and many more items, in addition watch for specials on their facebook page. A welcome addition to fine food options on the coast, whether you stop in for a deli sandwich or you're looking to create your own Italian feast, Gaetano's brings a taste of Italy home.

Gaetano's Market and Deli is located at 1004 Commercial St. in Astoria. Open Wednesday – Monday 10am – 6pm, (Sundays open till 4pm). Place your Order Ahead online: gaetanosmarketanddeli.com 503.741.3043.

Hanthorn Cannery Market at Pier 39 Opens May 25

ASTORIA, OR – Hanthorn Cannery Market at Pier 39 begins Sunday, May 2, from 10am to 3pm and features local photography by Astoria Photographix, lively and colorful art featuring historic homes and buildings by Ronni Harris, sweet and salty roasted nuts by Nutz-R-Us, and driftwood art by Ocean Gevonden (Dutch for Uncovered Ocean). New vendors are welcome throughout the season to complement the other businesses in place at Pier 39. "We're looking forward to bringing more activity to this historic place," said Peter Marsh, director of the Hanthorn Cannery Foundation. "We want to encourage people to experience Pier 39 and adding vendors brings another element for visitors to explore." The market operates every Sunday through September.

The Hanthorn Cannery Market 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.

Among the activities at Pier 39 is the Hanthorn Cannery Museum where visitors can learn about the history of the former Bumble Bee cannery while locals enjoy a stroll down memory lane – many of whom either worked or had family who worked at the cannery. The Museum also sells an assortment of souvenir items—from pins to cups – with proceeds benefiting the Hanthorn Cannery Foundation. Businesses at Pier 39 provide an opportunity to soak in the view and busy water activity while eating at Rogue's Pier 39 Public House or at The Coffee Girl. Fresh crab is available at Hanthorn Crab Company. Also at Pier 39 is Four Winds Canvas Works who do custom canvas projects from boat sail covers, awnings and seat cushions to bags for personal needs. Astoria Scuba is a one stop shop for diving, training, kayaking, and stand-up paddle boarding. Need more than a day to take it all in? Plan an extended stay by staying in one of the Fisherman's Suites vacation rentals with luxury accommodations.

Vendors interested in learning more about how to participate should email HanthornCanneryMarket@gmail.com or call 360-269-1039. Booth fees are \$25 for a 10' x 10' (or \$80 a month) and \$15 (or \$55 a month) for a table-top space approximately 5' x 4'.





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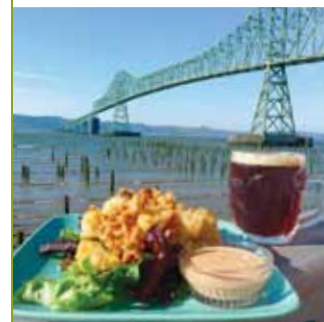
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