

February 2022 • vol 23 • issue 276

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

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VIRTUAL FisherPoets II

The 25th Feb 25-26

fisherpoets.org

**Fisher Art at
IMOGEN Gallery**

**Corey Arnold
and Martin Machado**



C. Arnold, *Alaska Knight II*

AHOY FISHER POET FANS! The Virtual Gathering is coming your way on its traditional last weekend of February. You won't be edging your way into one of many venues for a seat, and checking and re-checking the schedule to make sure your catching the acts you've penciled-in, or possibly braving inclement weather.

Last year's Virtual FPG was a heartwarming event, each poet and performer their own stage director for 5 minutes of video glory, and somehow—cause it's poetry, capturing the essence of which they write, bridging the pandemic gap and sustaining the heart and soul of this cultural gem, until we all meet again shoulder to spirit.

Look to the Fisher Poets Gathering website for a schedule of each night's performers. There'll be two 90-minute sets per night, 6pm to 7:30pm, 8pm to 9:30pm. Be greeted by venerable FP MC's introducing poets. In keeping with "keeping the show moving," the virtual FP Gathering will cut the usual 15 min. spot to 5 min., ensuring you'll experience each and every performance, 5 greenhorns to boot!

Among the Gathering's special events expect another Saturday morning and afternoon of on-line workshops and presentations on topics like performing the spoken word, creating traditional fisherman's sweaters, crafting working poetry and restoring global ocean health.

- D. Urell

Cannon Beach Arts Association New Fisher Poet Anthology

Yon's Ma Life: poetry and art from people who work the sea



More Information: cannonbeacharts.org

poems by fisherpoets - blew up on her a bit when she contacted FisherPoets Gathering planners Broderick and Jamie Boyd. Yon's Ma Life now gathers work from 38 poets and 20 artists. The title, in Northumberland dialect, comes from the first line of Katrina Porteous's poem Cathy. Read her poem aloud and you'll find yourself transported, joining fishwife Cathy Armstrong on England's North Sea shore. It's magic. Photographs by Corey Arnold illustrate the covers front and back. Lots of fish and salt water, boats and hard work in between.

Additionally, the Art Association Gallery, is hosting a non-juried art show - **Working Shores** - at its Cannon Beach Gallery, 1064 S.

Hemlock St. The exhibit, says the Association's Summer Peterson "depicts the interconnection of the North Coast and the beauty of the fishing industries." The gallery, where each Sunday of FisherPoets Gathering weekend, a handful of lingering fisherpoets have long wrapped up festivities, continues that inclusive tradition by inviting the local and regional public to submit art for consideration by February 20, 2022. **Working Shores will run from February 23 through March 27. Submission details are online at cannonbeacharts.org/exhibits-2022. Artists can also call the gallery Wednesday through Sunday 11 a.m. to 4 p.m. at 503.436.0744.**

BAD PANDEMIC WEATHER hasn't stopped the Cannon Beach Arts Association from celebrating commercial fishing culture this month. Though Astoria's annual FisherPoets Gathering is anchored up for another on-line event February 24 and 25, the Cannon Beach Arts Association has created two projects to look forward to this month.

Yon's Ma Life: poetry and art from people who work the sea is a new anthology of fisherpoetry and, at last, visual art, edited by Lila Wickham and Jon Broderick and supported by a generous grant Wickham secured from the Cannon Beach Arts Association where she is a board member. Wickham's original idea - a small book of illustrations to accompany a handful of

IMOGEN GALLERY PRESENTS SHIFTY SEAS, an exhibition held in conjunction with the 2022 virtual FisherPoets Gathering and in honor of the importance of the maritime industry to our region. Imogen brings together the work of photographer/commercial fisherman, Corey Arnold of Portland and painter/fisherman/merchant mariner, Martin Machado from San Francisco who share their love of the sea through chosen medium, merging their dual careers. Both artists are internationally respected having fished, sailed, and exhibited their work globally. The exhibition opens February 12 and will remain on display through March 7.

Longtime friends Corey Arnold and Martin Machado have much in common. Besides enjoying success as artists, both share a love of the sea and have cultivated careers that balance and inspire them professionally through maintaining constant connection to the world's oceans. Arnold who's chosen medium is photography brings a collection of images from his many years spent working as a commercial fisherman, always with his camera close by. Machado who has worked both as a merchant mariner and fisherman is a painter and printmaker and includes his paintings to this exhibition, specifically paintings inspired by his time working aboard container ships and smaller sailing vessels.

Corey Arnold began fishing as a child, about the same time he first picked up a camera. What began as a weekend family adventure quickly became a permanent part of life. Arnold began fishing commercially in 1995 as a deckhand aboard various vessels and skiffs in Alaska. His career as a fine art

photographer and fisherman has taken him far, both documenting and fishing the world's oceans. Despite his international success as a photographer, Arnold returns every summer to Bristol Bay, Alaska where he captains a skiff, fishing for salmon.

Martin Machado earned his MFA from the San Francisco Art Institute. Machado brings a series of paintings that like Arnold's work, provide a window into a world most of us will never experience. Working wherever he could cultivate space, sometimes within his cabin aboard a freighter, the cockpit of a sailboat, and even between net sets in Alaska.

Martin Machado and Corey Arnold have fished in the same set net community in Bristol Bay each summer for well over a decade, "sharing the incredible highs and lows that come with fishing the most powerful natural fish run on earth from ridiculously tiny skiffs." This is their second exhibition together.

Imogen Gallery is located at 240 11th Street. Open-Thurs thru Mon 12 to 5pm and Sunday 12 - 4, closed Tues/Wed. 503.468.0620 www.imogengallery.com.



M. Machado, *Earl Able Bodied Sailor*

Patrick Dixon: New Release

PATRICK DIXON is a familiar in these parts at FisherPoets Gathering, having attended as performing poet for the last 17 years, and often seen capturing poets on stage with his camera. A commercial photographer and freelance writer, Dixon edited the seven-book anthology of fisherpoetry, *Anchored in Deep Water: The FisherPoets Anthology*.

Using poetry, prose and photography, **Waiting to Deliver** tells the story of a young man's journey into the world of commercial fishing for salmon on the waters of Cook Inlet, Alaska. Starting as a 27-year old greenhorn schoolteacher from Indiana, Patrick Dixon works as a deckhand for two seasons before buying his own boat and permit. Through a series of missteps inspired by ignorance, inexperience and bad luck, he stumbles through twenty years of learning how to survive the dangers inherent in working on the water, nursing a perpetual sinking boat, staying afloat financially and becoming a member of a fishing community.

Launching mid-February, you can Pre-order a copy at patrickdixon.net. And look for an excerpt in next month's Hipfish





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STEPHEN BERK

IN MY RECENT COLUMN on the breakdown of consensus and hyper-partisanship in Congress I suggested that this situation was preventing the people's business from being adequately transacted, thus leading to stagnation. Some journalists have seen the current polarization in politics as a new antebellum period setting the stage for another civil war. It is certainly sad to see the entire Republican Congress vote against President Biden's infrastructure bill, as well as virtually every other initiative coming out of this administration that requires congressional approval. As unthinking and shortsighted as such political behavior is, it will not lead to anything like a civil war. What it does, however, is prevent Congress from doing much of anything innovative or germane to the national affairs that demand serious attention.

The extreme partisanship we now see in Congress has little to do with concrete issues where there is irresolvable disagreement. Much of the problem stems from wrongheaded Supreme Court decisions, particularly Citizens United Versus U. S. Electoral Commission, in which the Court majority unwisely argued that any group of citizens could give any amount of money to a particular candidate for public office. That decision established the purchase of political candidates by special interests.

The nation has for several decades had a growing problem with private money in politics. Special interests, particularly billionaires and giant corporations, have been increasingly able to determine the course of our nation. The US had a similar period during the late nineteenth century Gilded Age, which saw domination of the national political process by extremely wealthy private interests, such as oil (Rockefeller), steel (Carnegie) and banking (Morgan). A critical "muckraking" press saw such political domination by well-heeled private interests as the substitution of an oligarchy of wealth (plutocracy) for our democratic republic. The 1890s Populist movement followed by the reform oriented Progressive era brought positive political changes that would temporarily limit the influence of money in

politics. The New Deal, enacted during the Great Depression of the 1930s and the presidency of a progressive president, Franklin Roosevelt, brought further reforms to curb the dominance of wealthy speculators which, during the 1920s, had led to the stock market crash and ensuing depression.

However, in the 1980s, the ever active plutocrats who financed chiefly the Republican Party were able to place a genial actor, Ronald Reagan, in office. Reagan

often Democrats, while the Republican billionaires are frequently in older industries, such as fossil fuels. Hence what the two parties represent today is largely a competition for influence between two sets of monied interests. The Democrats, however, in many states still retain much of their popular constituency, and so they are more likely than the Republicans, to seek reforms that would return more power to the people.

But reform and wealth distribution downward is more difficult to accomplish than it was in the twentieth century. Congress has become a far more difficult place in which to enact such reforms. Republican legislators, especially during Democratic presidential administrations, now vote as a single bloc. During Democratic presidencies like the current one, their bloc voting means they maintain a constant Senate filibuster, thus requiring sixty votes to pass legislation. Such strong



arm tactics do not work for the benefit of the nation. More so than the Democrats, the GOP caters to the most well-to-do special interests. Consequently, wealthy elites now hold the power that the Constitution vests in the people. President Biden's vital Build Back Better bill, largely to repair crumbling infrastructure, which would also pour money into sustainable non-fossil fuels to deal with the climate crisis thus falls by the wayside. With Republicans kneejerk voting against it, the tiny Democratic majority in the Senate had to uniformly vote for it. But two "conservative" Democrats, Manchin and Sinema, influenced by Big Oil, defected, and the bill failed. The underlying problem is unlimited special interest money in politics upheld and encouraged by a highly politicized, right leaning Supreme Court. This situation stifles reformist politics, but it is an exaggeration to call it a civil war. What does exist is too much power given to wealthy special interests who buy the Congress, as in the Gilded Age. In order for the American governing process to have any reasonable degree of functionality, Congress, and particularly its so-called conservative members need to start legislating in the interests of the nation, rather than today's plutocracy.

The unbridled influence of plutocrats has actually worked to decrease the difference between the parties. Organized labor, which for much of the last century, formed the constituency of the Democratic Party, has lost most of its influence due to companies' outsourcing production to countries where wages are low, mainly in South Asia. The result has been that the Democratic Party has actually become more like the Republican, led by wealthy elites. Tech billionaires are



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Great Backyard Bird Count at Fort Clatsop, February 18-21

LEWIS AND CLARK National Historical Park invites everyone to participate in the 25th annual Great Backyard Bird Count (GBBC) February 18 through 21. In this citizen science opportunity, anyone in the world can count birds at any location on one or more days of the count and enter their sightings at birdcount.org. The information gathered by tens of thousands of individuals helps track bird population changes on a massive scale. The GBBC is a joint project of the Cornell Lab of Ornithology, the National Audubon Society, Birds Canada, and Wild Birds Unlimited.

From Friday, February 18, through Monday, February 21, visitors to Lewis and Clark National Historical Park, Fort Clatsop can join in the count by recording bird observations in the park and make plans to count birds in their own backyards. Binoculars will be available for loan within the park.

Along with the actual bird counting activities, the park will be sharing other bird-related activities. A "Great Pink Heron Scavenger Hunt" will be on-going using the Netul Trail along the Lewis and Clark River. A "Birds of Fort Clatsop" display can be viewed in the visitor center most of February. A variety of bird field guides and bird-themed items are available for purchase at the Fort Clatsop Bookstore operated by the Lewis & Clark National Park Association, the park's non-profit education partner.

Park hours are 9am to 5pm each day. Admission is \$10 per adult and free for youth 15 years old and under. Interagency Passes to National Park Service sites are accepted.

FMI: on the worldwide bird count event or to submit bird counts from your home, go to gbbc.birdcount.org. The weekend's birding events at Fort Clatsop are sponsored by the Lewis & Clark National Park Association and the National Park Service. FMI: call the park at (503) 861-2471 or check out www.nps.gov/lewi or Lewis and Clark National Historical Park on Facebook.

LNCT to Host Webinar on Oregon Private Forest Accords

THE LOWER NEHALEM COMMUNITY Trust will host a webinar on MONDAY EVENING, FEBRUARY 7, 7 to 8:30pm. Bob Van Dyk, Oregon and California Policy Director of the Wild Salmon Center will present The Oregon Private Forest Accords – Forest Policy And Salmon Streams. Bob will discuss the negotiation process, the features of the Accord, and how the Accord is likely to impact rules and forestry practices under the Oregon Forest Practices Act. Participants will have the opportunity to ask questions. The webinar is open to the public. Registration is required. The link can be found on LNCT's website at <https://www.nehalemtrust.org/events/>.



Bob Van Dyk
Policy Director Wild Salmon Center

History was made in October 2021 for Oregon forests and salmon rivers when 13 timber representatives and 13 conservation and fishing groups reached an unprecedented conservation agreement, deemed the Private Forest Accords. One of the conservation groups involved in the negotiations was the Wild Salmon Center, headquartered in Portland.

The agreement between the industry and environmental groups proposes an overhaul of the Forest Practices Act to better protect wild salmon streams on more than 10 million acres of private Oregon forestland. The changes are anticipated to dramatically improve the state's forestry rules for salmon stream protection, long considered the weakest on the West Coast. These changes represent a huge step forward for climate-smart forestry, particularly in safeguarding the cold, clean water that Oregon's wild fish will increasingly need.

Bob first worked for Wild Salmon Center on Oregon State Forest policy in 2010, and he now leads the Center's efforts to protect and restore salmon strongholds in Oregon and California. Bob's background is in forest policy and in academia. He has a Ph.D. in political science from the University of Washington, and worked for 21 years at Pacific University in Forest Grove, where he is now a professor emeritus.

LNCT's mission is to preserve land and nurture conservation values in partnership with an engaged community in the Nehalem region of the Oregon Coast. If you would like to know more about the webinar or LNCT, contact Executive Director Ben Pittenger at ben@nehalemtrust.org or at (503) 368-3203. located at 532 Laneda Avenue, Suite C, Manzanita.

Master Gardener Student Scholarships

THE CLATSOP COUNTY MASTER GARDENER Association (CCMGA) is now seeking applicants for its annual scholarship program for graduating seniors who are residents of Clatsop County.

The CCMGA scholarship program is open to all graduating seniors from the county, those attending public or private high schools and those who are home-schooled as well, whose further education—at college, university, vocational school, or training program—will help them develop skills that contribute to the advancement of sound gardening practices while leading to an advanced degree, license, or certification. This year's scholarship fund totals \$2,000, which can be granted in its entirety to one student or distributed among several students

should there be more than one applicant be selected.

Awards are made based on a student's academic standing and interest in horticulture or a related field. Applicants must submit a completed application and essay, along with high school transcripts and two letters of recommendation, and may undergo an interview with members of the CCMGA Scholarship Committee. Applications must be postmarked by Friday, April 29, 2022.

Applications can be obtained by contacting high school counselors' offices, downloaded along with instructions at www.clatsopmastergardeners.org/ CCMGA-Scholarship, or requested by phone from the Oregon State University Extension Office (503) 325-8573.

OMHOF Student Music Scholarships

DUE to this year's high school experience with Covid, OMHOF (Oregon Music Hall of Fame) announces that applications for its 2022 college scholarships are available again and the application postmark deadline has been extended to March 15, 2022! Each applicant should be a student studying music with the talent of instrument or voice graduating spring 2022 from an Oregon high school and continuing their academics as a major or minor in music at any college or university in the country. This year OMHOF will be accepting applications for 4 scholarships of \$2500 each. OMHOF strives to inspire the continuing of higher musical education by offering assistance with college expenses, so that music students may aspire to the levels of those musicians that have made an impact in Oregon and beyond.

WEBSITE: <http://www.omhof.org>. An application is available at: <https://www.omhof.org/music-education-scholarships/>. All items must be mailed together, postmarked by March 15 in order to qualify: Oregon Music Hall of Fame, PO Box 82173, Portland, OR 97282



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North Coast INCO NEWS INDIVISIBLE

"I SAIL WITH MANY OTHERS"

By Laurie Caplan

LET'S REMEMBER to celebrate the many people who stand with us defending democracy, especially in this uneasy time of Covid isolation and political division.

One of those good people is Tony the Democrat, founder of Postcards to Voters (PTV), a non-profit that supports voting by mail and Democratic candidates around the country.

How does he keep his spirits up? What does he suggest for the rest of us?

- 1) Think of a living person who you deeply admire.
- 2) What would it take to make that person stop? Why hasn't that person quit?
- 3) How can you tap into that person's "well of perseverance?" How can you keep at it and be an example for others?

He mentioned Elizabeth Warren and Nancy Pelosi. I thought of US Representatives Adam Schiff and Jamie Raskin. Who do you admire for their steadfast devotion to democracy?

Tony the Democrat made a surprise appearance at a recent INCO Write to Voters Friday afternoon Zoom gathering. He praised PTV activists for writing postcards to support Democratic candidates for local, state, and national office. He stressed the importance of continuing our work, especially in the face of anti-democratic forces in Congress and around the US.

More than 75,000 PTV volunteers in every state have written close to 8 million postcards to voters in over 200 key, close elections.

A sizeable chunk of those 8 million postcards was written by INCO activists. One INCO couple writes 5-10 postcards nightly while they watch Rachel Maddow. "I sail with many others," she says, "I'm thrilled that so many people take time to support good candidates and contribute to democracy." Is this something you could do?

Many of us are cheered by the daily newsletters from historian Heather Cox Richardson and from Robert Hubbell; both are found on Substack. All Americans benefit when principled individuals openly and honestly discuss ideas and policies. Hubbell reminds us of some good news:

"And although there were 400 voter suppression bills proposed, only 33 such laws were passed in 19 states—and many of those laws were narrow or mixtures of provisions that both restricted and expanded the right to vote. Moreover, as the Brennan Center for Justice notes, 25 states enacted 62 laws with provisions that expanded voting access."

North Coast residents are fortunate to have three outstanding Members of Congress representing us. All of them are committed to listening to their constituents, strengthening our democracy, and following the rule of law.



Tony the Democrat founder of Postcards to Voters (PTV)

This is a good time to thank them for what they do. Your call, email, or postcard would remind them of the satisfaction of public service and would give them a break from the attacks and insults they receive. After all, they sail with us.

SENATOR JEFF MERKLEY

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Laurie Caplan is a member of the INCO leadership team and lives in Astoria. For more information about INCO, sign up to get our weekly e-newsletter at www.incoregon.org, or contact incoregon@gmail.com. Indivisible North Coast Oregon is on Facebook.

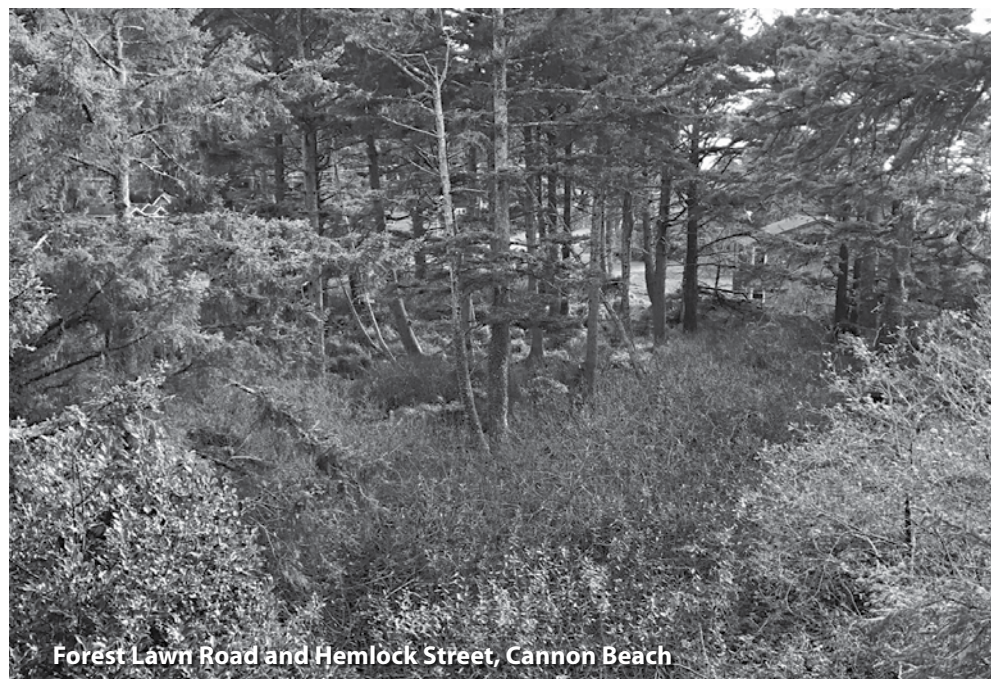
CHANGING WOMAN stepped back from her composition and brought her hand to her chin in contemplation. Something was missing from the scene, something important. She raised her medicine bundle over the massif of basalt looming over the surf. And with it, she traced a pattern in the air across the tidal plain to the sandy bluff that stood in the event horizon between land and sea, and then north along the bluff to a point just south of a small stream that emptied its crystalline water into the sea, its braided channels spilling out across the sand in rivulets of gold.

There, she summoned the cardinal winds, and a vortex rose up from the spot, pulling in sand from the surrounding area and piling it atop the bluff into a promontory. It seemed a rather insignificant addition for such a grand panorama, but as with everything Changing Woman does, it was created with an eye on the big picture. She knew the promontory would divert water running off the spur of a mountain to its south and east into the basin she formed in its southern flank with the pad of her thumb, and there it would collect, sparing the creek nutrients carried in the run-off that might foul its water. She called the basin a wetland, and she made the things of the forest take root there, knowing that, over time, her children would visit the wetland to contemplate its mysteries and consult with the spirits of the past.

We're fortunate that the wetland remains with us today, right where Changing Woman created it, within the city limits of what is now Cannon Beach, just south of the Hallmark Resort and Spa where Forest Lawn Road intersects with Hemlock Street. It's not much to look at, a little more than an acre in size and filled with moss-covered Sitka spruce and a smattering of alder, willow, elderberry, and elm, together with groundcover of sedge, fern, peltatum, cornus, salal, and twinberry. The fact that it is noticeable at all is testament to Changing Woman's foresight. It is conspicuous these days as home to the only intact grove of Sitka spruce west of Hemlock Street, from the presidential blocks all the way to Tolovana, with as many as thirty-five of the venerable old giants gracing the property.

However, it is now under imminent threat of development. Sometime over the next several months, the Cannon Beach Planning Commission will take up a proposal to

When is a Wetland not a Wetland?



Forest Lawn Road and Hemlock Street, Cannon Beach

turn it into a new subdivision called "Haystack Views." If the proposal goes through, the wetland will be divided into eight five thousand square foot parcels, seven of them to contain a dwelling of approximately one thousand square feet each, together with common ingress and egress, off-street parking, and other amenities marketed to the lucrative vacation, or second, home market.

I'm not a fan of development. I don't know anybody who is, frankly, except the people who stand to profit from it. That said, I don't feel like I have the right to dictate what other people do on their own property. The land on which the wetland is located was put on the market, at a fraction of what a lot of comparable size would cost anywhere else in the city, I might add, and some enterprising entrepreneur with an eye for a quick buck snapped it up for pennies on the dollar. The new owners are entitled to do whatever they want with the property, even if it feels to me like the kind of speculative get-rich-quick scheme that serves nobody in the community but the developer and its builders.

Unless, of course - and it's a very big unless, the land is the kind that is entitled by law and/or in the public interest to preservation. Sitka wetlands used to be among the most prevalent landscapes along the Oregon coast, and now, I'm told, they're among the rarest. It seems to me we should be preserving what remains of our natural heritage, not developing it in the name of the almighty dollar.

You might object to my reference to Changing Woman as pandering to native American culture, or worse, misappropriating it for a purpose for which it was never intended. I'm sensitive to the criticism, but I'm just naïve enough to believe that the native American experience is the only relevant vehicle to explore our relationship with the natural world.

Indigenous peoples have lived on this land for thousands of years, and they continue to live on it to this day. Their stories resonate with a sense of the passage of time that eludes our own with our emphasis on the last six thousand years. They are based upon close observation of the patterns of nature that we've either ignored in our presumed dominion over the natural world or forgotten. They start with the proposition that the natural world needs no independent justification for its existence, nothing remotely like it's worthless unless it can be picked up for pennies on the dollar and packed with houses to turn a quick profit. They address the practical aspects of our relationship with nature, like food and shelter, while remaining true to the spiritual and emotional component. And they are adaptable, capable of taking on new and richer meaning as our understanding of our environment improves in ways our own creation myth forecloses.

These days, science has given us a whole new lexicon with which to speak. Its beyond dispute, for example, that wetlands serve as habitat for simple microscopic organisms

and other primitive creatures that exist at the bottom of the food chain. Wetlands provide sustenance and shelter for wildlife, birds, and insects that help keep our environment vital and healthy. Wetlands filter harmful substances from run-off that might spoil watersheds, aquifers, and in our case, the ocean. And, we're just beginning to appreciate the vital role wetlands play in sequestering carbon from the atmosphere.

And me?

I'm just happy for the opportunity to walk past that wetland knowing that some small part of this environment remains as it was before our kind arrived this region, or very close to it. I had my first close encounter with the Roosevelt elk that bless this area when I stumbled on a bull as it dined in the wetland among the willow. I take special thrill from the appearance of pussy willow erupting on the perimeter of the wetland each spring as a harbinger of summer, followed close on by the blossoms of wild berry. I've made myself acquainted with the black-tailed doe that uses the thickets each year to shelter her brood of fawns. And I've learned to identify the migratory birds that roost in the bushes and trees, their morning song accompanied by the playful bark of squirrels and chipmunks and the discordant croak of frogs.

So, when is a wetland not a wetland?

The city Planning Commission has authority to approve development proposals affecting wetlands, just like any other property, by majority vote. There are procedures developers must follow to get a hearing before the Planning Commission and a handful of zoning ordinances that may influence deliberations. It's doubtful that a project the scope of Haystack Views can proceed without variances from local ordinances. But the decision is political, and the fact that the property is a wetland receives little consideration beyond a simple wetland delineation prepared by the Army Corps of Engineers.

The interests of the property owner, the developer in this case, its architects, builders, and their backers, are clear, make a quick buck and run. The benefits to local businesses from increased traffic and pet projects that might benefit from an expanded tax base are speculative, but quantifiable. Unfortunately, the environment gets lost in the noise, and that ever elusive public opinion is rarely if ever consulted. It often comes down to whose voice is the loudest, and therein lies the problem - we have no one to blame but ourselves when we fail to raise our voices in defense of the environment.

Because a wetland is no longer a wetland after it's developed.

mf

IN 2021 for the third year, I watched the blackberries grow to ripeness until I could pick them, and picked them to their last juice. Dry summer turned to wet winter. Crows, cranes, and cormorants on pilings—always facing the sun; an owl perfectly camouflaged in an alder until turning toward me with round-eyed gaze; dogs and trestles and ships on the river.



Today the Astoria Riverwalk is dappled with patches of sun through mist. Rapidly shifting clouds alternately darken and enlighten our path. How different the world can appear in seconds, bright sun suddenly obscured by clouds. Neither sky is more or less true. What we see becomes what we think and what we do. But what we see might be informed as much by our assumptions as by some essential truth.

I think about the way my own perspective has shifted in the years I've been walking this Three Bridges path, along the old railway line that rides the Columbia River from Astoria's downtown to the Alderbrook neighborhood. Today the trees are barren, the water high.

I note the gift of riverwalking as I try to reconcile old perspectives with my post-heart attack eyes. My body in recovery, otherwise fairly sturdy, became fragile in my imagination, so nearly did I die. As I heal, my body's altered capacities are teaching me to reimagine love altogether.

I begin to understand love as the daily recognition of our interconnectedness. It's a rethinking of power—over relationships at every level, including my relationship to my body as object. To be in a subject/object relationship to my body is to “other” her. Othering is a practice that allows us to project our inner monstrosities—the aspects of our humanity we can't accept—onto others. Othering disallows another person or people (or animal or river) subjectivity, makes the other object. These subject/object dichotomies justify relationships of one having *power over* the other, which can manifest in abuses of power like sexual violence and slavery.

I recognized my relationship to my body in this dichotomy. I often related to my body as an “other”, something to coerce or control, manage or indulge, as if “I” was separate from my body, that I had power over her. I'm thinking about self love in 2022, and how it necessitates a nonbinary self concept, an inversion of the mind/body dichotomy.

Recognizing the ways in which we other our own bodies is fundamental to self-love. Controlling the body through over-exercise, hating body parts that fail cultural norms of beauty or ability, and abusing our internal systems with toxins are practices at the heart of self-othering. Deconstructing the binary within our own thinking helps us stop “othering” someone who expresses a different opinion or wears an unexpected dress.

A Walk in the Fog

story and photo by heather hirschi

“[Q]ueer not as being about who you're having sex with (that can be a dimension of it); but queer as being about the self that is at odds with everything around it and has to invent and create and find a place to speak and to thrive and to live.”

~ bell hooks

My gait slowed after my heart attack, not so much from limitation as a decreased security in my physical capacity. My body's realignment encouraged fundamental alteration of some of my conceptual attachments. I had a heart attack known as a “widowmaker”, which has a 12 % mortality rate. It's still hard to acknowledge how close I came to death. Recovery through the second pandemic year is a cellular recognition of the precious, terrifying gift that is this life.

Sometimes, I fall into neural grooves of fear and shame, emotions reinforced by the buzz of public discourse. I walk daily to reroute my thinking. I want to amplify living, to deepen an understanding of my own necessity by revisiting the concept of self love. Last February, I wrote an article for HipFish that considered self-love in a history of Valentine's Day. A year later, despite all that's stayed the same or worsened, 2021 reinforced self-love's necessity as a path to global change.

A nonbinary perspective of the self is key. Unity consciousness recognizes the masculine and feminine as integral in every human, and a healthy human as one who operates from a balance of their masculine and feminine energies. In various cosmologies, balance comes from recognizing duality, or the bi-

nary, as an illusory division of unity. Rather than separate entities, feminine and masculine are two faces of one whole.

From this perspective, we exist in a time when a collective feminine is coalescing to shift global power structures. Many frame this shift as the awakening of the Divine Feminine to establish balance after millennia of oppression. We witness the shift in movements to protect water, restore land to first peoples and shut down pipeline systems. The awakening is evident in the transformation of stories about the feminine, about the Other—histories recast through the perspectives of movements like Black Lives Matter and Me, too. And of course, through the voices of poets, artists and queer people.

We might conceptualize this moment as one of dismantling the “master's house” by creating a language untethered by burdens of gender and race based hierarchies. English, for example, has long designated the norm as masculine, from defaulting to the masculine pronoun to first person subjectivity in western literature. With few exceptions, to be autonomous and free in english is to be white and male.

LGBTQI+ and BIPoC communities dismantle, deconstruct and transform the language, insisting we pivot from hegemonic practice at the level of the pronoun, as well as policy. After all, grammar itself is an ever mutating construction. The heart of the pronoun discussion is sovereignty. If a person feels themselves to be both masculine and feminine or neither, it is for that person to name themselves.

As a professor of rhetoric, I realize my own confused relationship to the “they” pronoun over the past decade. My confusion was not grammatical as I thought, but grounded in a perspective of either/or: you're a boy or you're a girl. I was assuming a singularity of being in the plural pronoun. Nonbinary people often discuss their beings as a balance of feminine and masculine expressed through a fulcrum that holds both. “They” actually signifies a plural subjectivity for some Nonbinary people.

Globally, native cultures included “Two Spirit” people who held both masculine and feminine in their beings. Geo Neptune of the Snowy Owl Clan, Passamaquoddy at Motahkomikuk, and first Two Spirit elected official in the state of Maine, explains Two Spirit people in the Wabanaki creation story.

When the brown ash was pierced by Gluskabe's arrow, the tree's spirit was split in half. When Gluskabe asked the split spirits if they wanted to be people, according to Geo, they agreed and were blown to life as man and woman. Another type of being chose to embody both spirits. These Two Spirit people were traditionally revered because they were entrusted with the customs of all gender roles and taught them to the children.

Settler colonialism's response to Two Spirit people was to eradicate them, Geo Neptune tells Jonathon Van Ness in “Bye Bye to the Binary,” the third episode of JVN's Netflix series, “Getting Curious.” The episode also features writer and performance artist, Alok, who explains, “19th century European and US American scientists were explicit in believing that only white people could have the gender binary.” BIPoC people in this narrative were less human because they were “sexually ambiguous.” Alok claims “homophobia and transphobia are part of the larger racial project of white supremacy.”

I'm thinking about the Nonbinary as my dog and I walk back across the little bridge. About the possibility of inverted dichotomies and balanced subjectivities. When asked how we get beyond the binary, Alok responds, “I already live beyond the binary”. Nonbinary people have always been here, after all. Alok smiles, “I think we're living poems.”

Lower Columbia Q Center

spreading its wings in service to community

FOUNDED on the efforts of numerous community members and partner organizations, the Lower Columbia Q Center continues to evolve and strengthen its position as a resource for LGBTQIA+ individuals and allies, driven in equal parts by the addition of a program coordinator and the dedication of long-term board members.

Outreach, support and advocacy exist at the core of the Q Center's mission. From the beginning, the organization's leadership has strived to help queer folks in the area feel seen and heard.

Additionally, the organization provides opportunities for members of the LGBTQIA+ community to connect and socialize. Although the COVID-19 pandemic altered certain aspects of this function—from Astoria Pride and the Q Choir to social gatherings—the Q Center has adapted and managed to stay relevant and available, offering a full slate of programs and services.

History of the Q Center

The Q Center was founded in 2014 by a group of individuals who identified the need for an organization that would advocate for the LGBTQIA+ community within the Lower Columbia region, while also providing important resources and a safe environment to socialize. This community extends beyond those who identify as queer to include their friends, family members and other allies. The Q Center held its first Astoria Pride in 2016.



L to R: Benedetto DeFrancisco (Program Coordinator), Tessa Scheller (Outreach Coordinator), Jim Summers (Chair), Back: David Drafall (Board member), seated on the Q Center couch, February 2022.

Yet, as board member Tessa Scheller points out, “The Q Center didn’t come from no place.” The organization has deep roots in the community, starting several decades ago. According to Scheller, it was “a combination of elders and organizations and people that have been working at it” that led to the creation of the Q Center.

Since its founding, board member Jim Summers added, they’ve tried “spreading our wings, so to speak,” so it’s not just Astorians who feel supported and served, but members of the LGBTQIA+ community in South Clatsop County and on the Long Beach Peninsula as well. “That’s what we’re working on now.”

That being said, the Q Center has always been headquartered in Astoria. For several years, they operated out of the Astoria Armory. While the roller-skating rink in the building was a big draw for middle schoolers and teens, the center’s new location on Bond Street—which they moved into two years ago—gives them a stronger presence in the city’s core.

Another major progression in the organization’s goal to be a full-service Q center was creating a paid program coordinator position and hiring Benedetto DeFrancisco in November 2020. Led by board member Hilary Ann Levine, the organization applied for and received a grant from The Collins Foundation to fund the position for two years. However, board members assured they are invested in acquiring the necessary funding to maintain the position—and expand the hours and responsibilities—beyond the original two years.

The Q Center currently has an eight-member board. Besides Scheller, Summers and Levine, it includes Taz Davis, Dida DeAngelis, Don Duncan, Sandi Hilton and David Drafall. According to the organization’s bylaws, they can have between nine and 11 board mem-

bers, and they’re always looking for new people to serve, Scheller said.

Developing as a Full-Service Organization

As is the case with most nonprofit organizations, having a dedicated staff person has been highly beneficial for the Q Center.

“What [DeFrancisco] does for us has been so important to our success through the pandemic,” Summers said.

The Q Center has had consistent office hours three days per week. It also bolsters the organization’s presence and follow-through to have a person responding to and forwarding emails and checking phone messages.

Additionally, DeFrancisco is furthering the Q Center’s efforts to network with other agencies and institutions in the community, including The Harbor, Columbia Memorial Hospital, the Astoria Warming Center and area schools. They have a seat at the table with the Clatsop County Domestic Violence Council and Clatsop Community College’s DEI Council.

→ cont. p10

LCQC spreading it's wings

Of the projects DeFrancisco has so far undertaken, one was helping CMH update their intake form to be more inclusive. That involved adding questions to gather information about gender, in addition to sex; pronouns; legal names versus preferred names; and other nuances that pertain to queer folks.

"We want to make sure when people come through, that they are seen and respected and heard," DeFrancisco said.

He, along with the center's intern, also conducted a training at the warming center, which is utilized by a fair number of nonbinary and other queer individuals. The training was designed to ensure the center's staff feels well-equipped and trauma-informed when interacting with the diverse population they serve.

According to DeFrancisco, the training "was successful," and they are more than willing to provide a similar service to any organizations, businesses or local entities. In fact, more and more, they've had groups reaching out to them for information, training and resources.

Current Programs at the Q Center

In addition to advocacy, outreach and education, the Q Center also prioritizes its social services and offering engaging programs for individuals in the area. In the past, that's involved meetups at restaurants,

beach bonfires and other group gatherings to foster connectivity. Unfortunately, several activities were forced to take a backseat during the pandemic.

"If you're a rural, queer, gender nonconforming person, connectivity with persons within our bubble is really important, but if you can't get in the door, and you have to wear a mask, and you're uncomfortable sitting close to people, this is all difficult socialization," Scheller said. "Connectivity has been a real challenge."

They came up with a few pandemic-friendly ideas, such as a hiking group that met during the summer, and they're hoping to revive programs as they can do so safely.

Currently, the Q Center offers the following programs:

- Office Hours: The Q Center is open from 3 to 5 p.m. Mondays and Wednesdays for drop-in visits, according to local and CDC guidelines. That means 10 or fewer people and masks are required.
- Game Night: From 6 to 8 p.m. on Fridays, folks are welcome to stop by to socialize, hang out or seek resources in a family friendly and sober environment.
- The Closet Cleaners Youth Group: In partnership with The Harbor, The Closet Cleaners meet from 4 to 5 p.m. via Zoom. The meetings sometimes feature special guests and teen experts from The Harbor.
- The LCQC Gender Alliance: This peer-support group, which has been operating more than eight years, meets from 6 to 7 p.m. the first and third Tuesdays of each month via Zoom.
- Queer Edge Sobriety: This peer group, focused on offering support for fun and sober living, meets from 6 to 7 p.m. every Wednesday via Zoom.
- Queer Book Club: A new offering, the Queer Book Club meets from 6 to 7 p.m. the last Monday of the month. The book changes monthly.

Astoria Pride also will be back this year in some form or another. As in 2020 and 2021, the scope of the event depends on what is happening with COVID-19 at the time.

"It's tough to put a big event together without commitment and knowing you can be successful in even holding it," Scheller said.

Summers agreed, adding, "We'll just have to see where things are as we get closer, in that regard."



Same Couch, first Q Center, February 2016. Kaheawai Kaonihiki aka KK (Youth Outreach), Tessa Scheller, (Secretary) Marco Davis (Chair) and Jeralyn O'Brien (Outreach Organizer) relax in the Q Center space at the Astoria Armory.

The Q Center is also communicating with various businesses and individuals in Seaside to host the first Seaside Prom Parade sometime this summer. They are currently in the planning stages, Scheller said, but "we have commitment from great businesses and people down in Seaside."

Board members are also excited about two other initiatives that contribute to the organization's status as a full-service Q Center: a scholarship fund and a financial assistance program.

The scholarship funding is available to LGBTQIA+ individuals for any sort of post-secondary education, including trade school, workforce training, community college or four-year university.

The financial assistance program was started with a grant from Clatsop County. Additional donations have supported the fund, which is designated for urgent, emergent needs, including basic shelter, food, clothing, and transition-related needs, to name a few.

Assessing Future Needs of the Community

Wanting to keep a finger on the pulse of the area's LGBTQIA+ community, the Q Center has developed a needs assessment to distribute in an ongoing format. The survey attempts to delve deeper into individual opinions about what the organization is doing well; what they're not doing well; what needs are not being met or could be better met. The desired outcome of the survey, DeFrancisco said, is to get "a good feel for what people in our community want and need."

One known challenge—for both the general population in the Lower Columbia region, and the queer community in particular—is access to health providers. Folks want to find a queer-affirming provider, but it can be difficult to know where to look or who to trust.

"Unfortunately, the best doctors are the ones who are affirming, but because of that, they're also the doctors who quickly find their way out of here to bigger places," Summers said. "That's frustrating."

There's no question that encompasses a need for mental health resources in the community.

During the pandemic, Summers fielded several calls from individuals contemplating suicide and in need of support. He was able "to talk them down" and then refer them to professional help. Currently, that's The Trevor Project, a national nonprofit focused on suicide prevention among LGBTQIA+ individuals that operates a lifeline and connects people with trained counselors. There aren't local alternatives at this point.

"I haven't found someone who I feel comfortable referring an emergency situation over to, other than Trevor Project," Summers said.

When he's received calls of that nature calls, he added, "One of the first things I would say is, 'I can tell you that we're here and we support you, but you need to talk to someone who has skills to help you.'" As per the Q center's mission statement, they can only offer peer support. But that, along with referrals to professionals resources, makes a positive difference.





Inaugural PRIDE T-Shirt, 2016.

Summers reported that of those who contacted the Q Center—on behalf of themselves or a loved one—all the individuals at risk have survived.

“It’s just a thrill to me that we’ve at least been able to impact some people in that regard,” he said.

Led by DeFrancisco, the Q Center is conducting another ongoing survey to develop a list of queer-affirming medical providers in the area. It can be stored in their database and used as a resource for individuals who contact the organization for referrals. So far, they’ve gathered information

from about 1,000 individuals.

“The problem is we have so many people who are in need of services and not a lot of providers, and they get overwhelmed and their own work-life balance gets disrupted,” DeFrancisco said. “It’s tricky.”

All the while, the Q Center continues to press forward on bringing visibility and providing a voice to the LGBTQIA+ community, although board members have observed a stark difference in what they experienced in their youth and the representation that exists today. Scheller referenced several young people who’ve passed through or been impacted by the Q Center over the years.

“They grew up knowing what I never knew, that there are successful, loving queer people,” she said. “They got affirmation for who they were.”

Acceptance and education are continual challenges, as that burgeoning visibility can feel new to unaware folks.

“The truth is queer, gender non-conforming people have always been around,” Scheller said. “But the cultural invisibility that existed in the ’50s and ’60s and stuff, that’s gone.”



The first Astoria Pride organizing committee, 2016

Disputes and Arbitration and LCQC

AN ARTICLE by the Daily Astorian on December 28, 2021, headlined “Disputes at the Lower Columbia Q Center have prompted a legal battle pitting board members against each other.”

The article states, *A lawsuit filed in Circuit Court in December by four of the center’s eight board members described a contentious breakdown in communication last June that has caused dysfunction over the past several months.*

“We’ve had some very significant internal struggles, and Astoria Pride is at the heart of a lot of it,” says LCQC Education and Outreach Coordinator Tessa Scheller.

In June of 2016, Astoria Pride was born under the arm of the newly organized Lower Columbia Q Center established the same year, with an office based at the Astoria Armory. The first Pride function took place at the Armory facility, including a food, beverage and performance evening, and a visiting AIDS Memorial Quilt exhibit over the weekend. The Q Center slowing began building its services to the region, reaching out to youth as a strong proponent—providing social nights, like Friday night roller skating, and it was apparent to the all-volunteer board that Queer youth resource was an essential service to be expanded.

Since 2016, the Lower Columbia Q Center has followed the vision, growing exponentially. Outgrowing the one room space at the Armory, garnering grants for its work in education and advocacy, securing its office center on Bond Street in Astoria, and gaining an employee program coordinator.

Astoria Pride has grown from a one-venue event to include the Pride Gala at the Liberty, Walking Parade, downtown art exhibits, the once huge Saturday night dance party at AAMC Ballroom and of course the Saturday Pride Festival on the Astoria river front, where out-of-towners, locals, kids, dogs and ever-entertaining Drag performers come together. All of this miraculously organized and staged by volunteers, from leadership positions to the many hands it takes to stage the undertakings.

The Lower Columbia Pacific Region community is all hands on deck. Sponsors, organizations, and attendance to Pride events speak to the mission, ever-symbolized by the rainbow—under its colors we seek dignity, respect, compassion and celebration. What was once a seed “Let’s do this!” sung by co-founding LCQC Board Chair Marco Davis, was a prophetic call to hearts and arms to come together in unity. A call we had all been waiting for.

Through the COVID pandemic, Astoria Pride and the Q Center have prevailed. The Q Center, zooming all the way through 2020-2021. 2020 Pride took place as a virtual Drive-In Movie Extravaganza in the Safeway parking lot, current president of the Pride Committee, official MC, and lifelong LGBTQ organizer Dida DeAngelis at the helm. Astoria Pride 2021, riding the wave of discernment in public health risk factors proceeded with a smaller version

of a live outdoor Saturday Pride Fest, and small indoor/outdoor Friday night mixer, all to success. According to sources, the decision to go forward with a live festival in 2021 was a point of contention between LCQC board members.

The Astoria Pride Festival is run by an appointed volunteer committee, under LCQC. While it is not precedent that committee members also be a board member of the LCQC, at this time, four Pride organizers, involved in the legal suit are—and they’re facing off the four other current members. Astoria Pride Festival has proved its popularity and rapid growth, its ability to raise funds, and to create revenue through its various partners, from local business to Absolute Vodka to name. Urban Pride organizations, serving Metropolitan centers are 501.c3 non-profits that have broadened their early beginnings to support a wide band of LGBTQ efforts and partnerships.

A spokesperson for the representative four, of whom the four at this time, seek to legally identify as a fiscal Astoria Pride entity in the lawsuit, informs they could envision a Pride organization that like its big city cousins, operates as a separate entity, that would ideally support the Lower Columbia Q Center as well as form its own community mission, (to clarify, this is not currently a part of the lawsuit).

Across the nation, organizational struggles in the LGBTQ service arena between celebration work and social service advocacy are a common growing pain. Portland “Gay” Pride first happened in 1975. It was 20 years later that Pride Northwest formed as an official organization, now supported by staff and volunteers, and is year-round actively engaged in extensive partnerships that serve marginalized communities, and a myriad of LGBTQ related efforts.

Big city. Big vision. The service of the LCQ Center as an outreach and advocacy organization and the Astoria Pride Festival play a significant role in the culture, welfare and spirit of this coastal region. The two board factions are currently both legally represented. A lawsuit has been stayed with stipulated orders, and allows for the Q Center to operate, and maintain the paid position of program coordinator.

“The Q Center is open,” says Tessa Scheller, “And doing well. We look forward to a really brighter future. I believe we will break out of COVID. It’s a new world but it’s still a good one in terms of the potential we have as the Q Center working together with individuals and agencies.” In regards to the legal battle, says Scheller, “We hope for healing.”

A spokesperson from the Pride committee said, “As this case is now in arbitration we must focus on the protection of the community and integrity of organizations concerned. Arbitration has not been our choice as we have made many attempts at fulfilling our fiduciary responsibility over the past seven months.”



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What's the Story with Housing in Tillamook County

Chapter 8: Housing is Key for Coastal Businesses to Find—And Keep—Employees

IN 2002 DEBRA GREENLEE MOVED TO MANZANITA. A life-long Oregonian born in Portland, she got a job managing the San Dune Tavern, a renowned Manzanita icon built in 1935 and beloved by locals and visitors. In 2005 she was able to buy the Tavern and changed the name to San Dune Pub.

In those days she was open 7 days a week for lunch and dinner from 11:30 to midnight and had 32 employees. Now she has 9 employees, which includes the owners, and is only open 20 hours a week, Fri-Mon 4-9. She can't get workers because they can't get housing. The current employees have housing because they've lived here and worked for her for a long time. One 40-year-old employee returned to North County after being away for some years but is living with her mother because she can't find housing.

The San Dune Pub is losing a lot of money and patrons are unhappy that it isn't open more. Visitors need to be educated about why services are so curtailed. Debra tells them it's about housing.

Investors have approached Debra to ask if she would consider selling her business and she's thought about it. But the investors ask if there is enough housing for employees and she has to tell them there isn't.

As early as 2019 she knew there was a serious housing crisis and went to city officials to find out what could be done. One suggestion from city officials was that she get the merchants together to talk about it. Debra expressed frustration that it can be hard for businesses to add more to their plate. Since she and her partner now work 10-12 hours a day, they just didn't have the time to take this on. They're baby boomers and feel that they can't work at this pace forever. If there was adequate workforce housing, they and other merchants could have more employees, be open more hours, and have less stress. But she feels it's only getting worse.

In past years, rentals in Manzanita were available and affordable and a person working at the Pub could make a decent living. Students and young people could get summer jobs at the beach in those days.

That's a bygone era. Now workers have to drive from Tillamook or Seaside or find roommates to share a place if they can find it. Affordable rentals just don't exist.

San Dune Pub is far from the only coastal business facing these challenges. *According to the 2019 Housing Needs Analysis (HNA) 1 in 4 workers in Tillamook County drive over 50 miles one way to work.

Debra is one of 85 business owners who responded to an employer survey about housing that was distributed by the Tillamook County Housing Commission in October. 54 of those businesses employ ten or fewer employees. Over 50% of the respondents facing employee shortages were businesses in the hospitality and services sectors.

Virtually all employers told the Housing Commission that attainable housing contributes to community vitality. Housing for employees builds stable families and communities, strengthens local businesses' employee hiring and retention, and builds the customer base to strengthen local businesses. And employers recognize that housing promotes improvement of the social determinants of community health and personal



Debra Greenlee, Owner, San Dune Pub in Manzanita

well-being, and ensures that public sector employees who serve the entire community in education, healthcare, governance, safety (firefighters, EMS, police) can find places to live.

When asked, "How has your business addressed the workforce housing shortage on behalf of your current or prospective employees?", Debra, like more than half of the other respondents, said, "We would like to, but we're not sure how."

And like most employers, when asked, "How has your business addressed any shortage of employees resulting from lack of available workforce housing?", San Dune has offered higher wages, flexible schedules, shared positions, and shortened business hours and days of operation.

It's clear that economic drivers are wreaking havoc on local housing markets and that it will take everyone working together to find short-term and long-term solutions to increase workforce housing.

The Tillamook County Housing Commission is actively gathering input from a wide range of perspectives, which includes re-launching the employer survey in 2022, emphasizing that it hopes to see more businesses offer feedback.

What would Debra do about housing if she were "queen for a day"? Her solution would be to buy up property in the surrounding rural area and build a workforce neighborhood with smaller homes that would be affordable to someone making \$15-18 per hour. She dreams that all the businesses in Manzanita would have enough employees so that they would be less stressed, and visitors would be satisfied with services.

With tears in her eyes and passion in her voice, Debra expressed how important this is to her. She's frustrated and deeply concerned. And she's very concerned about where Manzanita will end up without housing, without enough employees, with stressed-out business owners and dissatisfied visitors.

She feels change needs to happen.

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. If you have a housing story to share, email it to: TillamookCoHousingCommission@gmail.com.

Burly & the Bean Coffee Roasters

From San Diego to Seaside Oregon

LIKE MANY SMALL BUSINESS OWNERS, coffee entrepreneurs Justin and Vanessa Boone have learned to pivot through the pandemic. The couple own Burly & the Bean, a coffee shop that moved, through a series of unexpected events, from San Diego to Seaside in July 2020.

18 months later, at the close of 2021, the Boones expanded their business to a walk-in location equipped with Justin's convection coffee roasters. The compact size of the roasters frees up space to feature local and specialty products, from coffee beans to artisan candles. The new Burly & the Bean shop also features upcycled clothes curated by one of the shop's employees.

The new shop offers Burly & the Bean's familiar drive-thru menu as well as creative specials. Currently, customers can purchase a coffee experience. For \$30, you learn



about the qualities of coffee beans, select your favorite bean, roast 12 ounces, and decorate a coffee bag to carry your beans home, ala "roast your own."

Justin likes the idea of building community through providing experiences like coffee roasting. The passion he and Vanessa have for coffee helps manifest opportunities inspired by their love for community building. The couple became coffee entrepreneurs in 2015 out of necessity. When they moved to University Heights in San Diego, they were surprised to discover their new neigh-

borhood had zero coffee shops. Their passion for coffee and commitment to community resulted in the establishment of Burly & the Bean.

Justin and Vanessa are Burly & the Bean respectively. The name is a tease about their height difference: he's 6'4" and she's 4'10". The couple dived into their coffee enterprise with a coffee cart and their University Heights community responded.

Within months, business was so good, Justin quit his main career in construction. Overwhelmed by the cart's popularity in the coffee deprived neighborhood, Vanessa and Justin decided to expand. Justin found a vacant lot and built Burly & the Bean from the ground up, lovingly creating a welcoming coffee house surrounded by coffee trees he planted.

Justin's construction background and excitement facilitated the building stage and the coffee shop continued serving enthusiastic customers. But neither Justin or Vanessa had ever run a business. They didn't realize the licensing required for a food business in San Diego. "Or anywhere!" Justin grins. After a brief closure to secure the proper licenses, Burly & the Bean was back to business.

To further encourage community interaction, Justin discovered neighborhood nature trails and researched local flora and fauna. On weekend mornings, neighbors gathered at the shop and Justin led them on discovery hikes. The coffee shop continued to flourish and the Burly & the Bean brand grew popular with other coffee retailers and restaurants.

In 2020, COVID shut down the coffee shop. "Nobody knew what was going on," Justin says of those uncertain early days of the pandemic. "We were worried they might close state borders." Justin and Vanessa decided to drive north with their baby Shiloh to Manzanita, where Justin's mother has lived for 27 years. They stayed locked down for a few months while the whole world wondered what was next. When they ventured to Costco for supplies, they noticed the empty Seaside drive-thru on Roosevelt Drive.



Justin and Vanessa Boone



Eventually, the couple returned to San Diego to reopen Burly & the Bean. They discovered their coffee shop had been padlocked. They'd been illegally restricted from access to their business. The owner held the title to the land, but it was the Boones' building. The owner's behavior was motivated by fear of the virus, Justin says, and police intervention quickly returned Justin and Vanessa's access to their property. But they knew their business was finished in San Diego.

They immediately recalled the Seaside drive-thru. "We'd driven by the building several times while we were staying in Manzanita with my husband's mother," Vanessa says, "We even wrote down the contact number before we went back to San Diego." Justin dialed the Seaside number. The drive-thru was still available.

Justin closed the University Heights shop and dismantled it brick by beam. Community members joined in to help and took home the shop's masonry, wood, art, and even the coffee trees Justin planted. He describes the community support as uplifting during this process of saying goodbye. "It was our place and our community," he says, "It was hard, but we really love Seaside."

In July of 2020, Vanessa and Justin opened Burly & the Bean Coffee Cabin at 1545 Roosevelt. "Seaside's response has been phenomenal," says Justin. Over the years in dedication to their passion, Vanessa and Justin have developed a distinctive menu that makes their coffee such a hit. Vanessa's Mexican-American heritage inspires espresso drinks like, "La Pistola": espresso, white chocolate, Mexican chocolate, and cinnamon and "Rice Rice Baby": espresso and horchata. Justin's love of Vietnamese coffee inspires signature drinks like "Eye of the Storm" an iced Vietnamese coffee (coffee and sweetened condensed milk), 4 shots of espresso, hazelnut and half & half.

Burly & the Bean offers food items, as well, utilizing baked goods coastally made. If you're lucky enough to live in Seaside, try Burly & the Bean next time you need an exciting coffee experience. And if you live elsewhere on the coast, the brews are worth the drive. Vanessa's friendly smile and Shilo's 4-year-old laughter are bonus features of the Coffee Cabin drive-thru.

The new shop at 1803 Roosevelt Drive offers a chance to chat with Justin and the crew about coffee and community. Notice the drawings framed on the wall. The son of a regular customer drew the images for Justin because he "loves Burly & the Bean".

"That's the best part," Justin grins again.

hf



MUSIC PERFORMANCE



SIMPLE SALMON: THE RESPAWNING marks the return of the beloved, crowd-sourced sketch comedy show which ran for six installments (1999-2005) at the late, lamented River Theater. Director William Ham has taken it upon himself to corral some of the best sketches from the original shows, which, combined with some new(-ish) material, promises to have audiences rolling in the aisles of the Ten Fifteen Theater!

(Note: please do not roll in or near the aisles during performances.)

With a cast comprised of Simple Salmon veterans and bright newcomers, look forward to an evening of fun and mockery of everything from Cub Scouts to optometrists, culminating in a closing number containing more puns than you can shake a spear at. The cast: Terri Baier, Susi Brown, Bill Honl, Kelli Hughes-Ham, T.J. Newton, Slab Slabinski and Lori Wilson Honl. (Warning: contains adult language and juvenile humor.)

PERFORMANCES: Feb 11-12, 18-19 at 7:30pm, Feb 13 at 3:30pm. \$15. Tickets: www.thetenfifteenththeater.com, and upon availability at the door. Located at 1015 Commercial St. in Astoria.



Haley Fohr Circuit Des Yeux Tour Stop

HALEY FOHR of Circuit Des Yeux plays her only solo show of a national tour here in Astoria at ANITA, Saturday, February 26, supporting her 2021 album "-io".

Haley Fohr is a vocalist, composer and singer-songwriter based in Chicago, Illinois. Her musical endeavors focus around our human condition, and her 10-year career as Circuit des Yeux has grown into one of America's most successful efforts to connect the personal to the universal.

She is most distinctly identified by her 4-octave opera-esque voice and unique style of 12-string guitar. Her mysterious "Jackie Lynn" project landed her on the cover of Wire Magazine in August of 2016. Her critically acclaimed 2021 album -io, released on Matador Records.

February 26, 7pm. Tickets \$15. Advance tickets are recommended. Email theanitabuilding@gmail.com in order to purchase. All attendees are required to show proof of vaccination, and wear a mask. ANITA is located at 1312 Commercial St. in Astoria.

CGT + MG3

- From Tubular Bells to Radio Head, Ennio Moriconne, Arvo Part or Beethoven, no musical stone is left unturned. The California and the Montreal Guitar Trios came together in 2010, and there's been no stopping the rogue virtuosos since. All you need to do is get your ticket!

Saturday, February 19, 7pm. Ticket Options \$25-\$35: www.libertyastoria.org



Ashleigh Flynn & the Riveters

Cutting her teeth on local bluegrass in her home state of Kentucky, induced with the love of Motown, critically-acclaimed solo artist Portland-based singer/songwriter, is charismatic bandleader and recording artist, 3 albums in, Ashleigh Flynn brings her all-female band The Riveters to Astoria. Country Americana, Lets go honky-tonkin in a big way!

Not to miss!

Thursday Feb 17, 6pm at Fort George. A Liberty Theatre Show at the Fort in Astoria.



Animal Liberation Orchestra

- Get Down, get down, getdown. Bee-Gee-Beastie-Brown comin' to Astoria town.
- ALO. So you miss your work call on Friday.
- Oops. Party like a liberated animal music lover folks. Joined by multi-instrumentalist, beatnik-porch-jazz artist Anna Moss.

March 3. 7:30pm. Liberty Theatre. \$25 Gen. www.libertyastoria.org



FOUR SHILLINGS SHORT are coming back to town. The Celtic/Folk/World music duo of Aodh Og O'Tuama from Cork, Ireland and Christy Martin from California, perform Traditional and Original music from the Celtic lands, Medieval & Renaissance Europe, India and the Americas on a fantastic array of instruments.

The PAC welcomes this favorite husband and wife duo, truest of troubadours, with 100 touring shows a year as their standard over a 30 year performance career. Amongst her many multi-ethnic stringed instruments played, Christy Martin is a fluid performer of the Sitar. Aodh Og O'Tuama grew up in a family of poets, musicians and writers in Cork. He holds a degree in music from University College, Cork, and Fellowship from Stanford University in Medieval and Renaissance performance, specializing in woodwinds and delightful humor.

Storytelling and lore, Four Shillings Short offer a rich pallet of music beyond compare. **Sunday, February 26, 3-5pm. Charlene Larsen Center for the Performing Arts. 588 16th St. Astoria. Gen. \$17 Tickets available online at: partnersforthePAC.org or by phone (503) 338-9132. Masks and Proof of vaccination.**

The Oyster Crackers Benefit for CLC PAC

Relax and enjoy an afternoon of vocal harmonies accompanied by guitars, cello and fiddle with The Oyster Crackers. The harmonious folk quartet offer songs of hope and inspiration, an eclectic mix of Americana, Celtic and original music.

Formed 3 years ago, Rita Smith, Christl Mack, Bette Lu Krause (WA Peninsula) and Phyllis Taylor (Astoria) recently produced a CD of original music, titled, "Home Grown Pearls."

All four of these vibrant women have sung for many years with choral ensembles—Phyllis Taylor is a classically trained cellist turned folk musician. Several members of the group are retired educators, and all currently create art and music in various forms.

February 13, 2pm. Tickets: \$17 in advance at: partnersforthePAC.org/ or call 503-338-9132. Seating is socially distanced, and masks and proof of vaccination are required. 588 16th St. Astoria.



Defined hedonists of the strings and today defined as the "the millennial Kronos" \$5 takes you on a journey—from Coltrane to Pete Seeger, hear chamber music that knows no bounds. Post-genre musical goodness expressed through the virtuosity of five accomplished musicians. Their most recent album, **OUTLIERS**, consists entirely of new music written for them and debuted at No. 1 on the Billboard Traditional Classical Chart.

March 5. 7pm. Liberty Theatre. Ticket options, \$17-\$37, www.libertyastoria.org



Sybarite5

Fire and Light: Five + Four CCC Nebeker Gallery

CLATSOP COMMUNITY COLLEGE Royal Nebeker Art Gallery announces: **FIRE AND LIGHT: FIVE + FOUR**, a group art exhibition showcasing the remarkable talents of Clatsop Community College faculty, as well as a selection of invited local artists.

Beginning February 3, 2022, the collection of Five + Four will highlight the work of Clatsop Community College faculty Richard Rowland (Ceramics), Kristin Shauck (Painting, Drawing, Design), David Homer (Photography), Ben Rosenberg (Printmaking), and Lucien Swerdloff (Graphic Design). In addition features, Annie Eskelin, Glen Herman, Peter Korchnak and Randy McClelland from Astoria, Oregon.

The collection features works of art captured in a moment, in flashes of light. Some created in the passage of time, with earth and fire. Some explore the iridescence of color, memory, and how our imaginations soar or sink in response to what we observe. Each artist draws from their own heritage, memory and life to reflect their own unique interpretation of Fire and Light.

In the deep hollows of Oregon's coastal forest, a tiny chamber of heat and flame. A 2,400 degree fire burns in the belly of a dragon. CCC ceramics professor Richard Rowland leads a group of dedicated volunteers that hold vigil over the week-long firing of the anagama style kiln. The treasures inside are formed by the hands of the community, stacked within the kiln slowly, with painstaking care, so that each piece is graced by the whims of the final collaborator: fire. **Richard Rowland** and **Randy McClelland** share with us their pieces from the recent firings of Ahikaaroa, Astoria's anagama style kiln.

Annie Eskelin conjures fire in the precise, blinding beam of an electric arc. She uses the energy to melt steel into a delicate representation of nature, deceased, unearthed, remembered and cherished.



Annie Eskelin, *Flounder Skeleton*

CCC professor **Kristin Shauck** collects her wisdom from years of teaching observational drawing. Much like full spectrum sunlight, the viewer colors their perception, some absorbed, some reflected. Kristin shares her luminous creations in pigments and polymers as she reflects on the balance between personal interpretations of reality, and the interconnected experience shared.

Peter Korchnak employs pointed blades, needles and thread, to weave together voices of old into stories anew, casting illumination on memories of state lines,

split and stitched into history.

"I've always been pulled to the unintended irony in life and try to capture that in my work," says **Ben Rosenberg**, Printmaking instructor at CCC. "It's what lies underneath that lends humor and sometimes depth to a subject I'm after. I'm influenced by my surroundings, mass media,



Richard Rowland, *Anagama Vase*



Ben Rosenberg, *The Fisherman*

and politics. Animals show up often in my work, sometimes behaving like people." Ben works in drawing, painting, ceramics, and assemblages.

A retired engineer, now an artist, with appreciation for technical challenges, **Glen Hermanis** grew up on a small farm, and credits this heritage for the mechanical dexterity and technical curiosity he brings to his "Maker Lights." By incorporating deliberate challenges within his designs, Glen develops artful solutions mixing light with science and function.

Lucien Swerdloff teaches Graphic Design, Historic Preservation and Computer-Aided Design at Clatsop Community College. He offers a series of images inviting reflection on destruction and creation, natural and artificial, reality and abstraction, fire and light.

The work of these artists and others are on display from February 3 through May 6. A reception for Fire and Light: Five + Four is scheduled for **Thursday, February 17 at 6pm**. The gallery reception and exhibit are free and open to the public.

The CCC Royal Nebeker Gallery, located at 1799 Lexington Avenue in Astoria, is ADA accessible. Gallery Hours: 10am – 4pm. Mon through Thur, weekends and holidays by appt only. FMI: contact Kristin Shauck (503-338-2472) or kshauck@clatsopcc.edu.

Nudes at AVA

ASTORIA VISUAL ARTS' latest exhibit, *Innocence, in a Sense*, showcases artwork honoring the important role the nude figure has played in art for centuries. Curated by Astorian Carrie Mariko Williams, an accomplished and dedicated oil painter, *Innocence, in a Sense* welcomes artists from throughout the Pacific Northwest, working in all media to exhibit art created featuring the nude figure.



John Willis

Williams was drawn to relocate to Astoria from Seattle four years ago after being accepted into the Royal Nebeker Art Gallery's longstanding exhibit *Au Natural* at Clatsop Community College. Because this popular exhibit that draws international attention to Astoria has been canceled for the last two years due to COVID, AVA hopes to give many regional artists who focus on the figure a chance to collectively exhibit their work.

Throughout the pandemic Williams has helped host a life drawing group in downtown Astoria that welcomes artists interested in honing their craft. Participants focus on quick draws and longer poses that challenge their ability to accurately render poses and skin tones.

See the exhibit Feb 12 - March 6, Fri and Sat from 12 to 4pm or by appointment. Astoria Visual Arts is a nonprofit, founded in 1989, that works to enhance, strengthen and promote the arts in Greater Astoria. AVA is located at 1000 Duane Street. Learn more at astoriavisualarts.org.



Carrie Williams

The Photographic Nude 2022 At LightBox

LIGHTBOX Photographic Gallery opens "The Photographic Nude 2022" on Saturday, February 12. The gallery will be open from 12-7 p.m. This is the 11th year of the annual international juried exhibit, a collection of photographic prints exploring the artistic and creative view of the body and its form, dedicated to the creative spirit of photographer Ruth Bernhard.

LightBox established "The Photographic Nude" series to gain an understanding of the nude historically in the photographic medium. The show features various works—from traditional classical studies to alternative and provocative styles—of the fine art nude from around the world. The exhibit was juried by Michael and Chelsea Granger, Directors of the gallery, with 40 images selected for the exhibit from 29 photographers.



Max Hinz, *Popping Cherries*

The exhibit runs from February 12 through March 9 2022. Covid Vaccinations + mask to visit the gallery. LightBox at 503-468-0238 or info@lightboxphotographic.com. LightBox is located at 1045 Marine Drive in Astoria. Hrs: Wed– Sat, 12 - 5pm. lightbox-photographic.com

art happens

Wasco Weaving With Brigitte McConville



WASCO NATIVE people are known for their full-turn twining technique and beautiful geometric designs and motifs. For thousands of years, the Wascopum lived along the Columbia River, known for fishing and trade. Brigitte McConville is a fisherwoman, tradition keeper, artist, and cultural anthropologist with the Confederated Tribes of Warm Springs. In this workshop students will learn the basic full-turn twining technique and weave a small Wasco 'Sally Bag' as well as begin a full sized one with guidance to finish the project outside of the class.

Wasco Weaving takes place Saturday, February 19, 10-4pm at the Anita Building, 1312 Commercial St. in Astoria. Fee: \$150. Sliding Scale Fee available if needed. Please inquire and register to: amykarleton@gmail.com 503.407.7259. presented by Coast Craft Cooperative.

March at Trail's End Artist Phyllis Taylor



Red Dahlia

TRAIL'S END ART Gallery will open a new show In March featuring paintings and other art forms by Phyllis Taylor. A reception for the artist takes place on March 5, during the Gearhart ArtWalk, 2-5 pm. The show will be open Fridays- Sundays, 11am – 3 pm from March 4th to 27th.

Phyllis Taylor retired to Astoria, OR, after 40 years at Indiana University as a graphic designer, illustrator, and instructor. Now she is pursuing her dream of painting. "It takes a lot of time to paint and experiment with how to best portray a subject. Now I have that time." Primary mediums are watercolor and acrylics. Taylor says she joined Trail's End because, "By taking workshops, I had fun creating art and meeting lots of other area artists in this nice facility." In 2020 Taylor's painting of Oregon's endangered Silverspot butterfly received the People's Choice award in the Oregon Habitat Conservation Stamp 2021 art competition.

Taylor graduated with a B.A. double major in English literature and music with a minor in botany. In graduate school at CSULB, she studied art history, photography, and graphic design.

Trail's End is located at 656 A Street in Gearhart. TrailsEndArt.org. Phone 503 717-9458 and email trailsendartassociation@gmail.com

Jim Koudelka *Man Cans and Boys Toys* at Riversea Gallery

RIVERSEA GALLERY presents bold and colorful work by Portland artist Jim Koudelka, Professor Emeritus in Ceramics from the Oregon College of Art and Craft. The show encompasses mixed-media conceptual sculpture and functional ceramic ware, providing a rare opportunity to experience contrasts and similarities between different aspects of work by one artist.

The exhibition opens during Astoria's Second Saturday Artwalk on February 12 from 12:00 to 8:00 pm, and the artist will be on hand beginning at 5:00 pm. The work will remain on view through March 8, 2022.

Man Cans and Boy Toys is a sculpture series that playfully references nautical, industrial, and mechanical themes with geometric patterns and primary colors on weathered surfaces. A wheel-thrown ceramic vessel is the starting point for each work, and Koudelka transforms these into forms suggestive of river buoys, channel markers, and construction site equipment with the addition of mixed-media elements. Each sculpture may be displayed in several ways, simply by, opening, closing,



MCM Pottery Selection

and rearranging the various parts. Their textured surfaces sport bright colors that seem to have degraded over time, perhaps eroded over years of rough use and exposure to the elements. This body of work was inspired by the artist's lifelong interest in all things mechanical, most recently reinforced through playtime interactions with his young son.

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Accompanying the sculpture is a series of colorful, mid-century modern style porcelain ware intended for use at the table. Viewers may observe similarities to Koudelka's conceptual work in the primary color palette and playful geometric patterns used, somewhat reminiscent of signal flags. It is easy to imagine them sharing the same living space. Yet here, the colors sing on a bright white, glazed background. The surface decoration morphs into vibrant designs influenced by mid-century artists Piet Mondrian, Paul Klee, and Alexander Calder. The artist regards each piece as a painting in the round, employing color, pattern, and line to accentuate the form.

Koudelka is originally from the Midwest and received his MFA from Indiana University. He taught ceramics at OCAC in Portland, Oregon for 28 years and has guided and influenced many ceramic artists in the Pacific Northwest and beyond

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



Buoy Boy, mixed-media sculpture

Roy Sanchez, AVA Newest Artist-in-Residence



AVA welcomes its newest artist-in-residence, Roy Sanchez, a multi-disciplinary artist from Warrenton.

Over the next six months, Sanchez will make artwork in a rent free studio space located in the Astoria Studio Collective, where he plans to finish a series of 100 post-it portraits and further his art-making practice. Sanchez's interests do not stop at art-making, he also intends to help organize an art critique group and establish a comic zine. "For me, creating more art would be a natural part of leading and initiating these clubs," says Sanchez of this new opportunity.



Roy's Post-It Portraits

Most of Sanchez's completed post-it portraits to date are documented with time-lapse on his Instagram site (@roysanchezart), which enables reflective study on process. "In effect, I can see my mistakes and experiment with the drawing process to tackle challenges with aspect, composition, balance, and juggling the boundary of realism with my drawing style." Interesting patterns happen by mixing the portraits, similarities in composition, subject matter, how people hold their heads, or the presence of dogs and animals as people. "I feel I could write a book about this project." See more by Sanchez at roysanchez.art.

ABOUT SUGAR

By Kate Cooper • Animal Rescue Volunteer



SUGAR NEEDS A FOSTER HOME

We're looking for an experienced foster or dog savvy adopter for our lovely Sugar. This striking two year-old, large, all white Doberman/Dogo/Bully mix is an intelligent, friendly boy. Since he has a big heart and is a stellar dog, Sugar is well-named. Due to being kennelled for so long, Sugar has developed some behavioral issues mostly in relation to his reaction to cars. Thanks to the fundraising efforts of our dedicated

dog walker volunteers, Sugar is about to start a four-week board and train placement with a great trainer in February. The trainer is willing to work along with any potential foster or adopter to support a smooth transition for this sweet boy.

Sugar had a rough start in life at his first home and was surrendered and lived at a vet's office for four months, where he was cared for by a great team. He then came to us at the end of August last year. Loved by staff and volunteers, he has become a shelter favorite. Sugar has a good deal of energy and enjoys playing ball, and can cover a lot of ground with his long legs and graceful body. He would make a great hiking buddy or running companion. He also enjoys going for rides in the car. We think he has some hearing loss and is vision impaired. Sugar needs a home with no little dogs, senior dogs, children or cats. He is receptive to other dogs' language, but may miss some cues, so any potential dog buddy needs to be an observant and patient friend. Sugar is extremely food-motivated and is a trainable boy. Sugar is fully vaccinated, neutered, and microchipped.

It is very important at the completion of Sugar's four-week board and train that he goes directly to a foster or adopter home. If you can give this sweet boy a home as a foster or adopter, go to our website at beachpets.com and complete an adoption application.

If Sugar sounds like the boy for you, please go to 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.



A Special Request from the Dogs & Cats at the

CLATSOP COUNTY SHELTER

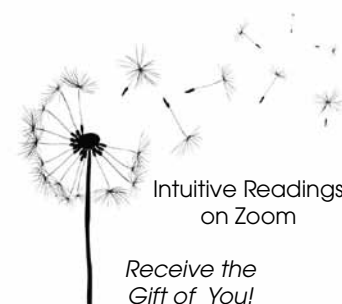
We're a little low on supplies.
Would you please help?

- 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
- Paper Towels
- Dawn
- Bleach
- Cat Toys (No Catnip)
- Dog Kongs (Black only please)
- Feline Pine Cat Litter
- Laundry Detergent (HE)
- Also - We take Cash Donations!*

**Clatsop County
Animal Shelter**
1315 SE 19th Street
Warrenton, OR 97146

503-861-7387
Tuesday thru Saturday
Noon to 4pm

Healing Sessions with Ann Robben Dott



Access Bars
and
Light Bodywork

Intuitive Readings
on Zoom

in Astoria
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Receive the
Gift of You!

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wordwisdom

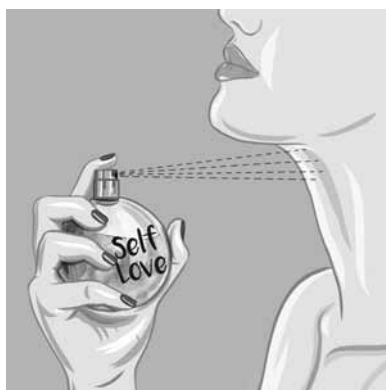
By Tobin Nason

Valentine's Day

I LIKE TO THINK that some things changed for the good in the past few pandemic years. Maybe some of us learned self-care... or not. I know the distancing was hard, maybe harder on some. People with large families, for example. While it was an annoyance to wear the mask and stay away from crowds, for some it was fine and dandy. Introverts specifically probably thought- at last! Staying solo is the smart and safe way to go. I knew it all along. Now let me read.

Being adaptable is key to any survival. How adaptable are you? Did you fuss and fume over the mask, then run to the nearest Rite Aid for a rapid Covid home test? That, my friend, is NOT what I'm talking about. I'm talking about making the most of your home time. Did you cook more? I know I did. Did you get creative via cooking, sewing, walking? I know I did. Did you find some joy having long days with your immediate family, kids, dogs, at home husband? I got to spend lots of time with my Ollie from the shelter. We had to learn about each other. No, Ollie, you can't hump

everything in sight. Same with peeing on every bush, sign, tire. He learned "No" very quickly. I learned that Ollie could learn appropriate behavior. We learned how to live together. He's also



pretty protective about his toys. I'm pretty sure that if you are reading this, you adapted with some success.

I was told once that I don't adapt to change very well, by a boss, no less. Real change, internal change, reasonable change- I can do that. I was married on a weekend, flew to

Oregon with a new husband and new name three days later. (The fact that I had a meltdown 3 months later I attribute to youth. I had not yet learned to adapt. Since then, lots of experience—divorce, job loss, life stuff that happened taught me to trust the process.) Change for the sake of change is just plain stupid. Retail stores do it all the time to give customers a "fresh shopping experience." Oh, really. I find it annoying, not knowing where the toothpaste moved to.

So this Valentine's Day I'm giving myself all the love I can muster. Time with Ollie, coffee upon demand, maybe a seafood dinner someplace. I don't wish or want for anything, even when FB posts wonderful couples bonding over filet mignonette. I'll be bonding with my own life. If ever anyone wants to share lives with me, I'll be adaptable. I promise.

Tobin Nason is a counselor located in Warrenton. Call (503) 440-0587 for an appointment.

FREE WILL ASTROLOGY

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h 11° r 6' 27° f 7' 15° x 64' 0° n 48'

FEB 2022

ARIES (March 21-April 19): Author Helen Hunt Jackson said that one component of happiness is “a little less time than you want.” Why? Because you always “have so many things you want to see, to have, and to do” and “no day is quite long enough for all you would like to get done before you go to bed.” I propose you experiment with this definition in the coming weeks. According to my astrological analysis, you will have even more interesting assignments and challenges than usual—as well as a brimming vitality that will make it possible for you to accomplish many but not all of them. Your happiness should be abundant!

TAURUS (April 20-May 20): Born under the sign of Taurus, Ethel Smyth (1858–1944) had considerable skills as a composer of music, an athlete, an author, a passionate lover, and an activist working for women's rights. She was successful in all of them. I propose we make her one of your role models for the coming months. Why? First, because she did more than one thing really well, and you are now primed to enhance your versatility, flexibility, and adaptability. Second, because she described a formula for high achievement that would suit you well. She said, “Night after night I went to sleep murmuring, ‘Tomorrow I will be easy, strong, quick, supple, accurate, dashing and self-controlled all at once!’” (PS: I suggest you make “supple” your word of power in 2022.)

GEMINI (May 21-June 20): According to author Olivia Dresher, “Feelings want to be free. Thoughts want to be right.” Well, then, what about intuitions? In a sense, they're hybrids of feelings and thoughts. They're a way of knowing that transcends both feelings and thoughts. When intuitions come from the clear-seeing part of your deep psyche rather than the fear-prone part of your conditioning, they are sweet and fun and accurate and humble and brisk and pure. They don't “want” to be anything. I'm pleased to inform you, Gemini, that in the coming weeks, your intuitions will be working at peak efficiency. It should be relatively easy for you to distinguish between the clear-seeing and fear-prone modes of intuition.

CANCER (June 21-July 22): “If you are going to do something wrong, at least enjoy it,” wrote humorist Leo Rosten. I offer his counsel to you right now because I want you to have fun if you wander away from your usual upstanding behavior. But may I make a suggestion? As you depart from normal, boring niceness, please remain honorable and righteous. What I'm envisioning for you are experiments that are disruptive in healthy ways, and dares that stir up interesting problems, and rebellious explorations that inspire beauty and truth. They'll be “wrong” only in the sense of being mutinies against static, even stagnant, situations that should indeed be prodded and pricked. Remember Bob Dylan's idea: “To live outside the law, you must be honest.”

LEO (July 23-Aug. 22): Leo actor Anna Kendrick bragged, “I'm so humble it's crazy. I'm like the Kanye West of humility.” I'd like to see you adopt that extravagant approach to expressing your magnificence in the coming weeks. I hope you'll add another perspective to your repertoire, too—this one from Leo actor Mae West. She exulted, “Too much of a good thing can be wonderful!” Here's one further attitude I encourage you to incorporate, courtesy of Leo author Rachel Pollack: “To learn to play seriously is one of the great secrets of spiritual exploration.”

VIRGO (Aug. 23-Sept. 22): Sammy Davis Jr. (1925–1990) was multi-talented: an actor, singer, comedian, and dancer. One critic described him as “the greatest entertainer ever to grace a stage.” He didn't think highly of his own physical appearance, however. “I know I'm dreadfully ugly,” Davis said, “one of the ugliest men you could meet. But ugliness, like beauty, is something you must learn how to use.” That's an interesting lesson to meditate on. I think it's true that each of us has rough, awkward, irregular

aspects—if not in our physical appearance, then in our psyches. And yet, as Davis suggested, we can learn to not just tolerate those qualities, but use them to our advantage. Now is a favorable time for you to do that.

LIBRA (Sept. 23-Oct. 22): “It is the nature of love to work in a thousand different ways,” wrote the mystic Saint Teresa of Avila. According to my analysis of the astrological omens, you're due to discover new and different ways to wield your love magic—in addition to the many you already know and use. For best results, you'll have to be willing to depart from old reliable methods for expressing care and tenderness and nurturing. You must be willing to experiment with fresh approaches that may require you to stretch yourself. Sounds like fun to me!

SCORPIO (Oct. 23-Nov. 21): “If you are drilling for water, it's better to drill one 60-foot well than 10 six-foot wells,” advised author and religious scholar Huston Smith. He was using well-drilling as a metaphor, of course—as a symbol for solving a problem, for example, or developing a spiritual practice, or formulating an approach to psychological healing. The metaphor might not be perfectly applicable for everyone in every situation. But I believe it is vividly apropos for you and your current situations.

SAGITTARIUS (Nov. 22-Dec. 21): A well-worn proverb tells us, “All good things come to those who wait.” There's a variation, whose author is unknown (although it's often misattributed to Abraham Lincoln): “Things may come to those who wait, but only the things left behind by those who hustle.” I think that's far more useful advice for you in the coming weeks. I'd much rather see you hustle than wait. Here's a third variant, which may be the best counsel of all. It's by author Holly Woodward: “All good things come to those who bait.”

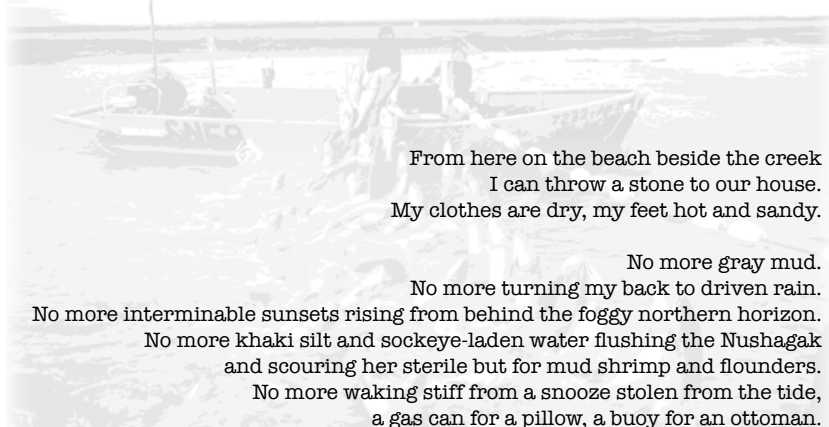
CAPRICORN (Dec. 22-Jan. 19): Author Harriet Beecher Stowe wrote, “To be really great in little things, to be truly noble and heroic in the insipid details of everyday life, is a virtue so rare as to be worthy of canonization.” I agree, which is why I authorize you to add “Saint” to the front of your name in the coming weeks. There's an excellent chance you will fit the description Stowe articulated. You'll be at the peak of your power to elevate the daily rhythm into a stream of subtle marvels. You'll be quietly heroic. If you're not fond of the designation “Saint,” you could use the Muslim equivalent term, “Wali,” the Jewish “Tzadik,” Buddhist “Arhat,” or Hindu “Swami.”

AQUARIUS (Jan. 20-Feb. 18): Since the iconoclastic planet Uranus is a chief symbol for the Aquarian tribe, you people are more likely to be dissenters and mavericks and questioners than all the other signs. That doesn't mean your departures from orthodoxy are always successful or popular. Sometimes you meet resistance from the status quo. Having offered that caveat, I'm happy to announce that in the coming weeks, your unique offerings are more likely than usual to be effective. For inspiration, read these observations by author Kristine Kathryn Rusch: “Rebels learn the rules better than the rule-makers do. Rebels learn where the holes are, where the rules can best be breached. Become an expert at the rules. Then break them with creativity and style.”

PISCES (Feb. 19-March 20): Piscean author Juansen Dizon tells us, “Don't find yourself in places where people have it all figured out.” That's always good advice, but it will be especially germane for you in the coming weeks and months. You need the catalytic stimulation that comes from associating with curious, open-minded folks who are committed to the high art of not being know-it-alls. The influences you surround yourself with will be key in your efforts to learn new information and master new skills. And that will be an essential assignment for you throughout 2022.

Midnight at Coffee

By Jon Broderick



original photo: corey amold

From here on the beach beside the creek
I can throw a stone to our house.
My clothes are dry, my feet hot and sandy.

No more gray mud.
No more turning my back to driven rain.
No more interminable sunsets rising from behind the foggy northern horizon.
No more khaki silt and sockeye-laden water flushing the Nushagak
and scouring her sterile but for mud shrimp and flounders.
No more waking stiff from a snooze stolen from the tide,
a gas can for a pillow, a buoy for an ottoman.

Today I've fallen in and out of sleep while my children romp,
happily ignorant of whether the tide is rising or falling.
Here the cutthroats hide.
We catch them with Grandpa's jeweled lures
and let them go if we feel inclined.

But on the Nushagak beside the tundra bluffs
because we weren't inclined
we beat, eyes clenched against the driven spray,
to Coffee Point at midnight, alone.
And how we hammered the fish!

Far from us
where trout shelter among fallen spruce and cedars
our tireless wives at last fell asleep
while we, like pelagic spiders, plucked silver ingots from the web
until the falling tide and building gale
chased us from the mudflats
and gingerly home. Finally home

where the cutthroats hide
and where I linger until Doreen arrives,
five young poems in her wake,
and I know I've got to go fishing.

POETRY VENUE Florence Sage

ABOUT THE POEM A title that makes you wait and see; it's not “Coffee at Midnight,” is it. It's Coffee Point at the mouth of the Nushagak where the poet fishes salmon for a living. This poem answers the nearly unanswerable question Jon is asked on his return to Cannon Beach each fall: “So how was Alaska?” In these first-hand pictures, we get it: rough go, lots of fish. Yes, in the story the **man** might long for home, family, rest, trout, but the **poet** loves it all. Images of both places are equally compelling, and the woven structure of the poem says the other place is ever in his mind, and he lives with this complexity. Favorite image: his pause to watch his wife trailed by their living poems. Best kind of last line: a surprise, explained by the poem, not the poet.

ABOUT THE POET Jon Broderick has been a SE Alaska commercial fisherman in summers since 1976, set netting for sockeye on prolific Bristol Bay. Now he lets his grown sons take the lead in fishing seasons, as he goes back to deckhand. Jon started the FisherPoets Gathering (FPG) in 1998 in Astoria and keeps it going with a small intrepid production committee and lots of other volunteers. The Cannon Beach house he shares with his wife Doreen, also a retired teacher, once filled by their five children – those poems – now carries sounds of the poetic running feet of three grandchildren who call Jon “Papi.” His songs, with fellow fisherpoet Jay Speakman of Gearhart, are on three CDs at fisherpoets.org, as is a multi-volume FPG anthology.

About the Column: This month we celebrate the 25th annual FisherPoets Gathering, Feb. 24 to 26 – once more online. Updates at: fisherpoets.org. Columnist Florence Sage is an Astoria poet completing a third collection, and a founding member of the FPG committee.

HOMEWORK: WHAT IS THE FEELING YOU WANT TO HAVE THE MOST DURING 2022?
EWSLETTER@FREEWILLASTROLOGY.COM

In Praise of Difficult Plants: Devil's Club, Nettle, and Other Prickly Allies

THE ESTEEMED HERBALIST Susan Weed observed that most medicinal plants are weeds: abundant, enterprising plants that flourish in places where delicate flowers fear to grow. The loss of natural knowledge in our macadam and technology-dependent world has made many people unaware that the hardy plants they struggle to eradicate from their lawns are nutrient-rich and have a long history of use for common ailments.

A few plants aren't just aggressive in their growth habits; they also defend themselves. The chemical constituents that make them medicinally useful protect them from insect predators, and they may even array themselves in spines, so anyone who approaches them must do so deliberately, with courage. Some of my favorite healing herbs belong to this prickly, not pretty category. These rough, resilient plants are living lessons in how to thrive in harsh places...and times.

I'll describe three fierce friends: devil's club, nettles, and roses. This information is for general educational purposes and does not take the place of recommendations from your health-care provider, so please consult them before you work with these plants.

Devil's club (*Oplopanax horridus*) is an imposing protector of forests. Towering above average human height, they form forbidding thickets around streams. They're spiky all over:

stems, leaf veins, even around their flower clusters. The spines aren't just sharp; they contain sapotoxins that can provoke hives if they scratch you. Their inner root bark is used to balance blood sugar and traditionally was consumed as a tonic for courage. Collecting it takes care, as any movement of the plant might swing the heavy stem toward you so it bops you with its sharp "club."

The bristly majesty of *Oplopanax* is distantly related to the humble rose (*Rosa* spp.). From wild roses to gorgeous garden specimens, roses are loved for their beauty...and respected for their thorns. Rose hips are harvested for their high Vitamin C content, which lends a sharp flavor to herbal teas. The hips also pack a potent antioxidant punch. Rose petals contain oils that soothe minor rashes, cuts, and burns. They've even been used in ophthalmic preparations for eye infections—a plant whose stem can wound, but whose ingredients can help one of our most delicate body parts...wow!

If you're hiking and accidentally brush a tall, upright plant with a square stem, and then you feel a tingling, burning sensation on your skin, you've just made the acquaintance of stinging nettles (*Urtica dioica*). But before you curse this self-protective plant, consider its superb nourishing properties. The leaves are rich in vitamins and minerals, including magnesium, calcium, and iron in easily



digested forms. They cause irritation but can also ease it; hence their use for seasonal allergies, eczema, and inflammation. The tender spring leaves are best (and also least spiny), and nettles roots are also nutritious and easy to incorporate into a stir-fry. Fresh nettles make delicious pesto spread, or you can braise them with other greens like chard and kale. (These processes take the sting out.) Wear gloves to harvest them...and address them politely! (Traditionally, that's how you stave off stings—but I wear gloves anyway.)

To learn more about these bristly buddies and other healing botanicals, I recommend taking classes and herb walks with knowledgeable locals, reading books like Douglas Deur's *Pacific Northwest Foraging*, and getting to know the plants to whom you're drawn. Like our human friends, they may look unassuming—or even off-putting—on the outside, but it's worth the time (and the occasional scratch) to get to know them.

Here's To Your Health

SPRAIN YOUR ANKLE? DON'T JUST LIMP AWAY CMH podiatrist shares tips on caring for ankle sprains

By Dr. Adam Bingham, CMH Podiatrist

YOUR ANKLE BONES and joints are held together with tough, stretchy bands called ligaments. Although they support your ankle as it moves, bends and twists, ligaments do have their limits. And when they are stretched past those limits, such as when you step awkwardly and twist your ankle, you may end up with a sprain. Sprains can range from mild, with a slight amount of tenderness and swelling, to severe, where the ligaments tear completely, and swelling and pain are significant.

Play it safe

The worse the sprain, the longer it will take to heal. Mild sprains might feel better after just a few days. For severe sprains with torn ligaments, healing could take months, and surgery could be needed to repair the ligament, though even a complete tear may heal without surgery.

If you suspect you've sprained your ankle and it's very swollen and painful or you can barely put any weight on it, it's best to have a doctor check it out. These symptoms could also be signs of a broken ankle.

A doctor can determine what is wrong with your ankle and the best way to treat it. He or she will also let you know when it's OK to return to your usual activities, including playing sports. If you try to do too much too soon, you could reinjure the ankle.

RICE it for best results

For mild or moderate sprains, treatment is pretty much the same. Apply the tried-and-true RICE method, which helps reduce pain and swelling.

Rest the ankle. Don't walk on it.

Ice keeps swelling down. Apply ice to the injured ankle for 20 to 30 minutes at a time, three or four times a day for about three days.

Compression bandages or elastic bandages can help immobilize and support the ankle.

Elevate your ankle above heart level as much as possible for the first 48 hours.

Over-the-counter pain relievers, such as naproxen or ibuprofen, can help ease the ache.

Here's to Your Health is sponsored by
Columbia Memorial Hospital.

Dr. Adam Bingham is a podiatrist at CMH-OHSU Health Foot & Ankle Clinic - Seaside.

A Window Between Worlds THE HARBOR

A Free, confidential therapeutic art group for survivors of sexual assault

The Harbor is offering a free, confidential therapeutic art group, A Window Between Worlds, for adult survivors of sexual assault. This group is open to people of all genders. The group is held on Thursdays from 4:30pm to 6pm at Astoria's Presbyterian Church (11th & Harrison). Ages 16+

COVID protocols such as social distancing, mask wearing, and sanitization practices will be followed. Art supplies and refreshments will be provided at no cost.

For more information or to register for the group, please call Julia at (503) 325-3426. To learn more about the curriculum, check out awbw.org!

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I ORIGINALLY WROTE this column in 2014. It serves to remind me that we are always in some state of chaos, danger, uncertainty, confusion and frustration. I find that bit of information absolutely comforting. It reminds me that the reason change takes seemingly forever is because it's a committee project. The committee is all of us. And we're never ever all on the same page. Or as John LeCarre once said, "A committee is an animal with four back legs." So naturally, it takes a long time to get anywhere.

But now that you can purchase the weed of your dreams in actual shops on virtually every corner, we're on to the next umpteen things. I guess I'm not a 'darkest hour is just before the dawn' sorta girl. I'm more of a 'it's been dark for so long my eyes have adjusted' person. I hold out no hope for us as a species but I love being part of the process. Anyway, here's what I was thinking on a day eight years ago:

All this talk about legalizing marijuana has me thinking. Things like 'what took you so long?' and 'hurry up, the state could use the cash' and 'I'm not getting any younger'. Unlike LSD which allows you to see God or meth which allows you to think you are God, or booze which doesn't allow you to see anything clearly, weed pretty much allows you to see chocolate brownies and the humor in almost any situation. Given that humor actually exists in almost every situation, we can hardly consider that effect to be drug-induced.

I am aware that there are those who are certain, despite the science to the contrary, that pot is addictive and fear legalization will set in motion the zombie apocalypse once and for all. My two cents worth on this (adjusted for dire economic times to actually be worth 1 cent) - if you are reading this, you are likely undead. The zombie apocalypse is here. It is in fact, at hand at any given moment in the history of us. It's the way of things, it's entropy, it's human frailty, it's the luck of the draw and I'm pretty sure it's not marijuana related.

On a planetary scale, we make messes and sometimes we bother to clean them up. We tend to go from sitting on our collective keesters to careening about convinced our hair is on fire. In between we get some work done, raise some families, try our best and tend to think our best is better than the other guy's. If you are addicted to food, liquor, street drugs or medicine from your doc, you could righteously be perceived as someone who is smart enough to be scared witless by reality.

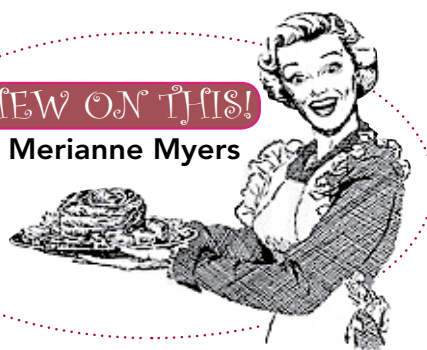
Life is precious, singular, fleeting and if done right, exhausting. Ideally, we are experiencing it in living color and real time not anesthetized out of our minds. That means we're entertained, awestruck and scared to death on a daily basis. So pardon me awfully for suggesting that an occasional cocktail or doobie is not only acceptable, it can be downright appropriate.

Oh, yes. A recipe. Marijuana optional. Pot required.



CHEW ON THIS!

by Merianne Myers



ABSOLUTELY LEGAL CHICKEN POT PIE

Makes 4 soup bowl-sized pies or 1 casserole

- 2 carrots, peeled and chunked into bite-sized pieces
- 1 stalk celery, de-stringed and sliced
- 1/2 cup chopped onion of any color
- 1 1/2 cups chicken stock. If it's not homemade, choose low-sodium
- 1 cup fresh or frozen corn kernels
- 1 cup fresh or frozen peas
- 2 cups cubed cooked chicken
- 3 Tablespoons butter
- 3 Tablespoons flour
- 3/4 teaspoon salt
- Pepper to taste
- 1/2 cup milk or cream
- A dollop of olive oil
- A dollop of Worcestershire sauce
- 1 egg, beaten with a dash of water
- 1/4 chopped parsley (optional)
- 1 teaspoon chopped fresh sage (optional)
- 1 teaspoon chopped fresh thyme (optional)
- 1 basic pie crust or any one of the options suggested below*

Preheat oven to 350.

Drizzle a bit of olive oil in a large saute pan over medium heat. Add the fresh vegetables, a sprinkle of salt and a crack of pepper. Saute until just barely softened. Remove from the pan and set aside.

In the same pan over medium heat, melt the butter. When the foam subsides, add the flour, stirring for a couple minutes to cook out the flour taste and let your roux attain a deep golden color. Add the herbs you're using. Add the stock, a dash of Worcestershire sauce, and the milk or cream. Stir until thickened. Taste and season with salt and pepper. Voila, gravy!

Add the sautéed vegetables, frozen vegetables and chicken to the pan. Toss to coat everything with the gravy. Brush the edges of the bowls or baking dish with an egg wash to seal the crust. Place the crust on top, allowing the edges to overlap the top of the bowls and press them into the egg wash to seal in the goodness. Cut a couple slits in the top of the crust to vent steam, brush with remaining egg wash and pop in the oven for about a half hour or until crust is golden and the smell of dinner irresistible.

*This is an easy one-dish meal that uses leftover chicken in a luscious way. You don't even have to make pie crust. Top with frozen puff pastry you have thawed, rolled out and cut to fit. Baking powder biscuits or corn bread make a fine and tasty topping, too.

BODY/SPIRIT

Affinity/Self Love Exercise with Ann Robben Dott



Colors and vibrations are healing. Sit comfortably supported by the chair and your feet on the floor.

Close your eyes to allow your attention to turn within. Imagine a ball of bright clear sparkly Pink light collecting above your head.

See, imagine or feel it as vibrant clear and flowing. Simply know that by inviting it, the color and vibration can be there.

Allow that light to begin to come down into the top of your head, the neck and shoulders, torso, arms and hands. Continue down through all parts of your body, through joints, legs and feet. Expand it until you feel as if you are sitting in a waterfall of brilliant light and it is rinsing out anything that doesn't match that nice clear high vibration.

Bright sparkling Pink, being the vibration of affinity and self love, washes out invalidation - such as not being enough, whether it is not good enough, rich enough, pretty enough or smart enough, etc.

Take the time to be at one with your Self. Letting go and filling in with self love. You may do this as long as you want. When you are ready open your eyes and wiggle your toes.

May you be at peace and content.

Ann Robben Dott has been teaching personal growth classes and meditation techniques since 1985 when she was first ordained through the Church of Divine Man. Over the last two years she has been incorporating ideas and tools from Access Consciousness. Ann also studied Reiki, Gemstone Energy Medicine and Reconnective Healing.

Private sessions are available. Clairvoyant readings by zoom or in person. Contact Ann Robben Dott: awakeningwonder@outlook.com or 503.791.3365.

PUUV now at the First Presbyterian Church

THE PACIFIC UNITARIAN UNIVERSALIST FELLOWSHIP is now meeting in person at the First Presbyterian Church. The sanctuary entrance is on 11th St. between Grand and Harrison in Astoria. Services are also available via Zoom.

See the PUUF website <https://www.pacuuf.org/> or Facebook page for further information. Services begin at 12pm, Sundays.

"Open hearts, open minds, room for all theologies, including yours"

NEW!

Look up!.....
start seeing
architecture.

The Architect Hound

By Eric Wheeler

THE SISTERS OF CHARITY of Providence arrived in Astoria in 1880 and opened a hospital in a converted hotel at 15th and Duane, very close to the site of the long-vanished Fort George. The sisters were based in Montreal and opened hospitals in several western states in the late 19th century. As Astoria grew in the 1890s, there was a need for a large hospital to serve the growing population.

The massive, five-story St Mary's Hospital was completed in 1905 and had a prominent profile in Astoria's city scape for nearly three-quarters of a century. The hospital was located on the east half of the block facing 16th Street between Duane and Exchange. This elegant structure is defined by



flanking four-story, hipped roof corner bays that suggest Medieval turrets. Equally striking is the grand stone stairway leading to a neo-Classical pedimented portico entry. Above the entry, the central tower is topped by an octagonal, hipped roof cupola with double hung windows. In the St Mary's cupola I see an echo of the 'lighthouse-like' cupola on the Flavel House, built two decades earlier. In the archival photo of St Mary's Hospital note the north-west corner of the old city hall, now the Clatsop County Heritage Museum.

In 1931, a large four-story addition to St Mary's Hospital was built on the west side of the block. Touted as 'fire-proof', the addition was designed by prominent Seattle based architect, John W Maloney. Reflecting changes in architectural motifs in the early 20th century, the cream brick addition shows



ST. MARY'S HOSPITAL

some Art Deco influence in the minimalist geometric exterior surface detailing and ziggurat-like five-story central tower. During construction of the 1931 addition remnants of the 1811 fort stockade were uncovered, helping historians define the perimeter of the fort. Today, we can see the outline of the stockade in the green stripes on the streets built on the site of Fort Astoria. With the new addition functioning as St Mary Hospital, the old hospital building served mostly as a nursing school well into the 1940s. Remarkably, the original wood frame St Mary's Hospital survived the Great Fire of 1922 due to heroic efforts by citizens who tossed water-soaked blankets on the roof of the building.

The venerable old hospital building survived the fire but did not survive mid-century modernization and consolidation. In 1970, the St Mary's Hospital buildings were sold by the Sisters of Providence to the growing Columbia Memorial Hospital. The sturdy 1931 addition to St Mary's was converted to senior housing and re-named for legendary Astoria doctor, Bethenia Owens-Adair. Note the windowless blank wall on the east side of the Owens-Adair building where it was attached to the original hospital building. When you visit the site of the original St Mary's Hospital you can see the hand-cut basalt foundation stones in the north-east corner of the block facing the Heritage Museum. Another reminder of the grand old hospital is a bench in the Flavel House garden with the date/name block "St Mary's Hospital - 1905." Both carved stone elements reflect the early days of healthcare in Astoria....gone but not forgotten.



Eric Wheeler is an architectural historian. He landed in the Pacific Northwest about twelve years ago. Since then, he's been exploring and teaching the history and architecture of Portland and surrounding communities as a walking tour guide and presenter on architectural history. A recent transplant to Astoria, Eric continues to be awed and inspired by the human and natural history of the North Coast.

Last Word

STOUT MONTH

FORT GEORGE BREWERY sams the "you-know-what" festival brings us Stout Month and what's his name said, "It is good!" Indulge in dark food specials, dark desserts, dark guest beers, semi-dark lectures every Thursday night, Live music (questionably dark) on Sundays, and Guest Brewers from the four corners of the Pacific Northwest (varying degrees of darkness).

Humor, creativity, and the utilization of artists, FGB banks on building and sustaining community under the auspices of brewing effin' amazing beer and **Stout Month, Let it be Mardi Gras in the Lower Columbia**, as put: we'll have new stouts pouring every week, cinnamon roll stouts, chai stouts, heavy stouts, light stouts, nitro stouts, cellared stouts, mint chocolate stouts, pecan stouts, table stouts, cookie stouts. The stout you always wished for? We have that stout.

Turn the Mother Stout out! Get your full details at fortgeorgebrewery.com

VENDORS! Astoria Sunday Market

Been considering vending your handmade or grown goods at the market? Contact Shelby at Shelby@astoriadowntown.com. Full-time Vendor applications are due March 4. www.astoriasundaymarket.com

Lower Nehalem Community Trust Announces 2022 Community Garden Registration



SUNNY WEATHER this time of year is Mother Nature's reminder that Spring is just around the corner and with that we can start thinking about the garden season. Lower Nehalem Community Trust (LNCT) offers the perfect opportunity to grow your own food, whether a first-time or experienced gardener.

Registration to become a member of the Community Garden at Alder Creek Farm for the upcoming garden season is now open. Registration is on a first-come, first-serve basis. A non-refundable fee of \$60/family will be used to cover purchases such as seed, soil amendments, and tools. Scholarships are available. Covid policies will be adjusted as the community manages through the pandemic. To register, visit the LNCT website: <https://www.nehalemtrust.org/alder-creek-farm/community-garden/>.

This year marks the seventeenth season of garden operations at the farm. In 2005 LNCT established a community garden to increase the capacity of northern Tillamook County community members

to grow healthy, affordable food using practices that are resource efficient and appropriate to our regional economy and ecology. Only organic processes are taught and used to reinforce our connection to nature.

The Community Garden, a program of LNCT, is operated cooperatively by its 40+ members who grow, learn and share together as a team. Garden members are required to work a minimum of three hours a week or 100 hours during the season. They will share their organically-grown produce amongst themselves, as well as with the North County Food Bank, Nehalem Bay United Methodist Church Pantry and Senior Meals Program.

LNCT is a 501(c) (3) organization with a mission to preserve land and nurture conservation values in partnership with an engaged community in the Nehalem region of the Oregon coast. To learn more about LNCT's work or the Community Garden program: **Exc. Director Ben Pittenger at ben@nehalemtrust.org or (503) 368-3203.**

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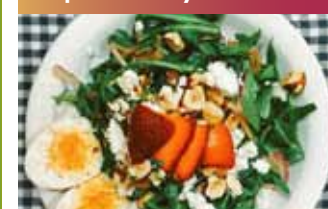
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SIMPLE SALMON

The Respawn

DIRECTED BY WILLIAM HAM



- Revived, enlived...
- local sketch theatre comes home to spawn!
- **Simple Salmon**
- February 11-12, 18-19 • 7:30pm
- Sunday Feb 13, 3:30pm
- Tickets : \$15
- online and at the door
- No Late Seating -
- Masks and Proof of Vaccination Required

Season Tickets for Ten Fifteen Productions' 2022 season, *BEGIN AGAIN* are now on sale!

.....
AFTER A
COUPLE OF
LONG, HARD
YEARS, WE
ALL DESERVE
TO HAVE
SOMETHING
TO LOOK
FORWARD TO!
.....

ART

by Yasmina Reza
translated by Christopher Hampton

Directed by Karen Bain

March 18th, 19th, 24th, 25th, & 26th at 7:30pm
March 20th at 3:30pm

BIRDS OF A FEATHER

by Marc Acito



DIRECTED BY ANN BRONSON

June 17th, 18th, 14th, & 15th at 7:30pm
June 19th at 3:30pm

D & D: A Night of David & Durang

An Interview

by David Mamet

**The Actor's
Nightmare**
by Christopher Durang

Directed by RYAN HULL

September 16th, 17th, 22nd, 23rd & 24th at 7:30pm
September 18th at 3:30pm

The Twelve Dates of Christmas

by Ginna Hoben

Directed by Danyelle Hinker

December 9th, 10th, 13th, 16th, & 17th at 7:30pm
December 11th at 3:30pm

www.thetenfifteentheater.com

Hipfishmonthly presents

First Person: Authors Talk A VIRTUAL EVENT

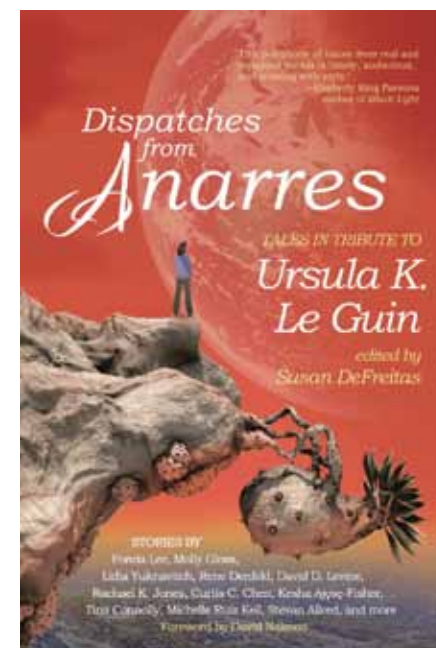
Host Heather Hirschi
And Guest
Author/Editor
Susan DeFreitas



With Contributing Readers:
C.A. McDonald, James Mapes,
and Nicole Rosevear

Friday, February 11, 7:30pm

Find the link on the Hipfish Monthly Facebook Event/First Person at time of show
Or email creativejuiceswriting@gmail.com



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"Calm Seas, Fishing Boats" by Drea Frost. From a Joshua Zirschky photo