

August 2021 • vol 22 • issue 270

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

FESTIVALS:

GARLIC in Clatskanie • BLUES on the Peninsula • CLASSICAL immersion at The Liberty

FIRST PERSON@ KALA
GUEST AUTHOR
MARIANNE MONSON

WOMEN-LED HOPE CREW
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PROTEST: Lithium Mining at the Oregon Border



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Astoria MUSIC Conservatory is Back

ADAMS & COSTELLO


Pandemic album in the making

Hear 'em with band **8/27 @ KALA**



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RIVERSEA
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KALA PERFORMANCE SPACE

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Smith & Deluca 2nd Saturday Art Walk+ Music by Secret Lee



A CHANCE MEETING IN 2016 ignited an artistic relationship between two unlikely (yet so obvious) artists. Since then collage artists, Joi Smith and Sid Deluca have gone on to collaborate artistically and curate shows in Astoria, Portland and Las Vegas, where Joi Smith now resides.

Returning to their roots at KALA, where they first exhibited collaboratively, they hope to show you how much they've evolved. Joi has taken her love for mixed media, light, propaganda, and provocation to new mediums. On her return to her home of Las Vegas, she's been privileged to show at the Art Factory and has completed her first mural.

Sid Deluca's disparate dual imagery taking from the vintage landscape, offers the viewer the pleasure of interpretation; at once curious, cerebral, emotional, and ever entertaining . . . Deluca art is surrealistic connector to many an art buyer on the coast. KALA is pleased to bring Smith & Deluca in its first art opening since the pandemic shutdown.

Singer Songwriter Secret Lee

At 7pm, the eve at KALA moves into the musical side of life, with alternative pop singer-songwriter Secret Lee on stage. With acoustic guitar and vocals, a Seattle-based musician who now resides in Astoria, Lee too has been mixing and mastering original material in shutdown, working in conjunction with Kyle Manship of Seaside Sound Studios. Lee has been performing with her musical configuration Divine Discontents for numerous years in Seattle. This eve, offers a taste of her also divine vocals and song stylings, accompanied by Manship on drums/percussion.

Saturday, Aug 14 • 4 – 10pm. Music + Art viewing + Bar.
No Cover soundcloud.com/secretlee/alright-without



Deluca, Pink Eye, collage



Smith, Slaying Waterfalls, collage



PERSONAL SCENT BLENDING

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MIDDLE EASTERN DELIGHTS

HERBAL APOTHECARY

VINTAGE INSTRUMENTS

1428 Commercial St. Astoria, OR
Thursday—Monday : 11—5 • 503.468.0795

WARNING SIGNS • MYSHKIN

Multi-Media LIVE Music/Film Collage

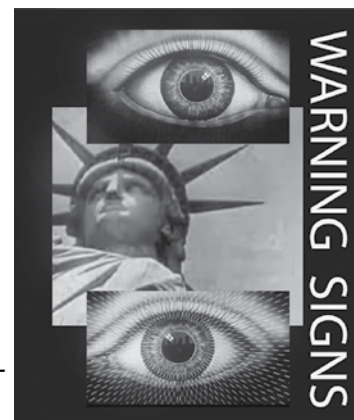
KALA presents singer/songwriter and multi-versed artist, Myshkin in WARNING SIGNS. Originally created in response to the 2016 U.S. election, Warning Signs continues to find resonance in a world that swerves ever more dangerously off the right shoulder of the road into corporate-ruled disaster.

Using public domain footage culled from films, ads and propaganda of the early to mid 20th century, Myshkin mined her back catalogue of wide ranging, politically minded compositions to

revive songs that comment on a list of warning signs of fascism.

Myshkin is joined by Jenny Q on cello, performing to the projected films, creating an immersive experience: surrealist film and thickly narrative songs interlock to create an absurdist theater. Infuriating, funny, heartbreaking, mind-wild. Know your warning signs!

Sept. 10 at 8pm. Advance Tickets. \$15. brownpapertickets.com. Doors open 7:30pm.
Opening Act TBA. myshkinwarbler.com



Bikini Beach A Tribute to Classic Surf Rock



A FAVORITE SUMMER EVENT at KALA, band leader/guitarist Lorenzo Carlson and Bikini Beach enliven the stage with the raw and reminiscent sound of reverb, tremolo, and the often lyrically haunting instrumental surf rock sound . . . The Shadows, The Marketts, The Waveriders, The Ventures . . . The Surf Rock genre is alive and well today, influencing the puk and alternative scene...but this eve you'll hear the stuff of the early 60's, that was eventually phased out by the British invasion, garage rock, folk rock and the blues.

Coastal venerables, Mark Newsome on rhythm guitar, Richard T. on bass, Flint Rice and his beautiful pink glowing drum kit, and Carlson on lead wail out the tunes. The annual Limbo Contest will have to forego due to pandemic safety! Bummer!

Saturday, Aug. 21. Doors open 8pm. Music follows.
\$10. advance www.brownpapertickets.com. @ the door upon availability.

MASK GUIDELINES

The OHA recommends universal masking for public indoor settings. This includes fully vaccinated individuals. We recommend masking while moving about in the venue. KALA will limit its capacity, and provide socially distanced seating. We advise advance tickets to ensure your attendance. KALA is ventilated, in addition to the use of ceiling fans.

Upon cancellation of events due to a shutdown, your ticket purchase will be refunded.

first person: authors talk

FRIDAY
Aug 20 • 7:30pm
Tickets: \$15

first
authors talk

person

FP Author:
Marianne Monson

A New Monthly Series!

a lively conversation with host Heather Hirschi + guest authors

Tickets On Sale : www.brownpapertickets.com
Doors open 7:30, Show at 8pm.
@ the door upon availability

1017 Marine Drive Astoria 503.338.4878 COCKTAILS

FIRST PERSON: AUTHORS TALK

Host Heather Hirschi interviews author Marianne Monson



"NO ONE WAS SURPRISED that my first book was about fairies," Marianne Monson says of *Finding Fairies: Secrets for Attracting Little People from Around the World*, illustrated by David Hohn and co-written by Michelle Roehm McCann. A lifelong fan of fairies, Marianne wrote the book while her now adult son was napping. *Finding Fairies* explores worldwide lore regarding the little people. Fairies from every continent populate the well-researched and delightful pages.

Marianne's work is guided by her passions, such as the historical research that informs her novels. Marianne's current fiction focuses on influential women in history. Her 12th book, published in 2020, is titled *Her Quiet Revolution: A Novel of*



Martha Hughes Cannon, Frontier Doctor and First Female State Senator. Decades before women were granted suffrage at the federal level, Cannon ran for and won a state senate seat in Utah, one of the first states to establish women's right to vote.

Marianne has ancestral ties to Utah and is an active member of the LDS Church. A self-identified feminist and "Eclectic Mormon," she's fascinated by the Church's

history of empowering women. A complicated history, the early days of the Utah territory and state provided space for women like Martha Hughes Cannon, who brought practices from her Welsh roots to heal communities on the frontier. Marianne brings this compelling history to the page with surprising detail and rich characterization.

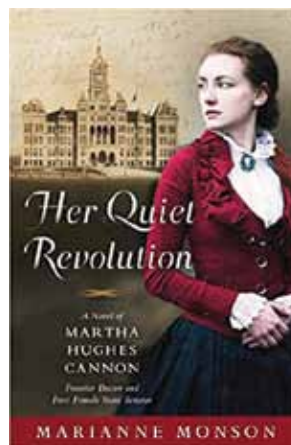
Marianne's current project is a novel that takes place during World War II. Her research took her to Europe last year to investigate the central characters of her novel in progress, Ida and Louise Cook. These English sisters' unimposing appearances and love of opera created a ruse for their covert rescue of property and people threatened by the Nazi regime.

In addition to her own writing, Marianne is committed to serving the writing community. She is the founder and president of The Writers Guild of Astoria, a non-profit organization established to build support for local literary endeavors. The Guild sponsors writing workshops, collaborates with high school writing classes, hosts a yearly Writer-in-Residence contest and retreat, as well as other events and projects that benefit the literary community on the Coast.

Marianne was able to turn a vision of Jericho Brown on the Liberty Stage to fruition! In November 2021, The Writers Guild brings the renowned poet to Astoria. Tickets are now on slate through the Liberty Theater and the Writers Guild.

Marianne joins host Heather Hirschi as August's guest for First Person: Authors Talk. From progressive mormonism to divine feminine, the conversation promises writerly perspectives on a lively range of topics.

Aug 20 • FIRST PERSON: AUTHORS TALK
Guest Author Marianne Monson, 8pm. Tickets \$12, in advance at www.brownpapertickets.com/ \$14 @ door, opening at 7:30pm.



LOWER COLUMBIA POETRY COMPETITION

Open in conjunction with POET JERICHO BROWN

THE WRITER'S GUILD OF ASTORIA, Oregon is seeking poetry entries from residents of Clatsop, Pacific & Tillamook Counties for a contest in connection with Jericho Brown's visit to our community. Deadline for entries is October 1, 2021.

Poets are invited to respond to the theme of "Tradition," inspired by Jericho Brown's *The Tradition* (Copper Canyon Press; 2019), winner of the 2020 Pulitzer Prize in Poetry.

Submit up to three poems as a single .doc, .docx, or .pdf attachment to info@thewritersguild.org. The Writer's Guild Board of Directors will judge the entries in the competition categories of Middle School, High School, and College/Community. The following information should appear in the header of each entry: poet's name, competition category, home address, email address, and phone number. Entries without all information will be disqualified.

This Poetry Competition will culminate in the Conversation and Reading with Jericho Brown at Astoria's Liberty Theatre on Friday, November 5 at 7pm. The three winners of the poetry competition will be invited to work with a performance coach and read during the event. First place winners will be awarded \$100 gift cards to Lucy's Books. Winning poems will also be featured on the Writer's Guild website.

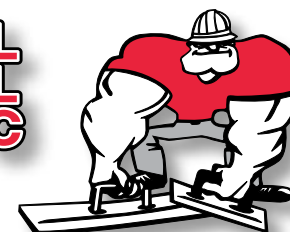
For more information contact: Lauren Mallett, Secretary, info@thewritersguild.org



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MASK.

Still showing in public places near you...



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Seaside Hosts Prom Centennial Parade and Ceremony

THE CITY OF SEASIDE will host a parade and ceremony on Saturday, August 7 to commemorate the centennial of the Seaside Promenade, which was officially christened on this day in 1921 when hundreds of officials from across the state joined then-Governor Olcott in Seaside to watch Martha Hagmeier, age 8, break a bottle of sea water on the concrete.



The Prom Centennial Parade will begin at 10am near City Hall (989 Broadway), which was the historic location of Seaside's train station, and then proceed west down Broadway to the Turnaround. The Royal Rosarians, Portland's official ambassadors of goodwill, were present at the 1921 dedication and will return to Seaside to join the parade. Additionally, the group's prime minister will plant a rose at the corner of Broadway and Holladay in the city's Historic Gilbert District to commemorate the day's activities at 11:30 am.

At 1 pm, all visitors and residents are invited to an official ceremony at the Turnaround, which will include remarks from mayors past and present, community representatives, and officials in attendance. State Senator Betsy Johnson will give the keynote speech. A time capsule will be buried during the ceremony and another bottle of sea water will be broken to commemorate the milestone. The public is invited to gather on the beach facing the Turnaround, which will serve as a stage for the ceremony. Those wishing to sit are advised to bring chairs or beach blankets.

"As then-Mayor Hurd made clear in 1921, the Prom is not for Seaside alone but was quite literally built through local cooperation for the enjoyment of everyone," said Joshua Heineman, director of tourism marketing for the City of Seaside.

The Prom Centennial celebration will include the following public events:

- 10am / Parade from City Hall to the Turnaround.
- 11:30am / Royal Rosarians will plant a commemorative rose in the Historic Gilbert District.
- 1pm / Ceremony at the Turnaround with flag-raising, time capsule, and remarks by officials. State Senator Betsy Johnson will give the keynote.

Visitors to Seaside have been experiencing the Prom Centennial all year long with a 32-page limited-edition Prom Centennial booklet and commemorative holographic stickers which are both available for free at the Seaside Welcome Center. The book contains history of the Prom, activities and attractions, a historic homes walking tour, and a seasonal passport program and sweepstakes. More info at SeasideProm.com.

Storytelling A New Cultural Heritage-Inspired Northern Oregon Coast Design Book

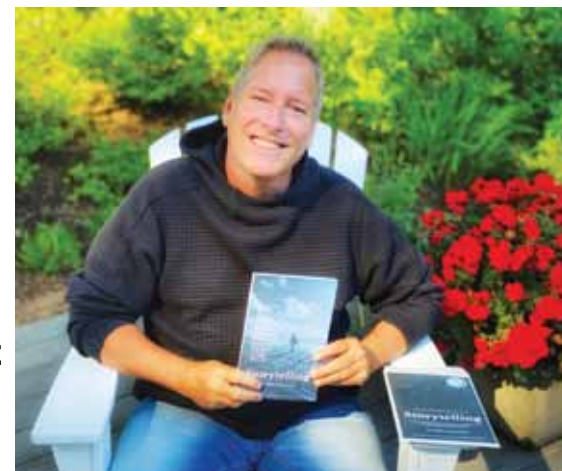


PHOTO: Julie Resnick

LOCAL DESIGNER AND STORYTELLER

MIKE ARSENEAULT has created a new full color inspirational book featuring short stories, vintage and new photography and design, and musings and memories of Rockaway Beach and other memorable places of historical and cultural significance on the Northern Oregon Coast. This book should appeal to everyone who lives or visits the area and anyone who loves the beauty, history, and stories of the Oregon Coast.

A limited number of books have been printed as a collector's piece and each book comes with a custom-designed envelope for keepsaking.

It's Arseneault's hope that "Storytelling" will continue to bring communities together to preserve the vital cultural heritage of the area, learn from the past, and come together to create an even brighter future.

Arseneault fortifies the concept of his book with pertinent quotes such as;

"You don't stumble upon your heritage. It's there waiting to be explored."
— Robbie Robertson of The Band.

Across three chapters, readers will be taken on a journey that starts in Rockaway Beach and then travels from Tillamook to Astoria, The 116-page book covers many inspiring subjects that have been lost and others that are being preserved.

One such story subject entitled, "The Beloved Icon that Stands Above them all," refers to the Whitney Mill Chimney, standing ominously near 225 feet high—and a no-miss whilst traveling south on Hwy 101, through the town of Garibaldi, mysterious to most who wouldn't know its history, and an equally alluring industrial pylon.

The smoke stack's purpose, built in the late 1920's by A. B. Hammond of the Hammond Mill, was to keep from suffocating the town's people from the large electric generating plant fired by wood waste. Although it decays a bit every year due to weather erosion it remains one of the tallest manmade structures on the Oregon coast. Arseneault's short

on the stack informs that in 2013, the Garibaldi city council debated whether or not to tear down the beloved monument to the town's working history, as it's deterioration had become a safety hazard. But the city council came



PHOTO: Johanna Froese

through upon suggestion by a resident, to fiber glass the structure. There it remains today, and as Arseneault puts it, "It's future is unclear." In today's make-room-for condos world, hats-off to Garibaldi.

This visual design storybook is personal, very original, and will take each reader on an inspirational journey of special places that have and will continue to matter to people who love this area. "It's a very personal and unique book and quite different from other local history books," said Arseneault. "It's been created to provoke, spark action, and serve as a treasured keepsake for all those who love the the northern Oregon Coast."

Indeed, unlike a typical tourist guide, "Storytelling" draws you in more like an inhabitant, and entices to become a small town DIY gumshoe, set out for pure adventure.

Pick up *Storytelling* at Simply Charming in Rockaway Beach, Cloud & Leaf in Manzanita, Wanda's Cafe & Bakery in Nehalem, and Garibaldi Portside Bistro.

Meet Mike Arseneault at The Hoffman Center for the Arts in Manzanita, Aug 8, 4pm. Mike will talk about themes, his creative process, personal highlights, and answer any questions.

- D. Urell



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North Coast **INCO NEWS INDIVISIBLE**

By Caitlyn Aldersea



Want to save democracy? Drive through the middle of the country

WHEN I TELL PEOPLE I am from Portland, Oregon, nearly every response contains some variation of "oh that's the political hipster city, right?" To an extent, yes this is a correct assumption; the city knows how to protest for human rights, sustainable public policy, and inclusive leadership.

Yet, despite this politically "woke" and arguably performative attitude, Portlanders remain stuck in a microcosm of urban affairs, ignorant to the issues of Oregonians from outside the metro area. As a born-and-raised Portlander, I fall victim to this too. I honestly could not tell you the first thing about agriculture. I can barely name any state legislators outside the metro area. I have my own misconceptions over the political landscape east and west of the Cascades. And this political apathy, as I have come to realize, helps no one.

The route from Colorado to Oregon is really nothing more than highways where the speed limit is more than 55, never-ending fields contain crops that all look the same, and blue skies happen to have the puffiest clouds known to man. Yet here, in this no-man's land, are thriving communities dependent on one another to survive. As cliché as it is, I really never acknowledged their presence until driving that 1,109-mile route between states. And in realizing this, I became aware how political apathy is the downfall to democracy. Dramatic? Maybe. But legitimately concerning.

In recent years, the overwhelming majority of Americans have become victims of our "political bubbles." The communities we surround ourselves with reaffirm our beliefs, feeding into confirmation bias. We have become so skewed in our perceptions of reality that we concurrently become apathetic to "the other." And this apathy ultimately shapes public policy. Our sense of self and belonging drives our voting patterns and calls for action. It determines who gets in office, how long they

stay, and what policies they push forth to ensure reelection chances.

So, when driving through the West, I realized I knew nothing about the people whose entire livelihoods I passed in less than a second. Yet, as influenced by my political bubble, I thought I did. While I did not stop to say hello to every farmer I drove by, I did come to the conclusion that as urbanites or isolators, we owe it to our communities to engage more authentically with one another. We don't have to agree, but we need to understand what we think, why we think this, and how we can collaborate to create a more inclusive future for all Oregonians.

This effort is central to the protection of democracy because it both confirms all people have a voice and also that their voice will be heard. It acknowledges that political affairs are not black and white. They are nuanced which makes it that much more necessary to integrate varied political sentiments for a more accessible future. This is what democracy stands for. So maybe a trip through the middle of the country is not too bad after all.

Caitlyn Aldersea is an undergraduate at the University of Denver Korbel School of International Relations. She has interned with IGNITE and volunteers for the National League of Women in Government, focusing her research on best support mechanisms for rising women political leaders. She spoke about gendered assumptions of elected officials at the 2018 TEDxYouth Portland conference.

For more information about INCO and our activities, sign up at www.incoregon.org to get INCO's weekly newsletter. Questions to incoregon@gmail.com.

[QFolk] **LGBTQI+ LOWER COLUMBIA PACIFIC**

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

Thacker Pass

A Lithium “Gold Mine” on the Oregon-Nevada Border

Habitat, water and sacred grounds in a dangerous situation

By Denise Monaghan

RECENTLY, MY DAUGHTER AND I ventured out of our temperate rainforest home in Astoria, Oregon to drive down to the heart of an ancient seabed in northwestern Nevada, to a place called Thacker Pass, on the border of Oregon in northern Nevada. It's a remote place, a windy landscape that sits within an extinct super volcano known as the McDermitt Caldera.

Starkly beautiful, the pass is a classic old west landscape with sagebrush stretching out to the horizon, where giant mountains rise up. To the untrained eye, it looks like a waistline, but it has been home to native peoples and a wide variety of plants and animals for thousands of years. Here, some of the best wildlife habitat in the lower 48 still hangs on.

We camped out there for a few days with a group opposing the proposed 2 acre 400 feet deep open pit mine. This mine will disturb at least 5700 acres of wildlife habitat with noise, roads and pollution. I learned that this project was fast tracked by the exiting Trump administration, only five days before President Biden took office. The process for permitting such a vast project usually takes 3 to 4 years. This mine has jumped all the

hurdles in only one year, and by the time you read this, Lithium America may already be breaking ground. The company claims it will take every measure to protect this special place, but mining always has environmental costs.

Everything industrial society offers has a price. How much are we willing to pay? Are we willing to give up some of our luxuries to ensure a living planet? Many of us think we are doing right by purchasing electric vehicles. We need to do something to reduce the amount of carbon pouring into our atmosphere, heating up our planet and threatening our future. Unfortunately, the problem cannot be solved with what type of car one drives. Electric cars use batteries, and those batteries use mined lithium. Lithium has become the new oil, and North America is ramping up to get ready for the demand.

Lithium is a remarkable element, belying its plain appearance. It isn't something you would pick up if you were walking out in the desert. It's bonded to other rocks, mostly dry pinkish white ones, and it's crumbly and lighter than water. In its pure form, the mineral is so soft it can be cut with a butter knife.



Tribal protesters

It wasn't considered important until it was discovered as a treatment for depression and bi polar disorder, just after WWII. Currently, it's used to make light weight batteries for cell phones, energy storage, and now, to power the upcoming electric vehicles. EVs are marketed as a green solution to our fossil fuel addiction. Because lithium is relatively easy to extract. With the new green deal as an incentive, many car manufacturers are phasing out combustion engines in favor of battery operated vehicles. General Motors announced in January that it planned to stop making combustion-engine cars by 2035. Audi and VW are on a similar schedule.

The US is importing most of its lithium from South America and China. Lithium Nevada, a Canadian company with a majority of Chinese stockholders, plans to change that by supplying up to 25% of the global supplies. Another company Jindaloo Ressources, an Australian company, is eyeing the Oregon side of the border where an even larger deposit is said to lie.

cont. p7

ASTORIA WARMING CENTER

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Your Mask

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THACKER PASS



A test dig by Lithium Nevada at Thacker Pass. An open pit was left after digging to see how much lithium is in the ground.

The lithium supply has to be replenished because all batteries have a life, and they cannot currently be recycled, so more and more mining will be necessary to fuel all this power. Mining will create temporary jobs, and "man camps" set up for workers. These camps have their own problems, especially for native people and women. The crisis of Missing and Murdered Indigenous Women and Girls (MMIWG) refers to the high rates of murder, kidnapping, and sexual violence enacted upon Indigenous women. MMIWG is known to be closely linked to extractive industries. This is due to the large influx of primarily male workers into rural areas for extraction. Money is the dangling carrot in depressed communities.

According to the BLM's environmental impact statement, for every ton of lithium produced, the mine would emit 2.3 tons of carbon through site operations and transportation. Sulphur will have to be trucked in, and burned to create sulphuric acid, used to separate out the lithium from the soil and rock. According to activist Max Wilbert, who has been camped out at Thacker Pass since the winter, "Most sulfur comes from oil and gas refineries, where it's a byproduct of producing low-sulfur fuels to meet air-quality regulations. And here's the punchline: according to the U.S. Geological Survey, tar sands contain 11 times as much sulfur as conventional heavy crude oil. There are literal "mountains" of sulfur piling up in Alberta, and at other refineries which process tar sands fuel." So lithium mining is also tied up with the fossil fuel industry in a direct way.

Besides the environmental and ground water problems it will cause, the Shoshone and Paiute tribal people, many who live on a reservation in nearby Fort McDermitt, are upset that the mine will disturb the dead ancestors that are buried there. Peehee muh' huh as it was named by the early inhabitants, means rotten moon. It's the site of a massacre that took place in the mid 1800's. Paiute women, children and elders were slaughtered while the men were out hunting for game in a nearby valley. Their rotting entrails were strewn over the sage brush like string. Building a mine on this site would be a desecration to the memory of this atrocity, like building a money making venture on top of Arlington cemetery. In addition, there are over 1,000 cultural resource sites and 56 historic properties that are eligible for listing in the National Register of Historic Places that will be directly and adversely affected in Thacker Pass.

The ranchers that produce alfalfa crops and in the area are also concerned the mine will affect their livelihoods. It might mean the end of farming, as the area is already water scarce, and one of the driest places in the US. Lithium Nevada would pump nearly 1.5 billion gallons per year to facilitate the mining, enough to fill 2,600 Olympic-sized swimming pools. This intensity of water use will draw down nearby groundwater levels, potentially drying out soils, streams, and springs. In addition, the groundwater would likely become contaminated with byproducts from the operation.

To the sagebrush steppe ecosystem, home to pronghorn, burrowing owls, sage grouse, bats, golden eagles, bighorn sheep, mule deer, horned lizards, prairie falcons, spring snails, pygmy rabbits, deer and cutthroat trout who call this home, it means destruction and death. Many of these creatures have already been pushed to the margins and are endangered. They are already under pressure from habitat loss and fragmentation. The pass provides one of the last great expanses of unbroken habitat, and also provides lower-elevation habitat that wildlife need to survive the harsh winters in the area. The land is beautiful, ancient and challenging. It has provided for native people and animals for hundreds of years. It's quiet and the nighttime skies are filled with stars. I don't want to see this land destroyed for electric cars.

I admit to being caught up in this so-called civilization as much as anyone. I use batteries, computers, drive a car, and buy stuff, when I have to, in plastic containers. I try to be aware of the costs. I understand the difficulty of being ethical in this culture, is it even possible? Lying to ourselves about solutions to our predicament will not solve any problems. Sadly, many of our green energy options are lies we tell ourselves that may make us feel better, but ultimately do nothing to mitigate the destruction of the planet.

Denise Monaghan is a artist and writer who lives and works in Astoria, Oregon. She paints mainly endangered wildlife and is concerned about the environmental impact of industrial civilization. You can see more of her work at www.denisemonaghan.com



The Horned Lizard, one of the increasingly rare residents of Thacker pass.

THE RENAISSANCE of the historic Odd Fellows building in downtown Astoria has been a largely women-led endeavor. Most recently, the historic clerestory windows were restored by an all-female-led HOPE crew. Since their inception in 2014, diverse HOPE (hands-on preservation experience) Crews have been engaged in restoration projects across the country. Organized by the National Trust for Historic Preservation, the Odd Fellows team is the first majority-women crew.

Oakland-based Ariana Makua led the crew. Makua is President and Founder of Nzilani Glass Conservation and the first woman to receive a Master's Degree in Stained Glass Conservation from the Royal College of Art in London.

The Odd Fellows revitalization, spearheaded by women, has been a labor of love for the Astoria community. In 2018, three local businesswomen purchased the building, originally a fraternal lodge built in 1922. Now Odd Fellows houses four women-led businesses.

The restoration was aided by a national funding base that includes the National Trust. In 2019, the Odd Fellows building won a Partners in Preservation: Main Street grant geared specifically toward projects associated with women and women's history.

As a leader in the national preservation movement, the National Trust recognizes that women are essential to all facets of preservation – from the places being saved to the people saving them. The lack of women in construction trades is obviously problematic. Even before the pandemic, women made up only 3.4 percent of construction trades workers, according to the Institute for Women's Policy Research.



Ladies of HOPE CREW & Oddfellow's Jessamyn Grace

Noting the lack of women represented in the restoration trades, Christina Morris of the National Trust's campaign for Where Women Made History, says "It's an area of enormous potential and one where women can achieve something close to pay equity. By creating an experience where young women work alongside women property owners, design professionals, contractors, and entrepreneurs to preserve places of women's history, we're opening the door to

a wide range of new career opportunities they may never have considered."

In the construction industry, preservation trades promise job prospects for women, since the gender pay gap is significantly narrower than the national average. The Odd Fellows project offers a glimpse of what a female-led future could look like. In 2020, a paint donation from a partnership between Benjamin Moore and the National Trust's Where Women Made History program led to a dramatic exterior transformation of the Odd Fellows building. In 2021, the paid

By Heather Hirsch



Women-led HOPE Crew Revitalizes Odd Fellows

HOPE Crew project restored the building's 100-year-old clerestory windows.

The Odd Fellows HOPE Crew was composed of six young people – four women and two men - enrolled in local pre apprenticeship programs at the Tongue Point Job Corps, a program of the U.S. Department of Labor.

The project was also supported by lead funder TAWANI Foundation and local women-led company Dovetail Women's Workwear. Dovetail provided complimentary workwear to the HOPE Crew participants. "HOPE Crew gives under-represented groups increased access to careers in preservation trades," said Milan Jordan, Director of HOPE Crew at the National Trust. "What women need from the trades industry right now is opportunity, mentorship, and an invitation to the table. HOPE Crew addresses all three of these needs and is shifting the narrative on who can lead in this industry."

Since 2014, HOPE Crew has completed 165 projects, trained more than 750 young people and veterans, and engaged over 3,700 volunteers in historic preservation trades. As the Odd Fellows project proves, involving more women in the process of preservation – from business owners to window conservationists – is not only good for the past. It's good for the future.

UNSHELTERED: dispatches from the street community



By Teresa Barnes

Addiction and Homelessness

MY LAST FEW COLUMNS have been fairly dry discussions of the 2021 Legislative Session, so I thought this month I'd discuss a topic that's closer to my heart. Like many in the street community, addiction is something I've struggled with for the majority of my life. My personal journey has been both a humbling exploration of how little I know about the mechanisms behind this incredibly complex problem and a confirmation of my belief that our current models and treatments are woefully inadequate. I think that much of what we know about addiction is not just wrong but perhaps even backward. I'd like to explore this, and possibly challenge you to rethink what you know as well.

When considering the connection between substance abuse and homelessness it's commonplace to view addiction as the root problem. Anyone who's attended a City Council meeting or public forum where this has been discussed can attest to the focus-- perhaps even obsession-- with "behavior." People seem to want to make it very clear that they're not anti-homeless, they're just disgusted with the drug use and filthy lifestyle. Many have chosen to take the stance that the underlying addiction of those experiencing homelessness is their bigger issue and have made sobriety a prerequisite of receiving services even as basic as shelter. I have deep concerns with placing conditions around the provision of human rights, and I also wonder if we've been metaphorically opening the box from the wrong end- we know that addiction can lead to homelessness, but isn't the reverse also true? Rather than seeing one as causing the other I think of them as existing in a positive feedback loop, with increasingly negative consequences.

Since I've been in my job I've been surveying the unsheltered community about their needs, as I've seen a lot of people with houses making assumptions about this instead of just asking. When talking with a young couple recently they said their biggest need was housing. (Unsurprisingly, this is the #1 response of guests of the AWC.) When I questioned where they were currently sleeping they told me, "We don't sleep." I know they both use meth, and I almost cried when I thought of the warped but practical logic of their habit: for people with nowhere to sleep, cook food or live with dignity, a drug that keeps you from wanting to sleep, eat or care about anyone's feelings-- including your own-- is more of a solution than a problem.

The idea that addiction might be a social response to a less than ideal environment was dramatically illustrated in Bruce Alexander's famous Rat Park experiment from the 70's. The common view of drug abuse at the time was that the addictive substances were to blame, which was proven by giving caged rats access to both regular water and drug-laced water and observing as they chose the drug water until it killed them. Although this seemed like good evidence to some, Alexander wondered if their environment was at least partially to blame. He knew rats are playful, social creatures so he constructed a veritable rat wonderland where they could explore, eat, have sex and raise families. Although they still had the choice to do unlimited drugs, the inhabitants of Rat Park preferred to partake in the more deeply satisfying world around them and none of them used drugs compulsively. (A thorough examination into the root causes of addiction is eloquently dissected in Gabor Mate's book *In the Realm of Hungry Ghosts*, which I highly recommend for anyone interested in the topic.)

When questioning whether substance abuse is caused by genetics, environment, lack of spirituality/meaning, trauma, neurological development, history, socioeconomic status or chemistry, the short answer is: yes. Like homelessness, addiction is multi-faceted. We can use this as an excuse to fall back on facile solutions and methods based on prejudices and incomplete science or we can view it optimistically- if something has many causes then it must also have many solutions. Instead of looking down on those who struggle with addiction we can think of them as canaries in the coal mine, a warning of the danger inherent in an enormous wealth gap and individualistic mindset creating a society that is possibly the loneliest people have ever been; where many are devoid of basic needs, let alone higher human necessities like a sense of purpose or belonging. To quote Johann Hari: "The opposite of addiction is not sobriety, the opposite of addiction is connection."

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

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



As the Astoria Conservatory of Music eases back into normal operations with the recession of the COVID-19 pandemic, director Lisa Nelson's primary focus is keeping the music going and preventing students and teachers from getting sick.

"Those are the two mandates this year," she said.

After more than a year of all-virtual classes, the conservatory has resumed in-person instruction with all the COVID mitigation protocols recommended by the U.S. Centers for Disease Control and Prevention in place. Additionally, all the teachers have been vaccinated.

The purpose behind these measures?

"Let's keep a good thing going," Nelson said.

Two Decades in the Making

The conservatory was established about two decades ago. Nelson, a classically trained vocalist and pianist, has long harbored a passion for music. Even as a child, she said, "it never crossed my mind that I would do anything that didn't involve music for a career."

She fully intended to pursue the professional life of a performer until she worked with young people and discovered a love for teaching that took precedence.

"Kids are awesome; watching them light up when they figure something out is awesome," she said.

Nelson moved to Astoria to work in the Astoria School District as a high school music teacher and choir director during the 2001-02 school year.

A few weeks into the fall semester, 9/11 occurred. Nelson recalls the widespread sense of reflection that

ASTORIA CONSERVATORY OF MUSIC

You just can't keep the music down

Music as Vital

ACM re-opens to in-person instruction

BY KATHERINE LACAZE

transpired in the wake of that event—and she was impacted as well. She had been carrying the idea of opening a school of music for a long time. The events surrounding 9/11 put into perspective "that the time was probably now" to turn that dream into a reality, she said, adding, "That was the catalyst to starting the school."

The conservatory moved into its current space at the historic First Presbyterian Church on 11th Street in 2008, although Nelson started working out of the church in 2003. The school has access to a large gathering space on the first level, as well as six small studios and a classroom dedicated to Kindermusik that features a large, bright mural painted by Nelson's mother.

Pastor Bill Van Nostran, who took over the congregation in 2016, expressed appreciation for the collaboration between the church and the music school.

"We're really happy to have Lisa as a partner," he said, adding that on occasion, she provides performers for church events or directs a pick-up choir for the congregation. Meanwhile, he said, "One of our greatest assets is we have space."

He wants the church to have a hospitality-centric approach to ministry, which includes fostering an inclusive, inviting environment and community partnerships.

"It's our job in the world to be welcoming and affirming of all creation," Van Nostran said, adding hospitality is an extension of that.

Working Through a Pandemic

Between seven instructors, the conservatory can offer instruction for nearly any instrument, including voice, piano, guitar, orchestral strings, woodwinds, brass and percussion instruments. Nelson said there are only a couple instruments that no students have expressed interest in, but if that were to change, she could help facilitate instruction.

The conservatory is open to musicians of all ages and abilities. Typically, they hold biannual recitals, including a winter recital at the Liberty Theatre in Astoria and performances in the fellowship hall upstairs in the church.

Pre-pandemic, the conservatory's enrollment was close to 100 students, including children and adults. When COVID hit, they transitioned to virtual instruction, which hasn't been so much "harder" as it is "different," Nelson said.

On one hand, there are limitations to technology. Issues surrounding sound quality and connectivity can detract from the learning experience. On the other hand, virtual lessons have enabled the conservatory to continue its mission throughout the pandemic and even offer a long-distance opportunity for students who've moved away from the area.



Alex Nelson rocks out on the organ



ACM Founding Director Lisa Nelson

PHOTOS: DINAH URELL

They are not focused solely on people who want to dedicate their life or career to music, but students of all ages who want to learn.

"We're very inclusive in that fashion," Nelson said.

She views music as an intrinsic part of culture and social interaction, as well as a part of human nature.

"Music is part of our souls as humans," she said. "There is not a culture that has existed on this planet that doesn't have some form of music in its story, in its life, in its mode of communication, in its method of worship, in its method of ceremony. ... It's part of who we are. And not recognizing that denies a part of

who we are."

By cultivating musicality, students are able to enrich their understanding of other aspects of life. Music activates numerous levels of the brain, Nelson said, and relates to mathematics, expression, space, time and identifying pat-



Pianist, conductor and ACM instructor Vincent Centeno

terns.

That's why the conservatory is open to all individuals, not only the elite.

However, they also have seen young people "who have done some pretty remarkable things," Nelson said. She provided the example of Alexis Mather, who became Miss Oregon in 2016 singing opera for her talent. Other students have participated in notable performances, pursued music during their higher education, and even turned this passion into a career.

"It's amazing the amount of people who have come through here," Nelson said. "We're so fortunate to have been a part of their life, and them a part of ours."

"That's been a really wonderful gift to us," Nelson said.

When making the switch to online lessons, teachers also had to reevaluate their entire perspective and approach to instructing students and distilling what information to share and how to do so. With the decrease in feedback time, teachers faced the automatic need to maximize efficiency and be thorough.

"It's really made me a more attentive teacher, because I've had to be," Nelson said. "Not that I wasn't before, but it's honed that skill."

Even after the pandemic runs its course, she predicts teaching music classes and lessons online is here to stay. Nelson is still making tentative plans for the future.

Although the conservatory has resumed in-person private lessons, they have yet to bring back group offerings, including the children's choir that had just debuted at the Liberty the December before the pandemic hit. The conservatory also tends to offer a wide range of workshops and master classes that give students the chance to listen to and evaluate each other and work on their skills.

According to Nelson, the master classes offer "a safe place to hone those performance skills and really understand the entire process—the physicality, the artistry, the emotional wellbeing, the connection with the audience. ... That's a vital part of music training that is not addressed in private study."

"The second we can, we will bring them back," Nelson said of the group programs.

In terms of performances, Nelson doesn't foresee a return of the winter recital at the Liberty in 2021—unless circumstances surrounding the pandemic change significantly—but she hopes to hold a spring recital in 2022. Potentially, they will use the church's sanctuary, which is remarkable for its full-sized pipe organ and gothic ceiling.

"If we can do something sooner, that would be great," Nelson said, adding they are still working to increase enrollment with the pandemic subsiding. "We're building back up again."

Part of Who We Are

In general, the vision of the conservatory is to "encourage students to discover their musicality to become well-rounded humans," Nelson said.



SEASIDE FIRST SATURDAY ART WALK 2021 SCHEDULE

Celebrating 17 Years • Est. 2004
"Those that live for the arts, support the arts."



The first Saturday of the month
from March to December 2021

Celebrating the local art scene since 2004, the Seaside First Saturday Art Walk is a journey through the Historic Gilbert District. Free and open to the public, dedicated parking can be found in the parking lot at the corner of Ocean and Holiday.

[SeasideFirstSaturdayArtwalk](#) [thegilbertdistrict.wordpress.com](#)



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August 2021 CULTURE on the Coast



Astoria's Brian Bovenizer & The New Old Stock kick-off the LIBERTY THEATRE BLOCK PARTY, SATURDAY AUG 7, at 4pm. Sparrow Dance company on stage at 5pm, and national Portland act, Builders and the Butchers take the stage at 6pm. Get thee to 12th Street. Food, beer, kid stuff and normalish summer brouhaha. No Charge. Stay tuned for COVID-19 Guidelines.

ART

ILWACO ART WALK. First Saturdays of every month through September 3. 4-7pm in Ilwaco.

GEARHART ARTWALK. First Saturdays of every month. 2-5pm at Galleries in Gearhart.

FIRST SATURDAY ART WALK. First Saturdays of every month. 5-7pm in Downtown Seaside.

2ND SATURDAY ART WALK. Second Saturdays of every month. Noon - 8pm in downtown Astoria. astoriadowntown.com/2nd_Saturday_Art_Walk.aspx

PAA ARTISTS SUMMER OPEN STUDIO TOURS. August 13-15. 10am-4pm on the Long Beach Peninsula, map available at beachartist.org

TOKELAND WOOD AND ART FEST. August 14-15. At the Tokeland Hotel. facebook.com/Tokelandwoodfest/

MUSIC

SUNDAY AFTERNOON LIVE. \$5-\$25, 3pm at New Life Fellowship Church in Raymond. August 29. Sundae & Mr Goessl. Countrified Jazz.

PICKLED FISH at the Adrift Hotel. Long Beach. 8pm, no cover.

August 2-3. Matt Cadenelli. August 4-5. Ezza Rose. August 8-10. Olivia Awbrey. August 11-12. The Cabin Project. August 15-17. Barney Perrine. August 18-19. The Hackles.

August 22-24. Glitterbox. August 26-27. The Horsenecks.

August 29-31. Blaine Heinonen. September 1-2. Ezza Rose.

SHELBURNE PUB. SEAVIEW. 5pm, no cover.

August 6. Ezza Rose. August 13. The Cabin Project. August 20. The Hackles. September 3. Ezza Rose.

PENINSULA ARTS CENTER. Long Beach. \$15, 4pm. peninsulaartscenter.org/concerts/

Virtual Open Mic. Friday evenings. 6:45pm

July 31. JP Garau, Ellen Whyte, and Gene Houck

August 7. Marv and Rindy Ross.

August 18. TBA

THE SOU'WESTER LODGE. Seaview. Free, at 8pm.

July 31. Anna Tivel. Folk. August 7. Papi Fimbres.

August 14. Left Coast Country. August 18. Dustin Hamman. September 4. Harry Chadwick.

WAIKIKI CONCERT SERIES 7pm at Waikiki Beach, Cape Disappointment State Park, Ilwaco. Free.

August 14. Annie Staninec and John Kael. Bluegrass/Country

August 28. Briar. Jazz/Blues

PENINSULA RHYTHM & BLUES FESTIVAL. August 27-28. \$25-\$40, 11am-11:30pm at Port of Peninsula, Nahcotta. Tickettomato.com



Ural Thomas and the Pain

At nearly 80 years old, Ural Thomas began redeveloping his musical career. Performing back in the day along side James Brown, Otis and Wonder, playing over 40 shows at the Apollo, his return to Portland, leaving a rough and tumble music biz behind, he maintained a music jam at his home for over 20 years. In 2014, at the urging of musical friends, a band was put together and a self-titled release materialized in 2016 on Mississippi Records.

In 2017 he signed with Tender Loving Records, recording The Right Time with a host of Portland luminaries - a magnificent Big Band Soul Sound!

So... git your ass outside and git some SOUL into your soul, and feel your pain! At the Cannon Beach Park, Sunday Aug 15. 5pm. FREE.

CATCH THE LAST WEEKEND of TAPA's opening season production, of the Agatha Christie classic, at the Barn Community Playhouse in Tillamook.

Set on an isolated island off the coast of England, ten people with dark pasts are summoned by mysterious ways. As they assemble they are confronted with their pasts and the fear of judgement sets in. One by one they fall, each by a different method. As the survivors await their fate, their suspicions turn to each other. A masterpiece of dramatic construction, its growing sense of dread and unfaltering tension will keep you guessing to the very end. Do any survive? Is the killer unmasked? Enjoy the mystery and one of Christie's darkest tales.

August 6-8. Evening shows are at 7pm, Sunday mat 2pm. Follow at TillamookTheater.com and on Facebook for ticket info. Following current COVID-19 Guidelines.



TAPA And Then There Were None



The Coaster OUTDOOR on Stage

SUMMER in Cannon Beach's City Park will be filled with Shakespearean sonnets and mysterious plots as the Coaster Theatre Playhouse takes its performances outside this year.

Enjoy "Sixty-Second Shakespeare" Friday nights, (thru Sept 3) and The Case of the Coaster Clambake, Saturday nights (thru Sept 4), all shows at 6pm.

Directed by Patrick Lathrop, "Sixty-Second Shakespeare" involves a collection of humorous scenes and sonnets from classic Shakespearean plays. With each piece no longer than a minute, the Shakespeare experience is designed to entertain Shakespeare novices and experts alike.

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, in this Clambake mystery and help Clive uncover his killer. Directed by Katherine Lacaze.

The park stage is located at Second and Spruce streets, behind the Cannon Beach Visitors Center. No admission will be charged for either play, but donations are welcome.

KALA PERFORMANCE SPACE in Astoria

August 14. Secret Lee. Acoustic Pop Singer/Songwriter. 7-9pm. No Cover

August 21. Bikini Beach Classic Surf Rock & Limbo Contest. 8pm. \$8 @Door.

August 27. Adams & Costello in Concert. Indie Soul Rock. 8pm. \$12 in advance at www.brownpapertickets.com

LIBERTY THEATER. In Astoria. libertyastoria.showare.com/

August 15-22. Third Dimension with Hermitage Piano Trio. Classical. \$20-\$40 per performance, \$256 for all 8 performances. 7pm

September 3. John Craigie. Folk/Americana. \$25

CONCERT IN THE PARK. Free, 5pm at Cannon Beach City Park. August 15. Ural and the Pain. Soul

GARIBALDI JAM. Fridays. 6-8pm at the Garibaldi Community Hall.

THEATER

THE COASTER THEATRE.

Free/Outdoor at 6pm at Cannon Beach City Park.

Sixty-Second Shakespeare. Fridays through September 3. The Case of the Coaster Clambake. Saturdays through Sept 4.

TAPA THEATRE IN TILLAMOOK.

And Then There Were None. Through August 8. \$10-\$15. Fridays & Saturdays at 7pm, Sundays at 2pm.

HAPPENINGS

PENINSULA RHYTHM & BLUES FESTIVAL. August 27-28. \$25-\$40, 11am-11:30pm at Port of Peninsula, Nahcotta. Tickettomato.com

CLATSOP CASA VIRTUAL BENEFIT RAFFLE. Through August 30, \$20/ticket. clatsopcasa.networkforgood.com/events

Third Dimension
Aug 15 - 22

CLASSICAL IMMERSION

8 Nights • Liberty Theatre

Hermitage Piano Trio & Friends



SPEND AN ENTIRE WEEK with Astoria's favorite, The Hermitage Piano Trio at The Liberty Theatre. This time Sergey Antonov, Ilya Kazantsev, and Misha Keylin are bringing friends for eight nights of stellar performances. The Hermitage Piano Trio will be joined by violist Mark Berger, violinist Irina Muresanu, and pianist Asiya Korepanova.

To all devotees of classical music that have come to love the Liberty Theatre as a venue mainstay, acclaimed cellist Sergey Antonov is beloved. The formation of the Grammy-nominated Hermitage Piano Trio followed on the foot steps of Sergey's early guest performances with the Astoria Music Festival, putting classical music on the map at the mouth of the Columbia River. Now, Sergey and friends come back to the Liberty Theatre for a break out performance in this pandemic time.

Powerhouse pianist **ASIYA KOREPANOVA**, as a result of her uncompromising dedication to the arts, is recognized not only for her achievements as a pianist, currently the only pianist performing Liszt's 24 Etudes, but also for her work as a transcriber, composer, visual artist, and poet. A multi-media performer, Asiya's projects include featuring original poetry and visual art that serve as an interpretive commentary to cycles of works

for the piano, most recently "Mussorgsky's Pictures at an Exhibition."

Internationally renowned Romanian violinist **IRINA MURESANU** continues to stretch the boundaries of classical music. A sought-after soloist and chamber musician who has appeared throughout the United States, Canada, Europe, Asia, and South Africa, Ms. Muresanu has also developed a reputation as a compelling and elegant interpreter in the contemporary music world.

Violist and composer **MARK BERGER** has toured throughout the United States and internationally as a member of the Lydian String Quartet, performing the acknowledged masterpieces of the classical, romantic, and modern eras and premiering remarkable compositions written by today's cutting edge composers. In addition to his work with the quartet, Berger frequently performs with many of Boston's finest orchestras and chamber ensembles.

HIGHLIGHTS: Opening Sunday, Aug 15 with the Hermitage Piano Trio, Third Dimension features a solo performance night by Kazantsev, as well Korepanova, a TBA surprise titled Criminal Composers, Bach's Goldberg Variations, a sting quartet night, and duo pianos with a performance of Gershwin's Rhapsody in Blue, a closing night with the whole gang featuring a Mark

CANNON BEACH VIRTUAL SANDCASTLE CONTEST.

Through September 6. cannon-beach.org/sandcastle
SPIRIT DANCE 2.0. FRIDAYS. \$10 suggested donation
Drive-In Summer Movie Series. Saturdays through August 28. \$25 per car load. At dusk at the Lincoln City Cultural Center. CinemaLovers.com

DANCE DANCE FREEZE. August 5. Dance Workshop Performance. Free, 10:30am at the Warrenton Library, 1pm at the Seaside Library, 3:30pm at the Garden of Surging Waves in Astoria

WILLIPA FESTIVAL. August 6-8. Free music, food, vendors, parade and beer garden. In downtown Raymond. facebook.com/groups/Willipaharborfestival/

KALA PERFORMANCE SPACE in Astoria
August 20. First Person: Authors Talk. Author Marianne Monson on stage with Host Heather Hirschi. 8pm. \$15. @brownpapertickets.com

SHIPWRECKED MUSIC FESTIVAL. Aug 21. \$65, VIP, \$40 Gen, 13-20 yrs old \$20. 11am-8pm. At The Clatsop County Fairgrounds. clatsopunitedway.org/shipwrecked-music-festival/

LIBERTY THEATER BLOCK PARTY. August 7. Hot Food, Beer & Wine for the adults, Games for the kids and Live Music. Free admission, food & beverages available for purchase. Starts at 4pm on 12th Street between Commercial and Duane in Astoria. libertyastoria.showare.com/

SEASIDE'S TREASURE THE BEACH CLEANUP. August 7, September 4, 9am on the Prom at the Seaside Aquarium.

GEM BEAD AND MINERAL SHOW. August 8-22. At the Seaside Convention Center.

BEACH VOLLEYBALL TOURNAMENT. August 12-15. On the beach near the turnaround. seasidebeachvolleyball.com

RUN TO BREAK THE CHAIN. August 14. 5K run, \$30 includes t-shirt, 9am on the beach at 12th Street in Seaside.

ARTFUL BREAKFAST FUNDRAISER. August 15. \$3-\$5, 8am-noon at the Bay City Arts Center.

WASHINGTON STATE INTERNATIONAL KITE FESTIVAL. August 16-22. At the Bolstadt Beach Approach in Long Beach. kitefestival.com

18TH ANNUAL OLD IRON SHOW. August 20-22 at the Blue Heron French Cheese Company in Tillamook. Admission: adults \$3-\$5, Children 12 and under free. facebook.com/BlueHeronOregon

CLATSKANIE GARLIC FESTIVAL. AUGUST 21. 10am-2pm at Cope's Park in Clatskanie.

PACIFIC COUNTY FAIR. August 26-28. At the Pacific County Fairgrounds in Raymond. pacific-countyfair.com

JIVA YOGA FESTIVAL. August 27-29. \$99/day (does not include lodging) -\$499 for the weekend (includes lodging) + more for optional add-ons. At the Ocean Park Camp and Retreat Center. jivayogafest.com

HAYDAY! AUGUST 28. 40 OREGON BEERS, 1 Epic Beer Fest! \$30-\$75, 3-7pm at Haystack Gardens in Cannon Beach. publiccoastbrewing.com

CANNON BEACH COTTAGE TOUR. September 1 - 30. Drive by Tour with maps. Admission by donation. cbhistory.org/



Sparrow Dance Co.

Join Sparrow Dance Company for their performance workshop Dance Dance Freeze, sponsored by Astoria, Warrenton and Seaside libraries as part of their coordinated Summer Reading program. Sparrow will captivate your eyes and body presenting 8 different forms of world dance. Enjoy an hour of high energy music, creative movement activities and performances. This family friendly event has something for all ages.

Thursday August 5. Warrenton 10:30 am -Warrenton Library. Seaside 1:00 pm - Seaside Library. Astoria 3:30 pm - Garden of Surging Waves.

Enjoy a 1 hour performance at the Astoria Sunday Market, 11am - 12pm on Aug. 8 and performance at the Liberty Block Party on Aug. 7.



BRIAR is a singer of vintage jazz, blues and original music. By blending a powerful voice with stories about the history and origins of her music, she shines a light on singers and tales that have been forgotten by the country that created them. Raised in the small community of Chimacum, Washington, Briar uses her music to help explore her unique background as a Black woman from the rural Pacific Northwest.

Waikiki Concert Series, Aug 28, 7pm. FREE.

Peninsula Rhythm & Blues Fest Aug 27-28

Bluesman Scott Holt is fast and furious on a telecaster. Catch him on video advertising the Peninsula Blues Fest, demonstrating his prowess, kicking in on a tune he says "was my first," being Hendrix's Voodoo Child.

Headlining the festival, Scott Holt has been carrying the Blues Torch for his entire career. Born and raised primarily in Tennessee, Holt jumped on the fast-track by joining his friend and mentor Buddy Guy in October, 1989. Holt was at Guy's side for a decade. Blues/Rock-a-billy band The Strange Tones, bring back their noir rock to the stage.

Opening the show on Saturday is **UNITED BY MUSIC**, an international organization with programs in Europe and North America for very musically talented people with developmental challenges. The Peninsula Rhythm & Blues Festival is very proud and pleased to have UBMNA perform at this year's event.

For a mere \$40 Bucks you get two days of Blues, and 7 acts, staged at the Port of Peninsula in Nahcotta, WA. Check out the acts at www.peninsulabluesfest.com. Now in its fourth year!





Adams & Costello intrepid troubadours

By Dinah Urell

"COME HELL OR HIGH WATER we're going to finish this album," states Julie Adams, of Cannon Beach-based music duo Adams & Costello, "We've been through enormous challenges in making it and we're not going to stop until it's done."

One By One, the title track of their 4th coming album, and second with full band following 2018's Meet The World is currently up on the Adams & Costello website. In a decision to share the music, Julie and Michael will actually be releasing a number of album tracks as singles, it so happens one by one, and performing the new material in a show at KALA this August with drummer Flint Rice and Richard Thomasian on bass.

It's exciting in these pandemic times to have the opportunity to welcome and support hardworking and passionate artists, as Julie and Michael, partners in life and music. Together they share a love of guitar-driven song writing, each in their own right. While duo vocals are a part of their recording projects, mainly they each write their own songs and share track space on their albums. Their first two albums were paired down, and self-described as indie soul rock, their third began to encompass a more roots sound, and moving into this next project, A & C are opening up the flood gates with an even more raw, driving rock Americana, a little deeper, a little darker.

"Some of our songs are about being willing to expose our rough edges and flaws without apologies," says Julie, "the edgy feelings that come from being alive, and taking a hard look at what's going on around us." Privy to listen to four tracks, not completed but formulated, the direction of lyrics, instrumentation, harder driving

rhythms and minor harmonic modes, A&C's evolution is proving rich and soul-hitting in the rock tradition. Each with their own distinctive vocal timbre on the raspy edge, and Michael Costello's guitar sage leads, nobody but nobody who loves this duo going to be disappointed.

Working with a new producer and mix master, when Julie heard the first initial mix of the One By One track this spring 2021 she said, "I literally got tears in my eyes."

Originally slated to start production in spring of 2020, when Covid-19 hit, their commercial photography business also took a hit, delaying any music production.

By fall of 2020, they did begin to work with producer Bret Levick who happens to live and work in Talent, Or. Wildfires drove his studio evacuation, in the tragic burn of the small art town near Ashland. The studio drummer hired to lay tracks down lost everything in the fire. Despite the sadness, loss, and delay, Julie and Michael found solace, joy and freedom through the pandemic, growing the songs at home, playing a lot of music and continued writing. Julie worked with a vocal coach from Atlanta over Skype. "Singing was something I could do and work on, even when nothing else in the world made sense," she says.

Originally, Julie reached out to producer Sylvia Massey, of whom she discovered her creative recording techniques classes. A high-powered producer in the music business, a bit out-of-budget, her studio referred A&C to Bret Levick. Levick is an acclaimed American rocker, who fronted L.A. indie breakout band Gifthorse. Through the past decade his songs have appeared in dozens of hit TV shows; from Ugly Betty to Grey's Anatomy. He writes and produces for himself, other artists, TV and film. Levick liked what he heard and agreed to work with Julie and Michael. Levick is providing bass, keyboard and drums on various tracks. Working long distance, tracks are traded back and forth, layering vocals and Michael's guitars.

Mastering the album is Jim Chapdelaine who works with Levick. Chapdelaine is a pro who has mixed for Rickie Lee Jones, The Smithereens, Tori Amos, Cowboy Junkies and the like.

Adams & Costello look toward the end of 2021 to complete the new album, and release singles along the way. "We are just going to keep on going.... and now that we found an amazing team to work with, we look forward to developing more music projects with them in the future," says Julie.

SHOW: Friday August 27, 8pm. Doors open 7:30pm. \$15. In advance brwonpapertickets.com. At the door upon availability. KALA • 1017 Marine Dr. in Astoria. 503.338.4878



White Bird Gallery Celebrates 50 Years in Cannon Beach!

WHITE BIRD GALLERY began during the Summer of 1971, and was named after a popular song of the time "White Bird" by It's a Beautiful Day. The gallery has operated in its current Cannon Beach location since founder Evelyn Georges first opened the doors. Georges' unique gallery vision focused on the full integration of fine art and studio craft. She began as a potter and established the gallery with local painter Steve McLeod. Over the years many notable artist have graced the gallery walls, including prominent Northwest figures like Frank Boyden, Royal Nebeker and Sherrie Wolf.

The gallery commemorates this milestone with a seven weeks-long summer celebration of rotating artworks in a salon style hanging. Highlights include a collection of recently uncovered vintage gallery posters, as well as new works by current gallery artists reflecting on the song "White Bird" and works from the archives by former gallery artists. Ceramicists Dave & Boni Deal are featured with a stunning new collection of raku fired pieces. Dave Deal did his first raku firing on the beach during the



White Bird, circa 1970s'



Savarie, Beauty beyond the golden cage

Summer of 1971 and has been showing at White Bird Gallery ever since. This September, as part of the Earth & Ocean Arts Festival, Dave will commence his final raku beach firing in celebration of 50 years!

The 50th Anniversary commemorative poster release will feature two different editions with celebratory artwork by Robin & John Gumaelius and a gorgeous 'Summer Cliffs' scene by long-time gallery artist Randall David Tipton who will be featured in a solo exhibit starting mid September.

White Bird Gallery is located at 251 N. Hemlock in Cannon Beach open daily 11am - 5pm.

Ten Fifteen Theater coming back!

ASTORIA'S newly constructed Black Box Theater, open for just more than a year before the pandemic closure, is turning the lights back on.

Ten Fifteen Productions has announced its formation as a non-profit to manage the theater space. This group consists of Jessamyn West, co-owner of the Oddfellows Building, longtime theater director Susi Brown, and Executive Director, Danyelle Tinker.

Taking up where it left off, is the re-opening of The Weir on October 15th. Directed by Karen Bain, this play had previously opened on March 13th, 2020 - and promptly closed due to the pandemic. Watch for ticket information as it becomes available.

In 2022, Tinker plans a four show season of fully staged productions, some reader's theatre, and other regular events. "Our hope is for this space to add to the performing arts community in Astoria, and find our niche in collaboration with the Liberty Theater, Astor Street Opry Company, KALA, and the Charlene Larsen Center for the Performing Arts," comments Tinker.

Currently Ten Fifteen is posting a request for directing proposals. Find out more on the website, www.tenfifteentheater.com, as well as follow on Facebook and Instagram.

Meet NC Writer's Residency Recipient Novelist Deborah Williams

IN A WORLD where the only job for a woman was to land a wealthy husband, Lady Hester Stanhope didn't fit. Ambitious and aristocratic, but without a dowry or property, she fled England in 1809 and found adventures beyond anything she could have imagined—and that make Lawrence of Arabia look tame by comparison.

A notorious figure in her lifetime, Stanhope is now an obscure historical figure. Her extraordinary life is the basis for "The Corset and the Veil," a novel written by Deborah Williams, a recipient of a 2020/2021 North Coast Writer's Residency. Williams, who worked on the book during her residency, is a professor of Literature and Creative Writing at NYU Abu Dhabi. She will be reading from the novel, which is set against the backdrop of the Napoleonic Wars but will resonate with readers today.

The reading will begin at 6pm on August 18 at the AVA Gallery, located on 10 and Duane Streets in Astoria.

FMI: visit thewritersguild.org/residencies or astoriavisualarts.org.

The North Coast Writer's Residency was developed collaboratively by the Astoria Writer's Guild (AWG) and local arts non-profit Astoria Visual Arts (AVA). The residency program offers both established and emerging writers a unique opportunity to launch new endeavors, revise works in progress, or conclude longstanding projects.

Factor and Molnar THE SHIMMER at AVA

ASTORIA VISUAL ARTS Gallery welcomes Portland-based artists Tia Factor and Daniela Naomi Molnar, the month of August, for the shimmer, an exhibit about when two things say yes in different directions.

The yeses are simultaneous, symbiotic, and opposed. Rather than neutralizing each other, they amplify each other, creating peril, possibility, instability, indeterminacy, and iridescence. Tia Factor's and Daniela Naomi Molnar's paintings engage the shimmer both conceptually and materially. Conceptually, both artists are fascinated by the indeterminacies and possibilities of place: how human intervention shapes place; how notions of natural/unnatural shape our understanding of place and self; how the climate crisis is reshaping our understanding of place, nature, and self; and the ways that a painting can be itself a sort of place. Visually and materially, they use iridescence, chromatic play, and self-contradictory spatial constructions to create paintings that move in mysterious and intentionally indeterminate ways.

In addition to being an artist working with the mediums of language, image, and place, Daniela Naomi Molnar is also a wilderness guide, educator,



Tia Factor, Carefree Country Club, oil over acrylic

activist, and eternal student. Her work for the past several years has focused on issues of climate justice and climate grief. A story about her work in the LA Times shares her passion across forms, melding painting, poetry, prose, site-specific intervention, editing, activism, and teaching. She founded the Art + Ecology program at the Pacific Northwest College of Art, and is an all-around integral part of Signal Fire, providing opportunities for artists to learn about environmental justice by engaging with public wildlands.

Tia Factor received her BFA from the California College of the Arts and her MFA from the University of California at Berkeley. Her work has appeared in solo and group exhibitions from Oregon to Denmark, Chicago to Tasmania, and exhibited notable venues in the north and southwest. She teaches at the Pacific Northwest College of Art and at the School of Art + Design (PSU), co-curates Erickson Gallery and is the program director of a yearly study abroad art course in Berlin.

THE SHIMMER opens during Second Saturday Art Walk on August 14 and runs through September 5. Astoria Visual Arts is a 501(c)3 nonprofit that works to enhance, strengthen and promote the arts in Greater Astoria. AVA is located at 1000 Duane Street, and is open Fridays, Saturdays and Sundays from 12:00 to 4:00pm.



Daniela Naomi Molnar, New Earth, syn pigment, rainwater

AVA Welcomes Latest Artist-in-Residence Kristen Nekovar

AVA rents free studio space to Astoria artist Kristen Nekovar as part of the AVA artist-in-residence ("AVA a-i-r") program. The studio is located in the Astoria Studio Collective, above the AVA Gallery at Duane and 10th Street in

Astoria. The residency will run for six months from July 1 through December 30, 2021.

Kristen Nekovar goes by the pen name blis.take, who has recently learned to use the creator within as art therapy and found a new addiction in the form of freedom of expression through painting. Although she's always been creative, a feeler, she lost herself in the challenges of life: addiction, shame and anxiety. On her 42nd birthday, she decided to paint. "I started painting things I think we should communicate more supportively as a collective society. I believe now is more important than ever to talk about hard things, and allow ALL voices to the table." AVA's residency offers Kristen, the mom of a toddler, a chance to become connected within the artistic community. She plans to use the time and space to work on larger scale pieces and to share her experience with art therapy, while highlighting the continued need for inclusion and grace honoring our beautiful differences.



Trail's End 70th Annual Judged Show

TRAIL'S END ART Association hosts all local artists in their 70th Annual Judged Show. The Show takes place August 6-29, 2021, with an Artist Award Reception on August 7, 2-5pm. Wet, Dry, Mixed Media, Photography and 3D art welcome.

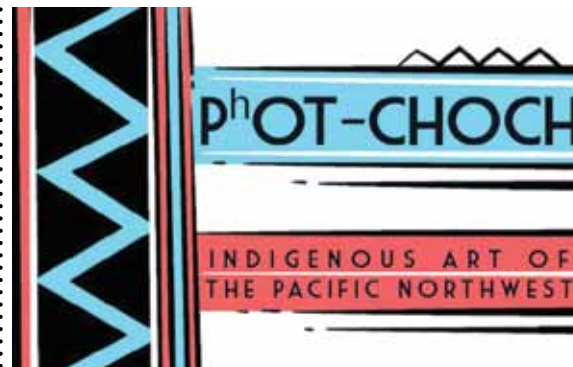
The Gallery is located at 656 A Street in Gearhart, Oregon.

Trail's End is a non-profit run totally by volunteers and with a mission to provide educational opportunities in the fine arts, to foster creation of original fine art in all media, and to enhance the enjoyment of art in the community. For over 70 years, it has encouraged beginning and emerging artists through classes/workshops, a gallery to show their work, and by doing art next to professionals in group settings.

Trail's End is the oldest non-profit Art Association and Gallery on the North Coast and resides in an historical building on the edge of Gearhart's Centennial Park, 656 A Street in Gearhart. Open Fridays through Sunday's 11am to 3pm. 503-717-9458. trailsendart.org.



Rich Crawford, Metamorphosis, Wood Sculpture 2019 Best of Show



PHOT-CHOCH all-Indigenous collection of traditional and contemporary art

Phot-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 Phot-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.

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. 1pm to 5pm Sat/Sun through mid-September.



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Watercolors by Noel Thomas at RiverSea Gallery

RIVERSEA GALLERY presents a solo exhibition of watercolors by regional favorite, Noel Thomas. This new collection is mostly a paean to the working ships that ply the waters of the Columbia River, but also a collection of observations, through the singular viewpoint of a master artist, of life along this great river. The show opens on August 14 with a reception from 12:00 to 8:00 pm during Astoria's Second Saturday Artwalk. The artist will be in the gallery from 4:00 to 7:00 to discuss his work. The show will remain on view through September 7, 2021.

During the recent long months of enforced isolation, Thomas turned, as always, to the river for inspiration. "It's still the ships that hold my interest," he explains.

A prolific artist, Thomas takes delight in painting whatever catches his eye and views each day as another opportunity to get something down on paper. It has long been his habit to record even the most mundane surroundings of his daily activities with a quick sketch. These small studies are often developed into full blown watercolor paintings back in his studio.

This latest body of work is a testament to constant practice, even for an artist at the top of his game, and



N. Thomas, *Storm*, 1025 x135

evidence that Thomas' signature style has even yet continued to evolve. These are dynamic, suggestive paintings created with a loose, confident mastery of brushstroke. As always, he leads the viewer into supplying details only suggested by his evocative sweeps of line. After sticking to smaller works in recent years, Thomas has returned to painting in a larger format and there are a good number of big paintings featured.

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.

From the Ends of the Earth M.J. Anderson & Christos Koutsouras

TO COMMEMORATE ITS 9TH ANNIVERSARY, Imogen Gallery presents a second dual exhibition for internationally known artists M.J. Anderson and Christos Koutsouras, who bring a new series of work titled *From the Ends of the Earth*. The exhibition opens for Astoria's Second Saturday Artwalk August 14. M.J. Anderson will be present and available to answer questions about her work. The exhibition will remain on view through September 6th.

Imogen once again, brings together the exquisite work of marble sculptor M.J. Anderson and painter Christos Koutsouras. Both internationally acclaimed

artists share a common thread to their creative process by balancing a career that connects the Mediterranean to the Pacific Ocean. Challenges with travel restrictions, they both maintain strong ties while staying in place. The work of Anderson and Koutsouras exudes the romance and history of the Mediterranean while offering the allure and mystery of the rugged Pacific Northwest.

In normal times, Anderson divides her time between studios, one located in the quaint coastal town of Nehalem, Oregon and the other in Carrara, Italy where she is close to the marble quarries enabling her to hand select her own stone to sculpt.

The career of Koutsouras that takes him from his birthplace on Samos, Greece where he maintains a studio as well as his stateside home base of Astoria, Oregon. For Koutsouras both places offer inspiration through landscape and light. The two also share a mastery of chosen medium, born of their love of the classics and ultimately utilizing that element as a springboard to give voice to their own vision and subsequent style.

Exodus, acrylic on canvas
49" x 77"

M.J. Anderson brings her iconic marble torsos as well as what she refers to as her tablets and vessels from her Petrified Water series of green onyx. Taking a nod from the masters and personalizing it, she focuses primarily on the female form in her work.

Working internationally during a pandemic has had its added challenges. Koutsouras completed an artist's residency in Indianapolis in the spring of 2020. It was there that he created the powerful body of work for *"To the Ends of The Earth"*. His large-scale paintings are highly inspired by another place, they also are reminiscent of his stateside home with vast expansive landscape laying focus on moody atmospheric qualities of earth, sky and water.

Imogen Gallery is located at 240 11th Street, Open Thurs - Mon, 12 to 5pm and 12 to 4pm each Sunday. www.imogengallery.com



Cloud Study, Bardiglio Marble
13" x 7" x 5"



Van Horn, *Ellen Disquieted*

and expressed in everyday life.

With Summer here and the grip of the pandemic loosening we are all awakening into something. Transitioning from somewhere to something not quite here yet or even known, not quite realized. This transitory state of consciousness is a deep part of the human experience. Yet awakening refers to the journey itself, not the destination. What are you awakening from and more importantly awakening into? - Douglas Beasley

Also in the gallery "The Pacific Northwest 2021" continues and "The LightBox Member Summer Showcase" has been extended. Over 100 photographers are presenting photographic works in the gallery for these shows.

LightBox will hold receptions for *The Awakening* on Saturday August 14 with extended hours from 4 - 7pm. View on opening day anytime from 11am-7pm. "The Awakening" will be on display in the gallery through September 8th. lightbox-photographic.com/shows/. 503-468-0238. LightBox is located at 1045 Marine Drive in Astoria. Gallery viewing hours are Thurs, Fri and Sat., 11am - 4pm or by appt.

The Awakening @Lightbox

LIGHTBOX Photographic Gallery opens "The Awakening" exhibit on Saturday, August 14. The Awakening group exhibit was juried by Douglas Beasley, owner and publisher of SHOTS Magazine, a quarterly journal of eclectic black & white photography in its 36th year of publication. Doug's personal vision explores the spiritual aspects of people and place and is concerned with how the sacred is recognized

The Hoffman Center Featuring the works of Crow's Shadow Lithography + Joe Robinson & Audrey Sloan Anagama-fired ceramics

CROW'S SHADOW INSTITUTE OF THE ARTS [CSIA] was founded in 1992 by the painter, James Lavadour on the Confederated Tribes of the Umatilla Indian Reservation. First envisioned as



Red Star Wolf, Hang-on-Heart,
Monoprint

a center for local and regional Native and Indigenous artists to gain professional development opportunities and a space to continue creating art beyond their academic years, it has since grown into a leading fine-art, lithographic print studio serving not just local, but national and international artists from all walks of life through its artists-in-residence program.

Works from the Crow's Shadow Press have found their way into places such as the National Museum of the American Indian, Smithsonian

ian; the United States Library of Congress, the Whitney Museum of American Art, among others.

Anagama-fired ceramics Joe Robinson and Audrey Sloan

These collaborative works speak to the wind, the ocean, and the earth. Made in proximity to the water, each piece was hand thrown on the potters wheel by Joe Robinson and carved by Audrey Sloan. Each work is fired with trees and air from Oregon's coastal mountains for 5 days and nights around the clock. Inspired by the movements of the water observed from a Bay City home overlooking Tillamook Bay, the pots serve as a record in stone of artists and water.

View the August show August 5 - 29. The Hoffman Center is open Thur - Sun, 1-5pm, located at 594 Laneda Ave in Manzanita.



ABOUT STAR

By Kate Cooper • Animal Rescue Volunteer



SWEET STAR is looking for a home! This 18 month old little girl is smart and funny. A beautiful color with a lovely face to match, Star is a total sweetheart. She loves to run and play. Star is great with other dogs, though sometimes does not realize she has an off switch - she just wants to play and play and play! She is also really good with people, affec-

tionate and loving. There would be no concerns about having her in a home with children, in fact she would make a wonderful companion. Star does not have a mean bone in her body! She has the softest coat and is great to snuggle with.

Star has spent most of her short life at the shelter. Adored by volunteers and staff alike, she is certainly a favorite at the South Pacific County Humane Society. Star does have a chronic lung condition which requires daily medication. Most of the time this does not inhibit her love of life, in fact having a good run or play with another pup seems to help.

Somedays she will not be so great, and will need to rest more. What will be important for the person or family who adopt / foster Star is that they watch out for any signs of her condition exacerbating and take her directly to the vet (signs would include fever, vomiting, and not being her usual bouncy self). One area Star will need a little work on is toilet-training. As she has lived most of her life

in the shelter she needs to get the hang of this. But she is smart and food-motivated, so with some training this should not be a problem!

Star is a unique pup. While her health condition means she needs some extra care, she is spirited and full of life. She would be a great addition to anyone's life.

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Living the Good Life!

DID THAT GET YOUR ATTENTION? I hope so. I'm under the belief that everyone has the capacity to live the good life of his/her dreams. Maybe I took "The Great Gatsby" and "Breakfast at Tiffany's" too much to heart. I'm a bit of a dreamer, wishful, hopeful person, always have been, always will be. That's my plan, the one that will motivate my days to come.

I don't know everyone's circumstances obviously. I do know that in order to achieve something, you first have to want to achieve it. It may be that lingering thought of reading classics, or going to Alaska someday. Writing down wishes and dreams randomly and with no judgement is something that will gel into action. I talked so much about playing the flute 20 years ago, someone said "Well, just do it." So I hired a teacher for years and I can play me a little classical melody. My flute lays on my kitchen table, waiting for me every day to pick it up and enjoy the process of playing. I will tell you, that flute, beautiful in its polished silver and intricate mechanisms, gives me so much pleasure. The practical

me enjoys the fact that its keeping my sorry lungs in their best condition and my mind is a bit sharper for the effort of reading notes to a new etude. My next goal is to play the piano. I know, "Just do it."

There's lots to factor in... health, finances, support systems, mental capacity. And I hate to say it, but age can put a stopper on certain dreams and wishes. Yes, I always wanted twins, but that certainly is off the list at this time of my life. Looking honestly at "what is" in your realm of reality will help or discourage certain good life aspects. Traveling becomes harder for the elderly. If you want to go to Paris, don't wait. Finances sometimes dictate a lifestyle. Although I have to say, it never stopped me. I went to South Africa even though the accountant said it was not a counseling job write off. The kids and I traveled, went to Disneyland every year. We went to Australia one year. I found ways to do it. I did it (rather than stockpile any extra funds like a reasonable person would have done) with no regrets. I often worked harder, longer.

By Tobi Nason

Life can be quite a creative thing, kind of like a blank canvas, and yes, you get to decide what's going to appear. Again, pay attention to what grabs your attention in the social media and magazines. Traveling? Better health? New skills, new degree? Big or little, the colors you put on your life canvas are yours to own and live with. At the end of your days, you don't want regrets for not leaping into life or living with unrequited desires.

Live the life you know you want . . . don't settle.

Tobi Nason is a counselor of almost 22 years experience. Appointments – call (503)440-0587.



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Theatrical Releases

THE SUICIDE SQUAD (AUG. 6) Guardians of the Galaxy director James Gunn jumps to the DC Universe, making him one of the few to work for both Marvel and DC, directing the Suicide Squad sequel, minus Will Smith plus Idris Elba. As in the 2016 movie, Amanda Waller (Viola Davis) assembles the motley crew for a dangerous mission, including Harley Quinn (Margot Robbie), Rick Flag (Joel Kinnaman) and introducing Elba as Bloodsport. Synopsis: The government sends the most dangerous supervillains in the world -- Bloodsport, Peacemaker, King Shark, Harley Quinn and others -- to the remote, enemy-infused island of Corto Maltese. Armed with high-tech weapons, they trek through the dangerous jungle on a search-and-destroy mission, with only Col. Rick Flag on the ground to make them behave.

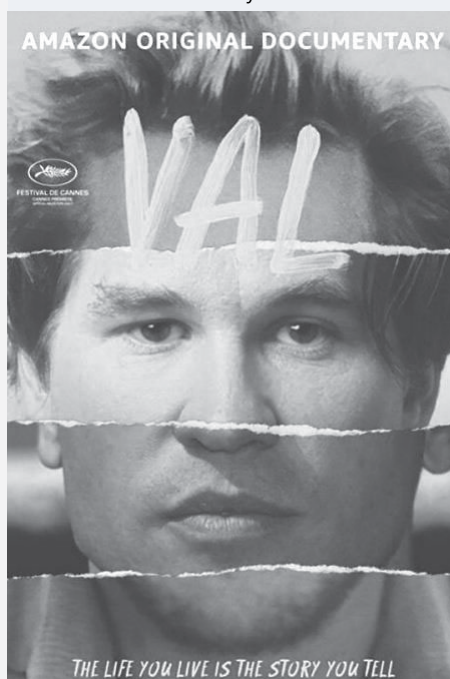
REMINISCENCE (AUG. 20) Westworld writer/producer makes her feature debut with this dystopian action/scifi starring Hugh Jackman. Jackman plays Nick Bannister, a veteran of a war who runs a business with

partner Watts (Thandie Newton) that allows clients to re-experience any memories they wish. Living in a nightmarish Miami that is sinking into the sea and so hot that inhabitants can only venture out at night, Bannister takes on a mysterious client -- Mae (Rebecca Ferguson) and enters into a romance with her. Bannister's life is upended when Mae disappears, leaving him obsessed with discovering who she was and where she is by the only tool available -- her memories.

CANDYMAN (AUG. 27) Jordan Peele produces this sequel to the 1992 horror classic. The original was set in the notorious Cabrini Green housing project in Chicago haunted by a vengeful spirit that kills anyone who says his name five times into a mirror. The sequel stars Yahya Abdul-Mateen II as Anthony McCoy, a rising visual artist born in Cabrini Green who now lives in a condo with his girlfriend over the sight of the former housing project. When Anthony encounters an oldtimer, he learns about the legend of Candyman and his horrific origin and begins to explore the urban legend in his art, unaware that he's opening a door to the return of Candyman, a return that threatens his sanity and destiny.

Streaming Releases

VAL (AUG. 6 AMAZON) Forty years of self-taping culminate in this self-portrait of Val Kilmer, best known for his mid-80s to early-90s characters Iceman (Top Gun), Jim Morrison (The Doors) and Doc Holliday (Tombstone). Included are everything from childhood home movies to audition tapes for directors like Stanley Kubrick and Martin



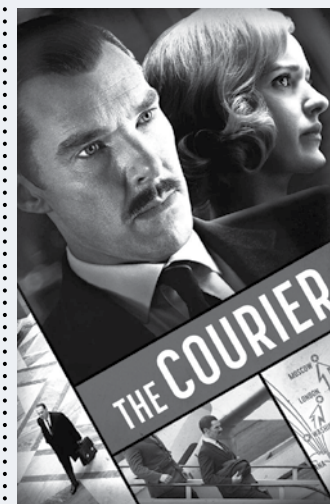
Scorsese to backstage moments on stage plays and movie sets -- Kilmer in his formative years and prime. Then there's the footage of present-day Kilmer, looking nothing like the handsome movie star and sounding like a man who's had a tracheotomy due to throat cancer, which is to say nearly indecipherable. The film is narrated with Kilmer's words, but voiced by his son Jack, who sounds uncannily like his father.

BECKETT (AUG. 13 NETFLIX) John David Washington (Tenet) stars as the title character in this conspiracy thriller. Beckett and his girlfriend April (Alicia Vikander) are enjoying an idyllic vacation in Greece when their bliss is shattered by an accident that lands Beckett in the hospital. When he awakens, April is gone and Beckett becomes a target for the authorities. Wounded and desperate, Beckett is forced to go on the run across Greece to get to the American Embassy in Athens, only to discover he has fallen into the midst of a dangerous web of conspiracy.

NINE PERFECT STRANGERS (AUG. 18 HULU) Nicole Kidman stars in this limited series based on the bestseller by Big Little Lies writer Liane Moriarty. Nine strangers from a city arrive at a wellness retreat, Tranquillum House, run by Masha (Kidman) and her small staff. They include romance novelist Frances (Melissa McCarthy), wealthy young couple Ben (Melvin Gregg) and Jessica (Samara Weaving), schoolteacher Napoleon (Michael Shannon) and his wife Heather (Asher Keddie), divorced single mother Carmel (Regina Hall), divorcee Tony (Bobby Cannavale) and the Marconi family. All guests are required to surrender their electronic devices upon entering and must agree to abide by the stringent house rules. As the guests partake in typical activities like therapy, meditation and hiking they discover the personal wounds they are all trying to heal. Masha mysteriously monitors her guests' every move. Eventually, the nine strangers come to realize that Tranquil-

lum House is not what it appears to be on the surface.

THE CHAIR (AUG. 27 NETFLIX) Sandra Oh (Killing Eve) toplines dramedy series set in a prestigious university. Synopsis: The Chair follows Dr. Ji-Yoon Kim (Sandra Oh) as she navigates her new role as the Chair of the English department at prestigious Pembroke University. Ji-Yoon is faced with a unique set of challenges as the first woman to chair the department, and as one of the few staff members of color at the university.



THE COURIER (AUG. 27 AMAZON) Benedict Cumberbatch stars in this true

life story of a British salesman who becomes a spy, procuring Soviet nuclear program secrets that helped end the Cuban Missile Crisis. Cumberbatch plays Greville Wynne, a British businessman who is approached by MI6 in 1960, when the Cuban Missile Crisis threatens nuclear Armageddon. The spy agency has learned that a Oleg Penkovsky, high-ranking Soviet intelligence officer is trying to leak Soviet nuclear program secrets. Wynne is deemed so innocuous that he would be the perfect go-between. Despite being utterly untrained and wracked with fear over possibly being caught and executed by the Soviets, Wynne agrees to make "business" visits to Moscow to meet Penkovsky, leading his wife to suspect him of having an affair.

FREE WILL ASTROLOGY

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ARIES (March 21-April 19): What does it mean to feel real? Some people have a hard time doing that. They have such false ideas about who they are that they rarely feel real. Others are so distracted by trivial longings that they never have the luxury of settling into the exquisite at-home-ness of feeling real. For those fortunate enough to regularly experience this treasured blessing, feeling real isn't a vague concept. It's a vivid sensation of being conscious in one's body. When we feel real, we respond spontaneously, enjoy playing, and exult in the privilege of being alive. After studying your astrological potentials, Aries, I suspect that you now have an enhanced capacity to feel real.

TAURUS (April 20-May 20): When she was a child, author Valerie Andrews visited her secret sanctuary at sunset every day for seven years. She lay on the ground among birch trees and aromatic privet plants, feeling "the steady rhythmic heartbeat of the earth" as she basked in the fading light. I'd love for you to enjoy the revitalizing power of such a shrine. The decisions you have to make will become clear as you commune with what Andrews calls "a rootlike umbilicus to the dark core of the land." Do you know of such a place? If not, I suggest you find or create one.

GEMINI (May 21-June 20): I suspect that your immediate future will be a patchwork of evocative fragments. You may be both annoyed and entertained by a series of flashing attractions, or an array of pretty baubles, or a hubbub of tasks that all seem at least mildly worth doing. Chances are good that they will ultimately knit together into a crazy-quilt unity; they will weave into a pattern that makes unexpected sense. In the spirit of the spicy variety, I offer three quotes that may not seem useful to you yet, but will soon. 1. "Isn't it possible that to desire a thing, to truly desire it, is a form of having it?" — Galway Kinnell 2. "It is not half so important to know as to feel." — Rachel Carson 3. "Like all explorers, we are drawn to discover what's out there without knowing yet if we have the courage to face it." — Pema Chödrön

CANCER (June 21-July 22): A Tumblr blogger named Cece writes, "The fact that you can soak bread in sugar, eggs, cinnamon, and vanilla, then butter a pan and fry said bread to make a meal is really liberating." I agree. And I share this with you in the hope of encouraging you to indulge in other commonplace actions that will make you feel spacious and uninhibited. You're in a phase of your astrological cycle when you'll thrive on doing day-to-day details that excite your lust for life. Enjoying the little things to the utmost will be an excellent strategy for success.

LEO (July 23-Aug. 22): Leo poet Renée Ashley articulates a perspective I recommend you adopt. She writes, "I'm drawn to what flutters nebulously at the edges, at the corner of my eye—just outside my certain sight. I want to share in what I am routinely denied, or only suspect exists. I long for a glimpse of what is beginning to occur." With her thoughts as inspiration, I advise you to be hungry for what you don't know and haven't perceived. Expand your curiosity so that it becomes wildly insatiable in its quest to uncover budding questions and raw truths at the peripheries of your awareness.

VIRGO (Aug. 23-Sept. 22): "There are many things in your heart you can never tell to another person," declared Virgo actor Greta Garbo (1905–1990). "It is not right that you should tell them," she concluded. "You cheapen yourself, the inside of yourself, when you tell them." I presume Greta was being melodramatic. My attitude is the opposite of hers. If you find allies who listen well and who respect your vulnerability, you should relish telling them the secrets of your heart. To do so enriches you, deepens you, and adds soulful new meanings to your primary mysteries. The coming weeks will be a favorable time to seek this wise pleasure in abundance.

LIBRA (Sept. 23-Oct. 22): Now is a fantastic time to seek out effervescent socializing and convivial gatherings and festive celebrations. If you surround yourself with lively people, you'll absorb the exact influences you need. May I suggest you host a fun event? If you do, you could send out invitations that include the following allures: "At my get-together, the featured flavors will be strawberry chocolate and impossibly delicious. There'll be magic vibrations and mysterious mood-enhancers. Liberating conversations will be strongly encouraged. Unpredictable revelations will be honored. If possible, please unload your fears and anxieties in a random parking lot before arriving."

SCORPIO (Oct. 23-Nov. 21): Scorpio author Andrew Sean Greer writes, "As the Japanese will tell you, one can train a rose to grow through anything, to grow through a nautilus even, but it must be done with tenderness." I think that's a vivid metaphor for one of your chief tasks in the coming weeks, Scorpio: how to carefully nurture delicate, beautiful things as you coax them to ripen in ways that will bring out their sturdiness and resilience. I believe you now have an extra capacity for wielding love to help things bloom.

SAGITTARIUS (Nov. 22-Dec. 21): Suggested experiments to try soon: 1. Remember a past moment when you were touched with the sudden realization that you and a person you'd recently met were destined to fall in love. 2. Remember a past moment when you kissed someone for the first time. 3. Remember a past moment when someone told you they loved you for the first time or when you told someone you loved them for the first time. 4. Allow the feelings from the first three experiments to permeate your life for five days. See through the eyes of the person you were during those previous breakthroughs. Treat the whole world as expansively and expectantly as you did during those times.

CAPRICORN (Dec. 22-Jan. 19): Capricorn poet Kenneth Rexroth was shirtless as he strolled along a rural road. To his delightful amazement, a fritillary butterfly landed on his shoulder, fluttered away, landed again, fluttered away—performed this dance numerous times. Nothing like this had ever happened to him. Later he wrote, "I feel my flesh / Has suddenly become sweet / With a metamorphosis / Kept secret even from myself." In the coming days, I'm expecting at least one comparable experience for you. Here's your homework: What sweet metamorphoses may be underway within you—perhaps not yet having reached your conscious awareness?

AQUARIUS (Jan. 20-Feb. 18): "Each time we don't say what we want to say, we're dying." Aquarian artist and singer Yoko Ono said that. I will add a further nuance: Each time we're not aware of the feeling or experience or situation we want, we're dying. And these will be key themes now that you've entered the "I KNOW WHAT I WANT AND I KNOW HOW TO ASK FOR IT" phase of your cycle. The most healing and vivifying thing you can do during the next six weeks is to be precise about your desires.

PISCES (Feb. 19–March 20): In 1829, Piscean author Victor Hugo began work on his novel, *The Hunchback of Notre Dame*. He had other projects, though, and by September 1830, he had made scant progress on *Hunchback*. Growing impatient, his publisher demanded that he finish the manuscript by February 1831. In response, Hugo virtually barricaded himself in his room to compel himself to meet the deadline. He even locked his clothes in a closet to prevent himself from going out. For the next five months, he wore only a gray shawl as he toiled nonstop. His stratagem worked! I recommend you consider trying a somewhat less rigorous trick to enforce your self-discipline in the coming weeks. There's no need to barricade yourself in your fortress. But I hope you will have fun taking stringent measures.

HOMEWORK: SEND DESCRIPTIONS OF YOUR WILDLY HOPEFUL DREAMS FOR THE FUTURE. NEWSLETTER@FREEWILLASTROLOGY.COM

Bike Madame Toodleeoo!

By Margaret Hammitt-McDonald

Everything I Needed To Know I Learned From Riding a Bike

DEAR READERS, after writing over 130 monthly columns on all things cycling, it's time for my alter ego, the Bike Madame, to roll off into the sunset. I'm so grateful to Dinah Urall for inviting me to write this column eleven years ago, as well as to my faithful readers. As those noble philosophers of the late '80s, Bill and Ted, would say, may your cycling adventures be most excellent.

At risk of annoying the fellow who reminded us that we learn our most important life lessons in kindergarten, for this final velo column, I wish to share the guidance I've received from pedaling my way through the world.

Commuting by bike is speedy enough that you don't need to leave the house at 2 a.m., but slow enough to savor the experience. Your surroundings aren't a blur; you also feel rain on your face, smell the flowers and the wet pavement, and hear birdsong. Riding is also a meditative act that sharpens one's awareness of the inner landscape as well as the outer one. The repetitive cadence of pedaling, combined with the need to stay alert to changing road and weather conditions, fosters a balance between receptivity and focus. It gives you the private space to think your thoughts, but those potholes and cinders jolt you back to reality if you space out. Like walking, cycling keeps us grounded in our physical being, and in our world, at the same time as it facilitates reflection and creativity.

Before heading out, I check my brakes, shifters, and other components to avoid preventable accidents and injuries. Rituals like these remind us to be prepared, to consider the necessities of the journey before we begin it, and to assert control over the things in life that we can control. The same goes for conditions one en-

counters on the road. I may not have dropped a tree limb onto my path, but I can move it if it's light enough, or I can contact the appropriate agency to remove it if it's too heavy. The admonition to leave an area better than we found it applies to the roads and paths we all share, not just

to campsites and picnic areas. It applies to all of life too: homes, workplaces, organizations, ideas, political office...ahem, Mr. Platinum Helmet.

In town, many beings share the road with me: other cyclists, pedestrians, drivers, skateboarders, dogs, seagulls, pill bugs... To ensure harmonious travel together, I know I must make my intentions clear, respect others (especially those who are smaller and/or

move more slowly than me, whether they're a toddler bumbling into the street or a basking snake), and play well with them so our encounters with one another take on the fluidity and artfulness of a dance, not gridlock, collisions, or fisticuffs. Sometimes this means yielding, as water does; sometimes it means gentle assertiveness to our right to share this space. It's in the discernment of when to use which strategy that wisdom grows.

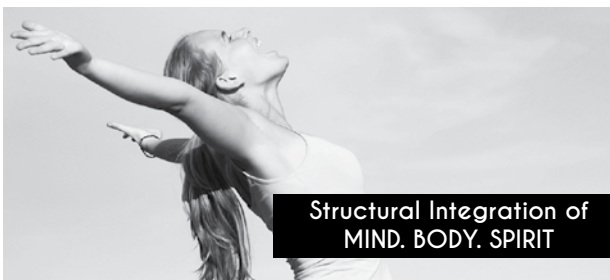
To move fluidly, I can't weigh myself down with too much stuff. I discovered this on my first ride with panniers. It's equally true of possessions in general, and of baggage more psychological and cultural than physical. I also learned to recognize my limits, whether in distance traveled, effort exerted, or the limits that transcend my own—such as the planet's limits, her resources and habitats.

Above all, riding reminds us of the necessity of joy to realize our full humanity.

Thank you for riding with me all these years!



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

-Rachel Carson

PETITION

WE ARE IN THIS TOGETHER!

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

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

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

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

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

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

This message sponsored by
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Whole PLANET Health By Margaret Hammitt-McDonald

The Anxieties of Conservatism

CLIMATE CHANGE FATIGUE is the newest term for a phenomenon I've witnessed since my earliest days as a progressive activist. Our world's difficulties are so many, so challenging and complex, that our hearts grow heavy, and sometimes we burn out or check out.

This phenomenon is common in progressive circles, but what about among conservatives, whom one might think are the epitome of steadfastness, even immovability, in their dedication to the status quo? Through my interactions with people who identify as conservative, I realized that anxiety and uncertainty haunt those whose preferred direction is to look back for constancy rather than to move forward for change. This very preference for viewing the past as a source of unchanging, unerring wisdom and guidance makes it harder to adjust to the shifting ground of the present. It's a source of the anxiety underneath the stridency we hear as the prevailing note of conservative rhetoric today.

For the traditionally minded, the past is solid, dependable, and noble. It's something to turn toward as a source of strength, a reliable buttress for the edifice of society. Thus, it's deeply troubling when someone questions the past—treating it not as a fixed entity but as a fluid medium subject to interpretation. Every time someone unearths the sordid details about a revered historical figure, event, or value statement, that act renders the past conditional and thus no longer solid, like an earthquake rumbling under what had been steady ground. This explains the defensiveness with which a conservative individual defends Confederate war “heroes,” their gilt-clad statues, and their names on university dormitories, as well as the Second Amendment and women's place in the home...and in the “appropriate” restroom. Rather than reevaluate a role model (and perhaps dethrone them), this person digs in deeper, resists the questions that arise, and attacks whoever provided the new information, perceived as an accusation not just of that person but of everything certain, known, and sacred.

Totalizing and mythologizing are temptations we all experience when we



want to feel more secure, but especially for those for whom stability and tradition are critical values. These are the impulses that drove medieval theologians to create concepts like the Great Chain of Being, where the order of the universe depends on everything finding its divinely ordained place and staying there. The European Middle Ages is itself a favorite era for traditionalists to celebrate, as it's thought to be a time when the authoritarian institution of the church ruled over every aspect of an individual's life. However, this is a simplistic view. The medieval period was wracked with political instability, and all these efforts by scholarly clerics to impose a unified order on the world were efforts to rule an unruly reality rather than simplistic reflections of that reality. It's the same with the way some people assume that the “ideal” families in 1950s TV shows reflect a simpler, purer time, not a decade where, beneath the veneer of suburban prosperity and pleasantries, the civil-rights movement gave voice to the disenfranchised and brought about a much-needed reckoning with oppression.

When the past is always golden and movement forward in time is always a fall from grace, when cherished institutions are thrown into confusion (instead of being revealed as inherently flawed and in need of reform), it's no wonder that conservative worldviews can nurture anxiety, and you don't have to dig far underneath all the outrage and bluster to find it. This doesn't mean anyone should accept abuse and discrimination from fearful people. But this understanding can sow the seeds of a reflective—and active—response.

CHEW ON THIS!

by Merianne Myers



FALL FROM GRACE APPLE CAKE

- 2 cups granulated sugar
- 2 cups unbleached flour
- 4 teaspoons cinnamon
- 1 teaspoon salt
- 2 teaspoons baking soda
- 2 eggs
- 1 cup vegetable oil
- Pinch of nutmeg

- 1/4 cup fruit juice - apple, pineapple, orange, mango - your choice
- 4 cups apples, peeled cored and chopped. Use baking apples, a combination is optimally delicious - Braeburn, Granny Smith, Golden Delicious, etc.
- If you like nuts in your cake add 1 cup chopped walnuts, pecans or hazelnuts
- Optional, but fabulous - 2 Tablespoons Calvados or Brandy.

- Preheat oven to 325. Butter and flour a 10" cake pan.
- Sift the dry ingredients together. In a separate bowl, beat the eggs then add oil, juice and booze and stir together. Add dry ingredients and mix well. Fold in apples and nuts and pour into pan.
- Bake for an hour or until a toothpick comes out clean.
- Cool in pan for a few minutes then turn onto a rack to cool completely.

CREAM CHEESE FROSTING

- This cake is lovely without a topping and over-the-top with a drizzle of caramel sauce, a scoop of vanilla or butter pecan ice cream, a dollop of creme fraiche or a smear of this simple but luxurious frosting.

- 1/4 cup of jam or jelly. You can use apple, crabapple, guava or pineapple.
- 1 tablespoon fresh squeezed lime juice
- 4 or 5 ounces of cream cheese at room temperature

- Mix everything to a creamy consistency and ice the cake or serve on the side.

Art For The Sky

volunteers needed



Look closely at this photo

ART FOR THE SKY TO CREATE WORLD'S LARGEST SEA STAR: The public is invited to be part of a live art project that will create the world's largest sea star on the beach, entirely made up of people.

This event is part of the Earth & Ocean Arts Festival, taking place in Cannon Beach on Saturday September 18th. This art project will be coordinated by Art for the Sky, known for creating giant living paintings made of groups of people that are photographed from the sky. Over a span of twenty years, Art for the Sky founder Daniel Dancer has completed over 300 projects, in 44 states and eight countries with the help of more than 150,000 participants.

Volunteers are needed! To be a part of the Sea Star go to cannonbeachgallerygroup.com There is no fee to participate.

Cannon Beach Virtual Sandcastle Contest
Summer of Sandcastles
through September 6

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

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.

Cannon Beach has hosted this Oregon Heritage Tradition event since 1964. 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!"

FMI: visit www.cannonbeach.org/sandcastle.

Email your questions to chamber@cannonbeach.org and follow on Facebook @CannonBeachSandcastleContest. Instagram: #virtual-sandcastlecontestentry #cbsandcastle



IF YOU LOOK TOWARD THE HORIZON and squint, you can see Autumn from here. That can mean a whole lot of things. But mostly, it means apples.

Apples are couched in some serious mythology. According to legend, they are the stuff of dreams, the irresistible seduction, the point at which Happily Ever After went south and stayed there. I'm not sure if The Fall happened in the fall, but a certain popular religion would have us believe that succumbing to temptation was the faux pas that resulted in us having to deal with a whole lot of formerly unnecessary worries, like clothes for instance. Apples were the culprit so they say. Apples and a serpent with a good sales pitch.

It's a well told tale, but I'm not buying it. As far as I can tell, temptation is just a suggestion in a sexy outfit. And there is no reason under Heaven (which, according to the story, is the You-Could-Be-Here spot on the map held by so many hopeful believers) for anyone to go to all that trouble to tempt us with an apple. Apples don't need our help. They defy resistance by being gorgeous. By surrounding themselves in a tiny cloud of sweet, musty scent. By being juicy AND crispy AND sweet - a trifecta of scrumptiousness. They're good for us and good to us.

Apples exist to remind us not to dismiss temptation out of hand and if I were us, I'd listen.

Tune in to FOOD TALK, an irreverent conversation about home cookin with hosts Merianne Myers and Linda Perkins. 1st and 3rd 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

OPEN Markets!

Clatskanie Farmers Market. Saturdays, June - September, 10am - 2pm in Cope's Park, Clatskanie. EBT/SNAP accepted. Masks required. 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 FDNP checks. Masks required. 402071 Old Hwy 30, Svensen. blackberrybogfarm.com

Saturday Market at the Port. Saturdays, 10am - 4pm through September 17. Located along the waterfront in Ilwaco, WA. facebook.com/IlwacoSaturdayMarket

Columbia-Pacific Farmer's Market. Fridays, Noon - 3pm through September 17. In downtown Long Beach, WA. 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/

Hanthorn Cannery Market at Pier 39 in Astoria. Sundays from 10am to 3pm. New vendors welcome, contact: 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

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

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

Manzanita Farmer's Market. Fridays, 4-7pm June 11 - September 17 at Underhill Plaza in Manzanita. Online ordering available. 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

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

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

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

Did We Say "Garlic!" Clatskanie Garlic Festival Aug 21

THE CLATSKANIE FARMERS MARKET is hosting its annual Garlic Festival on Saturday, August 21, 10am-2pm at Cope's Park across from the Library in the oxbow of the Clatskanie River. Last year's festival was pre-empted by the pandemic, but the garlic is back!

If you have attended our previous festivals you know about the garlic tasters, children's activities, live music entertainment, and local vendors, but the feature in those previous years was the 20 or 30 different strains of garlic adorning the vendor's tables. This year we will double the number of strains and pump up the garlic expertise. Ian Glasser, with Columbia Gorge Garlic #ianthegarlicfarmer, from Stevenson, Washington will be joining us. Ian knows garlic. He'll be bringing his organic varieties as well as his other specialty: heirloom tomatoes. To say Ian is "into" garlic is pale praise. He has some strains that are newly developed and don't even have names yet. Ask him about his favorite, Krasnodar Reds. This hardneck strain has huge cloves and intense flavor.

This festival, like our Market, is focused on food literacy. Our food vendor, the Wild Locals, will offer not only their usual grilled fare, but will also prepare tasters that feature many of the garlic strains you'll find for sale. Not all garlic is created equally. Some are mild with long shelf lives, others pack intense heat eaten raw but don't keep as well. The tasters will lead you to your favorites and our garlic vendors enjoy nothing more than musing about all things garlic.

Bring the whole family. Each Market day is opened by Scott, our resident storyteller, focusing on poignant and often humorous tales from the natural world. The Market will include a children's booth with activities and projects designed specifically to engage with the younger set. Our typical market offerings include homemade goat milk soaps, fresh local



vegetables, arts, crafts, lotions, plant starts, pastries, artisan breads, local honey, home-made toffee, and fiber arts.

This year, our musical guests will be an acoustic duet from Seattle named Briar & Joe Seamons—set to infuse the festival with jazz, blues and folk songs. Briar and Joe dovetail nicely with our focus on education. They work regularly with the Rhapsody Project, a non-profit music education program that is building a model for cultural sustainability through roots culture in America. If you love music don't miss this performance of some of the classics that serve as the basis for much of America's popular music.

As usual, we honor SNAP, Double Up Food Bucks, and FDNP certificates. On this day we'll also be selling garlic taster tickets making it really easy to sort out those numerous garlic strains. If you love the tapenade, the garlic strain will be identified. Who does that? Also offering up roasted garlic preparations smeared on grilled artisan bread, perhaps the best way to enjoy the bounty of the day.

This day will be a celebration of community, culture and, oh yeah, garlic. Join us on August 21, Cope's Park, Clatskanie / 10am - 2pm.

We've got garlic!
Steven Routon, Clatskanie Farmers Market



Astoria Sunday Market takes new step to support food access for the community

ASTORIA SUNDAY MARKET is excited to announce that they now accept food stamps. Food stamps, often referred to SNAP (Supplemental Nutrition Assistance Program) or EBT (Electronic Benefits Transfer), help to put food on the table for millions of people throughout the United States. They provide low-income households with benefits that they can use like cash at grocery stores and farmers markets. It's especially exciting for farmer's markets, for the consumer gets to interact with the farmers and food producers that grew and/or processed the food that they are taking home.

Sunday Market Manager Shelby Meyers expresses, "This is a major upgrade for the Astoria Sunday Market as we can now provide local, fresh, and healthy food for a greater portion of our community. Farmer's Market food is often perceived as being too expensive for folks that are on a tight budget. The acceptance of food stamps makes the fresh produce and packaged food available to these community members in a way that they weren't before."

Food stamp customers can swipe their EBT card at the Market Info booth that sits on the corner of 12th and Duane. In return, they will receive \$1 wooden tokens that can be spent like cash with about 25 of our vendors. Almost all produce and packaged foods can be purchased with these SNAP tokens including: fruits and vegetables, meat, poultry, fish, eggs, dairy products, flours, nuts, beans, grains, jams, honey, pickles, baked goods, candy, ice cream, pantry staples, snack foods, non-alcoholic beverages, seeds and plants which produce food for the household to eat and more.

Bringing food stamps to the market is just the beginning. There are many programs available to farmer's markets that can double the amount of benefits that low-income community members can receive. Astoria Sunday Market hopes to qualify for these programs sometime during the next few seasons. This will benefit not only the community members, but can also greatly increase sales for local farms and food producers to strengthen our local farming and food community.

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2nd Saturday Art Walk. Opening at 4pm. **MUSIC BY ACOUSTIC POP CHANTEUSE SECRET LEE!**
7pm – 9pm. View Art • Live Music • Full Bar • NO COVER

Aug 20 • FIRST PERSON: AUTHORS TALK
Guest Author Marianne Monson, 8pm. Tickets \$15, in advance at www.brownpapertickets.com. Doors opening at 7:30pm

Aug 21 • BIKINI BEACH Classic Surf Rock
Lorenzo Carlson Band. \$10 @ the door. in advance at www.brownpapertickets.com
Limited Capacity. Doors open 7:30pm • Music 8pm

Aug 27 • ADAMS & COSTELLO BAND in Concert
Celebrating a new album in the making and Singles Release Party. 8pm, doors 7:30pm
Tickets \$15, in advance www.brownpapertickets.com.

Sept 10 • WARNING SIGNS
Multi-media Film/Live music performance. Artist/Songstress Myshkin Warbler and Band.
8pm, doors open at 7:30pm. FMI: myshkinwarbler.com. see film. Tickets \$15 in advance
www.brownpapertickets.com.

Tickets to events avail. @ door upon availability

COVID-19 GUIDELINES: We recommend masks while moving about in the venue

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Please call us if you have questions. We appreciate your input.

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