

November 2021 • vol 22 • issue 273

# HIPEFISH MONTHLY

alternative press serving the lower columbia pacific region

**THEATRE:** Steel Magnolias • Coaster's Radio Carol

**MUSIC:** Live Classical, Rock, Folk et al

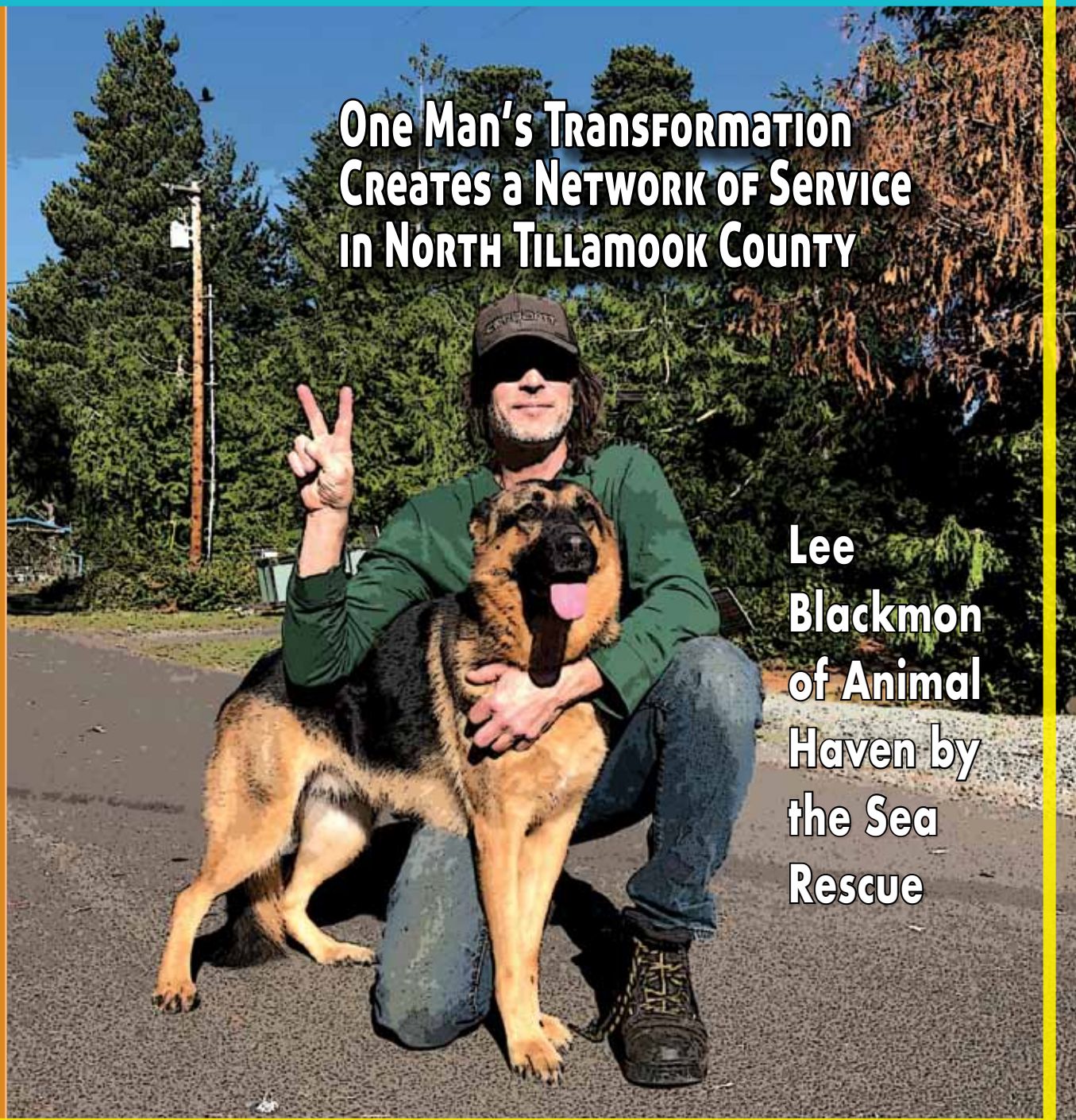
**HOUSING:** Tillamook County for Rent

**ART:** Moving Paintings at CCC Gallery

***Inspiring  
Others To Do  
Good Things  
— The Story of  
the Rainforest  
Reserve***



**One Man's Transformation  
Creates a Network of Service  
in North Tillamook County**



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Blackmon  
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# Inspiring Others To Do Good Things – The Story of the Rainforest Reserve

By Bob Goldberg



CHAMBER'S  
Paint Brush

## Congratulations Onion Peak!

Photos courtesy NCLC



NCLC Exec. Dir. Katie Voelke ceremoniously hammers in place a sign of good things to come . . . the Rainforest Reserve Boundary.

**T**HE NUMBERS ARE IMPRESSIVE – \$11.8 million raised in 5 years from over 1,000 people. Over 3,500 acres preserved in perpetuity. Elevation levels from the sea to over 3,000 feet. More than 450 species of flora and fauna, including endemic plant species found only in this corner of the world, and one of the oldest species on earth (from the time of the dinosaurs!) – the petaltail dragonfly. These and other inspiring statistics – and equally inspiring stories, scenery and people – belong to the newest property attained by the NORTH COAST LAND CONSERVANCY (NCLC), which they call the Rainforest Reserve.

In a three-way real estate deal that saw the property sold by the timber company Stimson Lumber to Onion Peak LLC/ EFM (Ecotrust Forest Management, a subsidiary of Ecotrust), and finally sold to NCLC on October 28 after five years of fundraising, the Rainforest Reserve joins NCLC's Coastal Edge Initiative holdings (see map), giving a huge boost to land that is protected and managed by NCLC and partner organizations. It is the largest single private purchase of land for conservation in western Oregon.

To learn more about the reserve, its history and vision, and plans for its management, I spoke to NCLC's executive director, Katie Voelke. According to Voelke, it all started more than ten years ago, when NCLC and others started thinking about a large conservation project centered on Onion Peak, Angora Peak and the lands between them and the sea, adjacent in part to Oswald West State Park, south of Arch Cape. Protection of this area had been thought about (and acted on) for decades.

After talking with local foresters and others who explored the area their whole lives, Voelke said, NCLC knew they had to try to acquire this land. The epic tales coming from these folks, coupled with the research that showed how unique the area was in terms of landscape and rare species, "pointed towards these mountains" and forests as a crucial part of the Coastal Edge Initiative, one of five NCLC initiatives that focus on: "look(ing) for links in the landscape that will help maintain the health of the region's ecosystems; meet habitat range requirements, where native plants and animals are most likely to thrive; and allow plants and animals to move and mingle across the landscape, promoting local migration and a healthy gene pool."

→ cont. p4



## RAINFOREST RESERVE

So NCLC brought together “friends and neighbors, scientists and biologists” to work on the project. They established partnerships with land managers such as cities, watershed councils, state parks, friends of the marine reserves groups and timber companies. And they kept listening to the stories of those who knew these lands.

Voelke praised the work and vision of Jay Holland, a forester ‘who knew this land was different, and was a critical person in the beginning of the project. He led tours and provided access and cared for this property for 40 years.’

After asking for a history of the project up until now, I asked Voelke what NCLC had in mind for management of the land now that it was theirs, and if they planned to transfer the land to governmental agencies or other groups. Voelke put to rest any ideas of the latter, “There is no plan to transfer this land to any other entity at this time.”

Management planning for the reserve began more than two years ago, according to Voelke, focusing mainly on the forest portion of the land. The trees range from silver fir at the top to hemlock at the bottom, from 10 years old to over 100. The area is very diverse, and the main difference in management envisioned is that the trees will be able to grow instead of being cut in 20-40 year cycles. Some areas will require restoration – mostly the areas that have been heavily logged – “in order to turn timber into a forest.”

Care will come from restoration experts and the local land trust network. Management plans are in-progress and not yet available to the public, Voelke said.

In one of many wonderfully quotable phrases Voelke used, she said, “We think like a rock, not a clock,” meaning that NCLC is interested mainly in long-term vision for the acquisition and management of their properties. They’ll look at forest conservation, watersheds, climate goals and policies for the reserve, but will initially focus on public access. With a technical assistance grant from the National Park Service, they’ll focus on policies concerning hunting, hiking, mountain bikes and other public access issues. When asked whether this process will be similar to when government discusses policies for their lands with the public, Voelke noted that NCLC, as a private landowner, did not have to engage in a public process at all, but has chosen to do so, and plans to heavily involve the current users of the land and the public in general with determining the policies regarding public access to the reserve.

As for other aspects of the management plan, Voelke talked about road decommissioning, which will remove barriers to the free flow of water, and working with the youngest stands of trees first, changing plantings to sustain growth and introduce diversity. With the larger trees, letting them reach maturity is the preferred plan for now.

So now that this project has progressed to the management stage, I asked Voelke, what are NCLC’s plans for the immediate future? “I can’t reveal it yet,” Voelke said, “but we’re already working on a project that is similar to the Rainforest Reserve in scope and promise.” And she mentioned that there are a myriad of other projects in the works, as always. No rest for the weary...

What were the most exciting takeaways from this project, I asked Voelke, to conclude the interview, and I didn’t see her answer coming. “That it can be done, and I was a part of it, and that it’s already inspiring others to do big things for people, for the environment, and their communities, especially here on the north coast of Oregon,” she replied.

To mention several inspiring examples that Voelke spoke to, the Arch Cape Community Forest project appears to be headed towards success in protecting 1,500 acres of watershed forest

to secure Arch Cape’s water supply and recreation for locals and others, and a conservation easement has been obtained on land by Highway 101 between Astoria and Seaside by the Columbia Land Trust, with funding from NCLC and help from Sustainable Northwest – protecting over 2,500 acres of working forest from future development or subdivision, lengthening harvest cycles to 50-100 years, ensuring tribal and public access to the land, and setting stream buffers to protect water quality in forest owned by Greenwood Resources, the largest landowner in Clatsop County.

Hopefully, the Rainforest Reserve project, along with other great work being done by NCLC will inspire us all to “go big,” involve as many people in the community as possible for funding and ideas, and use the experience of those that have been doing the kinds of things we want to do, to model that achievable success in our projects, and to keep our rainforest thriving for years to come.

Lets go for it, folks!



## About the Coastal Edge Initiative

WHEN OREGON’S first state park superintendent created Oswald West and Nehalem Bay parks beginning in the 1930s, he believed they were just the start of an “outstanding natural park” stretching from the ocean shore to the tops of the adjacent coastal-fronting mountains.

Since the late 19th century, this land has functioned as an industrial timber farm. Conservation of the Coastal Edge will allow the trees (t)here to grow to maturity, reestablishing an ecologically diverse rainforest. Conservation of a few thousand acres will create an unbroken corridor of habitat connectivity for plants and animals stretching from the ridges at the top of the watershed to the ocean. Parts of the Coastal Edge have already been conserved as state parks, a marine reserve, a conservation easement, and a community forest: islands of conservation in a sea of development and ecological disturbance. The resilience of the plants and animals native to the Coastal Edge is multiplied many times when these islands are linked by large-scale long landscape conservation.

The temperate rainforest is one of the most biologically diverse ecosystems in the world, home to some of the largest concentrations of biomass—and the tallest trees—on Earth. The survival of many of the species found here, from salmon to eagles, depends upon the interconnectivity of land and sea. Temperate rainforests such as those found on the Oregon coast sequester significantly more carbon than forests anywhere else in the world.

Scientists are just beginning to understand the complex ecology of these Pacific-fronting watersheds. What they do know is that they are biologically rich, hosting diverse communities of plants and wildlife. If we keep it connected, over time the Coastal Edge can again become a vibrant rainforest. It’s like the human circulatory system: unless the heart and lungs are connected, it doesn’t work. Connectivity is nature’s life support system.

From the tropical rainforests of Central America to the Arctic, scientists are finding that piecemeal land conservation cannot halt the decline of biological diversity caused by habitat fragmentation. Plants and animals need to be able to spread across broad landscapes or ultimately risk species extinction.

Guided by a vision of a fully functioning Oregon coastal landscape where healthy communities of people, plants, and wildlife all thrive, NCLC is increasingly focusing its resources on long landscape-scale initiatives that protect entire coastal watersheds.

– excerpted from The Coastal Edge, published by NCLC



Chamber's Paintbrush

hf

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**HERMITAGE PIANO TRIO**  
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### Portland Trail Blazers honor community leader Norma Hernández



ON FRIDAY, OCT. 29, the NBA Portland Trail Blazers hosted their fifth annual Celebration of Hispanic and Latinx Heritage - Viva Rip City. The event highlights Latinx culture with special presentations and activities, and organizers feature a community organization that serves the Hispanic/Latinx community in Oregon. Consejo Hispano, a non-profit organization headquartered in Astoria serving the Latinx community for over 16 years, was this year's recipient.

During every Blazers home game, a Hometown Hero nominated by their community is recognized by Directors Mortgage for their impact in a video highlighting their work. The person nominated and recognized at last Friday's game was Norma Hernández, WIC Coordinator and Bilingual Staff Assistant with Clatsop County Public Health, and former Executive Director of Consejo Hispano.

Hernández was born and raised in the Caribbean island of Puerto Rico and moved to Astoria in 2003. While working at an oyster company she became aware of the needs and challenges of the Latinx community in the region. "My passion for social justice kept increasing after working as Executive Director of the Lower Columbia Hispanic Council (now known as Consejo Hispano), and then working for the Clatsop County Public Health, currently as a WIC coordinator," said Hernández.

"We are grateful that the Trail Blazers chose to honor Consejo Hispano for Latinx Heritage Month. The staff at Consejo Hispano has worked very hard during the past 20 months to continue providing great services to the Latinx community of Columbia, Tillamook and Clatsop Counties during these trying times, and deserve this celebration," stated Jenny Pool Radway, Executive Director of Consejo Hispano. "But most importantly, they recognized Norma Hernández as our Hometown Hero which is simply fantastic. The Latinx community and the community of Clatsop County as a whole owes Norma a great debt of gratitude for all her years of service, care and assistance. Norma deserves this honor and so much more."

### Rainforest Reserve Virtual Celebration

#### With Pink Martini

North Coast Land Conservancy has acquired the Rainforest Reserve. But it wouldn't have been possible without the support of more than 1,000 donors. That's why they want you to join them in celebrating this landmark conservation project for the Pacific Northwest. Their message: Although we can't be together in person, we look forward to being together in spirit!



**NCLC celebration video, featuring Oregon's own Pink Martini, will go live at 7pm Friday, Nov. 12. Go to: [nclctrust.org](http://nclctrust.org)**



## Governor Kate Brown Announces Historic Timber Agreement

*Proposed changes to Forest Practices Act to be brought before Legislature*

(Salem, OR) — Governor Kate Brown on Oct. 30, announced that nearly ten months of negotiations between private forestry representatives, small forest-land owners, conservation leaders, and fishing organizations has resulted in a historic proposal for new protections for sensitive species on over 10 million acres of forestland in Oregon. The proposal seeks to meet the federal standards for a statewide Habitat Conservation Plan. The changes to the Forest Practices Act agreed to by the parties will be brought before the Legislature.

"Together, this agreement will help to ensure that Oregon continues to have healthy forests, fish, and wildlife, as well as economic growth for our forest industry and rural communities, for generations to come. I would like to thank everyone involved for their role in making this agreement a reality today," said Governor Brown.

The parties agreed on a framework for:

- Riparian buffers for streams, rivers, and bodies of water;
- Steep slopes protection to minimize erosion and protect habitat;
- An approach moving forward to improve forest roads; and
- A path forward to make adjustments and adaptation to forest practices in the future.

In February of 2020, Governor Brown brokered an agreement between numerous conservation and fishing groups and timber and forest products entities to abandon a costly and divisive ballot initiative fight in exchange for proactive legislation supporting collaboratively developed changes to forest practices. This agreement, called the Private Forest Accord, led to bipartisan legislation that passed with overwhelming majorities in June 2020. The legislation codified the historic agreement, funded the negotiating process now underway, and enacted a set of significant reforms to the Forest Practices Act, some of which went into effect January 1. These new laws addressed aerial applications of pesticides on forestland within 300 feet of homes, schools and drinking water, and created a new, first-in-the-nation real-time neighbor notification and reporting requirement.

"This is truly an exciting time to be a part of the Oregon forest sector," said David Bechtold, representative of the coalition of forest companies. "We're extremely proud to have started a process for more constructive engagement on forest policy issues. This is a new era that will produce the best outcomes for Oregon's

private forests and the communities that depend on them to provide clean water, recreation, renewable wood products and year-round, family-wage jobs."

Bob Van Dyk, Oregon Policy Director at Wild Salmon Center said, "We are thrilled to join the Governor and timber industry counterparts on a new path for Oregon's forests and for our organizations. The measures announced today provide significant new protections for our fisheries, for cold clean water, and for the people who rely on these resources."

On January 12, 2021 the parties began a series of meetings in which they discussed proposed changes to forest practices, pursuing a statewide Habitat Conservation Plan from federal agencies for threatened and endangered species, which would provide more regulatory certainty for landowners and long-term conservation benefits to designated wildlife species. The parties worked intensively throughout the year towards formalizing an agreement to bring before the Legislature.

The Governor's office worked with signatories to identify the negotiating teams and appointed experienced mediator Peter Koehler. With the assistance of Peter Harkema from Oregon Consensus and the Governor's Office, the parties worked tirelessly toward a deal.

The conservation and fishing side representatives are Bob Van Dyk (Wild Salmon Center), Sean Stevens (Oregon Wild), Chrysten Lambert (Trout Unlimited), Bob Sallinger (Portland Audubon), Joseph Vaile (Klamath Siskiyou Wildlands Center), and Dr. Kelly Burnett (Aquatic Scientist). Also joining in the agreement are the Beyond Toxics, Cascadia Wildlands, Northwest Guides and Anglers, the Oregon League of Conservation Voters, the Oregon Stream Protection Coalition, The Pacific Coast Federation of Fishermen's Associations, Rogue Riverkeeper, and Umpqua Watersheds.

For the timber sector the representatives are Adrian Miller (Rayonier), Diane Meyers (Weyerhaeuser), Cameron Krauss (Seneca Sawmill Company), Heath Curtiss (Hampton Lumber), Eric Geyer (Roseburg Forest Products), and Jim James (Oregon Small Woodlands Association). Also joining in the agreement are Hancock Natural Resource Group, Lone Rock Resources, Greenwood Resources, Campbell Global, Starker Forests, and Port Blakely.

Legislation will be brought forward to the Oregon Legislature to solidify the Private Forest Accords in statute.





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## North Coast INCO NEWS INDIVISIBLE

### Coastal Climate Opportunities Make Economic Sense

OREGON COASTAL COUNTIES and cities are unable to solve global climate change alone. And most are unwilling to reduce carbon emissions if it costs them anything.

The good news is that climate action doesn't have to be expensive. Coastal places now have the opportunity to proactively prepare for impacts and do their part in reducing greenhouse gas emissions. They can even generate income and revenue while doing good. Solar energy and energy efficiency upgrades produce jobs. Locally developed innovations can be developed, manufactured, and marketed globally. Lektro electric tugs are an excellent local example of this.

Oregon's north coast is particularly vulnerable to environmental change. River temperatures, ocean acidification and hypoxia are already hurting our fisheries. Drought and fire are increasing threats. Coastal erosion due to sea level rise and intensifying storm events will result in loss in infrastructure and homes. And if we are not part of the solution, we are part of the problem.

It is in our self-interest to do what we can: quickly adapt to changes occurring today, carefully mitigate our emissions, and aggressively reduce our dependence on fossil fuels. Also, use land use planning to avoid putting valuable things in vulnerable places, and promote things like carbon sequestration, alternative energy, and electrical micro-grids.

Other ideas include adding solar to government buildings. Grants are available for installation, and solar generation saves money in the long term. And, linking batteries to solar microgrids can provide critical power during emergencies. As vehicles and equipment need replacement, switch to electric. Incentivize alternative transportation for employees, reducing carbon emissions and increasing health. And, the list goes on.

We can move forward within current budgets and reasonable timeframes by using a decision-making framework such as a climate action plan. In the United States, federal and some

state governments are now taking more proactive actions to both reduce greenhouse gas emissions and prepare for and adjust to the current and future impacts of climate change. Oregon has been working on climate change for 30 years.

Most recently, in March 2020 Governor Brown issued an executive order directing state agencies to take actions to reduce and regulate greenhouse gas emissions. Locally, Portland was the first city in the country to develop a climate action plan in 1993. Since then, at least six Oregon cities and four counties have developed climate plans, including Ashland, Bend, Salem, Eugene and Corvallis.

None of Oregon's coastal cities and counties have completed comprehensive climate action plans. Some initial work preparing from impacts has begun. For example, A Regional Framework for Climate Adaptation: Clatsop and Tillamook Counties (2010) was developed. The Clatsop County Multi-Jurisdictional Natural Hazards Mitigation Plan (2021) included discussions of climate change risks and mitigation opportunities. After some debate, the current draft of the updated Clatsop County Comprehensive Plan discusses climate change and adaptation.

There are very many affordable things we can do to build our resilience to a changing climate. Ask your city and county elected officials to prioritize climate action plans now. Attend a government meeting to comment about climate priorities. Run for office and be an elected official working to ensure effective action on climate.

INCO's weekly newsletter suggests specific actions so you can make a difference for yourself and your community. For more information about INCO and our activities, sign up at [www.incoregon.org](http://www.incoregon.org) to get INCO's e-newsletter. Questions and comments to [incoregon@gmail.com](mailto:incoregon@gmail.com).

## [QFolk] LGBTQI+ LOWER COLUMBIA PACIFIC

[www.lowercolumbiaqcenter.org](http://www.lowercolumbiaqcenter.org)  
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**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



# Let there be LIVE MUSIC

Adams & Costello at the Coaster Theatre • Nov. 6



THE COASTER THEATRE PLAYHOUSE welcomes the soulful sounds of Adams & Costello to the theatre at 7:30pm, Saturday, Nov. 6, as part of the Stormy Weather Arts weekend.

West Coaster Julie Adams meets New Englander Michael Costello in this synergistic guitar and vocal duo. Costello's love of roots music combines with Adams' strong draw to driving rhythms. Based in Oregon and regulars on the North Coast music scene, they perform and record together regularly in a blend of visceral songs and emotional performances.

**ALSO:** Listen to Adams & Costello's new single *Worry About You*.

Find the link: Julie Adams <https://linktr.ee/julieadams>

**Admission is \$20; tickets can be purchased at the theatre box office (503 436-1242) or online at [coastertheatre.com](http://coastertheatre.com). Space is limited; seats will be socially distanced by groups. All COVID Performance Venue Guidelines apply.**



Bre Gregg giving it up!

## The Peninsula Arts Center

- The good folks of the Peninsula Arts Center have been hosting outdoor shows on a regular basis throughout the summer, bringing singer/songwriters, instrumentalists, local and regional, to the stage, making it real for working artists and the people who love them.
- Now! an outdoor tent transitions into these darker, rainy days and the music just keeps on coming.
- Plus, every Friday night, you can join in on the Virtual Open Mic. Join as a performer or audience. Check out the info at [peninsulaartscenter.org](http://peninsulaartscenter.org).

### November Schedule:

- **Sat 11/6, 4pm:** The Hey-Ho Trio is half of Portland's well-regarded swing band, the Midnight Serenaders. Think vintage swing combo with a Hawaiian finish!

- **Sat 11/13, 4pm:** Bre Gregg and Dan Gildea. The big, beautiful, soulful voice of longtime Portland vocalist and songwriter, Bre Gregg is accompanied by her band mate and guitar virtuoso Dan!

- **Wed 11/17, 4pm:** Barbara Ann is coastal Songwriter and Folksinger, a solo act since the 60's when she picked up a Martin and never put it down. Eventually fronting a country rock band, she's come full circle to deftly serenade as a solo siren.

- **Seating is limited. Buy tickets \$15 per show, at [peninsulaartscenter.org](http://peninsulaartscenter.org). Questions call Bill at 360.901.0962.**

"Slowly, we step into the social milieu of culture, not leaving behind, but carrying the collective experience this pandemic has handed each and every soul. Venues get back to what we do—offer the human experience of gathering, for devouring the food of spirit, to be in witness to the beauty of performance, and all the people we crave, crave and love in our lives."

- Astoria Venue Owner



### Whiskerman

Bay Area Whiskerman are known for their spirited performances rooted in classic psych and glam rock. Experience their live show in the Fort George courtyard.

Thursday, November 18, 6-8pm. NO Cover

**JOHNNY FRANCO** is a Brazilian rock n' roll marauder who now resides in Portland, and who crafts inventive spaghetti western/folk-rock stompers. Armed with propulsive, spindly guitars, Dylanesque vocals, and adventurous vibes, Franco recently signed to label Blanket Fort.

**Fort George, November 21, 6-8pm. 14th and Duane Folks! No Cover.**



## Music LIVE@Fort George

Behold a Sunday Music calendar:

**11/7: Wes Yousie and the County Champs/Country (Portland Or.)**

**11/ 14: Neon Chapel/Country Blues (Astoria Or.)**

**11/21 - Johnny Franco/Americana (Portland Or.)**

**11/ 28: The Hackles/Roots Folk (Astoria Or.)**



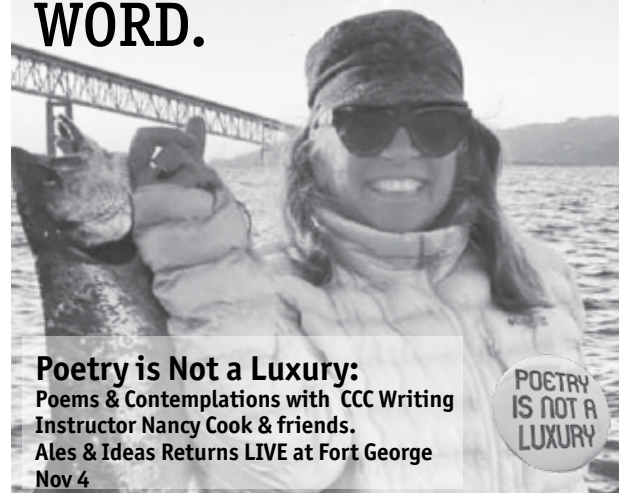
## Liberty VIRTUAL GALA

The Hackles premiere "Bringing the Liberty Back" for the second annual VIRTUAL GALA, November 13th at 7pm. The virtual program includes a performance from Sergey Antonov (Hermitage Piano Trio) with Israel Nebeker (Blind Pilot), along with short video tributes from Astoria's Mayor Bruce Jones, Astoria's Arts & Movement Center's Jessamyn West.

**7pm on [www.libertyastoria.org/gala](http://www.libertyastoria.org/gala)**

**Or [www.vimeo.com/libertyastoria](http://www.vimeo.com/libertyastoria)**

## WORD.



**Poetry is Not a Luxury:**  
Poems & Contemplations with CCC Writing Instructor Nancy Cook & friends.  
**Ales & Ideas Returns LIVE at Fort George Nov 4**

"Poetry is not a luxury," wrote Audre Lorde in 1977. "The quality of light by which we scrutinize our lives has direct bearing upon the product which we live, and upon the changes which we hope to bring about through those lives." The words of self-described "black lesbian, mother, warrior, poet" Audre Lorde, along with the auspicious occasion of Pulitzer Prize poet Jericho Brown's visit to Astoria, inspired CCC Writing Instructor Nancy Cook to prepare this evening of readings, performance, and contemplations about the importance of poetry in our diverse communities and in her own life as a mother, teacher, climate-justice advocate, and aspiring anti-racist citizen. One need not be a poet to enjoy this celebration of the power of words in our worlds today. Come learn about compelling trends in contemporary poetry—on the page, and in traditions of spoken word and multimedia performance. Consider poetry's role in the evolution of languaging in our multicultural nation. Get excited for Jericho Brown's visit, and even try your own hand at a simple poem.

*Clatsop Community College is pleased to follow Fort George's lead in returning to LIVE audiences for this year's Thursday Night Talks, following COVID Guidelines. Doors open at 6pm, with food, ales, and other beverages available; no purchase necessary. Minors are welcome at this FREE event. This event will also stream live on Facebook LIVE at 7pm. <https://www.facebook.com/FortGeorgeBrewery>. No log-in/membership required, and will be accessible for viewing post-event.*

### Author Deborah Reed

#### CB Library Virtual Author Series

Join CB Library Saturday, November 13 at 2pm on Facebook Live! The NOV presentation of the library's NW Authors Series features Deborah Reed, author and owner of Cloud & Leaf Bookstore in Manzanita. Reed writes literary fiction that focuses on the universal themes of grief, love, despair, and self-discovery. Her works have been acclaimed for their emotionally complex characters, tightly woven plots, and lyrical prose. She has also written two popular thrillers under the pen name Audrey Braun.

Deborah Reed is the author of seven novels, most recently *Pale Morning Light with Violet Swan*, and *The Days When Birds Come Back*, both with Houghton Mifflin Harcourt. She's taught writing at the Hellenic American University in Athens, Greece, the UCLA extension program in Los Angeles, and was previously the co-director of the Black Forest Writing Seminars at Albert-Ludwig University in Freiburg, Germany. She divides her time between Berlin and the Oregon coast.

**You don't need a Facebook account to watch!**

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## Oregon Shores Conservation Coalition New Generation Scientists



*John Stepanek, Department of Integrative Biology at Oregon State University, on carbon storage in sand dune ecosystems*

The Oregon Shores Conservation Coalition hosts two webinars featuring talks by emerging scientists and other young researchers, on Nov 10 and Nov 17. The organization has been celebrating its 50th anniversary this year, and sponsoring a series of talks by leading national experts on the future challenges facing our coast and ocean. These final webinars of the series feature the work of the younger generation of scientists whose work will provide information to those working to preserve the coastal environment in the future.

Oregon Shores board member and moderator Ed Joyce has assembled two sessions devoted to "New Directions in Coastal Science and Management." The first takes place on Wednesday, Nov. 10, at 6 p.m., the second a week later, on Nov. 17, also at 6 p.m. The events are free and open to all.

Access the Speaker Series link at [oregonshores.org](http://oregonshores.org)

This is a chance to see the future of ocean and coastal science as these young scientists describe their research efforts.

**Speaker Panel Nov. 10:** John Stepanek, graduate student in the Department of Integrative Biology at Oregon State University, on carbon storage in sand dune ecosystems; Graham Klag, recent M.S. from Evergreen State College and now executive director of the North Coast Watershed Association (and Oregon Shores board member), on restoration of Silverspot Butterflies and the violets they depend upon; and Kaegan Scully-Engelmeyer, recent graduate of Portland State University's Earth, Environment and Society PhD program, on his studies of pesticide runoff from forestry and its impact on aquatic bivalves.

**Speaker Panel Nov 17:** Chelsea Batavia, Environmental Scientist with the Delta Stewardship Council in California, and a PhD graduate and postdoctoral researcher with Oregon State University's Department of Forest Ecosystems and Society, on the complex interactions of science and ethics;

Amila Hadziomerspahic, a PhD candidate in Applied Economics at Oregon State University, on how tsunami risk affects the housing market; and Steve Pacella, PhD from Oregon State University and now an ecologist with the Pacific Coastal Ecology Branch of the U.S. Environmental Protection Agency Office of Research and Development, on how acidification due to climate change affects West Coast estuaries.

For more information about this event, contact Ed Joyce, (267) 229-8862, [edjoyce1590@gmail.com](mailto:edjoyce1590@gmail.com).

### Return of the Redds Virtual Event

Learn about the incredible life history of chum salmon and explore ways to support our local watersheds during this virtual fundraising event:

Join the NORTH COAST WATERSHED ASSOCIATION (NCWA) with guest speakers from the Oregon Department of Fish and Wildlife, Oregon Department of Forestry, and other partners as they discuss life cycle characteristics and habitats for chum salmon. NCWA will also be hosting a virtual silent auction to help raise funds for their Return of the Redds program to continue work with local landowners for our watersheds. This event will be hosted virtually and FREE to the public in partnership with the Astoria Brewery Taproom on 12th Street.

**Friday, Nov 12, 6-8pm. FMI on this event and connect with NCWA, [www.clatsopwatersheds.org](http://www.clatsopwatersheds.org) and [returnoftheredds.com](http://returnoftheredds.com)**

### Lower Nehalem Watershed Council Speaker Series Nov 11

LNWC welcomes Sarah Rhodig on Nov 11. PSU Masters of Environmental Management Candidate at PSU, Rhodig will share her very local research on using bird assemblages to assess habitat quality in tidal sloughs. This presentation is part of the Lower Nehalem Watershed Council's speaker series. This study evaluated the bird assemblages using the habitat around several tidal sloughs in Nehalem Bay. In doing so, Sarah tested how well bird assemblages can be used as a proxy for habitat identification and quality.

Tidal sloughs are important habitats for juvenile salmonids. In the winter they can provide refuge from high velocity water in the mainstem. In the spring they are important for smolt development and the young salmon adjust to gradually higher salinities using these tidal sloughs. So their health is very important.

Because salinity influences the plant communities around the sloughs, and because those plant communities then influence the bird communities, the types of birds found in an area can serve as an indicator of habitat condition. This technique has been used in other areas of the world to assess habitat quality. Sarah tested the connection here on Oregon's North Coast.

The talk happens on November 11 at 7 pm, hosted on Zoom, and is free to the public. Find the event at [www.facebook.com/lnwc1](http://www.facebook.com/lnwc1). Contact the watershed council at [lnwc@nehalemtnel.net](mailto:lnwc@nehalemtnel.net).

A recording of this presentation will also be posted on the LNWC's YouTube channel with other recorded presentations. Just search for "Lower Nehalem Watershed Council" on YouTube.



## Chapter 2: Everything Great Starts with Something Small



*Trinity and Family*

**WHAT'S THE STORY** behind the "Tillamook County for Rent" Facebook group? We went behind-the-scenes to find the person who is shining a spotlight on the heart-wrenching stories of a lopsided housing market. While the page's creator, Trinity McClure, has helped dozens of people find housing, she has not been so lucky.

Lack of rental listings, along with dead-end leads and scams led Trinity to create the Tillamook County for Rent Facebook page. "There are all these other groups on Facebook so I thought, 'Why not create one that connects landlords with people who are looking to rent?'" And the page has exploded with interest, but mostly from people looking. She notes that some landlords do monitor the page and reach out to people privately and that tensions can run high on the page with so much competition for so few options. Trinity's family even found their "dream house" through the Facebook page but could no longer afford it when her husband's health affected his ability to work. Like many others, the family was in a catch-22. With their combined incomes, they make too much for low-

income housing but not enough to afford market rate rent.

When asked if they are in a house now, her response is guarded, noting they have not had access to water for months. Acknowledging that hers is a "super unusual story," Trinity relates how, through persistence and resourcefulness, they do have a roof over their head; at least for now.

Trinity's family lived with friends when they first moved to North Tillamook County. A short time after their friends moved, Trinity's family had to find other accommodations, leaving the house empty. Over the next 2 ½ years, Trinity turned over every stone to find housing. Considering that the house they had stayed in before was now vacant, she decided to research and contact the owner to see if they might be able to return to it. Trinity went to the tax assessor's website and, after more than two years of internet research, was finally able to connect with the owner. Everything went well initially. The owner was supportive and willing to work with them if they fixed up the house. They removed a large garbage dumpster of debris (and worse), painted inside, put in a new woodstove, and paid for repairs to the electric panel to get the power restored.



Then, in February, the water was shut off. It was at this point they lost contact with the owner. With a bit more sleuthing, they discovered the owner was in legal trouble. They have been permitted to stay in the home but they cannot get the water turned back on without the owner's permission, which he has not granted.

Despite these struggles, Trinity remains committed to helping others in similar circumstances. She is always on the lookout for "Zombie" houses and goes to great lengths to search for the owners. Putting things into perspective, Trinity says, "Everything great starts with something small. A rental doesn't have to be perfect for someone to move into it. For a lot of people, a condemned house is better than nothing at all."

Speaking more broadly about the housing crisis, Trinity says she sees the issue from all sides, including the needs and interests of landlords and vacation homeowners, but is especially concerned about large companies coming into communities and buying up housing stock for vacation rentals. "It's not okay - It makes it hard for me to hire people at the store because there's no housing."

Trinity sees and hears the perception that people are homeless because they are on drugs or don't want to work. She wants people to know this is not true for most people in need of housing. She says, "I work 45-50 hours/week, six days a week. It's not that people don't want to work. Sometimes they just can't. When I got colon cancer 8 years ago, I had to stop working. Anyone can be in this situation. It just takes one accident or illness for this to become someone's reality."

When asked if she has considered moving, Trinity is resolved, "I love Oregon and I am going to stay here and keep fighting for this. People need a place to live to work."

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*This story is brought to you by the Tillamook County Housing Commission's outreach effort to increase workforce housing in Tillamook County. For more housing stories and information, visit [www.co.tillamook.or.us/bc-hc](http://www.co.tillamook.or.us/bc-hc).*

*Do you have a housing story or ideas to share? Email us at [TillamookCoHousingCommission@gmail.com](mailto:TillamookCoHousingCommission@gmail.com)*

#### Links to more information:

Check out these resource articles at [www.co.tillamook.or.us](http://www.co.tillamook.or.us)

2019 Housing Needs Analysis Report:

Housing Needs Analysis Presentation:

Property Tax Exemption Ordinance #85:

Short-Term Operator Rental License Fee Ordinance #86

"Creating a Healthy Housing Market for Tillamook County"  
Housing Task Force March 2017

"Tillamook County's Housing Crisis" is a video made for the Housing Summit by Jane Scott Video Productions:  
<https://tctv.viebit.com/player.php?hash=GakxFyap5gp0>

TILLAMOOK COUNTY HOUSING COMMISSION



# HOUSING

— BUILDS COMMUNITY —

## UNSHELTERED: dispatches from the street community



By Teresa Barnes

### Myths and Facts about Homelessness

THE MORE THAT I RESEARCH homelessness and engage in dialogue with others about it, the more I find misconceptions about what causes it at the root of many conversations. I think it's difficult to solve problems we don't understand, so this month I'd like to examine and debunk some common myths about homelessness.

#### Myth #1: People experiencing homelessness are violent/criminal.

This is one of the most dangerous myths out there, especially since the unhoused are more likely to be the victims than the perpetrators of crimes. When we perceive others as violent criminals we fear them, and it's difficult to be empathetic in this state. While it's true that the unhoused are more likely to have criminal records than the housed, this is mostly due to the criminalization of homelessness in the form of fines for loitering, sleeping in public, using the bathroom in public or public intoxication. These are all activities that are not crimes when engaged in from the comfort of a home.

#### Myth #2: People end up homeless because they are lazy/don't want to work.

The National Coalition for the Homeless estimates as many as 40%-60% of people experiencing homelessness nationwide are employed. Many guests of the Warming Center have one or more jobs. This is despite the difficulty of obtaining one with no address, no reliable phone/way to keep it charged, no or unreliable transportation, nowhere to shower or wash work clothes daily, no money for identification or dry place to store paperwork, and not being able to pass a background check due to the criminalization of homelessness mentioned above. According to the National Low Income Housing Coalition's Out of Reach 2021 report, Oregon has the 11th highest housing wage- a minimum wage worker here would need to work 65 hrs/wk to afford an average one bedroom apartment.

#### Myth #3: People experiencing homelessness are substance abusers and spend all their money on drugs.

Substance abuse is just as often a response to being unhoused as it is a factor for it. Living on the street leads to increased contact with users and dealers, and is an intense and traumatic situation that many cope with by self medicating. Still, it is estimated that around 20-40% of the unhoused population has a substance abuse disorder... roughly the same as the number of housed people who abuse drugs.

#### Myth #4: Mental illness is the cause of homelessness.

Lack of affordable housing, unemployment, and poverty are the top 3 causes of homelessness. Around 40%

of people in this country will be diagnosed with a mental illness at some point in their lives, and around 30% of the unhoused suffer from severe mental illness. Our perception that all homeless are mentally ill comes from a variety of factors. People with severe mental illness have a harder time getting and keeping jobs; when the housing market is tight they are the most vulnerable to losing their housing, and when they do they are often the loudest and most visible of the unhoused.

#### Myth #5: Homelessness is a result of bad choices/people want to be homeless.

Blaming those experiencing homelessness for their problems hides the fact that many in this country are teetering on the edge of extreme poverty, and are only a missed paycheck or medical emergency away from losing their housing. As the Council for the Homeless's website points out, "Being homeless is stressful, humiliating, exhausting, and dangerous." This is not a situation that people willingly enter into, and when offered housing they can afford the majority choose to take it.

#### Myth #6: People experiencing homelessness are vagrants or are being "bussed in" from other cities.

This myth is so pervasive that it is equally prevalent in cities as small as Astoria and as large as New York City. This is simply not the case. Suburbanites actually move more frequently than the unhoused, which makes sense considering the costs associated with moving. The vast majority of guests of the AWC are from Clatsop County.

#### Myth #7: We can't solve homelessness/it would cost taxpayers too much money.

Permanent Supportive Housing and Housing First models work well, and actually lower public costs when compared to less effective alternatives. They are less expensive than providing year-round shelter, which in turn is less expensive than shuffling the unhoused between hospitals, courts and jails. Targeted affordable housing assistance has been proven to help keep families out of homelessness.

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





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## outside the box



STEPHEN BERK

**D**URING THE GREAT DEPRESSION OF THE 1930S, Franklin Roosevelt's administration experimented with a host of programs to put people back to work and develop the American infrastructure. Electrification of much of rural America was largely accomplished by damming rivers using water power to harness electricity. The Rural Electrification Administration, together with federally sponsored entities like the Tennessee Valley Authority, succeeded in spreading electrical power and modernization through much of America's large inland farming country. Once electrified, a region could bring in manufacturing, which was done at the time by some of the largest corporations in the country. Electrification also brought with it the phenomenal growth of electrified homes with ever increasing modern conveniences. FDR was greatly sensitive to the impoverished state of much of both rural and urban America. The 1920s had been a time of great economic growth and the early development of the consumer economy. But that development had been greatly uneven. There remained large pockets of poverty and overall backwardness largely in places like the rural South and West. The New Deal aimed, through programs like the Works Progress (later Work Projects) Administration to spread modernization, and with it job creation, to areas of poverty and backwardness.

Today, with the entire country thus "modernized," we still see sizable areas of low wages, chronic unemployment and underemployment and entrenched poverty. Many of these areas, particularly in the Midwest and South, had been industrialized and experienced rising wages and improved standards of living. But these things were slowed and in many cases reversed by the corporate mania for off-shoring production, in effect shipping many workers' jobs overseas. These workers often end up unemployed or underemployed in the "gig economy." The gigs are impermanent jobs; when whatever project the jobs entail is completed, the work ends. Thus workers are thrown into unemployment and eventual poverty. The gig economy benefits chiefly owners, who do not have to pay benefits or take much of any responsibility for workers, who are thrown into unemployment when a particular "gig" ends. The word "gig" is taken from the entertainment industry, where actors and others work from production to production. But in that industry there are strong unions that shield workers from the periodic specter of unemployment and poverty.

During the depression, workers' unions fought bitter, often violent battles with employers which would ultimately lead to union recognition and job security with eventual benefits like medical care and retirement income. These accomplishments occurred largely in heavy industry like steel and automobiles. Extended fights for union recognition in the textile industry continued into

the Sixties and Seventies. Employers had often taken their shops south to states with "right to work" laws, a euphemism for the right of employers to ban unions. Eventually unions, especially in the textile industry also succeeded in unionizing in the South and other resistant areas of the country. Hollywood, corporate as it is, has made precious few pro-union films. An exception was "Norma Rae," (1979) in which a textile worker played by Sally Field successfully organizes a union. On the other hand, many of the other films dealing with unionism, like "On the Waterfront" have themes of corruption and mob infiltration. Few American films are critical of the lopsided structure of capital and inadequate worker pay and benefits. For the most part we have been going backwards. In the Fifties union recognition was growing toward fifty per cent. Now it is in single digits.

President Joe Biden's announced program to rebuild the American infrastructure, much of which is becoming dilapidated and un-

safe, offers the possibility of accentuating the use of union labor. Biden's Democratic Party was traditionally pro-union. In its heyday labor was a powerful force, capable of challenging business prerogatives and gaining a middle class standard of living. But since the anti-labor Reagan administration, industrial unionism has fallen to about seven per cent of the work force. Hence a great many workers, especially those who

work for smaller companies, suffer with meager wages and little to no benefits. Many have to hold two or three jobs in order just to pay their bills and keep a roof over their heads. In that Biden's program for rebuilding infrastructure recalls programs of the New Deal like the Rural Electrification Administration and the Works Progress (later Work Projects) Administration; one would think that the new rebuilding projects would use organized labor. But given industry's successful resistance to unionism since the anti-union Reagan administration in the eighties, that is not a foregone conclusion.

Organized labor used to be the backbone of the Democratic Party. In recent decades the Democrats have not quite abandoned labor, but they have accentuated other issues, such as the environment and education. These are legitimate, important areas of concern. But in order to ensure a decent standard of living for all, labor issues like good wages and clean, safe working conditions need once again to be accentuated. One recent development that offers great hope to labor is the worker owned company. There are now some twenty-eight major ones. Worker ownership eliminates class conflict with bosses, thereby ending the need for the expensive, cumbersome negotiating process of labor versus capital. At long last workers may be gaining real power over the means of production and thus hopefully better access to equality and prosperity.



REBUILDING  
AMERICA



# The Heart of Service:

## Animal Haven by the Sea Rescue

*By Heather Hirschi*



**Lee Blackmon and Diesel**

“The greatness of a nation and its moral progress can be judged by the way in which its animals are treated. I hold that the more helpless a creature, the more entitled it is to protection by man from the cruelty of man.”

~Commonly attributed to Mahatma Gandhi

A great many people on the coast identify as animal lovers. Some would call themselves animal rights advocates or activists. A very few are dedicated to animal welfare with a passion that embodies Gandhi's call to protect animals from human cruelty. Lee Blackmon is such a champion for the beings he calls “fur angels.”

11 years ago, Blackmon left a successful corporate career in Southern California to establish Animal Haven by the Sea Rescue in Nehalem. To characterize the transition, he says, “I went from shopping for sheets by thread count to measuring urine absorption rates,” referring to the material necessities of rescuing animals in crisis. He explains that he gave up a life focused on self-gratification to live a life dedicated to service. “Animals are the most vulnerable because they aren't allowed agency,” he says of his decision to establish the rescue.

Part of his journey has been overcoming addiction. Sobriety has helped him recognize the clouded vision and selfish decisions addiction compels. Service is central to his sobriety and includes bearing witness to addiction's impact along the northwest coast. “Addic-

tion trumps necessity,” he says, sometimes “addiction trumps everything.” People living in active addiction are more prone to neglect or abuse their pets. Blackmon has rescued dogs bone thin and covered in cigarette burns, cats thrown in rivers, and a horse left starving in a field. He won't hesitate to remove an animal from an abusive situation. “Since I was a kid,” he says, “I hate to see animals suffer, and if a human is causing suffering, I do everything I can to make it stop.” Animal Haven has rescued hundreds of animals from people who “own” them. Often, according to Blackmon, practicing addicts.

Blackmon can't abide “ownership” of another being justifying mistreatment. And the law agrees. He is licensed by the State of Oregon as a first responder for animals in crisis, which authorizes him to remove pets from danger. Sometimes, removal means taking an animal out of a home or yard. As a result, angry “owners” have threatened Blackmon with lawsuits and physical violence. “Abusers are cowards,” he says, explaining that the threat of retaliatory violence won't stop him from “rescuing fur angels.”

cont. p12



## FEATURE Animal Haven by the Sea Rescue

Abused and neglected animals suffer symptoms of Post Traumatic Stress Disorder (PTSD) just like people who've experienced trauma. They develop maladaptive behaviors that make adoption difficult. Animals who experience inconsistent messages about their behavior will act erratically, or with inappropriate aggression. In these cases, Blackmon's motto is "three strikes and you're in": If after three placements, a rescue animal has not adjusted to a home environment, Animal Haven becomes home.

Some rescue animals, particularly those who work with the police and military, have trouble adjusting to a home environment because

Logan, a Jack Russell terrier, is another lifer who Blackmon rescued from a meth house. Logan was so badly neglected, his harness had grown into his skin and had to be surgically removed.

Egregious negligence threatens animals' lives every day and Blackmon daily strives to protect them. His most dramatic rescue was of an abandoned horse named Diesel, whose custody was at issue in a bitter divorce battle. Left alone in a field--unfed, ungroomed, and unsheltered--Diesel was close to starvation. "His eyes were bleeding from untreated infections," Blackmon says.

After the horse was settled in a safe foster situation, Blackmon says "the vet came out to bow his sharp teeth that were preventing him from eating. We also had a ferrier care for his hooves because they were so long he could barely walk." After two months, Diesel was relocated by special transport to a Horse Rescue in Florence, where he underwent eye removal surgery. He now lives with another horse named Brian, who supports him in his blindness.

While neglect and abuse are common factors for displacement,

pets also lose their homes due to owners' becoming incapacitated or a reconfiguration in the household, like the arrival of a baby. Phenomena like forest fires, the pandemic, and last summer's "heat dome" recently displaced a catastrophic number of animals, both wild and domestic. Blackmon stresses the rescue's primary goal is finding displaced animals safe and loving homes.

"Animal Haven by the Sea is a Rescue, not a shelter," he explains, although the organization's role in the community is hard to summarize. The only rescue in North Tillamook County, Animal Haven has become a fulcrum of support for pets and their people. In economically tenuous times, Blackmon is acutely aware that taking care of animals requires taking care of humans. Food and housing insecurity create obstacles for people to meet their pets' needs.

Over the years, Blackmon has distributed goods from the Animal Haven truck, often accompanied by one of his fur buddies like Officer Cheyenne. The rescue now has a permanent distribution site in the Nehalem Bay Methodist Church, which operates one of two local food pantries and a thrift shop. Among numerous

community services, Nehalem Bay Methodist provides a shopping experience for people living with food and financial insecurity. 2021 statistics record child food insecurity rates at 18.5% in Tillamook County, where 92% of children live below the federal poverty line.

For no charge, anyone who visits the church's pantry can shop for nonperishable items and seasonal fresh produce donated by local food producers and the Tillamook County Food Bank. Bobbie Mosher is the Coordinator and Point of Contact for the Pantry and Thrift Store. She creates a welcoming environment for shoppers. Clothes are accessible from inviting displays and three neatly organized pantry rooms are stocked with everything from toiletries to appliances.

Nehalem Bay Methodist contributes to a network of support systems for families in this increasingly strained economy. Animal Haven enriches that effort with a pet corner that offers food, toys, clothing and grooming supplies. Blackmon often assists Mosher at the thrift store. Recently, a newly sheltered visitor needed a suit for a job interview. Blackmon helped him find a donated Armani. (In his previous life, Blackmon developed a keen sense of fashion, with an affection for *Vogue Magazine* and the late designer Kate Spade.) The shopper got the job and returned to thank Blackmon. "That's one of the perks of this work," he says, smiling.

"He has a read on animals and people," Mosher says of Blackmon, who she came to know through several cat adoptions. "He can match them well." Nehalem resident, Hildy Hyde agrees. She adopted her GoldenDoodle, Freya, through Blackmon. The puppy's frenetic energy resulted in several failed placements. "I've never met a puppy who terrorized the other foster animals so much," Blackmon said, realizing Hyde and her family might be the solution. He was right. Hyde had the patience and

temperament to become Freya's person. "High energy or not, we knew she was a keeper, she fit right in. We're forever grateful to Lee for bringing us together."

Bobbie Mosher shares Blackmon's commitment to service. After suffering a family tragedy, she and her husband relocated to Tillamook County. Her work with Nehalem Bay Methodist strengthens her faith and purpose, helping her heal from grief. Mosher provides customers with personalized touches like printed recipes for unfamiliar food items, which are also available in Spanish. Such attention to detail honors the dignity of people who visit the pantry. Like Blackmon, Mosher operates from the perspective that service is its own reward. Contributing to community



**Bobby Mosher is Coordinator and Point of Contact for Nehalem Bay Methodist Food Pantry and Thrift Store, collaborating with Animal Haven by the Sea Rescue.**

they've worked in highly stressful specialized fields. According to Blackmon, retired military service dogs are frequently adopted by their trainers, but police dogs often end up in shelters. These dogs, trained in jobs like search & rescue and cadaver retrieval, have lived with strict routines in difficult situations. The transition to "civilian" life can be impossible for animals used to operating in regimented and often dangerous environments.

One such dog is a sleek German Shepherd Blackmon calls "Officer Cheyenne." She's usually riding shotgun with Blackmon on his rounds of Manzanita and Nehalem. A cadaver retriever, Cheyenne recently retired from the police force. Blackmon immediately realized she would not be adoptable. "Because of her training and what she's experienced, she's too aggressive for most people."

Cheyenne is one of the few lifers that Animal Haven houses. Several cats, too feral or traumatized for adoption, also live there. Animal Haven has even housed two bearded dragon lizards who were abandoned in the cemetery behind the rescue.



PHOTO: Kindness Hyde



**Lee Blackmon and veterinarian Dr. Matt Didlake of Nehalem Animal Healing Clinic.**



TO DONATE: please visit [www.animalhavenbythesea.org](http://www.animalhavenbythesea.org).  
35170 The Glade  
Nehalem, Oregon 97131  
503.368.7719

Animal Haven posts weekly updates to facebook with reports of rescues and successful adoptions, animals seeking homes, events, and other news of Blackmon's rescue adventures. The rescue's extensive network of followers can quickly disseminate information about pets in crisis: <https://www.facebook.com/pages/category/Community/Animal-Haven-by-The-Sea-Rescue-938291842883621/>

Nehalem Bay Methodist Food Pantry and Thrift Store:  
36050 10th Street Nehalem, Oregon; 503.368.5612

Nehalem Animal Healing: [www.nehalemanimalhealing.com](http://www.nehalemanimalhealing.com)



*Goldendoodle Freya's frenetic energy resulted in several failed adoptions, but Blackmon's persistence and intuition resulted in a perfect loving match.*

well being is the foundation of the collaboration between Nehalem Bay Methodist and Animal Haven by the Sea.

Over the years, Blackmon has developed a network of similarly committed collaborators like Nehalem Animal Healing. Veterinary surgeon Dr. Matt Didlake established this clinic 11 years ago, around the same time Blackmon founded the rescue. Dr. Matt, as he prefers to be called, currently is the sole practitioner at the clinic, which provides services from diagnostics to dentistry. Prior to opening Nehalem Animal Healing, Dr. Matt spent 10 years with Dr. Goza at Astoria's Columbia Veterinary Clinic. Dr Goza taught him the guiding principle of his practice, Dr. Matt says, "Take care of your community."

Through collaboration with Animal Haven by the Sea, as well as contributions from other local donors and foundations, Dr. Matt is able to offer price reductions and subsidized services. Recently, he replaced a hip for a dog whose person couldn't pay the full cost of surgery. "Thanks to the fund we've established through these partnerships," he says, "we were able to perform the very necessary surgery affordably."

Dr. Matt considers his community commitment to be a global as well as local necessity. He says, "I aim to change the world, which starts in the community where I live. I'm really interested in how

we create a collective shift in human consciousness." He characterizes his partnership with Animal Haven as part of that shift. "Lee promotes good energy. He's all about giving more than he takes. I mean," Dr. Matt grins, "the man collects cans."

Animal Haven's funding comes from several streams, including Blackmon's can collection. The nonprofit is funded through grants, individual and local business donations, and the Humane Society of Oregon. Animal Haven's main fundraiser is the strut-your-mutt event, "Muttzanita," a beach party for coastal dogs and their people. The event's 2021 cancellation brought a second year of substantial loss for Animal Haven. In reciprocity for Blackmon's contributions, the community stepped up to keep the rescue afloat with generous donations, including many garbage bags of cans. In addition to food from the Humane Society, the rescue receives frequent high quality donations from local pet boutique, Four Paws on the Beach.

Animal Haven by the Sea Rescue protects North Tillamook County's most vulnerable members through strengthening the entire community. Lee Blackmon and his collaborators set a standard for animal advocacy fueled by the recognition of our fundamental connection as beings, animal and human. As Dr. Matt says, "We can imagine a world, we can create a world where our collective well-being is everyone's purpose."



*Officer Cheyenne, a retired police dog, trained in cadaver retrieval, often accompanies Blackmon to distribute goods in the Animal Haven truck.*

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# THEATRE PERFORMANCE



RIVERBEND PLAYERS return to the stage at the North County Recreational District this Fall with Robert Harling's comedy-drama STEEL MAGNOLIAS, running November 5 – 7 and November 12 -14. The opening of "Steel Magnolias" will mark nearly two years to the day since Riverbend Players has presented a production on stage in front of a live audience. During the interim, Riverbend produced two virtual plays: "It's a Wonderful Life" and "The Dog Logs," which were very entertaining productions that raised nearly \$10,000 in support of local businesses and to aid the local organizations that work to alleviate food insecurity.

Steel Magnolias focuses on the camaraderie of six Southern women who talk, gossip, needle and harangue each other through the best of times - and comfort and repair one another through the worst. The play is alternately hilarious and touching, revealing these southern belles to be as delicate as magnolias, yet as strong as steel.

Steel Magnolias is directed by Jeff Slamal and stars, in order of appearance, Margo McClellan as Truvy, Julee Ward as Annelle, Sharon Gavin as Clairee, Emma Andrade as Shelby, Sue Neuer as M'Lynn and Linda Makohon as Ouiser.

Robert Harling was inspired to write his first play after his sister Susan died of complications from diabetes. "Steel Magnolias" premiered off-Broadway at the WPA Theater in 1987, then quickly transferred to the Lucille Lortel Theater and became an instant sensation, running for three years and spawning the hit movie.

Look for tickets on sale through [Tickettomato.com](http://Tickettomato.com) soon. \$17 General admission. North County Recreational District, 36155 9th Street, Nehalem, OR. [www.riverbendplayers.org](http://www.riverbendplayers.org)

## Coaster Theatre Radio Hour Dickens' CHRISTMAS CAROL

THE COASTER Theatre Playhouse brings it's 2020 Dickens Play Project to the stage this holiday season. This production is a radio style play written, workshoped and performed by our community and viewed virtually in 2020.

It's December 20, 1936 as the Coaster Theatre Radio Hour actors take their places to bring Christmas cheer to audiences during this turbulent time in American history. The story of A Christmas Carol is popular with children and adults of all ages. It has been adapted countless times and continues to urge us to honor the spirit of Christmas and keep it in our hearts all year round.

For those of you unfamiliar with the Coaster Theatre's history and its annual Dickens play, the fall of 1973 brought a gas crunch that left Cannon Beach wanting for visitors. Vicki Hawkins, then owner of the Cannon Beach Gazette, developed the idea of a Dickens theme with window decorations, food and costumes for the entire community at Christmas. Vicki came up with the motto, "The Low Lights will be the Highlights of Cannon Beach." She said the town was a



A Coaster Christmas Carol, circa 1970's.

natural for a Dickens theme – the shopkeepers dressed in clothing of the Dickens era; the kids wore wool caps, scarves, and leggings.

In keeping with the Dickens theme, the community decided to put on a Dickens play. The Dickens play became an annual tradition welcoming generations of North Coast families both on and off stage to the Coaster Theatre during the holiday season.

All performances at the Coaster Theatre Playhouse will adhere to the Coaster Theatre's COVID-19 policies and procedures for staff, actors and audience members.

Performances: Fri/Sat, Nov 19 – Dec 18. Show at 7:30pm. TICKETS: \$20. Tickets can be purchased online, at the theatre box office or by calling 503-436-1242.

## North Coast Chorale Sings Messiah • Nov 28

THE NORTH COAST CHORALE presents Handel's Messiah on Sunday, November 28, at 4pm.

You are invited to come, hear and enjoy the choruses and solos from this well known and well loved piece that transitions all of us into the Holiday season.

Even though this is not a sing-along, NC Chorale asks that anyone who is able, bring a monetary donation for the Clatsop County Food Bank to help those who are in need this holiday season. Because of COVID restrictions, do not bring food or clothing items, and everyone is expected to wear a mask.

This presentation will be held 4pm, at St. Mary, Star of the Sea Catholic Church, 1465 Grand Avenue, in Astoria, Oregon



## HERMITAGE PIANO TRIO One Night Only



Sergey Antonov, Cello, Ilya Kazantsev, Piano, & Misha Keylin, Violin are entering their second decade as Hermitage and have solidified their place as one of the world's leading piano trios, garnering multiple GRAMMY® Award nominations and receiving both audience and press accolades for their performances. Here, they're a household name.

TRAVELING THE WEST COAST this November, HERMITAGE PIANO TRIO plays a one-nighter at the Liberty, gifting our classical loving ears with Brahms, Mendelssohn and Tchaikovsky, plus early 20th century Spanish classical composer Joaquin Turina and early 20th century Mexican composer Manuel Ponce.

Performance: Tuesday, November 16, 7pm, \$15, \$25, \$35 ONE NIGHT ONLY! Doors at 6pm. Proof of vaccination or negative COVID-19 test required. Tickets at <https://libertyastoria.showare.com>

## NC Chamber Orchestra Minor Alterations

THE NORTH COAST CHAMBER ORCHESTRA, under the direction of Conductor Cory Pederson, returns for their first public concert since February of 2020. NCCO present two concerts of classical intrigue and humor, titled "Minor Alterations," offering a variety of entertaining chamber selections and piano works.

The programs feature performances by Cannon Beach pianist Diane Amos, including Robert Schumann's "Scenes From Childhood" and "Dreaming," Frederic Chopin's "Nocturne in C minor", and "Polonaise", a piano/flute duet with Melissa Lagerquist. Selections performed by NCCO will include Mozart's "A Musical Joke," a parody selection from Paul Hindemith's "Minimax," and more serious works such as the beautiful "Prelude for String Orchestra in F minor" by Gerald Finzi. NCCO will also perform music from the Golden Ages, with Adrianus Valerius's "Three Seventeenth Century Dutch Tunes," and more. The orchestra hopes these offerings will serve as a reminder that classical music, and all music, unites us.

FRIDAY, NOVEMBER 19 at St. Catherine's Episcopal Church (36335 N. Hwy 101, Nehalem, OR) beginning at 7pm, and



SUNDAY, NOVEMBER 21 at the Charlene Larsen Center for the Performing Arts (formerly known as the PAC -- 588 16th St. Astoria, OR), beginning at 2pm.

Admission \$10 adults, \$5 students, and children under 12 (with adult supervision) free. All concerts are family friendly. ALL audience members (children and adults) will be required to show proof of vaccination against COVID-19, and wear face coverings.



## Astoria Visual Arts presents OFFAL by Simone Fischer

SCARCITY IS AN IDEOLOGY preached within the all-consuming churn of late-capitalist logics of food stamps, fast food, and monocropping; but have we stopped to consider the potentiality of the cast-offs? OFFAL, a solo exhibition of work by Simone Fischer, is part-leftovers, part-exhibition, part-model, and part-offering of an alternative food economy and ethics.

AVA welcomes Simone Fischer as the November artist in the gallery + an artist talk on Nov. 12 at 12pm between artist and curator Laurel V. McLaughlin.

A multidisciplinary artist Simone Fischer creates sculptures, installations, steel etchings, and social practice works that grapple with the social conditioning which determines cultural relationships to food production, consumption, and (re) cyclings. Drawing inspiration from the unwanted animal refuse, Fischer asks us to take a second look at the materials and processes deemed useless within mass food production that could actually sustain us.

Installation sculptures in Fischer's work include, **REARVIEW EXIT (2019)**, a fabricated door frame with a photograph printed on chiffon, seen from the AVA windows and as an anchor within the gallery, stands as a centralized entrance into the alternative model of OFFAL. It offers us the chance to cross the threshold to an alternative understanding of consumption, bypassing fast food and corporate advertising. The electric lamp and crushed cart in **POWER RELATIONS (2020)** greets us at the door, always present within any relationship to food within capitalism.

Tour OFFAL in the AVA Gallery and the journey through our culturized and capitalized relationship to food, and Fischer's eventual offering of abundance outside of corporatized and

closed-loop food systems.

OFFAL is organized by independent curator **Laurel V. McLaughlin** in collaboration with Simone Fischer and Astoria Visual Arts. The exhibition is accompanied by an opening on **Saturday, November 13, 3-7pm** and a conversation between the artist and curator on Sunday, November 21 at 12pm. Zoom link available via AVA IG and website. Fischer's new works produced for the exhibition were supported by a 2021 residency in the Intermedia program at the Pacific Northwest College of Art of Willamette University.

**AVA is located at 1000 Duane Street and is open Fri/Sat from 12- 4pm, Sun 12-3pm. [www.astoriavisualarts.org](http://www.astoriavisualarts.org).**



## Astoria Art Loft Pre-Holiday Art Festivities

THE VELOCIRAPTOR, Scrappy, invites you to Astoria Art Loft for beautiful and affordable holiday and special occasion treasures. Original artwork includes fused glass, paintings large and small, photography, collage and assemblage, jewelry, and all-occasion cards. Special sculpture from recycled materials such as car bodies (both Chevy and Mercedes), copper tubes, tuna fish cans, cocktail shakers, windshield wipers, and other "stuph" will greet you in the main gallery.

Many of the cards in the "cardinal carnival" are originals. All cards are by local artists. Calligraphy greetings are available upon request.

A special pre-holiday sale of art materials offers an affordable opportunity to find goodies for the artists in your life. The supplies and special artwork are available for a donation to the Children's Summer Art Workshops Scholarship Fund. **Visit the Astoria Art Loft for 2nd Saturday Art Walk Nov 13, and Tues - Sat, 10am to 4pm at 106 3rd St., Astoria.**

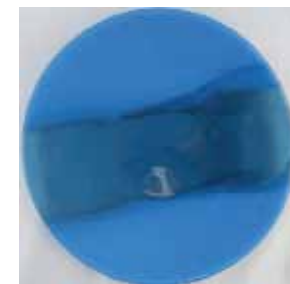


## Glasswork and Photography At Trail's End



**Newman, B&W Propeller**

TRAIL'S END Art Association Gallery presents two featured artists November 5 - 28. Richard Newman presents his series of black and white fine art photography featuring bridges and transportation. Also featured are the imaginative and colorful fused glass work by Carolyn Myers Lindberg.



**Lindberg, Blue Wave 2**

As a kid growing up, Newman always loved the photographs in Life magazine and the black & white work of Ansel Adams—both the beauty in landscapes as well as the reality of life. Whether it's landscapes, nature, sports or historical objects, Newman is fascinated by the various textures that nature provides, allowing him to bring these objects to print. Neman is the current President of Trail's End Art Association.

Carolyn Myers Lindberg is a life-long artist, who has worked in glass for over 25 years and recently moved to Seaside from Portland. She received early instruction at Bullseye Glass in Portland and the rest of her work and style was developed through her own experience and exploration. Most of her work is functional—for the look and feel of glass, but also how it can evoke a desire to be used and held. Inspired in nature, whether sea, sky or the forest or surprised by beauty in unexpected places, this show is a collection of functional forms she's created over the past several years that employ a wide variety of glass types and techniques. Carolyn is the VP Membership.

**Trail's End is a non-profit art association. The gallery is located at 656 A Street, Gearhart. Visit the gallery from 11-3pm, Fri-Sun. [www.trailsendart.org](http://www.trailsendart.org) 503.717.9458**

## EUGENE LANDRY An Artist, A Time and a Tribe Namschats Heritage Museum



THE SHOALWATER BAY INDIAN TRIBE presents Eugene Landry; An Artist, A Time and a Tribe, at the Namschats Heritage Museum. The exhibit is now open to the public.

The display features 30 oil paintings by Shoalwater Bay tribal member Eugene Landry, (1937-1988).

Eugene painted the world around him, and the people in it. Paralyzed at the age of 18, he dedicated his life to perfecting his craft from a wheelchair. Landry's style reflects the influence

of post-impressionist artists such as Cezanne. His paintings tell a powerful story of mid-twentieth century life on the Shoalwater reservation.

**The exhibit is open to the public Tuesday thru Saturday from 9:00-5:00. Closed Sunday-Monday. Shoalwater Bay Heritage Museum (across from the casino) 4115 State Route 105 Tokeland, WA(360) 267-8130, Admission Free. Masks required. [www.eugenelandry.com](http://www.eugenelandry.com)**

## November at Hoffman Gallery

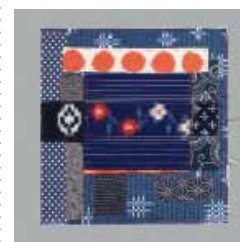
THE HOFFMAN GALLERY presents mixed media/collage by Cathi Howell, Japanese Indigo Cloths by Peggy Biskar and Ceremics by Kathleen Larsen.

In INTERSECTIONS, Cathi Howell pieces together images from almost 70 years of art from drawing, painting, printmaking, photography, fabric design, improvisational silkscreen, weaving and calligraphy— recycling of often unrelated images working toward a unified whole, and metaphor for the integration of a fully lived life.

Inspired by BORO, Peggy Biskar presents a collection of Japanese Indigo cloths. "BORO refers to patched textiles prevalent in the frozen northernmost region of Honshu. A major exhibit of Boro farm clothing at the Amuse Museum in Kyoto. Biskar was inspired by the indigo-dyed fabrics faded with age, the traditional clothing shapes, and the bold hand stitching called SASHIKO.

The pieces in Kathleen Larson's show are based on the Japanese style Kurinuki which means to take away, to remove clay and turn it into a usable vessel of some kind. Larson creates pieces that are functional as well as sculptural in nature.

**View Thursday through Sunday, 1-5pm, September 30 - October 31. The Hoffman Center Gallery is located at 594 Laneda Avenue in Manzanita.**



**P. Biskar**



**C.Howell**



## CCC Art Gallery Opens Moving Paintings and The Science of Art

THE CLATSOP COMMUNITY COLLEGE Royal Nebeker Art Gallery will open this year's exhibition season with a show celebrating in-person engagement with visual art. Entitled **Being Moved: Paintings by Richard Motchman** and **Into a Study by Paul X Rutz and Developmental Psychologist Jennifer Drake**, the show will run from November 1 through January 10. A reception and workshop with the artists took place in early November.

Canadian Richard Motchman exhibits life-size figurative paintings featuring movable parts. The artist explains that the viewer's physical interaction with his work "is at the heart of my art practice and is meant to expand the definition of painting." His work is designed to spark "engagement on the part of the viewer as they make choices about how the imagery of the painting is seen." Also exhibited in this show will be "Fragment Studies" of the human form.

Motchman was born in 1960 in Mombasa, Kenya, and emigrated at age three with his family to Penticton, B.C., Canada. He earned



Motchman, Eye



Detail: Info A Study, Rutz & Drake

a B.F.A. from the University of Victoria, B.C. in 1982, and spent the following six months traveling and studying art in Europe. In 1986, he continued those studies throughout North America, gaining significant influence from New York museums and galleries. In 1983, Motchman joined Xchanges and has been involved with the artist co-operative ever since. He created his first interactive paintings in 1998 and has practiced this approach in various forms ever since. His paintings have been shown in solo exhibitions in Canada and group exhibitions in both Canada and the US. They reside in private collections in Canada, the US and England. For more information about Richard Motchman, please visit his website at [www.motchman-art.com](http://www.motchman-art.com).

Paired with Motchman's work is a group of paintings designed to advance the science of art: **INTO A STUDY**, a collaboration between artist Paul X Rutz and developmental psychologist Jennifer Drake. This collection of never-before-seen paintings doubles as a science experiment about how viewers perceive and understand art.

Using a smartphone or tablet, viewers (age 18 and up) may scan the QR code provided and follow the directions to answer a few questions as they look at each of 12 paintings in this series.

After viewers contribute their insights about the artworks on display of art, the collaborators plan to publish this data for both the art and science communities. As mentioned above, viewers who participate in the study will receive a signed, numbered print from Rutz and Drake while supplies last.

Paul Xavier Rutz is a painter and installation artist. Earning a Ph.D. in Visual Culture from Purdue University in 2011, he relocated to Portland, OR, to pursue a painting career. In 2018, Rutz studied under painter and printmaker Sigfrido Oliva in Italy, then returned to Purdue for an artist residency in early 2020. He has held solo shows at the Oregon Military Museum and several academic galleries, as well as group shows at Mark Woolley Gallery and the Smithsonian Institution. As an art writer he has contributed to *Huffington Post*, *Modern Fiction Studies*, *The Smart Set*, and *Cincinnati Review*, among others. [www.paulrutz.com](http://www.paulrutz.com)

Jennifer Drake is an Associate Professor of Psychology at Brooklyn College and The Graduate Center of the City University of New York. Her research focuses on the psychology of the visual arts, including the cognitive, perceptual and emotional processes underlying involved in graphic representation. She was named a 2015 "Rising Star" by the Association for Psychological Science and an outstanding early career scholar in 2018 by the American Psychological Association for her work on the emotion regulation benefits of everyday art-making.

The CCC Royal Nebeker Gallery, located at 1799 Lexington Avenue in Astoria, is ADA accessible. Gallery hours are from 10am– 4pm Mon through Thurs, weekends and holidays by appt. only. Contact Kristin Shauck by phone (503-338-2472) or e-mail [kshauck@clatsopcc.edu](mailto:kshauck@clatsopcc.edu).

## Facing You an exploration of portraiture at IMOGEN

IMOGEN presents the seventh annual invitational exhibition exploring humanity through portraiture. This year's exhibition will include the sublime paintings of Reed Clarke, the soulful paintings of Aaron Toledo and for the first time, the evocative paintings of Amelia Santiago; all exploring the essence of humanity. This collection moves beyond a surface glance of an individual, inviting the viewer a step closer and to consider the underlying. Perhaps to see ourselves through the eyes of



A. Santiago, The Red Booth



A. Toledo THE BARBER  
people he's observed in daily life while bringing in elements to create dynamic composition. Known for his skill as a painter and printmaker, he has had his work juried into Clatsop Com-

munity College's, prestigious Au Naturel: Nudes in the 21st Century exhibition several years running, receiving a first prize award as well as a purchase award from CCC. Amelia Santiago who lives in Astoria is not new to Imogen, some may recall her incredible felted sculpture of our canine friends. She balances her work as a fiber artist equally with her love of the painting process. After graduating from Pacific Northwest College of Art with a BFA in painting, Santiago traveled to Iceland where she became enamored with wool fiber, this led to a decade long career of creating 3-dimensional animal portraiture. Still, she never let the process of painting stray too far. About her work and processes she states: when I paint portraits, I love that moment when the sitter comes alive, when the eyes begin to see things, I can't see and don't know and have feelings that are not mine."

Many artists at some point in their career have placed focus on the human form as subject matter, for some it's a practice of study, for others it's a means to participate with humanity on a more intimate level. Clarke, Santiago and Toledo fall into that category. Reed Clarke of Portland, Oregon has dedicated much of his career as a fine artist, painting others. Often his subjects are known literary greats. Clarke also creates his own characters, referencing

people he's observed in daily life while bringing in elements to create dynamic composition. Known for his skill as a painter and printmaker, he has had his work juried into Clatsop Com-

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IMOGEN welcomes back the work of Astoria based painter and tattoo artist Aaron Toledo. His small scale and intimate oil paintings explore the relationship between people and the space they occupy, "zooming in on moments as if they are memories, exploiting the perceptions that energize these small captures of time." As a nonacademic artist his education and career in art has been far from traditional. About his paintings he states, "My work is inspired by the often overlooked and singularly unimportant candid moments, the spaces we live, our most boring days, the far reaches of the earth, bad storytelling and good mistakes."

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Imogen Gallery is located at 240 11th Street. Current business hours are Thurs thru Mon 12:00 to 5:00 and Sunday 12 – 4, closed Tues/Wed. 503.468.0620 [www.imogengallery.com](http://www.imogengallery.com).



R. Clarke, Attired in Memories

## Regional Artists Featured In Two Shows At Riversea Gallery

RIVERSEA GALLERY presents two exhibitions featuring regional artists opening during Astoria's Second Saturday Artwalk on November 13 from 12 – 8 pm. Artists will be in attendance from 5 – 8 pm and both shows will remain on view through December 7.

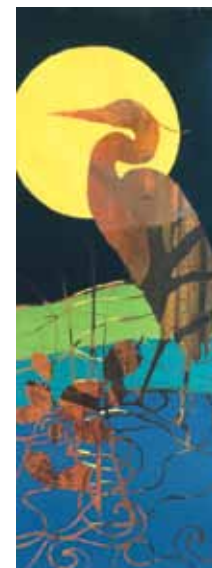
In **Great Blue & Beyond**, Marie Powell and Penny Treat highlight the increasingly fragile population of birds that form an important part of our regional ecosystem. These

two artists from Washington's Long Beach Peninsula consider themselves "long haulers of art." Now in their seventies, they have each spent decades creating and exhibiting their art. For this show they bring their prowess in painting and printmaking, along with their passion for nature, to capture the vibrant splendor of birds in their habitat. Living near three bodies of water — the ocean, river, and bay — provides them with the ideal opportunity to capture the shore birds that frequent this environment. The namesake for this show is the great blue heron, one of the most iconic birds of our local coastline.

On exhibit in the Alcove is **Nightfall**, a series of mixed-media monotypes by Joan Stuart Ross. She was inspired to create these magical scenes of the encroaching night as she watched twilight fall around a cluster of cabins in the woods, imparting a sense of wonder to what had been an ordinary scene. "Daylight dimmed, and a gathering glow embraced the group of forest dwellings," she recalls.

A Seattle artist nationally recognized for her bold, colorful paintings and mixed media works, Stuart Ross is a natural experimenter whose work is constantly evolving and segueing into new territory. She feels it is important for artists to occasionally show other styles of work they have produced. With **Nightfall**, she invites the viewer into a quiet space limned by moonlight.

RiverSea Gallery is open daily at 1160 Commercial Street in Astoria. Mon Thru Saturday, noon to 5; Sunday, noon to 4. 503-325-1270 [riverseagallery.com](http://riverseagallery.com).



M. Powell, Moonlight



P. Treat, Great Blue Preening



J.S. Ross, NightMist III



## ABOUT QUINTON

By Kate Cooper • Animal Rescue Volunteer



MEET QUINTIN! Quintin is a brown and white Husky/Terrier mix and he's available for adoption from the South Pacific County Humane Society. He's the last of his litter at the shelter, and is quite ready to go home! Quintin is 7 months old, he is

very playful and sweet. Like all puppies he is full of energy and a bundle of love.

Quintin is going to be a big guy, this boy still has some growing to do! He loves playing with other dogs and has a number of shelter play mates. He enjoys going for walks, and always ready and waiting when the dog walking team arrive. Dog walker Jean Busto says, 'Honestly, there are so many amazing qualities about Quintin; he's smart, loving and affectionate, curious, handsome, and so trainable...I can hardly believe he's only 7 months old for how well behaved he is! I love him and love to snuggle with him and give him kisses and breathe in his puppy smell while it lasts. Whoever adopts him will be so very lucky!!'

Quintin walks well on a leash. He would make a great family dog, hiking or running companion. He's a people pleaser, full of personality and charm. Quintin

needs to be in a home with no cats. He will need a secure fenced yard. He is neutered, vaccinated and microchipped, and just raring to get to his new home! If this gorgeous boy sounds like the one for you, please visit [www.beachpets.com](http://www.beachpets.com) and follow the links to adopt

*If Quinton sounds like the boy for you, please go to [WWW.BEACHPETS.COM](http://WWW.BEACHPETS.COM) and follow the links to Adopt. Once an application form has been completed, the shelter will reach out to arrange a meet and greet with Quinton. If you have more questions about Quinton you can call the shelter on 360 642 1180. The shelter runs a foster to adopt scheme, which means if you like you can foster a dog first before committing to adoption.*

By Tobi Nason

**wordwisdom**

**Change of Seasons Change of Heart?**

I NEVER REALIZED how "seasonal" my body really is until the air cools, the heavy rains hit. I shift into hibernation mode—sweaters, quilts on the bed, red wine and cheese. I love it. A surge of energy jolts me while walking Ollie, scarf blowing, sunshine on my face until . . . it starts to rain. I want to shift furniture around, get the warmer clothes out of storage and snuggle. Snuggle until spring. It's not a conscious thing, it's somatic. My brain reacts to all that bluster and cold, all which takes bodily energy to combat. I'm saving my energy for work and maybe some holiday fun. With all this sweeping weather, settling down, I tend to mull, ponder, drink another glass of red wine and take that hibernating nap.

The darker days take a toll on those of us who suffer from SAD (Seasonal Affective Disorder). I think of all those somber, depressing existential moments in Swedish movies. It makes it a challenge to overcome. Life can feel tedious, dark. The mind goes to dark places. Knowing this train of thought, it takes conscious practice, daily. Overriding an inner tape, one that has lived within a person longer than necessary is crucial. It takes

reshaping habits, ones that instill good endorphins, and committing to yourself 100%. Prioritize your life and emotions. Taking that extra nap oc-



casionally is still up for grabs. Protecting yourself from negativity, even if it means avoiding a few friends.

And now I'm switching gears just a little. I have a little dance I do when I win at cards, a silly dance, but certainly joyful. I call it the "Happy Dance." There 's something I also call the "Unhappy Dance." Certain people

can only seem to do the Unhappy Dance. Everything's a problem. Their problems are chronic and so much worse than the next person's. When I see somebody I know to be like that, I want to run. I don't have the energy to share that moment. That is part of my self-care. So I'm not just shuffling furniture and napping, I'm proactively choosing to monitor what emotions I want to incorporate. Part of this time of year means I reminisce quietly and try to piece my life story together. If I'm not careful, I can dip into a downward spiral, as many others this time of year. So simple advice; avoid Unhappy Dancers. The next few months are yours to savor. Enjoy the wild weather. Read the best books. Knit those sweaters. Shift gears to accommodate what might be your body wanting to slow down. A little introspection is always a good thing. Time for that over cheese and cider or a good beer. Life can be simple. You get to make it simple. Your life, your choices.

*Tobi Nason is a local counselor, (503)440-0587, Have a topic of concern? Email me at*



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

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Would you please help?

Dog Food – Nature's Domain (Costco)

Cat Food – Nature's Domain (Costco)

Wet Dog Food & Pate style Cat Food

High Quality Kitten Food

50 Gallon Garbage Bags

13 Gallon Tall Kitchen Bags

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Bleach

Cat Toys (No Catnip)

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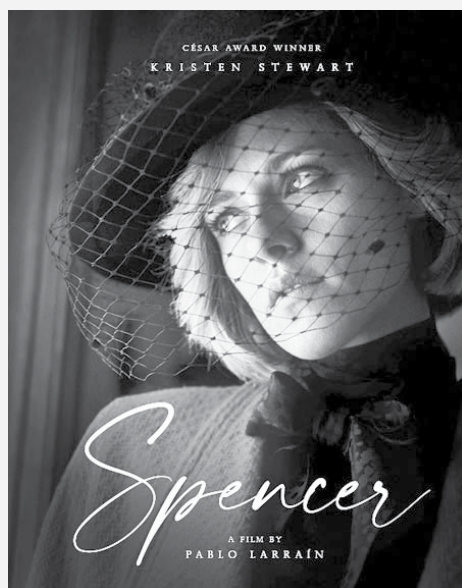


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### Theatrical / Streaming Releases

**ETERNALS (NOV. 5)** Nomadland director Choe Zhao steps up to the big time with this \$200M superhero team movie in the tradition of X-Men, The Avengers, Guardians of the Galaxy, Suicide Squad. The Eternals are immortal beings who have been on Earth since the beginning of human history, sent by the Celestials to protect humanity from the Deviants, subterranean creatures that emerge and attack. After defeating the Deviants in the distant past, the Eternals settle down and live among the humans until called again to protect them. In the present, the Eternals face a new threat. Ajak (Salma Hayek), the sage leader of the Eternals reveals that Earth is being prepared as a birth place for a new Celestial, however this might mean the end of the human race. The Eternals must choose between their milleniums-long mission to protect humanity or turn against their Celestial master. Theatrical release followed by streaming on Disney+ in approximately 45 days.



**FINCH (NOV. 5 APPLE TV)** In this post-apocalyptic last man and last dog on Earth story, Tom Hanks plays Finch, a robotics engineer whose only companion is his dog Goodyear. Knowing he is dying, Finch builds a robot who names himself Jeff to take care of Goodyear when he passes. Synopsis: Tom Hanks stars as Finch, a robotics engineer and one of the few survivors of a cataclysmic solar event that has left the world a wasteland. But Finch, who has been living in an underground bunker for decade, has built a world of his own that he shares with his dog, Goodyear. Now, though, Finch is terminally ill. With time running out, he creates a robot to watch over Goodyear when he no longer can. As the trio embarks on a perilous journey into a desolate American West, Finch strives to show his creation, who names himself Jeff, the joy and wonder of what it



means to be alive and to teach him to become human enough to take care of Goodyear.

**SPENCER (NOV. 5)** Kristen Stewart plays Princess Diana in this snapshot of a decisive weekend where the deeply unhappy Diana realizes she cannot go on living a double life and must divorce Prince Charles. Synopsis: The marriage of Princess Diana and Prince Charles has long since grown cold. Though rumors of affairs and a divorce abound, peace is ordained for the Christmas festivities at the Queen's Sandringham Estate. There's eating and drinking, shooting and hunting. Diana knows the game. But this year, things will be profoundly different. Spencer is an imagining of what might have happened during those few fateful days..

**THE POWER OF THE DOG (NOV. 17)** Director Jane Campion (The Piano) returns with this modernist, psychodrama Western. Brothers Phil (Benedict Cumberbatch) and George (Jesse Plemons) Burbank run a sprawling ranch in 1920's Montana. The brothers are complete opposites. Natty, well-mannered George runs the business side, while the coarse and loud Phil does the physical work with the ranch hands. When the rowdy Phil and the ranch hands dine at the restaurant run by Rose (Kirsten Dunst), a widow, Phil mocks her son Peter (Kody Smit-McPhee) for his perceived effeminate habit of decorating the tables with handmade paper flowers. Phil is annoyed when George begins seeing Rose, and is enraged when he marries her and Rose and Peter move in. Phil is unwelcoming to Rose and Peter and tries to undermine the marriage, all the while concealing the source of his rage and disgust. Theatrical followed by streaming on Netflix December 1.

**KING RICHARD (NOV. 19 ALSO HBO MAX)** Will Smith stars in this true life story of Richard Williams, the father of tennis superstars Serena and Venus Williams, and his struggle to coach them to success against all odds. Williams is a complicated figure, motivated to protect his daughters from the threats of growing up in Compton by coaching them to tennis success, while also using them for his own ego and to thumb his nose at the white tennis establishment who he compares to the racists he encountered growing up in the South. At first, Williams's mission seems next to impossible. The only available court is a glass-strewn neighborhood court. He practices there with the girls to the amusement of the local gangbangers who hang out nearby. When Richard realizes the girls need professional coaching, he is rejected by established tennis coaches who don't believe his claims of his girls' talent. "It's like asking someone to believe you have the next two Mozarts living in your house," says one coach. Later, when sports agents interested in representing Venus tell Richard her story is "incredible," Richard takes it as a slight and tells them lack of diversity in tennis is one reason he started on his uphill quest. Later, when Venus is on the cusp of winning her first professional tournament, Richard reveals this has been his plan since before the girls were born. Theatrical and streaming.



**HOUSE OF GUCCI (NOV. 24)** Ridley Scott directs this true life story of a fashion empire, marital discord, family squabbling and murder. Lady Gaga and Adam Driver star as wife and husband Patrizia Reggiani and Maurizio Gucci. After meeting at a party, Maurizio, the grand-



son of the Gucci founder, is taken Reggiani and are soon married in 1972. The couple live a luxurious, jet-setting lifestyle. When his father dies, Maurizio assumes control of the Gucci empire after a bitter legal fight with his uncle. But Maurizio proves to be a bumbler as head of Gucci, leading it into a downfall to the point that he is forced to sell his shares in his own company. He leaves Reggiani and takes up with a new woman. Soon after, Gucci is shot dead outside the company offices with Reggiani charged with the murder of her husband.

**THE BEATLES: GET BACK (NOV. 25 DISNEY+)** Director Peter Jackson re-directs the 1970 Beatles film Let It Be, which documented the recording of the band's final album. Let It Be was a one-sided, depressing look at a band that was on the verge of breaking up but also avoided showing truly serious moments as when George Harrison quit the band temporarily. After restoring 55 hours of film and 140 hours of audio, Jackson announced that "the reality is very different to the myth ... Sure, there's moments of drama – but none of the discord this project has long been associated with." Surviving Beatles drummer Ringo Starr echoed that sentiment: There was hours and hours of us just laughing and playing music, not at all like the Let It Be film that came out. There was a lot of joy and I think Peter will show that." The three-part documentary will be released on Nov. 25-27. Each part runs about two hours. The film will include the famous rooftop concert in its entirety.



# FREE WILL ASTROLOGY

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♈	♊	♉	♈	♊	♉	♈	♊	♉
11°	6°	27°	7°	15°	64°	0°	48°	

## NOV 2021

**ARIES** (March 21-April 19): Aries philosopher Emil Cioran wrote, “When I meet friends or people I know who are going through a difficult period, I usually have this advice for them: ‘Spend 20 minutes in a cemetery, and you’ll see that, though your worry won’t disappear, you’ll almost forget about it and you’ll feel better.” I don’t think you’re weathering a terribly difficult phase right now, Aries, but you may be dealing with more riddles and doubts and perplexities than you’re comfortable with. You could be feeling a bit darker and heavier than usual. And I think Cioran’s advice would provide you with the proper stimulation to transform your riddles and doubts and perplexities into clarity and grace and aplomb.

**TAURUS** (April 20-May 20): According to some spiritual teachers, desire interferes with our quest for illumination. It diverts us from what’s real and important. I know gurus who even go so far as to say that our yearnings deprive us of freedom; they entrap us and diminish us. I strongly disagree with all those ideas. I regard my longing as a primary fuel that energizes my drive to free myself from pain and nonsense. How about you, Taurus? In alignment with astrological omens, I authorize you to deepen and refine and celebrate the yearning in your heart. Your title/ nickname could be: 1. Yearning Champion. 2. Desire Virtuoso. 3. Connoisseur of Longing.

**GEMINI** (May 21-June 20): Author Jessamyn West confessed, “I am always jumping into the sausage grinder and deciding, even before I’m half ground, that I don’t want to be a sausage after all.” I offer her testimony as a cautionary tale, Gemini. There’s no astrological reason, no cosmic necessity, that decrees you must become like a sausage anytime soon. Such a fate can be easily avoided. All you must do is commit yourself to not jumping into the sausage grinder. Also: In every way you can imagine, don’t be like a sausage. (To meditate on sausage-ness, read the Wikipedia entry: [tinyurl.com/SausageMetaphor](https://tinyurl.com/SausageMetaphor))

**CANCER** (June 21-July 22): Our fellow Cancerian, author Franz Kafka, told us, “It is often safer to be in chains than to be free.” And yes, some of us Crabs go through phases when we crave safety so much that we tolerate, even welcome, being in chains. But the fact is that you’re far more likely to be safe if you are free, not in chains. And according to my reading of the astrological omens, that’s extra true for you now. Be like an escape artist or a freedom fighter. Hang a set of broken chains on your wall.

**LEO** (July 23-Aug. 22): Some of us yearn for allies who can act like saviors: rescue us from our demons and free us from our burdensome pasts and transform us into the beauties we want to become. On the other hand, some of us do all this hard work by ourselves: rescue ourselves from our demons and free ourselves from our burdensome pasts and transform ourselves into the beauties we want to become. I highly recommend the latter approach for you in the coming weeks, Leo.

**VIRGO** (Aug. 23-Sept. 22): “One of the reasons people are so unhappy is they don’t talk to themselves,” says author Elizabeth Gilbert. “You have to keep a conversation going with yourself throughout your life,” she continues, “to see how you’re doing, to keep your focus, to remain your own friend.” Now is a favorable time to try such an experiment, Virgo. And if you already have skill in the art of carrying on a vibrant dialog with yourself, now is a perfect moment to upgrade and refine it. Try this experiment: Imagine having a conversation with the Future You.

**LIBRA** (Sept. 23-Oct. 22): “In the absence of willpower, the most complete collection of virtues and talents is worthless.” Libran

occultist Aleister Crowley wrote that, and I agree. But let’s phrase his idea more positively: To make full use of your virtues and talents, you must develop a strong willpower. And here’s the good news, Libra: The coming weeks will be a favorable time to cultivate your willpower, along with the assets that bolster it, like discipline, self-control, and concentration. Now would be an excellent time to acquire one of the following accessories: a wand, a symbolic lightning bolt, an ankh, an arrow, a Shiva lingam stone or crystal.

**SCORPIO** (Oct. 23-Nov. 21): Mardi Gras is a boisterous festival that happens every February all over the planet. One hotspot is New Orleans. The streets there are filled with costumed revelers who enjoy acting in ways that diverge from their customary behavior. If you want to ride on a float in the parade that snakes down Royal Street, you must, by law, wear a festive mask. I invite all of you Scorpios to engage in similar festivities for the next three weeks—even if you’re not doing much socializing or partying. It’s a favorable time to experiment with a variety of alternate identities. Would you consider adopting a different persona or two? How could you have fun playing around with your self-image?

**SAGITTARIUS** (Nov. 22-Dec. 21): Jungian psychotherapist and storyteller Clarissa Pinkola Estés reminds us, “In fairy tales, tears change people, remind them of what is important, and save their very souls.” I hope you’re open to the possibility of crying epic, cathartic, catalytic tears in the coming weeks, Sagittarius. According to my analysis, you have a prime opportunity to benefit from therapeutic weeping. It could chase your fears and cure your angst and revivify your soul. So please take advantage of this gift from life. Be like a superhero whose superpower is to generate healing by crying.

**CAPRICORN** (Dec. 22-Jan. 19): Filmmaker Wim Wenders said, “Any film that supports the idea that things can be changed is a great film in my eyes.” I’ll expand upon that: “Any experience, situation, influence, or person that supports the idea that things can be changed is great.” This is a useful and potentially inspiring theme for you to work with right now, Capricorn. In accordance with astrological rhythms, I hope you will be a connoisseur and instigator of beneficial, beautiful transformations.

**AQUARIUS** (Jan. 20-Feb. 18): Fitness buff Jack LaLanne was still doing his daily workout when he was 95. He was also famous for performing arduous feats. At age 65, for example, he swam a mile through Japan’s Lake Ashinoko while towing 65 boats filled with 6,500 pounds of wood pulp. I think you’re currently capable of a metaphorically comparable effort, Aquarius. One way to do it is by mastering a psychological challenge that has previously seemed overwhelming. So meditate on where your extra strength would be best directed, and use it wisely!

**PISCES** (Feb. 19-March 20): When birdwatchers describe a bird, they speak of its “jizz.” This term refers to the distinctive character of its habitual movements, flying style, posture, vocal mannerisms, and coloring. One aficionado defines jizz as the bird’s “indefinable quality,” or the “vibe it gives off.” I’ve got a theory that right now you’re as bird-like as you’ve ever been, Pisces. You seem lighter and freer than usual, less bound to gravity and solemnity, and more likely to break into song. Your fears are subsiding because you have the confidence to leave any situation that’s weighing you down. What bird has your favorite kind of jizz? Get an image of it and display it prominently in your environment.

**HOMEWORK: TELL ME WHAT WORKED FOR YOU WHEN ALL ELSE FAILED**  
**NEWSLETTER@FREEWILLASTROLOGY.COM**

## through trees to the river By Jim Dott



at some late-early hour I wake  
sheets sweated to skin  
moonlight blaring through curtains.  
I rise, open the window  
the dream floats  
leaves painted on water ...

the crickets had quit for the night  
I came down a path through trees, their leaves  
motionless as if this state of grace could last

on the river a deep amber moon  
perfectly reflected  
its virgin dust unmarred by ruffle or ripple

though long past midsummer  
two lovers lay on the grassy bank  
and kissed and sighed –

I leave them to their tryst  
as they whisper of swimming out  
floating in the river’s tranquil moon.

... Where did you go? Come back to bed, she says,

clouds close over the moon  
the curtains inhale a spilled breeze  
a leaf releases, falls to the river,  
is ferried into an eddy  
and sinks in dark water

## POETRY VENUE Florence Sage

**About the Poem:** This man wakes and gets up, he says, but then walks through a dreamscape, as we do in sleep, each scene still as a painting. Is he musing or dreaming or did he? The poet isn’t telling. In the dark hours, you might not be sure either. ‘Did this happen or did I make it up?’ You really have to ask yourself what your mind is doing. Even dreamier with floating details and spotty punctuation – reason’s guide – and tenses of verbs shifting with the scenes. One of poetry’s best tricks is possibility.

Abruptly, the poem turns. A voice cuts across the scene: “Where did you go?” The answer is in the title: through trees to the river – surely only part of the answer. Next from the voice, “Come back to bed,” meaning ‘You’ll catch a cold,’ or ‘You need your sleep.’ Or maybe it’s really saying, ‘Come back to me.’ Our speech is poetic with possibility — making us intriguingly chancy to decipher. Is this voice an interruption that stops reverie as in “Kubla Khan”? Or is it a welcome call back to the room: ‘Enough of being gone, enough of making a new poem’? Writers are often at a loss which world to be in.

The broken reverie closes out cinematically, in the way of a dream you’re trying to hold onto, but of course, can’t: clouds close, curtains inhale, a leaf releases, falls, is ferried and sinks, and finally, the river no longer sustains a floating leaf, but takes it down as you gaze. The page goes blank like loss of something lovely, without a period to stop it. Lingering loss, another recurring theme in poems and life.

**About the Poet:** Jim Dott lives in east Astoria with his wife Ann, an interfaith minister. Their daughter Mei Lee is a junior at Pacific U. A retired elementary school teacher, Jim writes, gardens, and hikes the hills above his house with Monty, a Corgi-mix. Jim volunteers at the PAC, and reads and produces Bedtime Stories on KMUN-FM. He ponders our sense of Time and Worlds, as in this poem. Jim was co-host of Astoria’s first spoken-word mic, Monday Mike, and has read regularly at the monthly Ric’s Poetry Mic in Astoria since it began. His poems have been in publications like *Rain*, *North Coast Squid*, *Windfall* and *Fireweed*. He has two poetry books, *A Glossary of Memory* (2015), and *Another Shore* (2019), in local bookstores or at [jamesdott.com](http://jamesdott.com). His third collection, *Touch Wood*, on species of trees, is ready to go.



## Supporting Caregivers Is Good for Us All

ON A REGULAR BASIS, friends of my mother, a retired New York City public-school special-education teacher, provide her with updates about life in her hometown while she's living here on the Oregon Coast with my family. She was heartened to hear about the nightly custom of giving a shout-out to essential workers at the beginning of the pandemic. "At last," she told me, "these important but overlooked workers are getting their due!" As a healthcare provider, I appreciated the appreciation, but now it's time to thank essential workers in a more substantial way: by ensuring they receive a living wage, healthcare, and retirement benefits.

In her book, *Forced To Care: Caregiving and Coercion in America*, sociologist Evelyn Nakano Glenn examines the history of caregiving in the United States, including the exclusion of care workers from the New Deal and subsequent labor legislation. She explains the connection between caregivers' low wages (and in the case of family members who provide care, no wages) and the widespread assumption that care work is primarily a labor of love, which not only should not require compensation, but is cheapened by having a monetary value placed on it. She describes how female gender-role socialization essentializes the caregiving role for those who identify (or are identified) as women, and

how this gendering of care dovetails with the privatization of many activities in capitalist societies that would otherwise be considered the responsibility of the state and society as a whole.

Numerous studies have revealed how caregiving is a risk factor for physical and psychiatric illnesses. Caregivers are more likely to suffer from repetitive-motion injuries, depression and anxiety, cognitive decline, decreased immune-system functioning, and cardiovascular disease, according to the Office on Women's Health of the U.S. Department Health and Human Services. A CDC-sponsored study, concluded in 2017, reported that almost 20% of informal caregivers (spouses, children, and family members who provide unpaid care services) describe their overall health as fair or poor. While both family caregivers and professional caregivers experience these adverse impacts of their work, professional caregivers receive notoriously low wages for work that is physically demanding, psychologically difficult (especially in the most intense care situations, such as helping a client with personal hygiene and toileting),



and undervalued. Caregivers go unrecognized for their skill and specialized training, even when the intention is complimentary ("it takes a special person to do this kind of work!")

It's well known that our aging population has produced a crisis in care, with more people needing assistance than there are workers available to provide it. Less often discussed are other changes, such as the relationship between our greater overall longevity and what Barbara Ehrenreich described as a longer end of life period in her ironic examination of the wellness industry, *Natural Causes*. When my grandmother had a cerebrovascular accident in the 1980s, my parents cared for her for a few months before she passed on. In contrast, my spouse and I have provided care for our aged, disabled parents for over six years. Living longer is a blessing, but it doesn't always equate to living a healthier, longer life. When that equation doesn't happen, it means family members and professional caregivers must increasingly step into the breach.

Those who care for children, elders, and people with disabilities deserve more than sentimental "Mom and apple pie"-style salutes. Meaningful monetary and infrastructural support for their work is healthy for us all: those who provide care and those who receive it...which would be all of us, at the near and far edges of the lifespan.

## FACE MASKS AND KIDS



By Dr. Whitney Latham, DO

A face mask is a simple thing, yet it's one of the best tools we have to help protect one another from COVID-19.

That's why public health experts say almost everyone should wear a mask until they're fully vaccinated — including children as young as 2 years old. Many areas have mask mandates in addition to recommendations. And children may need to wear a mask at least part of the time while they're at school.

### Tips for masking up

Wearing a face mask can be challenging for children. You can help them adjust with these suggestions:

- **Make it fun.** Put a face mask on a stuffed animal. Give your child's mask a cool decoration. Point out that many superheroes wear masks.
- **Practice together.** Help your child get used to wearing the mask before you go out.
- **Show your child pictures of other kids wearing masks.** This will help your child avoid feeling different or singled out.
- **Talk about the importance of masks.** Using age-appropriate words, talk with your child about face masks and why your family wears them: to avoid spreading germs. Talk with them about how germs can spread when people breathe, talk, cough, or sneeze. Wearing a mask keeps the virus from reaching others and it can stop germs from reaching you! Additionally, contaminated hands are a way for the virus to spread and masks stop people from touching their mouths and faces, adding another level of protection.

### Right mask, right fit

You can buy a face covering for your child. Or if you sew, you can find DIY mask patterns online. A pleated cloth mask with elastic ear loops usually works best for kids.

Just make sure the mask you buy or make will fit your child's smaller face and can be securely worn over your child's nose and mouth. Adult face masks are too large for kids.

Also, children often need to be reminded to:

- Wash their hands before and after wearing the mask.
- Avoid touching the mask while wearing it.
- Remove the mask by taking it off from behind rather than from the front.

### When to talk to your child's doctor

Some children have a developmental or intellectual disability or a health condition that may make it harder to wear a mask. Ask your child's doctor for advice.

Call your CMH clinic or visit [columbiamemorial.org](http://columbiamemorial.org) to request an appointment or learn more information.

Note: *Here's to Your Health* is sponsored by Columbia Memorial Hospital. Dr. Latham is the in-house pediatrician at CMH-OHSU Health Pediatric Clinic - Seaside.

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CHEW ON THIS!

by Merianne Myers



## AMBIVALENTLY YOURS SHEET PAN CHICKEN & SPUDS

UNTIL SIX YEARS AGO, I felt reasonably able to navigate life's doldrums, its storms and even the occasional moments of smooth sailing. If it's true that life is but a dream, I was having a good one. On one hand, If the occasional nightmare intruded on my reverie, I simply murdered the bad guy in one of several inventive ways and awoke refreshed and rested. On the other hand, my husband thinks that ability is evidence of a worrisome mind.

Enter 2015. The U.S. is in the home stretch of the most contentious and disruptive presidential election in decades. On one hand, human nature being what it is, there is greed, power struggle, cruelty and suspicion of the other guy inexorably built into every political system. On the other hand, here at home, we used to try to keep that stuff tamped down to a tolerable level. We wore a cloak of civility as we invaded other countries and ignored our own inequities. Godzilla with manners.

Once the bandaid of courtesy was ripped off, we discovered that approximately half of us cannot abide the other half of us. On one hand, it's good to have everyone out in the open where we can keep an eye on each other. On the other hand, it's daunting to realize that folks we thought we knew are hell-bent on showing us how much we don't know.

Then Covid! Like we weren't busy enough being ridiculous and dithery. A pandemic. Really? Jeez, Louise! On one hand, I'm not unaware (despite my best efforts) that our meddling extends to all of nature. On the other hand, what the actual hell will it take to get us to work together and clean up our mess? Rhetorical question. Answer: Never happen.

I have no answers. I have lots and lots of opinions. (If you're a regular reader you know this about me. Huge thanks for not letting that stop you). The whole thing is so much bigger than me it's hard to imagine being able to fix my ignorant self let alone any piece of the bigger picture. On one hand, it's exhausting! On the other hand, I'm stuck at home so a nice lie down seems doable.

As always in good times and bad, I wander into the kitchen where I know things and can do things and can make someone happy. Here's what I know today: sheet pan dinners. On one hand, the whole meal cooks on one pan at the same time. On the other hand, the pan doesn't fit in the dishwasher. It's always something.

Take care of yourselves. Take care of someone else. Be nice. Clean up your mess. I will if you will.



- 1 ½ pounds chicken thighs, skin on, bone in. You could
- sub tofu.
- 1 ¼ pounds yellow potatoes, whole if they're tiny, chun-
- ked if they're big
- Salt & Pepper
- 2 Tablespoons Sriracha, Harissa or hot sauce of your
- choice
- ½ teaspoon ground cumin
- 4 ½ Tablespoons +/- olive oil
- 2 leeks, white and light green parts, halved lengthwise
- and thinly sliced
- Zest of half a lemon
- cup plain yogurt, not Greek
- 1 small garlic clove
- 2 ounces baby arugula or spinach
- Chopped fresh dill, as needed
- Lemon juice, as needed

• Toss chicken and potatoes in a large bowl with salt  
• and pepper. In a small bowl, whisk together hot sauce,  
• cumin and 3 Tablespoons of oil. Pour over chicken and  
• potatoes and toss to combine. Let stand at room tem-  
• perature for 30 minutes, or all day in the fridge.

• When you're ready to cook:  
• Preheat oven to 425 degrees.

• In a medium bowl, combine leeks, lemon zest, a pinch  
• of salt and the remaining 1 1/2 tablespoons oil.  
• Arrange chicken and potatoes on a large rimmed bak-  
• ing sheet in a single layer. Roast 15 minutes. Toss po-  
• tatoes lightly. Scatter leeks over all. Roast until chicken  
• and potatoes are cooked through and everything is  
• golden and slightly crisped, 25 to 30 minutes longer.  
• While chicken cooks, place yogurt in a small bowl.  
• Grate garlic over yogurt and season to taste with salt  
• and pepper.

• To serve, spoon yogurt over chicken and vegetables in  
• the pan. Scatter greens and dill over mixture. Drizzle  
• with oil and lemon juice.

• Substitute and/or add ingredients at will. Root vegeta-  
• bles, thyme, rosemary, red or yellow onions and more  
• can all replace other things. You get my drift.

## OSU Extension Offering Virtual Babysitting Classes for Youth!

Clatsop County Extension is offering babysitting classes to youth ages 10 and up. This training is designed to train youth in many aspects of babysitting including baby care, toddler care, healthy snacks, business tips, age appropriate games, first aid and safety. There is no charge for this series.

The classes will be 1hour for 4 days. The first series offered is on November 1, 2, 8 and 9 and a second series will be offered February 1, 3, 8, and 10, 2022. We will be offering two different time slots on each day; from 4 to 5pm or 6 to 7pm during both series. Youth who attend all four sessions will get a certificate of completion. Register by October 21 for the Nov. series at <https://beav.es/UcN>

This will be the second year we are offering these Babysitting classes statewide. This past year there were 480 youth from 28 different counties in Oregon who completed the course which was taught by 28 4-H Educators from around the state. For questions or more information about the program email [sandra.carlson@oregonstate.edu](mailto:sandra.carlson@oregonstate.edu) or call Sandra at 360-942-9763.

OSU offers its programs equally to all people ages 5 to 19. For more information about 4-H membership or 4-H leadership, call the Clatsop County Extension office at 503-325-8573.



## CMH To Offer Pfizer Vaccine To Pediatric Patients Ages 5-11

– On November 13, 2021, Columbia Memorial Hospital will hold a Pfizer COVID-19 Vaccination event for 5-11-year-old children. The event will be held at the Astoria Armory and go from 10 am-2 pm.

The FDA authorized the Pfizer COVID-19 vaccination for children ages 5-11 last week, a significant step toward making the vaccination available to millions of school children. Pfizer said its low-dose vaccine for kids, which is a third of the dosage given to adults, is more than 90% effective in preventing symptomatic infection.

"Parents, caregivers, school children, and school staff have been waiting for this authorization," says Dr. Kelly Peekstok, pediatric provider at CMH. "I think COVID-19 vaccines are safe, they're effective and they are what is best for our community."

The clinic is open to anyone from age 5-11 years who their parent or guardian accompanies. There are 320 slots available for the November 13 clinic at the Armory. You may RSVP at the following link <https://cmhkidsvaccine.rsvpify.com/>. CMH will send a confirmation email with a consent form after registration. Walk-ins will be accepted as available; however, priority will be given to that RSVP'd via the above link.

All children will need to be accompanied by an adult and wait in the Armory for 15 minutes following their vaccination.

If you have general questions about this event or wish to have your child vaccinated, please call the Clatsop County Health Department Public Information Call Center (PICC) at 503-325-8500. They can provide you with the most current vaccination events in the area. If you have specific clinical questions about the COVID-19 vaccine, please contact your primary care provider.



## VETERANS DAY EXHIBIT Men of Many Capabilities Fort Clatsop thur Dec 11

LEWIS AND CLARK National Historical Park, Fort Clatsop is proud to debut a new temporary exhibit honoring Veterans Day in the park Visitor Center exhibit hall.

"Men of Many Capabilities" commemorates the 50th anniversary of when the US Army Special Forces "Green Berets" retraced the route of the Lewis and Clark Expedition. Twenty-two men of the Special Forces' 5th and 7th Groups from Fort Bragg, N.C. took part in the 1971 expedition. The expedition was led by Captains Michael Lewis of Spokane, Wash. and Bernard Haskins Jr. of El Cajon, Calif.

The 1971 expedition represented only the second US military expedition across North America –and the first since Lewis and Clark's journey of 1804-1806.

All the men had recently returned from service in Vietnam, where the US was still actively engaged in combat. While officially a training exercise, the Green Berets' retracing of the Lewis and Clark Expedition also served as an important source of goodwill ambassadorship at a time of growing dissolution over US military intervention in Vietnam.

"Men of Many Capabilities" features details of the 1971 expedition, including the Green Berets' food and means of transportation. Original objects donated by Capt. Michael Lewis are on display, along with photos from the men's arrival at Fort Clatsop on Sept. 5, 1971. A matching game for children is also available. Military veterans are encouraged to share their reflections on "teamwork" and "leadership" from their service years on comment cards at the exhibit.

**"Men of Many Capabilities" is on display now through Dec. 11 and is available during regular hours.**

For more information, call the park at (503) 861-2471, check out [www.nps.gov/lewi](http://www.nps.gov/lewi), or [lewisandclarknps](#) on Instagram, or Lewis and Clark National Historical Park on Facebook.



Green Berets landing at Fort Clatsop, 1971

## Clatsop County Resource Fair Saturday, November 13 Columbia River Maritime Barbey Museum



EL SERVICIO DE EXTENSIÓN de OSU en asociación con el Consejo Hispano está organizando una feria de recursos para toda la comunidad el sábado 13 de noviembre de 11am a 5pm en el Columbia River Maritime Barbey Museum. El museo está ubicado en 1792 Marine Drive en Astoria. Habrá vacunas gratuitas para personas mayores de 12 años. ¡Música gratis, comida gratis, recursos comunitarios gratis y cajas de comida gratis! ¡También puede participar en un sorteo para ganar 2 entradas VIP para un próximo partido de fútbol de los Timbers! Sunset Empire Transportation estará ofreciendo transporte gratuito y estarán disponibles por teléfono 503-861-7433. ¡Ven a reunirse con nosotros! Si tiene preguntas, puede comunicarse con la oficina de Extensión de OSU llamando al 503-325-8573.

The OSU Extension Service in partnership with Consejo Hispano is putting on a community wide resource fair on Saturday, November 13th from 11am to 5pm at the Columbia River Maritime Barbey Museum located at 2042 Marine Drive in Astoria. Free vaccines will be available for individuals 12yrs old and older. Free music, free food, free community resources and free food boxes! You can also enter a drawing to win 2 VIP tickets to an upcoming Timbers Soccer game! Sunset Empire Transportation is providing free transportation and can be reached at 503-861-7433. Come gather with us! For questions you can contact the OSU Extension office at 503-325-8573.

## OSU EXTENSION IN CLATSOP COUNTY TO HOLD 2022 MASTER GARDENER TRAINING

THE OREGON State University Extension Service in Clatsop County welcomes the public to participate in the 2022 Master Gardener Volunteer Training from January 3rd to March 25th, 2022.

The Master Gardener Training will take place online, and will be offered in a self-paced format.

This course will feature weekly Zoom hangouts for participants to ask questions, and connect with other new and continuing Master Gardeners. We will also livestream lectures from horticulture professionals across the state, and will offer hands-on learning experiences as conditions allow.

This ten-week online training will be available for \$100, with scholarships available. Registration is open now and will close on December 15th.

Volunteer hours are also a key piece of becoming an OSU Master Gardener. Participants are expected to complete 45 hours of volunteer service during 2022 in order to complete their Master Gardener certification.

Find out more or apply now at [beav.es/UMP](http://beav.es/UMP). Or call OSU Extension in Clatsop County at 503-325-8573 for more details.



### Clatsop County Virtual Nonprofit Resource Roundup



**Please join us for this unique opportunity for nonprofit leaders, board members and volunteers of Clatsop County to connect with funders.**

Each participant will have the opportunity to directly connect with each of our funders (listed below) for a brief period of time in a small breakout group to ask questions on their funding process.

Representatives from:  
The Ford Family Foundation  
The Collins Foundation  
The Roundhouse Foundation

Questions or difficulties with registration?  
Contact: Yannika Marquardt  
[training@nonprofitoregon.org](mailto:training@nonprofitoregon.org)

Click here for information and to register:  
<https://tinyurl.com/ytrb8636>





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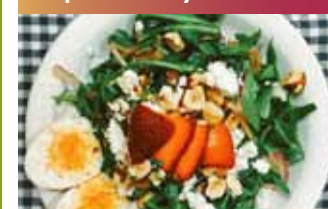
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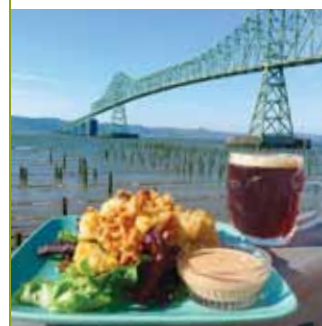
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## OSU EXTENSION SERVICE MASTER GARDENER™ PROGRAM



Online lectures and weekly Zoom meet-ups will run January through March 2022.

We will also offer hands-on, in-person learning activities as conditions allow. This will give participants a chance to practice their skills and connect with experienced Master Gardeners in a garden setting.

Volunteer hours are also a key learning experience for becoming an OSU Master Gardener volunteer. In 2022 we are requiring 45 hours of volunteer service. All volunteer experiences are carefully selected to help you learn and connect with the community.

Cost: \$100 (scholarships available!)

Apply online: [beav.es/UMP](https://beav.es/UMP)

[julia.wentzel@oregonstate.edu](mailto:julia.wentzel@oregonstate.edu)  
503-842-3433



Oregon State University Extension Master Gardener volunteers are neighbors, friends and family who you can go to for garden advice that is grounded in science and locally relevant.

We are garden educators and on-the-ground community scientists.

Master Gardeners receive extensive training and complete a university-taught course in topics including botany, pest identification, soil management and diagnosing plant problems, to name a few.



OSU Extension Service prohibits discrimination in all its programs, services, activities, and materials. Accommodation requests related to a disability should be made by December 15th, 2021 to Julia Wentzel at 503-842-3433 or [julia.wentzel@oregonstate.edu](mailto:julia.wentzel@oregonstate.edu). This program will be made available in an accessible alternative format upon request.



## A DUAL EXHIBITION

November 1 through January 10

Reception and Artist Talk: November 4 at 6pm

### Being Moved:

Paintings by Richard Motchman



## CCC Royal Nebeker Gallery

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FMI: please contact Kristin Shauck (503-338-2472) or email [kshauck@clatsopcc.edu](mailto:kshauck@clatsopcc.edu).

### Into a Study

by Paul X Rutz and Developmental Psychologist Jennifer Drake

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