

June 2021 • vol 22 • issue 268

# HIPFiSH MONTHLY

alternative press serving the lower columbia pacific region

**DANCE:** FLAMENCO ARTIST SAVANNAH FUENTES  
RETURNS TO KALA, JUNE 19

**SONG:** NORTH COAST CHORALE CELEBRATES 30!

**MUSIC:** A VIRTUAL TENOR GUITAR GATHERING




**On the 40th  
Anniversary  
of the AIDS  
EPIDEMIC  
HIPFiSH talks  
to PNW Author  
and WordFest  
creator  
Alan Rose  
on his  
INDIE award-  
nominated  
and haunting  
novel**



**PRIDE GUIDE INSIDE**



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# PERFORMAndE@KALA

## First Person: Authors Talk Friday, June 25, 8pm

KALA brings its second guest to the FIRST PERSON stage, in its new monthly series featuring conversations with authors and Host Heather Hirschi.

Astoria poet Florence Sage is guest on Friday June 25. An instigator at the helm of the coastal poetry scene, Sage needs no introduction. Since the 90's she has been instrumental in driving regular poetry open mics and is a longtime founding organizer of the Fisher Poets Gathering.

Heather Hirschi is writer/educator originally from Salt Lake City, Utah, where she taught writing at the University of Utah for 25 years. She collaborates with the KALA stage to inspire and support the vibrant coastal writing scene.

Sage's first poem collection, *Nevertheless: Poems from the Gray Area*, was published by HIPFiSH Publications in 2014. Poem subjects ranged from love and loss to physics as a foil for human relationships.

Sage's new book is more focused in subject, and unremittingly tender. *"The Man Who Whistled, The Woman Who Wished: A Polish-Canadian Story,"* is comprised of 62 narrative poems reflecting on Sage's life growing up with her parents, children of Polish immigrants. The poems are set in Hamilton, Ontario, Canada, from World War II through the following three decades.

The 2021 book, which has been featured in several regional winter and spring events online, is published by Gray Area Press with HIPFiSH Publications. Signed copies are at RiverSea Gallery, 1160 Commercial St., Astoria, OR, and Time Enough Books in Ilwaco, WA.

Sage's third collection, *"What to Do with Night,"* a mix of light- and dark-leaning poems, is expected in 2022.



## CROSSWALK

The woman strolls across Commercial at 10th, bright in her yellow flats, silver hair blowing at her neck, gold sweater, jeans cut above her ankles, a little whimsy on her lips. Wouldn't mind looking like that.

She owns the right-of-way. I've nowhere to go until she's all the way across. In our state it's the law, so I sit on the brake.

Which gives her lots of time to gaze at me before she gets to the curb. No animosity, no distrust, no challenge in her eyes, but interest, the way my dog bursts out of the house in the morning and wags at the day, what will it bring, a receptive anticipation. She makes you want to tell her things you hadn't planned to ever.

It seems she has no guile, no guardedness, no inner shadow. Where has she put her shadow? No one comes to her age innocent. How does she do it? Does she see through my splattered windshield my shadow draped over me like a black cloak?

I want to follow her, pull over the car and tell her everything dark. But it's the main street, a busy afternoon in town, and no place left to park. But for that, right now I'd be out there with her, gripping her arm, baring my soul, smudging her up.

F. Sage 6/11/2020

Admission to shows at KALA are tickets in advance. 2-4 seating bubbles. No single tickets avail. at this time. First Person \$15. Tickets/Info @ [brownpapertickets.com](http://brownpapertickets.com) Look for show title and venue. 21+ please. Full Bar. 503.338.4878

IN NOVEMBER 2019, Flamenco Dancer Savannah Fuentes graced the KALA stage, performing with premier Seville Gypsy guitarist and NYC-based Pedro Cortes and Seville guitarist/percussion player Diego Amador, Jr.

It was a second weekend in November, the Astoria Art Walk. As tickets sold well online, by performance time, the house was sold out (50 to be exact). Anticipation of the performance in the audience was prevalent. Footwork and stringed arpeggios leaked down through the rafters of the KALA loft space green room. Whence Fuentes and her ensemble took the stage, a captive room held attentive from beginning to end. Fuentes' dramatic choreography drew collective gasps from the audience. An energized and intimate exchange between artists and audience sublime.

Noted painter and sketch artist Robert Paulmenn in-the-house, derived several drawings and later a large format portrait of Fuentes featured in a Dec 2020 exhibit at RiverSea Gallery in Astoria.

A life dedicated to the art of Flamenco dance, the Seattle-based Fuentes is an innovator in her craft and attributes her formation as an artist to her most significant mentor, Maestra Sara de Luis. It is with great privilege in this pandemic time, to present Ms. Fuentes in this extensive tour.

After a year of confinement and self-reflection, Ms. Fuentes has created *Flores de Verano, Flamenco en Vivo*, a program that celebrates rebirth and new beginnings. Flores de Verano will feature traditional Flamenco musical forms as well as more contemporary themes. She will be joined by singer/guitarist Diego Amador jr

**Flamenco Artist  
Savannah Fuentes  
returns to the  
KALA stage  
Saturday, June 19  
at 8pm.  
doors open 7:30  
Tickets: \$20  
[brownpapertickets.com](http://brownpapertickets.com)**



first person: authors talk  
a KALA production

FRIDAY  
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## outside the box



STEPHEN BERK

IN 1915, THE BRITISH FOREIGN SECRETARY, Lord Balfour, issued a declaration stating that the Jews should be given a homeland in Palestine, where their ancient homeland had been. Britain had taken control of much of the Middle East, including Egypt and Palestine as part of their empire. That gave them control of the Suez Canal, one of the world's most vital commercial arteries. Joining the Sephardic Jews and Arabs who had lived in Palestine since ancient times were recent immigrants to the Holy Land from Russia and Eastern Europe. For many centuries Jews living in that region had been stigmatized and ghettoized. Persecution of the Jews, deemed "Christ killers," was common currency of European Christendom. Hence the prospect of gaining a homeland of their own in their ancient environs promised to transform their lives for the better.

The Zionist movement had steadily gained strength and popularity since its origins in the nineteenth century. Jews who inhabited Palestine had shared it since ancient times with diverse groupings of Arabs practicing Islam, the legacy of the prophet Mohammad. Middle Eastern Judaism and Islam had lived side by side for the most part harmoniously. But when the British handed Palestine to the Jews, they set the stage for endless conflict. Once again the descendants of Ishmael were being denied their inheritance by the descendants of Isaac, thus having salt rubbed in ancient wounds.

Winston Churchill, whose Conservative Party was out of power when the Treaty of Versailles was signed at the end of the First World War, warned that giving Palestine to the Jews without inclusion of a comparable land set aside for Palestinian Arabs, would lead to endless conflict between these two ethno-religious groups. And so it has been since the Jews received the deed to the Holy Land. When modern Israel was created in 1948, another new country, Jordan, was also created across the Jordan River. However, instead of being a country for the Palestinians or a trans-Arab state, it became a Hashemite monarchy, representing only that ethnicity. Rightfully feeling

left out of the arrangement, the surrounding Arab nations went to war against the new Jewish state.

Well armed by the West, especially the United States, Israel was able to defeat the invading Arab states in the initial war and several subsequent wars and skirmishes. Some American presidents, notably the first George Bush, have attempted to take a more "even-handed" approach, but a well financed Israel lobby, mainly in the

military force, thus ending the likelihood of further warfare between Israel and the surrounding Arab states. However, during the Six Day War, Israel had taken not only the Sinai Peninsula, but also the West Bank of the Jordan River, the Gaza Strip, and East Jerusalem. In 1993 president Bill Clinton, with the help of the Norwegian government, managed to bring Israel's Labor Party prime minister, Yitzhak Rabin together with moderate Palestinian leaders

representing the newly created Palestinian Authority (more tractable than Yasser Arafat's Palestine Liberation Organization) having the goal of Israel's trading land, notably the Sinai Peninsula, for peace. But a cadre of Israeli diehard expansionists opposed the treaty, and in 1995 Rabin was assassinated. Clinton subsequently brought Arafat together with Israel's last Labor PM, Ehud Barak, but Arafat refused to be satisfied with anything less than Israel's return to its pre-1967 borders. Israel would thus have to abandon the Golan Heights and Gaza,

which Israelis believed were necessary strategic areas to hold in order to ensure their security. At this point negotiations broke down.

Israel continues to hold all of Jerusalem plus the Golan Heights and Gaza, and for several years they have built settlements in the latter two areas ultimately leading to annexation. Thus has the land for peace proposal broken down. The Palestinians do not have the military capacity to re-take these places of contention, making Israel now the territorial hegemon. But Palestinians compose the most numerous element living in these places. And even though they have their own government, they remain overawed by the Israeli military presence. This is an unstable situation detrimental to the Palestinians, and flare-ups between the two contending parties continue. Until Palestinians gain equity in their own state taken from the West Bank, Gaza and East Jerusalem, there will be no real security for either side. It would help to have an "honest broker" to mediate a settlement. That would not be the US due to its longstanding diplomatic and military support of Israel.



## THE CONFLICT WITHOUT END

US (AIPAC, or the American Israel Public Affairs Commission) helped build the Israeli army into one of the best armed and trained in the world.

Israelis and Zionist Jews in places like the US have often stressed the vehement opposition to the Jewish state by most of the surrounding Arab nations, notably Egypt, Saudi Arabia and Syria. Of these countries Egypt was the strongest. They controlled the Suez Canal, giving them commercial power, and they fielded the strongest military of the Arab states. Israel managed, with American aid, to defeat a number of Arab coalitions led by Egypt. And in 1978, president Jimmy Carter was able to bring Egypt's head of state, Anwar Sadat, together with Israel's Menachem Begin to the American presidential retreat at Camp David, Maryland. In the resulting Camp David Accords Egypt signed a treaty with Israel, recognizing the Jewish state and ending co-belligerent status. Israel, which had occupied the Egyptian Sinai Peninsula since its decisive victory in the 1967 Six Day War, agreed to surrender it back to Egypt in exchange for peace.

With Egypt no longer a belligerent, the Arab foes of Israel lost their most potent





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## Vintage Finnish Theatre “Rakkautta ja Politikkaa”

ASTOR STREET OPRY COMPANY team ups with the Astoria Scandinavian Midsummer Festival Association to present a virtual reader's theatre production of 'Love and Politics'. 'Love and Politics' (Rakkautta ja Politikkaa) is a one-act play written by an obscure Finnish playwright, with the initials A.T. and published in 1906 in Hameenlinna, Finland.

This vintage theater piece was found in the attic of Astoria's Suomi (Finland) Hall and has been translated from Finnish by Finland-born Astorian resident Sirpa Duoos. Directed by longtime ASOC member actor ChrisLynn Taylor, actors



Actors on stage at the Finnish Socialist Hall in Astoria, circa 1910's.

from the Astor Street Opry will record a performance at Suomi Hall and it will be available for viewing June 15-30. ChrisLynn Taylor is the director.

The script is artifact from the Astoria Finish Socialist Club. The Astoria Finnish Socialist Club building was built in 1910 when Astoria's predominantly Finnish-immigrant Uniontown was large enough to support major community organizations such as Finnish Brotherhood and the Finnish Temperance Society, two Finnish Socialist newspapers, half a dozen public saunas, four churches, and a dozen boarding houses. The Socialist Club stood four stories tall and its theater had a professional stage director from Helsinki who produced new plays every two weeks. When the Socialist Club burned in 1923, the actors transferred to the stage at the Finnish Brotherhood. Many of the scripts of the plays produced on the Finnish Brotherhood stage have been stored for years in the attic of Suomi Hall and that's where the script for Love and Politics was found.

"Love and Politics" takes place in a small Finnish town. The story goes; Mr. Ketonen, a widower, wants his daughter, Hilda, to marry his best friend, Mr. Petola, so she will be as happy as her parents were. Mr. Petola is older and stutters. His daughter, Hilda, does want to be happy, but not with Mr. Petola. She is in love with Einar Salmela, a local Socialist leader. Mr. Ketonen hates Socialists and refuses to allow Hilda to marry Einar. Hilda and Einar ask Mr. Petola to help them convince Mr. Ketonen that mixing love and politics will not make anyone happy and if they cannot marry, they will leave. Mr. Petola finally convinces Mr. Ketonen to give his consent to the marriage.

Actors: Travis Boggs, Lexi Blacksten, David Drafall, Jordan Griffin, Beth Beauland, Elsa Nethercot and Zachary Nethercot Sandoval.

The video of this play will be available via the Astor Street Opry Company's YouTube channel beginning at 5 pm, June 15th. There is no charge.

## Oregon Labor Movement's Pride Celebration

Oregon's Labor Movement will celebrate PRIDE virtually this year: Join OLM on Thursday, June 10 at 6pm on Zoom for a panel discussion of your rights as a Queer worker. Allies and leaders, welcome! **Register at [oraficio.org](http://oraficio.org)**

Learn about existing laws, proposed legislation, strategies for protecting yourself and your loved ones, organizing, and how all of us in Oregon Labor can improve the lives of our LGBTQ siblings, union members, and workers.

Panelists include:

- A.J. Mendoza, CWA 7901 President
- Celeste Jones, Oregon AFSCME's Strategic Alignment Director
- Jess Giannettino Villatoro, Oregon AFL-CIO Political Director
- Christina Stephenson, Civil Rights Attorney
- Gretchen Mollers (OEA), Beaverton School District Outreach & Engagement Specialist, and LGBTQ+ Student & Staff Support
- Be Marston, Unite-HERE volunteer organizer and Shop Steward

## 2021 Tenor Guitar Gathering Virtual Twang!



AS MUSIC AND PERFORMANCE entities across the world have held strong to remain active, connected and committed to their mission, Astoria's beloved Tenor Guitar Gathering follows suit in its Virtual 11th Annual production.

Tenor Guitar Foundation President Harriott Balmer has steadfastly kept the foundation in tune, and the mission of TGG founder, the late Mark Josephs —making trips to Astoria to meet with longtime attendees, sponsors and to discover the major improvements to the Charlene Larsen Performing Arts Center, destination home for the **2022 Live Tenor Guitar Gathering**.

TGG performers from around the country, local and regional, have submitted performance videos, edited by Astoria film and theatre stalwart Mick Alderman. June 4 is the date, presented at 3pm. You can receive a link by contacting [tenorguitargathering.info](http://tenorguitargathering.info) and also at that time, the production will air on the TGG Facebook page.

The 4-string Tenor Guitar has made its way through history, once utilized by banjo players back in the day of early American jazz, as a way to easily conform to jazz guitar back-up. It's easy to get a chunky rock n' roll rhythm going on it, and less complicated to begin accompanying yourself in song, much like the ukulele, but delivering a fuller sound. Its popularity today amongst music enthusiasts has grown exponentially due to its user-friendly design, and its sweeter more diminutive sound is an alternative choice for accomplished guitarists. You can spend a lot of money on a vintage Tenor or a newly-crafted luthier model, or something in-between.

It was the amazing tenor player Mark Joseph's dream, to introduce these qualities to the every-person, while celebrating the virtuosity of today's Tenor guitar performance, thereby founding the Tenor Guitar Foundation, and finding a perfect gathering place to stage his Tenor guitar take over. From the Astoria Trolley, to Pier 39, The Bridgewater Bistro, the Astoria PAC, ASOC, galleries and street side performance, the many diverse TGG stages have enlivened Astoria for a decade.

Big Picture: The TGG Foundation seeks a place to one day house the TGG Hall of Fame in Astoria, to gift tenor guitars to young people who may not otherwise be able to afford one, to continue its online workshop programs and film documentaries, support the annual Astoria Gathering and "foster musicianship four strings at a time!"

— D. Urell

**TENOR GUITAR STARS COMING UP June 4 at 3pm: Jean Mann, Grant Flick, Tyler Jackson, John Lawlor, Alison Helzer, Gerry Carthy, Matt Weiner, Myshkin Warbler, Tim May and more. Tune into the Tenor Guitar Gathering Facebook page for 4-String magic.**





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# North Coast INCO NEWS INDIVISIBLE

## STAYING LOUD, DEMANDING ACTION

THANKS TO EVERYONE following guidelines to keep our communities safe during these 16-plus months of pandemic. Our heartfelt appreciation to those of you who've continued working to make sure the rest of us have food, health care, law enforcement, and more. Our deepest sympathy to everyone challenged by finances, job loss, child care, illness, and death.

Fortunately, even COVID can't stop Indivisible activists. They continue to defend democracy in Clatsop County, in Oregon, and around the country. Using Zoom, texting, social media, and phone calls, they're keeping an eye on policies and politics and sharing what they see with the rest of us.

Indivisible North Coast Oregon's (INCO) two Community Groups are as busy as ever – promoting voting, monitoring city councils, and focusing on getting out the vote and ensuring fair and competitive elections. INCO activists also pay attention to other issues, such as housing and homelessness, climate change, gun safety, and redistricting. Our members stay connected with many other organizations to strengthen our communities.

INCO's South County CG meets monthly via Zoom on the 2nd Tuesday, 6:30 – 8 pm. The North County CG meets monthly via Zoom on the 4th Saturday, 11 am – noon. We invite you to attend and join the conversation!

There's an election or political campaign somewhere in the US nearly all the time. If you want to help elect progressives in other states, join INCO in writing to voters. INCO participates in two projects, Postcards to Voters and Vote Forward. More information at [incoregon@gmail.com](mailto:incoregon@gmail.com)

Of course, INCO activists can't save democracy by themselves. We're delighted to be part of a statewide alliance of activists in the Consolidated Oregon Indivisible Network (COIN). The network represents more than 45 Indivisible groups across the state, with more than 100,000 members. Teams of COIN activists examine and assess proposed legislation, allowing us to shape legislation and hold our elected officials accountable. Members analyzed dozens of bills in this legislative session and made recommendations concerning 57 of them.

Find out more about COIN's progressive social media network and its COIN legislative teams at [www.coinoregon.com](http://www.coinoregon.com).

From informal beginnings in November of 2016 based on the Indivisible Guide (newly updated at [www.IndivisibleGuide.com](http://www.IndivisibleGuide.com)),



Indivisible now includes thousands of grassroots groups across the country working to improve their communities and country through collective action. Indivisible's national organization offers strategic leadership, movement coordination, and support to Indivisible activists, and also directly lobbies Congress, builds partnerships, runs media campaigns, and develops advocacy strategies. Together we work to defeat the right-wing's attempted subversion of American government and to strengthen our democracy. More information is at [www.indivisible.org](http://www.indivisible.org).

*"Our politicians have the power to actually do something, but they'll be taking their cues from us, so I think we have to stay loud and keep demanding action."*

--Beeb Ashcroft, INCO leader, 2021

*"The work of the moment and the work of the next four years must be the restoration of democracy, of decency, of honor, of respect, the rule of law. Just plain, simple decency. The renewal of a politics that's about solving problems, looking out for one another, not stoking the flames of hate and chaos."*

--President-elect Joe Biden, January 6, 2021

For more information about INCO and our activities, sign up at [www.incuregon.org](http://www.incuregon.org) to get INCO's weekly newsletter. Questions to [incoregon@gmail.com](mailto:incoregon@gmail.com).

## [QFolk] LGBTQI+ LOWER COLUMBIA PACIFIC

[www.lowercolumbiaqcenter.org](http://www.lowercolumbiaqcenter.org)  
503-468-5155  
171 Bond St. in Astoria

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

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

**Call the phone line for  
contacts listed:**

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

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

**THE LCQC GENDER ALLIANCE** meets the third Thursday of the month from 6-8 PM.

This peer support group has been operating for over eight years and is currently meeting by Zoom online. Contact: Tessa Scheller

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

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



# *As If Death Summoned:* The AIDS Epidemic 40 Years On

By Heather Hirschi



**IN THE** PAST HALF CENTURY, humankind has experienced two pandemics. Few people in the world are unaware of the COVID19 virus, which according to the World Health Organization (WHO), has caused more than 3.5 million deaths globally. 40 years ago, the Center for Disease Control (CDC) identified a mysterious illness primarily attacking gay men. Named Acquired Immunodeficiency Syndrome, AIDS is caused by the Human Immunodeficiency Virus (HIV). Since its identification by the CDC in July, 1981, AIDS related illnesses have claimed more than 40 million lives worldwide.

Last July, at the height of the COVID shutdown, author Alan E. Rose released *As If Death Summoned*, a novel that revolves around the deadly AIDS epidemic. Rose is well aware of the timing. "I find a peculiar symmetry," he writes, "that, just as I am bringing one defining epidemic of my life to a close with this book, another epidemic begins." Rose has firsthand experience on the frontlines of the AIDS battle, and knows the grief of losing loved ones to the disease. To some degree, the weight of articulating that grief kept him blocked from writing this novel, for which he has been collecting notes and ideas for years.

Then, in 2015, three books under his belt, he knew it was time. *As If Death Summoned* is a first person account of one man's experience losing friends, a life partner, and his soul to

the fight against AIDS. But as much as the novel accounts for the narrator's experience of AIDS driven pathos, the humor-laced, erudite, warm spirited story affirms the beauty of life and the possibility for healing. At its heart, the book is about grief and the renewal of hope, about accepting loss and learning how to love through the embrace of mystery.

Like his narrator, who he says, "is definitely not me," Rose grew up in the Pacific Northwest. He spent time as a teacher in Japan where he met his former partner, an Australian. After three years together in Japan, the couple tried living in the U.S., but jobs were scarce in those Reagan years. They then moved together to Melbourne, where Rose lived for the next nine years.

They arrived in 1984, around the same time the first occurrence of AIDS emerged in Melbourne. "Very slowly, the AIDS epidemic began to unfurl in Australia, though differently than in the States, where we had our epicenters—New York, Los Angeles, San Francisco—the occurrence of AIDS in Australia happened more slowly. At first, none of us knew what was happening. Friends were getting ill, as in the States, but nobody knew why. It was a few years before doctors realized there was a syndrome here that was attacking the immune systems of gay men."

Rose got involved with what became the Victoria AIDS Council in Melbourne. "At that time," he says, "some doctors were refusing to treat gay men who were ill because they didn't understand the nature of the infection. Nurses, doctors and hospitals refused to care for gay people. There was one quarantined hospital, called Fairfield, that would accept gay men and so we volunteers began to develop care teams to assist these men when they returned home, and to help them, their families and lovers, through this experience."

Unlike the novel's main character, Rose's partner did not die, but their relationship ended after 12 years.

When Rose returned to Oregon in 1993, he volunteered at the Cascade Aids Project (CAP), "I was really sort of burned out, but I wanted to do something," he says. Due to his impressive experience, CAP offered him a position as a mental health specialist, where he stayed until 1999.

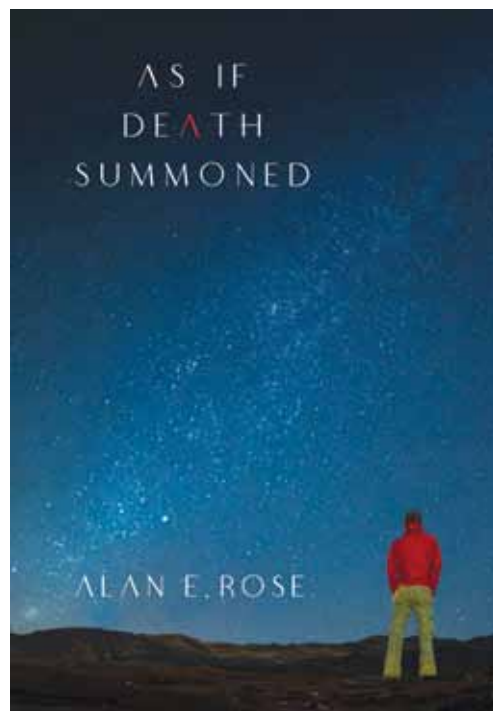
In 1995, Rose notes, "there was a major, seismic shift" in the AIDS landscape with the introduction of protease inhibitors. "These stopped HIV from replicating. It was a huge shift because suddenly people who had been delivered the death sentence of AIDS now could look at living with a chronic condition and live much longer."

"So, by '99, I was feeling that I had given as much as I could give." He accepted a position as the Director of Community Services in Longview, Washington. Between 1999 and 2015, Rose knew he wanted to write about the AIDS epidemic. He collected notes and kept files of his ideas but each time he tried to write the book, he got "bogged down". He went on to write three other novels, returning to the AIDS novel after each one, but continuing to feel blocked.

In 2015, he retired to write full time. After all the years of facing the block of the AIDS story, he says, "suddenly the novel gushed forth. The structure came together and the novel fell into place." *As If Death Summoned* unfolds from a hospital waiting room in 1995, weaving from that moment through memories of the narrator's experiences in the Bogong High Plains of Australia and Portland. Initially, Rose says, he imagined writing a book of interrelated short stories, and while seamlessly stitched together, each chapter tells its own piece of the larger whole of the novel.

The first person narrator recalls his experiences with his Australian partner, Grayson, camping in the Bogong High Plains, a "vast plateau" in the Victorian Alps. Grayson tells the narrator a story of being lost as a young child while camping with his family in the Bogong. While lost, a silent figure clad in winter gear leads him back to his campsite. When Gray initially introduces his partner to the Bogong, the narrator finds an account of the Bogong tragedy, the story of a party of three men lost in a snowstorm. Once rescued, one of the party never fully recovers. Of this man, an aboriginal woman says, "he brought back only his body." For years after the tragedy, people reported a wandering figure in the Bogong Plains, dressed in winter attire.

cont. p8



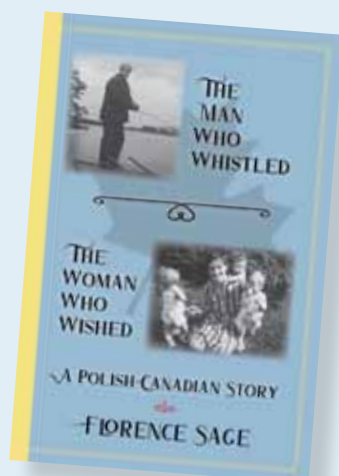


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"I find a peculiar symmetry,  
that, just as I am bringing one  
defining epidemic of my life to  
a close with this book, another  
epidemic begins."

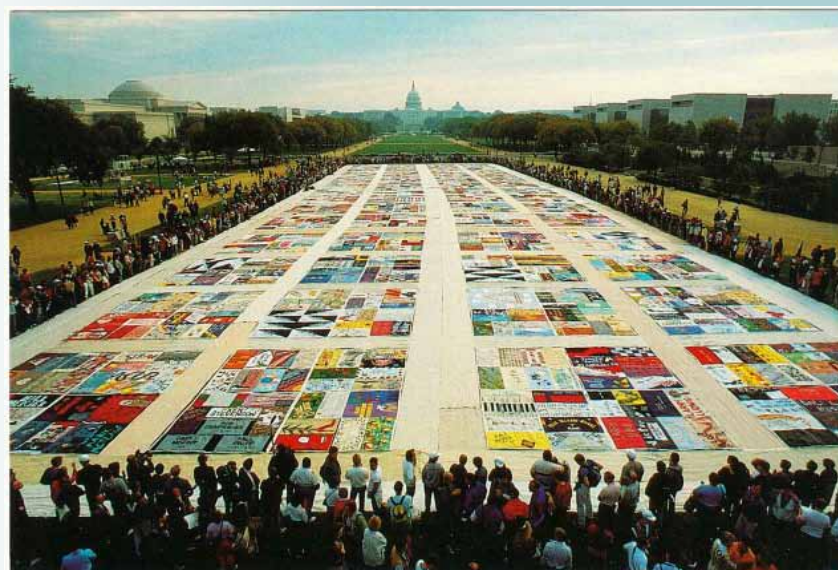
— Alan Rose

The Bogong High Plains and Grayson's death haunt the main character after he returns to Portland, and eventually, the woman's words come to define his understanding of his own situation: he left a huge part of himself in the Bogong. Rose writes a character capable of deep human empathy who maintains a distance from his fellow human beings, even as they warm to him and seek his attention.

The book explores the limitations of reason in the face of death and human failings. Poignant without being maudlin, the novel employs a kind of "gallows humor" that sketches characters as varied as the millions affected by the AIDS epidemic.

It's well known that AIDS was not a "gay" disease, although it predominantly affected the gay community, as it was most commonly communicated through sexual transmission. And of course, the slow response to the virus is directly linked to homophobia and a failure of leadership to recognize its severity. AIDS ravaged the gay community in the 80s and 90s and despite the blessing of protease inhibitors, there is still no cure for HIV.

In the time of COVID19, we are again ravaged by a virus, but this time, as Rose writes in the author's note of his novel, "people care". When AIDS first emerged, homosexuality itself was considered an aberration and a mental illness. Funding was slow to be allocated for research into a "gay" virus. While we can note the failures of our response to COVID19, funding for research has certainly not been in short supply. COVID also helped illuminate the inherent



AIDS Quilt The Names Project on National Mall Washington DC -1987 Postcard.

failures of a healthcare system that marginalized BIPOC populations, who have been the hardest hit by COVID's impact. That illumination may fuel necessary shifts toward parity and equity.

Similarly, AIDS helped tear down the stigma of being queer in a heteronormative world. AIDS initiated movements like ACT UP, the AIDS Coalition to Unleash Power, one of the fiercest activist groups in US history. Founded in 1987, ACT UP brought attention to the ugly anti-gay sentiment inhibiting research and helped shift public understanding

of the AIDS pandemic. To this day, ACT UP continues to work toward ending AIDS.

Across the world, AIDS inspired human empathy and radical change through art, volunteerism, and activism. The beautiful AIDS Memorial Quilt Project, which came to Astoria through the Clatsop County

AIDS Coalition, was first displayed on October 11, 1987, on the National Mall in Washington, D.C., during the National March on Washington for Lesbian and Gay Rights.

Inspired by San Francisco gay rights activist Cleve Jones, the quilt commemorated the lives lost to AIDS with quilt panels created by their loved ones. Spanning a football field-sized space, the quilt included 1,920 panels. "Today," According to the AIDS Memorial Project, "the AIDS Memorial Quilt

is an epic 54-ton tapestry that includes more than 48,000 panels dedicated to more than 100,000 individuals. It is the premiere symbol of the AIDS pandemic, a living memorial to a generation lost to AIDS and an important HIV prevention education tool."

"There were benefits and lessons learned from the AIDS epidemic," Alan Rose writes, "gained at a terrible cost: medical advances, advance in public health policy and strategies for tracking and combating an epidemic. Also, societal advances in the decriminalizing and de-perverting of gay people in the public mind. What gay activists had been asking their queer brothers and sisters to do for decades--coming out to families and friends, to coworkers and fellow church members--was finally accomplished, often by terrible necessity."

Rose's book evokes a deeper necessity for the narrator and offers a meditation on possibility. The possibility that we might emerge from the horror of these two pandemics with a greater capacity for compassion, "with more wisdom, greater self-awareness, and perhaps not so much strangers to ourselves."

**AS IF DEATH SUMMONED** is Alan Rose's fourth novel, published by Amble Press, and nominated for a Foreward INDIES Book of the Year Award. He is currently working on a fifth about Utopia. Rose organizes WordFest, a monthly gathering of readers and writers in Longview, Washington where he lives. He also hosts the KLTV program, "Book Chat," and reviews books for the Columbian River Reader. Rose will be the featured guest for First Person: Authors Talk, live on the KALA stage, FRIDAY, JULY 16.

hf



## Bye-Bye! Oregon Court Strikes Down Two Additional Permits for Jordan Cove LNG

ON MAY 5, the Oregon Land Use Board of Appeals (LUBA) handed down another win for opponents of the controversial Jordan Cove LNG export terminal at Coos Bay, overturning two permits that would have allowed major dredging in the bay. In the last year, LUBA has overturned 8 permits that were wrongfully approved by Coos County, Douglas County, the City of North Bend, and the City of Coos Bay.

The land use permit approvals by Coos County and the City of Coos Bay would have allowed the Canadian corporation, Pembina Pipeline, to dredge protected areas in the Coos Bay estuary in order to export liquefied natural gas (LNG) from its proposed export facility on the North Spit. LUBA reversed these permits because the company had not justified why the areas to be dredged, which are designated for natural and conservation uses under the Coos Bay Estuary Management Plan and local zoning laws, should be converted to deep draft navigation.

The lead petitioner in the Coos County decision was the Oregon Shores Conservation Coalition, with Citizens for Renewables

We hope that Pembina will accept the reality that Jordan Cove should never be built.”

It is important to note that these LUBA decisions were outright reversals of the local permit approvals, which means they were found to be prohibited as a matter of law. This is a stronger ruling than a remand, which indicates that the permits could be corrected with further analysis or information.

These rulings are another nail in the coffin for the Jordan Cove LNG export terminal and fracked gas pipeline. Earlier this year, the State of Oregon’s critical denials of the Clean Water Act and Coastal Zone Management Act permits for Jordan Cove LNG were upheld by the Federal government. In February, Pembina announced a \$1.6B write-down on the project. In April, Pembina requested a pause on the lawsuit challenging their Federal Energy Regulatory Commission approval.

“It was so good to see that the high standards necessary to protect the integrity of the Coos Estuary were upheld and maintained by the LUBA,” said Jody McCaffree, Executive Director of Citizens of Renewables and Coos County resident. “Our fishing,



Renewing of the Jordan Cove Energy Project's planned terminal in Coos Bay.  
Courtesy Jordan Cove LNG, A Pembina Company

intervening. In the City of Coos Bay appeal, the lead petitioner was the Confederated Tribes of Coos, Lower Umpqua, and Siuslaw Indians. Intervenor for the Coos Bay appeal included Citizens for Renewables, Rogue Climate, Jody McCaffree, and Oregon Shores Conservation Coalition.

“These land use reversals are further major barriers to Jordan Cove LNG. They show that yet again Pembina has failed to demonstrate the value of this project outweighs its impacts,” said Phillip Johnson of Oregon Shores Conservation Coalition, one of the lead organizations on the LUBA appeals to protect the Coos Bay Estuary. “LUBA has upheld the regulations that protect estuaries in Oregon, and we don’t think the Jordan Cove scheme can get around them.

crabbing, clamming and oyster industries can now breathe a sigh of relief that critical habitat areas necessary for their vitality will not be destroyed for the speculative and unnecessary Jordan Cove LNG project.”

“Meeting after meeting, hundreds of people turned out to raise their concerns about Jordan Cove LNG’s proposal to dredge in protected parts of our bay. With this new ruling from LUBA, all of that has paid off,” said Ashley Audycki, Coos County Field Organizer with Rogue Climate. “There’s no hope for Jordan Cove LNG and it’s time for Pembina to give up and cancel this project outright. After 16 years of empty promises, our coastal community needs to focus on creating jobs supporting our fisheries, clean energy, and energy efficiency instead.”

## UNSHELTERED: dispatches from the street community

By Teresa Barnes



### House Bill 2006: Hurdling over Homeless Shelter Restrictions

FOR THOSE OF US working to find solutions to homelessness, May 12, 2021 was a landmark day. This was when Governor Brown signed House Bill 2006 after it passed in the House with a 26-1 vote. In short, this bill makes it much easier for homeless shelters to exist. It requires local governments to waive design, planning, and zoning regulations for approving the siting of emergency shelters. The bill also clarifies and expands the authority of local governments to allow transitional housing and overnight camping.

So what exactly does this mean for Oregon’s unsheltered residents and the Astoria Warming Center? After reading the bill I was grateful that it eased restrictions on “car camping,” since I know many unhoused folks who live out of their vehicles. It also appears to allow emergency shelters and navigation centers to operate outright, but I thought that seemed too good to be true. Could the AWC really just bypass all the bureaucratic hurdles that for years had prevented us from being open more than the 90 coldest and wettest nights of the year?

I’d planned to write an article about the many obstacles to the AWC being open year-round, but had to wait until I’d waded through the paperwork and figured it out myself. There were many layers of restrictions we operated under, including our Conditional Use Permit, a Good Neighbor Agreement, and directives from the State Fire Marshal. HB 2006 has removed nearly all of the red tape put up around shelters, which is definitely a cause for celebration! (And for thanking House Speaker Tina Kotek, the bill’s chief sponsor, Rep. Deb Patterson from Salem, who carried the bill on the floor, and the 24 other Democrats who voted for it.)

Although the process of becoming a dytime center and year-round shelter is now easier, that doesn’t mean it will be easy. If the AWC continues in our current location, we’ll likely have to undertake costly upgrades to get the space up to code. We’ll need to find the money for those repairs, added staff, and additional training -- and that’s before we’ve even got into what it costs to house, feed, and attend to the basic needs of all the people we hope to serve! Operating year-round will be a Herculean effort, and we’ll need the support of our community more than ever before.

As we take a moment to celebrate this small step toward treating our unsheltered friends with dignity, I hope we keep in mind this is only a partial victory.

HB 2006 doesn’t create the room we need, or even open the door to it; it simply takes off some of the locks. When we do the work of creating that room, what we’ll find is that it isn’t big enough. There isn’t an available room in Clatsop County that can house 1,000 people, the current estimate of unsheltered people living here. There isn’t a sustainable business model for a permanent homeless shelter, because taking care of each other doesn’t generate profits... or at least it shouldn’t. Long-term shelter requires long-term funding, and if the government is going to pay for shelter, couldn’t they just pay far less and actually house people?

As much as I’d love to leap-frog over shelters straight to housing, until we figure out how to do that, we need somewhere for people to go. Emergencies aren’t going to stop happening, so we’re going to need emergency shelters while we come up with a better plan. In the past year, Oregon has dealt with deadly wildfires and a growing housing crisis on top of a global pandemic. In spite of that, I’d like to think that we’re defined not by what happens to us, but rather by how we respond to it. I’m grateful to our representatives for responding to our state’s crises with empathy and grace, by making the lives of Oregon’s 16,000 unhoused residents a little easier.

*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](http://www.astoriawarmingcenter.org)  
[www.facebook.com/astoriawarmingcenter/](https://www.facebook.com/astoriawarmingcenter/)



## Pulitzer Prize Winning Poet Jericho Brown scheduled for engagement



THE WRITER'S GUILD of Astoria announces a conversation and reading with Pulitzer Prize winning poet, Jericho Brown, **Friday November 5th, 7:00 pm at the Liberty Theater in downtown Astoria.** Doors open at 6 pm with a VIP wine and cheese reception before. Mr. Brown will sign books following the event. Ticket prices range from \$10-\$85, with a limited number of free tickets available through our local community partners. Thanks to several sources of grant funding, Mr. Brown will be speaking at a local area high school and working with students at Clatsop Community College earlier in the day. There will be a poetry contest in connection with his visit, open to residents, and the winning poets will have the opportunity to present their work on stage during the event. Mr. Brown is a renowned poet, and a passionate and gifted speaker, and we're honored to have the opportunity to host him for what is certain to be a moving and memorable event.

Jericho Brown grew up in Shreveport, Louisiana and received the 2011 National Endowment for the Arts Fellowship for Poetry. His poems have appeared in *The Iowa Review*, *Jubilat*, *The Paris Review*, *TIME Magazine*, *The New York Times*, *Oxford American*, *The New Yorker*, *Enkare Review*, and *The Best American Poetry*. He serves as an Assistant Editor at Callaloo. His first book, *Please*, won the American Book Award. His second book, *The New Testament* won the 2015

Anisfield-Wolf Book Award. Brown's third book, a collection of poems, *The Tradition*, garnered widespread critical acclaim and won the Pulitzer Prize for Poetry in 2019. He is the director of the Creative Writing program and a professor at Emory University.

The Writer's Guild is a literary nonprofit and all gifts are fully tax deductible. The mission is to create a community of writers and strengthen the Astoria area and surrounding communities through the power of the written word. The Guild holds monthly open mics; hosts a series of writing workshops; organizes public readings; hosts writers-in-residence in partnership with Astoria Visual Arts (AVA); brings authors into local area schools; and facilitates creative writing clubs with local students. The organization is fully volunteer-powered with no administrative expenses led by a community-based board of directors.

To make a tax deductible donation in support of this event, please email: [info@thewritersguild.org](mailto:info@thewritersguild.org) or see our website [www.thewritersguild.org](http://www.thewritersguild.org) for more information about the event and the poetry contest.

**Tickets become available August 15 at: <https://libertyastoria.showare.com>. Poetry Contest submissions due: September 20**

## North Coast Chorale 30th Anniversary Concert



NORTH COAST CHORALE has been bringing quality concerts to the Pacific Northwest for over 30-Years, and preparations are under way for their "Belated 30th Anniversary" celebration. **On Friday, June 11th, Saturday, June 12th, and Sunday June 13th**, NCC will perform many of their favorites sung over the past 30-years. The list includes a variety of music genres including some jazz, a little gospel, a touch of rock 'n' roll, and a few sacred pieces. To further entertain the audience, local favorites, Deac Guidi and Dinah Urell will collaborate their vocal talents with the Chorale.

Deac Guidi, known for his rich bass voice, dramatic talent, and humor, will be singing solos and in ensemble

with Chorale singers. Dinah Urell, a spellbinding singer, and improviser of blues/jazz music will perform as a soloist and join with the NCC singers as well.

As always, the Chorale will be performing at the CL Center for the Performing Arts (PAC), 588 16th Street in Astoria. Face masks and social distancing are always required while in the facility.

**A maximum of 50-Tickets will be sold for each performance - \$10, with children under 12 free. Watch for the special coupon/discount at a local Astoria restaurant on your receipt. ON-LINE ticket sales ONLY at [www.partnersforthepac.org](http://www.partnersforthepac.org).**

## Coaster Theatre Playhouse announces 2021 productions look forward to summer theatre in the park

THE COASTER THEATRE PLAYHOUSE is planning several productions throughout 2021 that include a bit of Shakespeare, a home-grown mystery, a classic drama and a community written radio-style Dickens Project.

Two summer productions will be presented at City Park, on Spruce Street, Fridays and Saturdays from July 9 to Sept. 4. In October, the Coaster Theatre staff hopes to open the theatre to limited, socially distanced seating, and face masks will be required for all audience members. To view the theatre's complete COVID-19 policies and procedures, see the theatre's website at [coastertheatre.com](http://coastertheatre.com).

The following productions are planned this year:

- **Coaster Theatre Shakeperience presents Sixty-Second Shakespeare: Fridays, July 9 to Sept. 3;** admission is free, donations are welcome. **Location: City Park.** Sixty-Second Shakespeare involves a collection of humorous scenes, sonnets and words from classic Shakespearean plays. With each piece no longer than a minute, the Shakeperience is designed to entertain Shakespeare novices and experts alike.
- **Coaster Theatre Mystery Hour presents The Case of the Coaster Clambake: Saturdays, July 10 to Sept. 4;** free admission, donations welcome. **Location: City Park.** Who dunnit? Was it Joey Breakers, an American aging surfer that seeks the ultimate wave? Or Cannon

Beach local Pete Zaria, an Italian pizza restaurateur with a history of saucy fashion and traditions? Or possibly Sue Nami, a French oceanographer who came to Cannon Beach for the summer and knows everyone's business? Join British detective Clive Sheerluck as he unravels the mystery of his own demise, and help Clive uncover his killer.

• **Oscar Wilde's The Picture of Dorian Gray: Fridays and Saturdays, Oct. 1 through 30;** admission to be determined. **Location: Coaster Theatre Playhouse.** Oscar Wilde's story of a fashionable young man who sells his soul for eternal youth and beauty adapted into a haunting stage play. Dorian Gray, a cultured, wealthy and impossibly beautiful young man, pledges his soul if only a painting of him could bear the burden of age and infamy, allowing him to stay forever young. This sets Dorian on a dark path that twists his soul while he keeps the appearance of youth and beauty as time moves forward.

• **Coaster Theatre Radio Hour Presents Charles Dickens' A Christmas Carol: Fridays and Saturdays, Nov. 19 to Dec. 18, and Sunday, Nov. 28 Location: Coaster Theatre Playhouse**

The Coaster Theatre Playhouse is excited to bring its 2020 Dickens Play Project to the stage this holiday season. This production is a radio-style play written, workshopped and performed by the community and viewed virtually in 2020.



## AVA A-I-R SHOW Deanna Antony *Staunchie Nubs*

ASTORIA VISUAL ARTS presents *Staunchie Nubs*, a solo exhibition featuring work created during emerging artist Deanna Antony's 7-month residency at AVA. Antony creates biomorphic soft sculpture from locally sourced and personally worn garments through a patterned sewing process she developed in graduate school. The final results are rather anomalous forms with a squishy, huggable appeal.

Antony is the first AVA a-i-r over the program's 6 years history to be offered a solo exhibit, but it is a program development that AVA hopes to continue in the future.

"I am very grateful for this opportunity and for those I have met along the way so far," Antony says about her experience. "The program is more than just a free studio space, it offers the ability to connect with other local artists and the arts community." Antony received a Master of Fine Arts from the University of Wisconsin in 2020 and lives and works in Astoria.

**The exhibit opens during Second Saturday Art Walk on June 12 and runs through July 3.**



## Are You An Artist In Need Of A Studio? Call for Artists for AVA Residency: July 1 – Dec 31

AVA seeks applications from local artists interested in working in a rent-free studio from July 1 through December 31, 2021. The studio is located above the AVA Gallery at 1000 Duane Street on the second floor of the Astoria Studio Collective. The deadline for applications is Saturday, June 19. Residency finalists are chosen on the basis of merit by a selection panel of working artists and arts patrons.

For more information about AVA a-i-r and how to apply go to: [www.astoriavisualarts.org/ava-a-i-r](http://www.astoriavisualarts.org/ava-a-i-r)

The AVA a-i-r program is designed to encourage the creative, intellectual and professional growth of local artists. Those who have applied in the past are encouraged to reapply with an updated portfolio and statement reflecting updates and changes. AVA a-i-r is supported by membership dues and contributions from supporters of Astoria Visual Arts and by the generosity of the Astoria Coffee House & Bistro and Dots 'N Doodles Art Supplies.

## Artful Jumble

Astoria Visual Arts is holding a new-to-you fundraising event, the Artful Jumble, where everyone can find inspiration and items to help create new artwork for a great price!

- Where: AVA Gallery 1000 Duane Street, Astoria
- When: Friday, June 4 - Saturday, June 5. 12:00 - 4pm each day.

If you have gently used artful items to donate, please deliver them to the AVA Gallery at 1000 Duane Street. Artful items include supplies or equipment used for making art or a miscellany of items related to artful purposes: books, frames, canvases, small tables, textiles, etc. If you have items you'd like to donate and these times do not work for you, please contact us at [astoriavisualarts@gmail.com](mailto:astoriavisualarts@gmail.com).



## PHOT-CHOCH

all-Indigenous collection of traditional and contemporary art



P ot-Choch (pote-ch-oh-ch) is the Chinook word for "Fort George" (Named by French-Canadians) and commonly known now as Astoria, Oregon. The title of this show was chosen with guidance from Tony Johnson, Chairman of the Chinook Tribe. Astoria, or P ot-Choch as Chinooks still call it, is traditional Clatsop Chinook territory.

Opening June, 12th and on view through summer at the Historic Anita building, this exhibition features an all-Indigenous collection of traditional and contemporary art, including carving, weaving, beadwork, painting, and photography.

Gallery open hours for the duration of the exhibit: 1PM - 5PM Saturday and Sunday, and by appointment. School groups with chaperones may inquire about special viewings/field trips.

Funding for this project came from a Precipice Grant applied for by Liz Harris and Patricia Vázquez Gómez a curator and artist in Portland. The exhibition debuts a new wooden floor made possible by additional funding from the Ford Foundation.

**Celebrate Saturday, June 12th from 4-7pm at the ANITA Building, 1314 Commercial St. Astoria, as Phot-Choch showcase the works of local Indigenous artists and honor the original Chinook inhabitants of this land.**



Enjoy the acrylic art of **JENNY COCCORESE** in her acrylic painting series, **Anti-Heroines!** AIMCA welcomes new artist Bayly Lay who will present a large surreal painting, + returning and/or resident artists: TKO, Paul Gagnon, Sid Deluca, Mike Metzner, and Lisa Ackerman. Vintage books, tools, post cards, batiks and other items of peculiarity will be for sale as well! AIMCA looks forward to being open more often in addition to artwalks with our ongoing Covid-19 precautions still in place. Live music by Lorenzo. Piano lessons now available. For private showings and more info call (503) 395-1221.

**Open for Art Walk June 12, 12-8pm, Astoria Institute of Music and Center for the Arts located at 1159 Marine Dr. in Astoria.**

## We/When Cambium Gallery Inaugural PRIDE Show



### Cambium Pride T-Shirt

JOIN CAMBIUM GALLERY for their inaugural pride show, *We/When*. *We/When* showcases work from five LGBTQ+ artists each considering their own experience as a member of the LGBTQ+ community. *We/When* is a celebration of the LGBTQ+ community but also asks the hard question of when will we really be unified. The show features large format Typography from renowned painter Rae Senarighi, tiles from local artist Tamee Harden, weavings from Portland based artist Becky Joan Springer, and a limited edition run of collaborative ceramics by Cambium Gallery owners Kirista Trask and Audrey Long. 10 % of sales will go to The Equality Federation to assist in it's fight against anti transgender legislation.

In conjunction with the opening of *We/When* Cambium Gallery will also be hosting a donation based after party from 7 pm to 9 pm on Saturday, June 12, featuring a DJ and again raising funds for The Equality Federation + the sale of Cambium Gallery PRIDE Shirt.

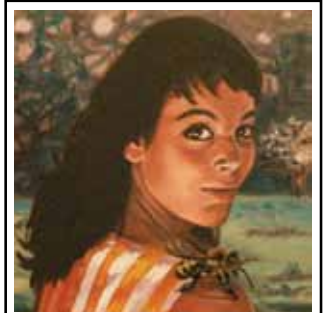
**Cambium Gallery is located at 1030 Duane St. in Astoria.**



### Dirk Sweringen Photography Exhibition

Founding Director of Photography at the prestigious Axiom Centre for the Arts in Cheltenham, England, and leading British photography agent from 1988 to 1995, Sweringen settled in Seaview, WA in 1996, extensively photographing his immediate surroundings to convey an intimate sense of place.

**View this special exhibit in the Art Trailer at the Sou' Wester Lodge in Seaview through July 16.**



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## Robert Bickel's Seascapes Challenge Our Perception Of Reality @ RiverSea

RiverSea Gallery presents Geometry in Nature, an exhibition of paintings by Robert Bickel that express the intersection of art, science and philosophy. His surrealist vistas of immense waves and expansive skies are interlaced with geometric patterns that nod to the underlying physics lending structure to our perceived world. The show opens June 12 with a reception during Astoria's Second Saturday Artwalk from 12:00 to 8:00 pm, with the artist on hand to discuss his work starting at 5:00 pm. The artwork will remain on view through July 6, 2021.

Bickel's lush, immersive seascapes challenge us to view the space we move through with added appreciation for lines, planes and geometric structure. There is cold, hard physics within every wave and cloud, within every act and reaction. Through his visual interpretations of physics in action, he invites us to consider what we might see if we were to objectively view the sea and the sky. His works, while obliquely referencing science, are visual interpretations that unleash a timely and relevant perspective and energy.

According to the artist, "These paintings are artistic studies, examples of what mere mortals do to find meaning and expression on this short journey through the wildly beautiful, complicated and probably pointless puzzle which is our universe."

Bickel was born in Seattle, grew up in Mexico and Europe, and completed architectural degrees in Switzerland and Los Angeles. He has worked as an artist, architect and interior designer, and currently works from his art studio in Ridgefield, Washington. He is a represented artist at RiverSea Gallery, and his artwork has been exhibited in galleries in Oregon and Washington throughout the past decade.

**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](http://riverseagallery.com).**



*Wave Study, 48x36*

## Hoffman Gallery Poppy Dully and Emilio Lobato



*Babettes Feast, Poppy Dully*

Poppy Dully's Art Books are products of discoveries. The images follow the story line and capture visual records of significant thematic moments. Words and phrases surface, catch the reader's attention and abstractly reinforce the images. How does one enhance the other? How does chance change or enhance our understanding?

Using maps of the northwest, historical documents collected in Astoria, and Japanese rice paper, Emilio Lobato fashions paper airplanes that he then collages. The childhood pastime of making and launching paper airplanes evokes carefree moments, the desire to soar, and most importantly, to dream.



*Emilio Lobato, Flights of Fancy 3*

**Open Thurs – Sunday, 1pm – 5pm, June 3 – 27. Hoffman Gallery is located at 594 Laneda Ave. in Manzanita. Visit [hoffmanarts.org](http://hoffmanarts.org) more info on the artists.**

THIS JUNE the Hoffman Gallery presents the Art Books by Poppy Dully and collage exhibit "Flights of Fancy" by Emilio Lobato.

## LightBox Reopens The Fantastic Film Show

LIGHTBOX Photographic Gallery opens The Fantastic Film Show on Saturday, June 12. The Fantastic Film Show features photographic images made with film with all types of cameras, from fine cameras to any plastic, pinhole, box or homemade cameras. Any analog image that is shot with film was considered, including plates and handmade emulsions. This exhibit is held every year to celebrate the gallery's anniversary. LightBox opened 12 years ago on June 13th 2009.

Also in the gallery "A Banquet of Light", which opened on March 13, has been extended. The images of A Banquet of Light were captured with 8x10 and 8x20 inch cameras by photographer Jim Fitzgerald of Vancouver, Wa. The exhibit of Carbon Transfer Prints, along with a one of a kind hand bound carbon transfer fine press edition, "A Banquet of Light", is a collection of images from the Rockefeller Forest in Humboldt Redwoods of Northern California.

In The Fantastic Film Show, J.M. Golding of San Francisco, Ca. received the juror's top award for her print "Portal," Rory Earnshaw of San Rafael, Ca. received the 2nd award for "Island" and Ronald Butler of New York City received the 3rd award for "When I pray, I find I am talking to myself." Honorable Mentions were awarded to Yelena Zhavoronkova, Jacqueline Walters and Kerry Jeffrey.

LightBox is now open! LightBox holds receptions for these shows on Saturday June 12 with extended hours from 4 - 7pm, and will be open from 11am-7pm. "The Fantastic Film Show" and "A Banquet of Light" will be on display in the gallery through July 7th. Complete show info is on the LightBox website at [lightbox-photographic.com/shows/](http://lightbox-photographic.com/shows/).

**LightBox is located at 1045 Marine Drive in Astoria. Gallery viewing hours are Thurs, Fri and Sat., 11am - 4pm or by appointment. 503.468.0238**



*Ronald Butler, When I pray, I find I am talking to myself*

## OUT ON A LIMB Stan Peterson at IMOGEN

STAN PETERSON returns to IMOGEN for his second solo exhibition. Included to the show will be his delightful wood sculpture, both wall hung and freestanding as well as paintings and prints. Considering his own love of winged creatures, Stan brings a beautiful new series devoted to our feathered friends. Known for his sly sense of humor and playfulness, this series provides a bit of a soulful look to birds acting as spiritual guides and/or companions while some pieces appear as totems to the grace and beauty of avians. Join Imogen June 12, 12 – 8pm. Meet Stan Peterson 4-7pm. Out on A Limb exhibits through July 5.

Stan Peterson who delights in storytelling has created yet another fantastical body of work. As an avid lover of birds (he calls his studio The Laughing Woodpecker) he depicts both in 2 and 3 dimensional formats some of his favorite winged creatures. Downy Woodpeckers busy at work chiseling away for grubs along with Kingfisher's offering guidance in navigating life's twists and turns are just an example of the stories waiting to be told.

Peterson, a self-taught artist has been exhibiting his narrative and figurative sculpture for nearly four decades, utilizing animal form as a vehicle to explore human interaction and connection. As a retired postal carrier, walking is something he has always enjoyed, whether it be the city streets or remote beaches; long sidewalks give way to stretches of beach where he can observe his feathered friends and where his source of inspiration begins. These elements give him the time and space for introspection of daily experience and random encounters that quite often become center stage to his finished work. About this exhibition he states;



Peterson has enjoyed a remarkable career as an artist, exhibiting his work from the west coast to as far away as New York and Paris with collectors all points in between. He has been a featured artist on the much loved OPB Art Beat program and written about in PDX Magazine. He has enjoyed several artist's residencies over the years including award of an individual artist's grant from the William T. Colville Foundation to travel to Bali for "Arts in Bali" where he worked with a traditional Balinese mask carver.

**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](http://imogengallery.com).**

## Peter Greaver Beauty Deconstructed at CB Gallery



*Willoughby Avenue*

The Cannon Beach Gallery presents the Beauty Deconstructed exhibition featuring work by artist in residence Peter Greaver.

The Beauty Deconstructed exhibition challenged local and regional artists to think critically about time and its impact on our environment. Artist in residence Peter Greaver's work is an exploration into nostalgia and places he used to call home. Through painting he explores memory from a "bird's eye view"; the view of flying dreams. According to the artist "Listening to music while I paint is a very important part of my process, so for each place that I painted I chose the music that I listened to when I lived there, which made the emotional experience stronger." The vibrancy of the colors were chosen for their emotional energy instead of optical realism.

**In addition, accompany artists participate under the theme in a juried exhibition. This exhibition will be on view June 2 - June 27, Wednesday through Sunday from 11 - 4pm at the Cannon Beach Gallery located in Midtown 1064 South Hemlock St. Cannon Beach.**



# MESSAGES

## SONJA GRACE



WHAT DO WE THINK of when we imagine the future? Our kids and grandkids going to college, having good careers and families. We imagine a world where there is abundance and ease for the next generation. We don't bank on illness, disease, drought, natural disasters and economic strife. We tend to stay positive and carve out a living wherever we are, no matter what the times present or the difficulties.

The adage passed down from grandparents to parents and parents to children is, "I walked miles to catch the bus in snow and ice!" We all heard that story in one form or another with extra mileage added every time it was told!

Years ago, we lived much closer to our elders. We did not have retirement centers and care facilities back then, only each other to care for our parents and grandparents. Sure, it was hard, but we operated as a village not individual entities that kept

to ourselves. In today's world it is much more difficult as we navigate a pandemic and isolate even more. Fear has gripped the world as we allow the media to be in charge and like a controlling family member, they have dictated what we should believe.

The narrative has been driven hard for the past year and a half. What have we learned? We are all lonely. People are suffering from isolation and many now have post-traumatic stress syndrome. This current trend of illness and disease leaves one wondering about the future. We have patterns and cycles that have been repeated throughout history. Ultimately, our karma as a collective has everything to do with the pain, suffering, shock, fear, and loss that we feel. We must dig deep into our faith.

Our thoughts are creating the future. This is the time we need to come together and recognize it is not about us and them but rather how we help one another. How we love one another, and how we include each other even when we are sequestered. Call your grandparents, parents, children, and friends. Facetime with them, for some visiting in person is now possible. We need to be bigger than the patterns of

history we insist on repeating. As a species we can overcome our fear by having faith that Creator and the Earth herself see us and understand what is going on. There is always a much bigger plan in place.

*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](http://www.sonjagrace.com)*

# The Future

**Time to Lighten Up!** wordwisdom

Sunny days are coming! Warm breezes, cloudless skies, the world is blooming. Time to bask, sip on a cold Chardonnay. Time to be with friends and family again. The pleasures of summer can be extraordinarily basic. Walk the Riverwalk or the trails at Fort Stevens, read quietly by Coffenbury Lake as the waves gently whisper. During the summer, Astoria is a destination spot. Since this is your town, relax and enjoy it.

Lighten up! Eat less, eat those fruits and vegetables from the Sunday Farmer's Market. Drink wisely, something cold and truly refreshing and light on a deck overlooking the Columbia. Wear those shorts and sundresses and big hats. Be the star of your summer reality! Sitting in the sun, being soothed by gentle waves, listening to ducks and geese has been proven to improve one's mental health. If you allow the summer world to engulf you in a sensory way – smell the freshly cut grass, inhale the barbeque smells

wafting from two houses down, listen to the barking sea lions, be in awe of new blooms, try a new flavor ice cream for fun and maybe try a local beer. Start a garden. Flowers or veggies, or both. Astoria is our playground.



Lighten up. Make stupid jokes. Laugh at yourself. Shed last year's heaviness. This would not be one of my articles if I did not share the motivation behind these words. I was in a mega store and saw a million gas grills on display. Big monsters. All styles, all large prices. I see ads for romantic getaways and Disneyland for the kids. I hear elaborate (and seemingly exhausting)

summer plans with lots of traveling and sightseeing. And barbeques on the big monster dad received on Father's Day.

I feel there is a way to get the most out of sunny days and it does not include upgrading the barbeque grill. One doesn't have to travel anywhere to get a good vacation. Make the most of what is. Road trips to Long Beach and north to Oysterville are easy time-wise and on the wallet. Pick up a tourist guide and check every item off if you are one who needs to feel accomplished. Let the world at hand amaze you.

Lighten up. It makes a life journey so much easier.

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



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**DOM (JUNE 4 AMAZON)** Brazilian father-son cop-criminal drama pits Victor, a narcotics officer against his own son, Dom, a cocaine addict turned drug lord. Synopsis: Dom tells the story of Pedro, a handsome boy from Rio de Janeiro's middle class who is introduced to cocaine in his teen years, putting him on the path to becoming the leader of a criminal gang. Dom also follows Pedro's father Victor, who as a teenager, makes a discovery at the bottom of the sea, reports it to authorities and ends up joining the police intelligence service. Series shows father and son living opposite lives, mirroring and complementing each other, while both confront situations which blur the lines between right and wrong.

**RAYA AND THE LAST DRAGON (JUNE 4 DISNEY+)** Kelly Marie Tran and Akwafina voice the lead roles in this Asian-flavored Disney fantasy animation. Synopsis: Long ago, in the fantasy world of Kumandra, humans and dragons lived together in harmony. However, when sinister monsters known as the Druun threatened the land, the dragons sacrificed themselves to save humanity. Now, 500 years later, those same monsters have returned, and it's up to a lone warrior to track down the last dragon and stop the Druun for good.

**THE FAMILY MAN SEASON 2 (JUNE 4 AMAZON)** Season 1 of this Indian espionage series was a surprise hit when it debuted on Amazon in 2019. Manoj Bajpayee stars as intelligence analyst Srikant Tiwari, working for a fictional branch of the National Investigation Agency of India. While most spy shows focus 100% on the professional side, busting threats to national security and rarely showing any personal side to the spy except to show how little they have, The Family Man



tightropes between Tiwari's obligations to his family and his national security job. Bouncing between humor and drama, Tiwari is depicted doing all the domestic things typical spy series don't include like buying groceries, picking up the kids from school and making excuses when his dangerous occupation prevent him from doing them.



**AWAKE (JUNE 9 NETFLIX)** Gina Rodriguez toplines Netflix's apocalyptic sci-fi thriller. Rodriguez plays Jill, a mother with a teenage son and daughter Matilda. A mysterious catastrophic event causes all mechanical and electronic devices to stop working. All humans lose the ability to sleep, leading to the loss of rational thought, hallucinations, and eventually, death. Society breaks down. When

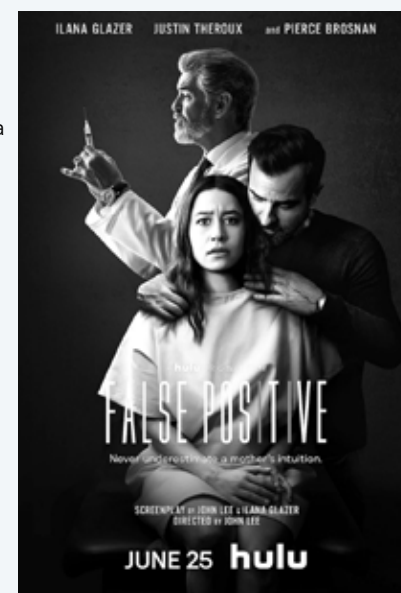
Jill and her family are threatened by a mob, they are saved by Dodge (Shamier Anderson) who drives them to safety. Eventually, Jill learns that Matilda is the sole human left with the ability to sleep – a possible cure for the sleepless affliction destroying the world.

**LOKI (JUNE 9 DISNEY+)** Marvel's most entertaining hero-villain gets his own spinoff series. Tom Hiddleston again plays Thor's nefarious sibling Loki, who for the first time, is tasked with undoing the damage he's caused for face being "erased." Synopsis: After stealing the Tesseract during the events of Avengers: Endgame, an alternate version of Loki is brought to the mysterious Time Variance Authority, a bureaucratic organization that exists outside of time and space and monitors the timeline. They give Loki a choice: face being erased from existence due to being a "time variant" or help fix the timeline and stop a greater threat. Loki ends up trapped in his own crime thriller, traveling through time and altering human history.



**LUPIN: PART 2 (JUNE 11 NETFLIX)** Netflix's #1 French hit about a master thief who steals to undo social wrongs returns for its second season. Omar Sy plays Assane Diop, the present day incarnation of Arsène Lupin, the fictional master thief created by author Maurice Leblanc in 1905. Diop takes inspiration from the literary character for his thefts, using his Blackness as a cover against his white upper-crust victims, who don't see him as a person, only as "the help." In Lupin, Diop is a Senegalese immigrant who's father was framed of the theft of a necklace once belonging to Marie Antoinette by the wealthy Hubert Pellegrini who owns it, and hangs himself in prison out of shame, leaving his teenage son Assane an orphan. Twenty-five years later, Diop, using his skills inspired by the Lupin book, sets out to steal the necklace from the Pellegrini family and avenge his father in the process. Star Sy has said that the series depiction of racial and class conflict presents France "as it exists today."

**FALSE POSITIVE (JUNE 25 HULU)** Pregnancy horror in the vein of Rosemary's Baby. After Lucy (Ilana Glazer) and Adrian (Justin Theroux) have trouble conceiving, they visit renowned fertility expert Dr. Hindle (Pierce Brosnan). After treatment, Lucy gets pregnant, but then begins to experience unsettling premonitions and begins to distrust the charming Dr. Hindle. Lucy sets out to discover the truth about Dr. Hindle and her own "condition."





# FREE WILL ASTROLOGY

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**ARIES** (March 21-April 19): Open your mouth only if what you are going to say is more beautiful than silence," declares an Arab proverb. That's a high standard to aspire to. Even at our very best, when we're soaring with articulate vitality, it's hard to be more beautiful than silence for more than, say, 50 percent of the time. But here's a nice surprise: You could exceed that benchmark during the next three weeks. You're primed to be extra expressive and interesting. When you speak, you could be more beautiful than silence as much as 80 percent of the time.

**TAURUS** (April 20-May 20): Here's the definition of an emotional support animal: "a companion animal that provides therapeutic benefit to a person with a mental or psychiatric disability." I don't mean to be flippant, but I think every one of us has at least one mental or psychiatric disability that would benefit from the company of an emotional support animal. If you were ever going to acquire such an ally, the coming weeks would be prime time to do so. I encourage you to also seek out other kinds of help and guidance and stimulation that you'd benefit from having. It's the resource-gathering phase of your cycle. (PS: Cesar Chavez said: "You are never strong enough that you don't need help.")

**GEMINI** (May 21-June 20): A blogger named Valentine Cassius reports, "A tiny old woman came into the deli where I work and ordered a 'wonderful turkey sandwich.' When asked what she wanted on the sandwich other than turkey, she said 'all of your most wonderful toppings.'" Here's my response to that: The tiny old woman's approach usually isn't very effective. It's almost always preferable to be very specific in knowing what you want and asking for it. But given the current astrological omens, I'll make an exception for you in the next three weeks. I think you should be like the tiny old woman: Ask life, fate, people, spirits, and gods to bring you all of their most wonderful toppings.

**CANCER** (June 21-July 22): "I am tired of trying to hold things together that cannot be held," testifies Cancerian novelist Erin Morgenstern. "Tired of trying to control what cannot be controlled." Here's good news for her and all Cancerians. You have cosmic permission to surrender—to no longer try to hold things together that can't be held or try to control what can't be controlled. Maybe in a few weeks you will have gained so much relaxed new wisdom that you'll be inspired to make fresh attempts at holding together and controlling. But that's not for you to worry and wonder about right now. Your assignment is to nurture your psychological and spiritual health by letting go.

**LEO** (July 23-Aug. 22): Philosopher Georges Bataille wrote, "The lesson of Wuthering Heights, of Greek tragedy and, ultimately, of all religions, is that there is an instinctive tendency towards divine intoxication which the rational world of calculation cannot bear. This tendency is the opposite of Good. Good is based on common interest, which entails consideration of the future." I'm going to dissent from Bataille's view. I agree that we all have an instinctive longing for divine intoxication, but I believe that the rational world needs us to periodically fulfill our longing for divine intoxication. In fact, the rational world grows stale and begins to decay without these interludes. So the truth is that divine intoxication is crucial for the common good. I'm telling you this, Leo, because I think the coming weeks will be a favorable time for you to claim a healthy dose of divine intoxication.

**VIRGO** (Aug. 23-Sept. 22): Virgo actor Ingrid Bergman (1915–1982) won the most prestigious awards possible for her work in films, TV, and theater: Oscars, Emmys, and a Tony. She was intelligent, talented, and beautiful. Life was a challenge when she was growing up, though. She testified, "I was the shyest human ever invented, but I had a lion inside me that wouldn't shut up." If you have a sleeping lion inside you, Virgo, I expect it to wake up

soon. And if your inner lion is already wide awake and you have a decent relationship with it, I suspect it may soon begin to come into its fuller glory.

**LIBRA** (Sept. 23-Oct. 22): Libran author Antonio Tabucchi described the frame of mind I recommend for you in the coming days. I hope you'll be eager to embrace his far-reaching empathy. Like him, I trust you will expand your capacity to regard the whole world as your home. Here's Tabucchi's declaration: "Like a blazing comet, I've traversed infinite nights, interstellar spaces of the imagination, voluptuousness and fear. I've been a man, a woman, an old person, a little girl, I've been the crowds on the grand boulevards of the capital cities of the West, I've been the serene Buddha of the East. I've been the sun and the moon."

**SCORPIO** (Oct. 23-Nov. 21): Author James Frey writes, "I used to think I was tough, but then I realized I wasn't. I was fragile and I wore thick armor. And I hurt people so they couldn't hurt me. And I thought that was what being tough was, but it isn't." I agree with Frey. The behavior he describes has nothing to do with being tough. So what does? That's important for you to think about, because the coming weeks will be an excellent time to be tough in the best senses of the word. Here are my definitions: Being tough means never letting people disrespect you or abuse you, even as you cultivate empathy for how wounded everyone is. Being tough means loving yourself with such unconditional grace that you never act unkind out of a neurotic need to over-defend yourself. Being tough means being a compassionate truth-teller.

**SAGITTARIUS** (Nov. 22-Dec. 21): Fragile intensity or intense fragility? Ferocious gentleness or gentle ferocity? Vulnerable strength or strong vulnerability? I suspect these will be some of the paradoxical themes with which you'll be delicately wrestling in the coming days. Other possibilities: sensitive audacity or audacious sensitivity; fluidic fire or fiery fluidity; crazy wisdom or wise craziness; penetrating softness or soft penetration; shaky poise or poised shakiness. My advice is to regard rich complexities like these as blessings, not confusions or inconveniences.

**CAPRICORN** (Dec. 22-Jan. 19): Birds that live in cities have come up with an ingenious adaptation. They use humans' abandoned cigarette butts to build their nests. Somehow they discovered that nicotine is an insecticide that dispels pests like fleas, lice, and mites. Given your current astrological aspects, I'm guessing you could make metaphorically comparable adjustments in your own life. Are there ways you could use scraps and discards to your benefit?

**AQUARIUS** (Jan. 20-Feb. 18): A blogger named Raven testifies, "My heart is a toddler throwing a tantrum in a store and my brain is the parent who continues to shop." I'm pleased to inform you, Aquarius, that your heart will NOT act like that toddler in the coming weeks. In fact, I believe your heart will be like a sage elder with growing wisdom in the arts intimacy and tenderness. In my vision of your life, your heart will guide you better than maybe it ever has. Now here's a message to your brain: Listen to your heart!

**PISCES** (Feb. 19-March 20): The Voyager 1 space probe, launched by NASA in 1977, is now more than 14 billion miles from Earth. In contrast, the farthest humans have ever penetrated into the ground is 7.62 miles. It's the Kola Superdeep Borehole in northwest Russia. Metaphorically speaking, these facts provide an evocative metaphor for the following truth: Most humans feel more confident and expansive about exploring the outer world than their inner realms. But I hope that in the coming weeks you will buck that trend, as you break all previous records for curious and luxurious exploration into your deepest psychic depths.

**HOMEWORK: WHAT IMAGE OR SYMBOL REPRESENTS THE FULFILLMENT OF YOUR NOBLE DESIRES? POST AT: FREEWILLASTROLOGY.COM**

# Bike Madame

By Margaret Hammitt-McDonald

## Can Balance Bikes Save Kids from the Dreaded Training Wheels?

**BALANCE BIKES**—pint-sized two-wheelers that resemble their bigger cousins in everything except the absence of pedals—have been touted as the solution to a problem I hadn't realized existed: they allow beginning riders to bypass the training-wheel stage and hop on a "real" bike. You can imagine why these nifty contraptions have become more than just a hip new way to introduce toddlers to the wheeled world. They appeal equally to parents who relish when their child is the first in the neighborhood to achieve a milestone and to parents who encourage their children to become independent early. (Forage for food by age two? Check.)

Don't get me wrong, I find balance bikes delightful. We gave our daughter one when she was two, and it gave her the freedom to zip around the neighborhood, leaving us in the dust. When she got too big for the balance bike around age three, we obtained the smallest two-wheeled bike we could and, optimistically, removed the training wheels. Alas, we'd acted too quickly. Even with the seat-post lowered to the same height as her balance bike, she couldn't make the transition to pedaling without aid, not because she lacked the required equilibrium, but because she wasn't yet strong enough to turn the pedals and stay afloat. So back on the training wheels went, until she got strong enough to push the pedals... but at that point, she needed a bigger bike, which didn't come with training wheels. Here's where her balance-bike experience profited her, if in a delayed fashion: it took her just two tries to make the switch.

Individual factors like size, strength, and bike characteristics all determine whether or not a child can graduate from a balance bike to a two-wheeler. Maybe if Luthien had waited until age five to pass on her balance bike, if she was a larger person, or if the bike's pedals spun more easily, she could've skipped the training-wheel stage. But she didn't mind using



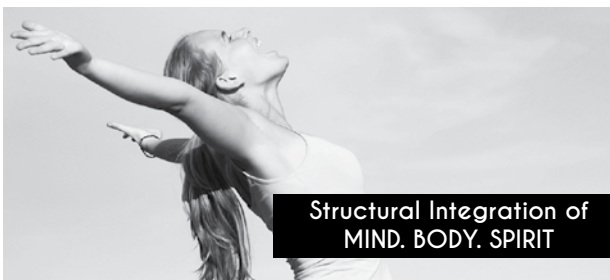
them, and it sure spared my back from bending to steady her as she got the hang of pedaling without them. Little kids' bikes come with training wheels already attached, so it was more effort for us to remove them and put them back than it would've been for her to try it out with the training wheels.

The experience made me wonder if some folks assume balance bikes are the coordination equivalent of Baby Mozart recordings: tools to prompt more rapid development, with equivocal results. Luthien and I both loved her balance bike. But what's the appeal of skipping over the training-wheel phase? Does it earn bragging rights for parents? If children fall off and scrape their knees, does that rub grit into their personalities as well as their abrasions? Or are training wheels embarrassing, like braces? Preschoolers don't seem to feel chagrined about them. I sure did when I was the last kid on the block to ditch them, though. (Maybe, if balance bikes had been invented, they could've helped me dodge this humiliating experience.)

Some children make a seamless transition from balance bike to training-wheel-free two-wheeler. Some don't. To me, a balance bike's main virtue is in being appropriately sized for the smallest pedestrians and intuitive and fun to ride. If they don't turn all the kids on the block into future Tour de France riders, that's OK by me. After all, training wheels don't cost extra, and using them doesn't make one more likely to be living in the parents' basement at age 40.



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and his War against nature  
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-Rachel Carson

## PETITION

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## Whole PLANET Health By Margaret Hammitt-McDonald

### Cute Animal Videos Are Good for What Ails You!

WHO HASN'T DISCOVERED that an hour (or two, or three) has gone by after taking a "five-minute break" to check out cute animal videos? These sweet media experiences are beloved of Web surfers of all ages. It's easy to lose track of time enjoying the antics of our fellow Earth citizens, but could these benign time-wasters carry hidden health benefits?

A 2020 study, conducted by researchers at the University of Leeds, revealed that 30 minutes of watching cute animal videos reduced anxiety, heart rate, and blood pressure, with the most notable positive effect being on anxiety levels, reduced by 50% in some participants. Participants were university students about to take exams and faculty and staff who also reported being under stress. The half-hour video featured puppies, kittens, gorillas, and qokkas, native to Australia and dubbed the world's happiest animals. (Lauren Marcus, "Watching Cute Animal Videos Is Good For You!" GoodNet, November 20, 2020, <https://www.goodnet.org/articles/watching-cute-animal-videos-good-for-you>).

Beloved physician Patch Adams has made it his life's work to spread the health benefits of laughter, humor, and play, and who can provoke a smile as well as playful animals? Their games, pratfalls, and tiffs are the ultimate in good-natured humor, without the covert aggression, reproduction of stereotypes, and belittling that are so often features of corporate-supported comedy productions. Why do humans find our fellow travelers on Earth—particularly babies—so charming? Austrian ethologist Karl Lorenz, famous for coaxing newborn geese to imprint on him (i.e., view him as Goose Daddy and follow him around), posited that we're primed to respond favorably to life forms whose features remind us of human babies. He suggested that large eyes and ears, round faces, large heads relative to body size, and chubby cheeks are cues that prompt a loving caregiving response. We don't just relax while vicariously enjoying cute animals' interactions; we also feel more loving, which is itself a restorative



state of heart-mind. (Angela Lashbrook, "Looking at Cute Animals Online Is Literally Good For Your Brain," Medium, October 30, 2019, <https://onezero.medium.com/looking-at-cute-animals-online-is-literally-good-for-your-brain-2eaa291d8568>).

But can watching videos compare with cuddling with your animal companions? Research into the health benefits of exposure to nature reveal how even looking at pictures of natural scenes is more healthful than looking at bland office décor, and people feel better when their windows face a green space than a brick wall. Thus, even a secondhand experience with the natural world that's an indelible part of our being is good for us, but it's also a matter of degree. Too many of us live and work in environments dominated by technology, artificiality, and material objects. Some individuals spend as much as 90% of their time inside: from home to car, bus, or train to work and then back. Spending virtual time with lovable creatures makes it possible for people who are unable to adopt an animal to enjoy them anyway. But overall, physical-life experience allows us a richer, deeper connection with our fellow beings than when those connections are mediated by technology. In the same way, virtual communities allow us to begin or continue relationships with people living at a distance from us, but they augment rather than replace the singular joy of walking, eating, chatting, and creating with others in person.

So, you can stop feeling guilty about procrastinating while watching animals gambol across your screen—but still, I can't write a doctor's note to your boss.





**FIG!** If I were verbally concise, there would be nothing more to say. Sadly, for those who love me and worse for those who don't, my affection for words has me wanting to use as many of them as possible as often as possible and in the most grammatically questionable ways. (See previous sentence.) It's June. Figs are just offstage readying for their star turn.

The thing about figs is that they have it all. Color, shape, both hand and mouth feel, juice, sweet sensuality and a bodacious history. Pliny the Elder believed figs made a young person stronger and an old person stay healthy longer with less wrinkles. Pliny the Elder, according to his nephew/adopted son, Pliny the Younger, perished in the eruption of Mt. Vesuvius. But, we can hardly blame that on figs.

Figs are a keystone specie. In other words, jungles rely on the umpteen tropical species of figs to feed bats, birds, primates, insects, reptiles, pretty much everybody who lives within. I don't know if that includes big cats. But, my house cats have been known to have a little kitty lick of something sweet when the opportunity arises. I'm guessing any jungle creature with a modicum of good sense would enjoy a ripe fig if given the chance.

The ripe fig experience starts with the visual. Especially, but not exclusively, in the case of Black Mission Figs. (Note: If they are ripe right now, put this paper down immediately and go get some. Seriously.) At first sight, the purply black skins look like expensive Italian suede. Then there's the feel. There are a bunch of round-about ways to describe what a perfectly ripe fig feels like. A mysterious, clearly fragile treasure held gently in a velvety sac. A scrotum! Slice it open to expose rosy pink, heart shaped loveliness. No wonder figs enjoy such legendary status. They are pure male on the outside and female on the inside. Exotic AND erotic! Add stunningly delicious and it's enough to make your head spin.

A ripe fig, sliced open and topped with a smear of Chèvre is a thing of beauty and a joyful bite. Add a drizzle of honey, a flake or two of Maldon salt, a crack of black pepper and a glass of chilly, bubbly Cava and you'll have packed up all your cares and woes at first bite. You can wrap them in Prosciutto or roll them up in a slice of bacon and grill them. Top a pizza with thinly sliced figs, Prosciutto, Gorgonzola and a drizzle of Balsamic syrup. Add fresh figs, a ribbon of honey and toasted Pine nuts to your morning yogurt. Tuck them into a crepe with a bit of Brie. They are just as lovely, in a totally different way, when dried. Figs love all kinds of meats, nuts, cheeses, herbs and other fruits. They are the ultimate food diplomats, confidently sexy with a generous spirit.

If I were going to use fresh figs at a party, a theoretical proposition implying that I haven't eaten them all on the way home from the market, here's what I might do:

**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](http://coastradio.org)**

**CHEW ON THIS!**

by Merianne Myers



**NEVER MIND THE PUDDING, GIVE ME FIGGY CROSTINI**

- 1 baguette cut on the diagonal into 1/2" slices
- 1 hallock\* of ripe figs
- 2 slices pepper bacon or pancetta, fine dice
- 1 small container Mascarpone
- 2 stems fresh rosemary, minced
- Olive oil
- Balsamic syrup

Preheat oven to 325. Brush bread slices with olive oil and bake on a cookie sheet until lightly crunchy but not browned, about 20 minutes. Set aside to cool.

Sauté the bacon or pancetta until crispy. Set aside on a paper towel to drain. Stem and quarter figs if large or halve them if small. Place a spoonful of mascarpone on each toast and give it a squish with the back of the spoon to spread slightly. Top with a fig wedge, a sprinkling of the crispy meat and a light sprinkle of rosemary. Baptize with a light drizzle of finishing quality olive oil and another of balsamic syrup. A glass of good Pinot and a chair in the shade next to a platter of these will set your day right.

\* When I was a kid in Gresham, summers were spent in the berry fields earning money for school clothes. The little baskets that we filled, and which, in turn, filled the flats, were called hallocks which was the brand name of the company that made them. For those of you who escaped berry picking, a hallock is a pint box.

**Cannon Beach Virtual Sandcastle Contest  
Summer of Sandcastles  
June 5 through September 6, 2021**

The 57th annual Cannon Beach Sandcastle Contest will be a virtual Summer of Sandcastles with the kick-off June 5. The virtual competition is intended to be a COVID-safe alternative during this time requiring physical distancing for public safety. 2021 Sandcastle Events Include:

**Concert in the Park w/Bruce Smith Band | Friday, June 4th | 6:00pm – 8:00pm | Free**

Located at the City Park behind the Chamber. A health & safety conscious event following all State COVID safety guidance.

**Virtual Sandcastle Contest | Saturday, June 5th – Monday, September 6th | Cost: \$25**

Purchase a Sandcastle Kit at the Visitor Information Center or online and get started on your sand creation. Visit the website for more information on how to enter this year's virtual contest.

**Virtual Singing Sands Fun Run/Walk | Sunday, June 6th – Monday, June 21st | Cost: \$35**

Run, jog, or walk at your leisure on the beach in Cannon Beach. Register online or at the Visitor Information Center. Registration includes an official 2021 Sandcastle t-shirt and medal.

Supporters and collectors can buy 2021 limited edition posters and other merchandise on the website and in-person at the Information Center.

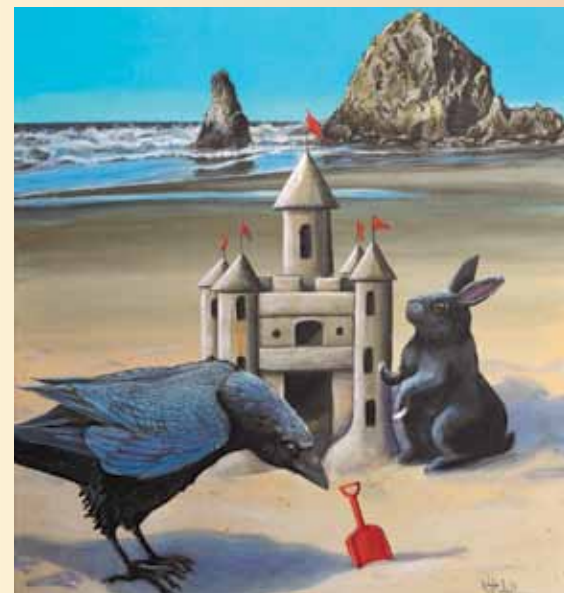
Cannon Beach has hosted this Oregon Heritage Tradition event since 1964. Chamber Executive Director, James Paino explained, "The health of our community, volunteers, competitors, and attendees must come first. Rather than a one day, large-crowd event, the virtual contest goes the entire summer so more builders can safely participate."

Volunteer and Committee Chair Debbie Nelson said "It's fun to come across a sandcastle while walking on the beach. We have encouraged past teams to come create and build on their own through September 6th. I can't wait to find the sandcastles and sculptures they build!"

Sponsors: Coaster Construction (title sponsor). Columbia Bank, Jeffrey Hull Gallery, The Waves Cannon Beach.

Event URL: For more information visit our event webpage [www.cannonbeach.org/sandcastle](http://www.cannonbeach.org/sandcastle).

Email your questions to [chamber@cannonbeach.org](mailto:chamber@cannonbeach.org) and follow us on Facebook @CannonBeachSandcastleContest. Instagram: #singingsandsfunrun #virtualsandcastlecontestentry #cbsandcastle



2021 VSC Poster Image by Kim Schult





## 2021 Astoria Sunday Market

**Sundays 10-3  
May 9 - Oct 10  
Downtown Astoria**

*Local Produce & Flowers  
Handmade Crafts & Fine Art  
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Stunning River View*



## OPEN Markets!

### Clatskanie Farmers Market.

Saturdays, June - September, 10am - 2pm in Cope's Park, Clatskanie. EBT/SNAP accepted. Masks required. [clatskaniefarmersmarket.com](http://clatskaniefarmersmarket.com)

### Blackberry Bog Farm Stand.

Open for online order pickup Wednesday - Saturday 10am - 4pm. Farm Stand hours Thursday 4 - 7pm. Friday - Sunday 10am- 4pm. Accepts cash, credit, and FSNP checks. Masks required. 402071 Old Hwy 30, Svensen. [blackberry-bogfarm.com](http://blackberry-bogfarm.com)

### Saturday Market at the Port.

Saturdays, 10am - 4pm through September 25. Located along the waterfront in Ilwaco, WA. [facebook.com/IlwacoSaturdayMarket](http://facebook.com/IlwacoSaturdayMarket)

### Columbia-Pacific Farmer's Market.

Fridays, Noon - 3pm through September 17. In downtown Long Beach, WA. [longbeachwa.gov/recreation/farmersmarket/](http://longbeachwa.gov/recreation/farmersmarket/)

### Astoria Sunday Market.

Sundays, through October 10, 10am - 3pm. On 12th St in downtown Astoria. Some vendors may take debit/credit cards. [astoriasundaymarket.com/](http://astoriasundaymarket.com/)

### Hanthorn Cannery Market

at Pier 39 in Astoria. Sundays from 10am to 3pm. New vendors welcome, contact: [HanthornCanneryMarket@gmail.com](mailto:HanthornCanneryMarket@gmail.com) or call 360-269-1039.

### Market Day Online Ordering.

Pre-order locally grown and produced food items online and pick up at the North Coast Food Web in Astoria on Thursdays 2-6pm. Register at [northcoastfoodweb.org](http://northcoastfoodweb.org)

### Seaside Farmer's Market.

Wednesdays, 2 - 6pm, June 16 September 30. Corner of Broadway and Hwy 101 in Seaside. debit cards and SNAP accepted. [seasidemarket.org](http://seasidemarket.org)

### Cannon Beach Farmer's Market.

Tuesdays, June 15 - September 30, 1 - 5pm. Located in the Midtown area of Cannon Beach. SNAP, Visa, and Mastercard accepted. [ci.cannon-beach.or.us/farmers-market](http://ci.cannon-beach.or.us/farmers-market)

### Manzanita Farmer's Market.

Fridays, 4-7pm June 11 - September 17 at Underhill Plaza in Manzanita. Online ordering available. [manzanitafarmers-market.com](http://manzanitafarmers-market.com)

### Tillamook Farmer's Market.

Saturdays, June - September, 9am - 2pm. On the corner of Laurel Ave. and 2nd St in downtown Tillamook. SNAP and debit cards are accepted. <https://tillamookchamber.org/Tillamook-Farmers-Market/>

### Pacific City Farmers Market.

Sundays June 13 - September. 10am - 2pm At 6200 Camp St in Pacific City. [facebook.com/PacificCityFarmersMarket](http://facebook.com/PacificCityFarmersMarket)

### Neskowin Farmers Market.

Saturdays, through September, 9am - 1pm. At the corner of Hwy 101 and Summit Rd. across from the Neskowin Beach Wayside. [neskowin-farmersmarket.com](http://neskowin-farmersmarket.com)

### Lincoln City Farmers and Crafters Market.

Sundays, through October 8, hours TBA. Located at the Cultural Center in Lincoln City. The market accepts debit/credit and SNAP cards. Masks required. [lincolncityfarmersmarket.org](http://lincolncityfarmersmarket.org)

### Tuesday Night Thing.

4-7 pm, July to September. At the Lincoln City Cultural Center, with the first hour (4-5 pm) reserved for the most vulnerable populations. [LincolnCity-CulturalCenter.org](http://LincolnCity-CulturalCenter.org)



**ILWACO SATURDAY MARKET** kicked off in May, along the enchanted Waterfront Way at the Port of Ilwaco. More than forty vendors feature a variety of hand crafted, food, and other products at this waterfront market, taking place each Saturday from 10am to 4pm. The Market practices social distancing and masks for COVID safety and encourages visitors to do the same. Operating seasonally since 2000, 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: [www.ilwacosaturdaymarket.com](http://www.ilwacosaturdaymarket.com) for a list of vendors and visitor information.

### Sunday Market Vendors Now online

As we stroll the Astoria Sunday Market under Covid-Safe guidelines and limitations, the expansion of market artisans and farmers grow. Now you can explore the diverse and expanding roster of vendors on the new ASM Sunday Market Vendor Directory at [sundaymarket.com](http://sundaymarket.com).

**Visit Bees are Essential @ Astoria Sunday Market. Building Mason Bee Houses for the friendly bee who wants to efficiently pollinate your whole garden.**



This year Suomi Hall is doing it again . . .  
**Riisipuuro Ja Hedelmakitto**



CARRYING ON their longstanding Midsummer tradition, the auxiliary of the Finnish lodge is offering (drive thru/pick up) creamed rice and fruit soup (riisipuuro ja hedelmakitto) in mid June, a delicious Finn treat offered each and every year by the lodge at the Midsummer Festival.

Place your order by calling a friendly voice at 503-440-9002 by June 17. Pick up your order by driving behind the hall at 244 West Marine Drive in Astoria on Saturday, June 19 between 11-3. No need to get out of your car—you will be handed your order in exchange for the great price of \$15/ quart.

The Finnish Lodge and Suomi Hall hope to see you all face to face in 2022 at the Scandinavian Festival. Kiitos!



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