

April 2022 • vol 23 • issue 278

HIPFISH MONTHLY

alternative press serving the lower columbia pacific region

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Part 2**

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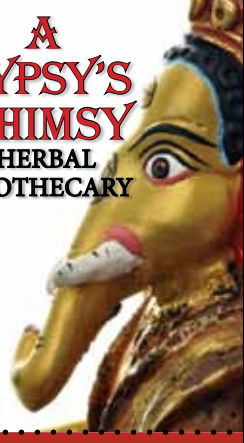
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Food and refreshments will not be served. Participants are encouraged to follow social distancing guidelines and to please wear masks.



April 9

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Storyteller Will Hornyak

**“Finn Mac Cool and the Spear of Mac Midna”
Friday, April 15, 7:30pm at KALA**

KALA welcomes Storyteller extraordinaire, Will Hornyak in “Finn Mac Cool and the Spear of Mac Midna.”

Storyteller Will Hornyak weaves the tale of a fledgling warrior, a spear made for mayhem, a fiery curse and a venerable poet in a post -St. Patrick’s Day celebration. (Rescheduled from March cancellation.)

From Irish myths and Russian fairytales to Oregon tall tales and Mexican fables storyteller Hornyak weaves a wide web of oral traditions into thoughtful, engaging and well-crafted performances.

“Storyteller par excellence...takes listeners across a spiritual threshold...transports audiences young and old into an amazing world of imagination.” *The Oregonian*

COVID SAFETY: Please show proof of vaccination. Masks optional. Limited seating. Tickets at the door upon availability.

Friday, April 15 at 7:30pm.
Doors open 7pm. Tickets \$15.

BrownPaper-Tickets.com

Beer, Wine and Cocktails. Join us for toasts, songs, poems, tales! Slainte! KALA is located at 1017 Marine Dr. in Astoria. 503.338.4878



FLAMENCO DANCER Savannah Fuentes and singer/multi-instrumentalist, Diego Amador Jr., direct from Seville, present *Eterno, el Flamenco vive*, at the Bob Chisholm Community Center in Seaside. *Eterno* will also be presented at the Bay City Arts Center. Savannah and Diego have forged a unique artistic partnership in successful tours as a duo. *Eterno* promises to be a dynamic and emotionally charged presentation of authentic Spanish Flamenco music and dance. This event is part of an extensive tour of Oregon, Washington, and California.

Look for a KALA Performance date this summer.

Eterno, el Flamenco vive!
Savannah Fuentes
Coast Performances

***Eterno, el Flamenco vive*, April 20, 7pm**
Bob Chisholm Community Center, Seaside

***Eterno, el Flamenco vive*, April 21, 8pm**
Bay City Arts Center



Listen to Diego’s debut album, *Presente en el Tiempo*, on youtube.

Tickets: Gen \$27, VIP seating \$40
student \$16, child \$12
available at www.eventbrite.com

THE HARBOR First Teal Ribbon Event

THIS YEAR for April’s Sexual Assault Awareness/Action Month, The Harbor will be doing a teal Sexual Assault Awareness Ribbon, made up of people from all over the county. A drone will fly overhead to take the picture of a human ribbon formation. The parking lot-pit behind The Harbor (801 Commercial Street, Astoria) will be the location to make the formation. This will be Clatsop County’s first human ribbon formation to honor survivors of sexual violence.

The event will take place from 12:30-1pm on April 20th. Refreshments will be provided. All are welcome.

To RSVP contact: Julia@harbornw.org. Also find registration at this link:

Please register at Eventbrite Invitation/RSVP: <https://www.eventbrite.com/e/sexual-assault-action-month-first-teal-human-ribbon-for-clatsop-county-tickets-303119728267>



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STEPHEN BERK

SINCE THE END OF THE ORIGINAL COLD WAR in 1991, when the Soviet Union fell apart, with its component states reverting to their sovereign status, Russia, though reduced in size and strength, remains a great power. Its territory still encompasses one-sixth of the world, traversing Eastern Europe to the Asian Far East, next to China. As such it has its interests, which have from time to time come in conflict with Western, chiefly American imperial interests. Aside from its Cuban alliance and friendly relations with socialist Venezuela, Russia has little involvement in the Western Hemisphere. But one cannot say the same for the US, which has a plethora of interests in the Eastern Hemisphere. The fifteen year war in Vietnam, which the US lost in 1975, represented the end of an important Western beachhead in Asia, on the southern rim of China. But the US Seventh Fleet carries on in East Asia, protecting American interests in Taiwan, which China regards as a part of itself, as well as to the north, in Japan and the Philippines.

While communism is pretty much a dead letter, with only North Korea and Cuba retaining that variety of socialism, the US still maintains mistrust of left authoritarian governments in Asia, including China and Vietnam. The issue is no longer opposition to communism, since Russia, now capitalist, is a staunch ally of China, itself now a repository of capitalist production and distribution throughout the world. Russia and China, two Asian great powers, now act in unison to prevent the expansion of American interests in the region. Since Russia borders Eastern Europe and the Middle East, US military interests also occupy those regions to prevent "Russian expansionism." That term is commonly used by the powerful US cabal of neo-conservatives, whose militant, sometimes aggressive posture, advocates and pursues worldwide American influence, even to the point of seeking hegemony. The neocons are a trans-party interest group previously active in the George W. Bush administration, now in the Biden White House, con-

fronting Russian influence in its neighboring state, Ukraine.

Ukraine is now the flashpoint of the New Cold War, having its origins in the early nineties, following the Soviet Union's loss of its Eastern European states and reduction to the traditional boundaries of Russia. But just as the US regards the Caribbean and even Latin America as its "backyard" (much to the consternation of Latin Americans), Russia is very much intent on retaining strong influence in Eastern Europe. This is in good part because they have often been invaded from the West.



During the Cold War that erupted between Russia and the West (Western Europe plus the United States) shortly after World War Two, Russia, then the Soviet Union, included Ukraine and dominated Eastern European countries: Romania, Czechoslovakia, Hungary, Poland, Bulgaria and East Germany, all under the Warsaw Pact. NATO, the North Atlantic Treaty Alliance, dominated by the US, opposed the Warsaw Pact and continues to spread US influence worldwide.

NATO has added new members, some in Eastern Europe, since the fall of the Soviet Union. Vladimir Putin, when he became Prime Minister of Russia, sought to join NATO and was refused entry. Thus he learned that even though Russia is now capitalist, it is still considered a rival or even enemy, of the West. Thus Putin has acted accordingly, reaching a close alliance with China, while seeking influence in neighboring Eastern European states,

among them Ukraine. When Ukraine was part of the Soviet Union, one of the most important Soviet postwar leaders, Nikita Khrushchev, was a Ukrainian. Today's Ukraine has recently sought to join NATO, but has been refused membership. The NATO leadership has done so because Russia would interpret Ukraine's membership as a direct threat to itself. The problem is that NATO is essentially a military alliance of the US and European states against what they call Russian expansion. One could easily make the case that it is the Western NATO alliance that is the expansive entity. Having been refused admission to NATO, while the West places US made missiles in Ukraine and other states on the Russian border, Putin rightly sees NATO as anti-Russian.

Hence his response to NATO expansion eastward and placement of missiles on the Russian border has been to send troops into Ukraine to neutralize the very real threat the West has created there. No objective analyst of these events could conclude that Russia constitutes the aggressor here. Placement of NATO's missiles at the Russian border is indeed a direct and unprovoked threat to Russia, much as Soviet placement of missiles in Cuba was a threat to the US. Putin has been in power for over twenty years. During that time he has not acted as an expansionist or war monger.

The 1962 Cuban Missile Crisis occurred when, following a failed US invasion of the newly communist country, its leader, Fidel Castro had asked for Russian missiles to protect against another planned US invasion. The Kennedy administration, when they observed Soviet ships bringing missiles to Cuba to aim at the US, established a "quarantine," or blockade of Cuba. That blockade still exists to keep missiles out, though Cuba has become a peaceful, thriving state. The Obama administration tried to reopen diplomatic relations and trade with Cuba, though subsequent ones have backed away. Similarly, Russia's limited military action against Ukraine is to keep NATO and its missiles away from the Russian border, not to annex Ukraine.



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HIPFISHmonthly is located at 1017 Marine Dr in Astoria. By Appt.

ADVERTISING INQUIRIES - 503.338.4878

Send general email correspondence:
hipfish@charter.net.

HIPFISH is produced on the web at:

www.hipfishmonthly.com

Hipfish is printed at the Astorian

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COVER: Photographer Amiran White documents a Chinook People Salmon Ceremony taking place in the vicinity of Fort Columbia on the WA Peninsula. Amiran White documents today's Chinook people, to be viewed at the AVA Gallery this March in a collaborative exhibition. see p11 amiranphoto.com

AAUW Candidates Forum

ON TUESDAY, APRIL 19TH from 7:00 p.m. to 9:30 p.m., the American Association of University Women (AAUW) Astoria Branch, in collaboration with Clatsop Community College (CCC), The Astorian, and Coast Community Radio (KMUN), is holding a Candidates' Forum in Patriot Hall at Clatsop Community College. An elevator is available.

AAUW Astoria has invited candidates for Clatsop County Commissioners, State Senator District 16, State Representative District 32, and 1st District US Representative to attend the Forum. Each candidate will be given an allotted time for a brief opening statement followed by

answering written questions from the audience and emails received by April 15th. CCC President Chris Breitmeyer will be the moderator.

The Forum will be in person and also conducted via a Facebook Live feed. Coast Community Radio (KMUN) will broadcast the Forum at a later date, on KMUN Astoria 91.9 FM, KTCB Tillamook 89.5FM and on the web at coastradio.org.

Questions can be submitted at aauwforum@gmail.com by April 15th as well as at the in-person event. For more information contact Pamela Alegria at 503-325-8024 or pamquixote@gmail.com.



Volunteer registration is live for SOLVE's Oregon Spring Cleanup, presented by Portland General Electric, on Saturday, April 23. Thousands of volunteers are expected to attend projects aimed at removing marine debris, litter, and invasive species from Oregon's beaches, parks, neighborhoods, and natural spaces. SOLVE encourages you to join the volunteer effort!

The Oregon Spring Cleanup was created in 2021 when two of SOLVE's legacy events, the Spring Oregon Beach Cleanup and SOLVE IT for Earth Day, were combined. Together, these two events have removed more than 17 million pounds of litter and engaged 250,000 volunteers since they began in 1986 and 1990, respectively.

Now, SOLVE invites volunteers to continue the legacy by joining the Oregon Spring Cleanup. Interested community members are invited to visit SOLVEOREGON.ORG to see a complete map of volunteer opportunities, learn more about each project, and sign up.

The Oregon Spring Cleanup is an opportunity to think global and act local this Earth Day. With dozens of projects across the state, many people will find an opportunity to get involved close to home.

SOLVE supports habitat restoration and litter cleanup projects. Removing invasive plant species creates healthier habitats. Native habitats improve water filtration, decrease erosion, and support local wildlife. Removing litter and marine debris also aids in water quality and marine health, among other benefits.

No matter which volunteer project someone chooses, they can feel good knowing their efforts improve Oregon's environmental health.

SOLVE's Oregon Spring Cleanup is comprised of a network of community leaders and partner organizations who collaborate with SOLVE to host volunteer projects in their own local communities.

SOLVE is still accepting applications to become an Oregon Spring Cleanup Event Leader. If you know of a natural area or neighborhood that could benefit from a volunteer litter cleanup or habitat restoration event, please get in touch! SOLVE provides free cleanup supplies, a tool library, small grants, project planning assistance, and more to anyone who wants to make a positive difference in their community.

To learn more about becoming a SOLVE Event Leader and to sign up for an existing volunteer project, please visit SOLVEOREGON.ORG.



North Coast Inclusion Seminar • April 23 Donavan Scribes Keynote Speaker

ASTORIA SCHOOL DISTRICT, The Alliance for Equity in Education and the Regional Educator Network are excited to announce the North Coast Inclusion Seminar on Saturday April 23rd, from 9a.m. to 1:30p.m. at Camp Kiwanilong in Warrenton, Oregon. This event will examine the role of equity in our community and school services. The seminar will include coffee service, a keynote speaker, lunch, and networking time.

This event is FREE to all community members. Attendees can register with this link: <https://clatsopcc.coursestorm.com/course/north-coast-inclusion-seminar>

Keynote speaker Donovan Scribes (fka Donovan M. Smith) an award-winning writer, artist and speaker based in the Portland area. He serves on a number of boards and committees including the Multnomah County Charter review, which revises the county's local constitution, and as 2nd Vice President of the Portland NAACP where he's worked on housing, police and environmental policies and programs. He's been featured in USA Today, The Nation, The FADER and more. A fourth generation Portlander, Scribes is

committed to civic engagement, uplifting stories, and creatively shaping futures.

Various breakout sessions will occur during the day: "Power, Identity & Positionality" led by NextUp Oregon, "Transgender, Non Binary and Gender Non Conforming People & Issues" led by Tessa James Scheller & the Lower Columbia Q Center panelists, "This Indigenous Place" led by Clatsop-Nehalem Siletz Tribal Member Richard Basch, "Bringing Oregon Hip Hop to the Classroom" led by Donovan Scribes, "Feminist Pedagogy" led by Clatsop Community College instructor Amanda Daniela Cortez, Ph.D., "Finding Your Antiracist Power" led by Nora Karena & Michelle M. Osborne, J.D., and "A Strengths-based Approach to Supporting Youth Mental Health in the Age of the Pandemic & Self-Diagnoses," led by North Coast Connection.

The event location is semi-outdoor, so attendees are encouraged to dress accordingly. Breakout leaders will be assigned socially distanced spaces on the Camp Kiwanilong property and the event will follow all current state required Covid safe protocols.

Register to vote by midnight April 26 for the May 17 primary. Register online at <http://sos.oregon.gov/voting>. More information at the Clatsop County Elections website, or call 503-325-8605.



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“A MOVEMENT IS ONLY PEOPLE MOVING.”

“Millions of people like you are holding their breath and covering their eyes and waiting for the good people to show up and twist the plot. Stop waiting already. You are the good people.”

--John Pavolitz, American Christian pastor and author

Democracy requires good people like you to stay informed and engaged, and to vote. Register to vote by midnight April 26 for the May 17 primary. Register online at <http://sos.oregon.gov/voting>. More information at the Clatsop County Elections website, or call 503-325-8605.

INCO is endorsing Pam Wev for re-election as Clatsop County Commissioner. Pam is the only progressive commissioner and works tirelessly to keep our county thriving. INCO is delighted to endorse her for re-election.

Be inspired by some of our favorite INCO INSIGHTS from our weekly newsletter.

“What do we live for, if it is not to make life less difficult for each other?”

-- George Eliot, MIDDLEMARCH

I met an old lady once, almost a hundred years old, and she told me, ‘There are only two questions that human beings have ever fought over, all through history. How much do you love me? And Who’s in charge.’”

-- Elizabeth Gilbert, EAT, PRAY, LOVE

“Once upon a time there were four people named Everybody, Somebody, Nobody, and Anybody. When there was

an important job to be done, Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did it.

“When Nobody did it, Everybody got angry because it was Everybody’s job. Everybody thought that Somebody would do it, but Nobody realized that Nobody would do it.

“It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done in the first place.”

-- from Dear Abby

“History permits us to be responsible: not for everything, but for something.”

—Timothy Snyder

“Hope is not a lottery ticket you can sit on the sofa and clutch, feeling lucky. It is an axe you break down doors with in an emergency.”

-- Rebecca Solnit, HOPE IN THE DARK

“You can only protect your liberties in this world by protecting the other man’s freedom. You can only be free if I am free.”

— Clarence Darrow, attorney, (1857 –1938)

“Dr. King said the arc of the moral universe is long, but it bends towards justice. That only happens when people like you put their hands on that arc and pull it towards justice. Find a way to move that arc.”

-- Eric H. Holder, Jr., former US Attorney General

“For us ordinary human beings, the right thing to do is most often the difficult thing to do, and this is especially so when it comes to knowing and speaking the truth.”

— Clancy Martin

“Peace is not merely the absence of war but the presence of justice, of law, of order—in short, of government.”

- Albert Einstein

“Nevertheless, I should never have allowed the gates of the town to be opened to people who assert that there are higher considerations than those of decency.”

- J. M. Coetzee, WAITING FOR THE BARBARIANS

“The future depends entirely on what each of us does every day; a movement is only people moving.”

— Gloria Steinem

INCO’s mission is to defend democracy and oppose authoritarianism, bigotry, and corruption.

For more information about Indivisible North Coast Oregon (INCO), sign up to get the weekly e-newsletter at www.incoregon.org, or contact incoregon@gmail.com. Indivisible North Coast Oregon is on Facebook.

Connect with the Q Community LOWER COLUMBIA Q CENTER

www.lowercolumbiaqcenter.org
503-468-5155

THE ROSTER OF OFFERINGS at the Lower Columbia Q Center includes engagement, service, community and support. LCQC is casting a wide net for volunteers who do everything from events and programs to service on the Board of Directors and committee positions.

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

OPEN 6-8pm FRIDAY NIGHTS FOR GAME NIGHT, using the same guidelines. Q Center invites your interests in resources, support, socializing and just hanging out for fun. Some folks drop in for a few minutes, others for a few hours. Contact: Benedetto DeFrancisco, Program Coordinator



Meet up the last
Monday of the month

YOUTH GROUP: In Partnership with The Harbor, *The Closet Cleaners Youth Group*, meets Thursdays 4-5pm on Zoom. These meetings may feature special guests and teen experts from the Harbor. Contact: Benedetto DeFrancisco

THE LCQC GENDER ALLIANCE meets the first and third Tuesdays of the month from 6-7pm on Zoom. This peer support group has been operating for over eight years and is currently meeting by Zoom online. Contact: Tessa Scheller or Benedetto DeFrancisco

QUEER EDGE SOBRIETY is Q Center’s peer support group featuring support for fun and sober living. Meeting currently by zoom, every Wednesday from 6-7pm. Contact: Tessa Scheller or Benedetto DeFrancisco

QUEER BOOK CLUB meets on the last Monday of the month, on Zoom from 6pm – 7pm. Visit the website for details. Contact: Benedetto DeFrancisco

THE PETROLEUM PROFESSIONALS ARE RUNNING SCARED

Gas prices are shooting up!
An EV Earthquake is shaking
the automotive industry,
... and they can't do
anything about it.

By Pamela Mattson McDonald

NOW! The 2022 Car of the Year is the Lucid Air, made in Casa Grande, Arizona, the fastest charging electric car in the World. Filling up to 500 miles in about twenty minutes. But majorly pricey at \$77,400. Those reserving their car by June 2022, will get three years of free charging at Electrify America stations. Like the chargers, with the neon green borders, in the Warrenton, Oregon, Fred Meyer parking lot.

The Leaf, Leaf S, Leaf SV and Leaf S Plus all can be had for under \$30,000, with varying mileage ranges, at the Beaverton Nissan dealer. Nissan is expanding its line of electric vehicles with the 2023 Ariya SUV EV, which will go on sale in the U.S. in fall 2022. The Ariya, \$59,000 will join the Leaf in the Nissan showroom and offer up to 300 miles of driving range, which beats the Leaf's maximum of 226.

The Kia EV 6 is currently being sold at the corner of South East Marlin Avenue and Coast Highway 101. It's fully charged battery gets 272 range miles. The ten year or 100,000 range mile warrantee beats the Tesla 3's four year warrantee by six years, making it a definite challenger for a \$59,000 car. But the Kia Niro's are available for \$15,600 or less and get a range of 239 miles fully charged. It can be ordered locally or bought in Portland. But, be forewarned, shipping is slow, due to the pandemic, so any of these cars may take more time.

The Ford F-150 Lightning is a no-frills, quiet workhorse, with a central channel power train. A perfect marriage of the most popular truck in the U.S., with EV's design, power and technology. In addition, it can serve as backup home energy, acting as a power broker for home solar, working around peak loads of electricity. Ford, also, did some intense cold-weather traction-system testing that went into calibrating the F-150 Lightning electric pickup's dual-motor system. The local Ford dealer in Warrenton will be getting them in towards the end of the year. They already are taking orders for the Mach-E Mustang. The dealership has two charging stations for Ford customers.

And in Eugene, Oregon, a small, three wheeled, electric vehicle is being produced by Arcimoto, which purchased a larger factory space, due to the popularity of these electric three-wheeled vehicles. A combination car/bike transportation system approved by the Oregon Department of Transportation.

Changes

General Motors (GM) has, of 2021, discontinued all diesel versions of the Chevrolet Equinox and the Chevy Cruze and all of their diesel engines by 2023. Switching manufacturing from petroleum powered to all electric models. Their plans are for a combined North American manufacturing capacity of one million EV's annually by 2025.

Ford Motors is already well known for their Mustang Mach-E. A sweet intersection, for those loving Mustangs and a well-designed, low maintenance, gas free ride. The Ford E-Transit electric van, a step up from gas power, will emigrate to the U.S. in 2022, after serving dutifully in Europe and Asia for almost a decade. Ford recently announced the formation of a new "Model e" unit tasked with the development of EV platforms and surrounding software, as well as new ways of selling vehicles. It aims to accelerate the shift to EV's, as well as their development, jettisoning petroleum car engineering.



THERE'S nothing quite like 100% electric driving. No power band – just straight va-va- vroom - for a rush of instant acceleration every time you hit the pedal. And the performance comes without so much as a drop of gas. Absolutely, zero tailpipe emissions, and amazingly smooth operation. The mechanics of an electric car have way fewer maintenance concerns than a gas powered auto according to a Consumer Reports study in 2020. And another perk, electric vehicles (EV's) are more reliable because there are less parts to go wrong; no oil changes, no tune-ups. EV's have less than 1/10th as many parts as a petroleum powered car. No gasoline engine exists within its body or spark plugs, valves, fuel tank, tailpipe, distributor, starter, clutch, muffler or catalytic converter. Software updates arrive by Wi-fi.

Charging Your Wheeled Beast

Home Depot, Target and some Fred Meyers, carry home charging apparatus. In Astoria there are four public charging locations with two, three or four connections each; Clatsop Community College, Sunset Transportation District (downtown terminal), the Blue Scorcher parking lot and the Astoria Aquatic Center. Many of the auto companies will sell you equipment for home charging, at a discount, with your electric vehicle.

Driving long distances in an EV takes more planning, depending on where you are going, and when you will charge your auto. If you are charging your EV at home, you have three options.

- A 120 Volt Outlet which usually comes with the car. It's cheaper and slower than a 240 volt outlet. It can take up to twenty - four hours to charge fully at a rate of 4 miles per hour.

- The 240 Volt Outlet is a more powerful. It's like what you plug your dryer into. You can use the cable which came with your car, but it usually needs an adapter. Faster charging, at about twenty miles per hour. But, you can buy a home charging unit and hire an electrician to install it. This equipment can range in cost from three hundred to eight hundred dollars.

- Charging Stations are becoming more and more prolific. Charging at a rate of about twenty to thirty miles of range in an hour.

- If you live in an apartment or condo, it can be more of a challenge. But lots of apartments and condos are retrofitting and installing charging in the parking areas, as they realize it's a perk for attracting residents. Businesses and condo associations are seeing the wisdom of installing parking with charging stations for their residents and customers.

A Short History of Automotive Geology

Around the turn of the 20th Century, Thomas Edison and Henry Ford put out the first electric car. And in the 1980's there was a hiccup of a few electrics. But the first serious tremor, in 2008, was the Tesla Roadster, a sleek, sexy sports car, retailing in the \$100,000's, appealing to Silicon Valley techies. By 2010, Nissan began selling the Leaf at a much lower price, \$25,000. The Tesla S was released in 2012, the Model 3 in 2017, Tesla X in 2015, Tesla Y in 2020.

Power

By this year, 2022, EV and battery companies are busting out of many corners of the United States. Panasonic announced on Monday, it plans to ramp up production of large-format 4680 cylindrical cells—the kind Tesla championed at its 2020 Battery Day—in Japan. With mass production in Kansas or Oklahoma due to start sometime after March 2023.

And the technology of batteries is changing. Ferrous phosphate lithium batteries use cheaper more prevalent materials. Tesla will be putting these in their Model 3's in 2023. The benefit of Ferrous Phosphate batteries is temperature doesn't affect storage of energy. Staying stable, with no loss of range, between -20 to 120 Fahrenheit. Going on vacation or a job for four weeks wont change the power of your battery. Come home, and find your car at the same range of miles as when you left it.

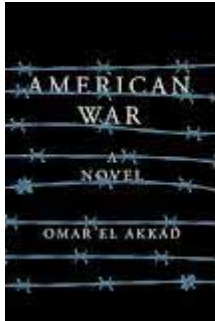
THE EARTHQUAKE OF ELECTRIC VEHICLES COMING IN 2023

AUDI - A6 Etron, Q4E-tron
BMW - 14,17, IX
CADILLAC – Celestiq, Lyrio
CHEVROLET – Blazer, Equinox, Silverado EV
DODGE – Muscle Car
FORD – F-150 Lightning,
GMC – Hummer EV, Sierra EV
HONDA - Prologue
HYUNDAI – Ioniq 6, Ioniq 7
KIA – EV6, EV9
LEXUS – R7
MERCEDES – BENZ – EQB, EQE
NISSAN - Ariya
PORSCHE -Macan EV
SUBARU - Solterra
TESLA – Cybertruck, Roadster
TOYOTA – BZ4X
VOLKSWAGEN – ID.Buzz
VOLVO – C40 Recharge

The Federal Tax incentive of, \$7500.00, when buying your EV depends on which car company you are choosing. Other State and local tax credits may be available too. Do your homework and find out how much you can save when buying an EV. But be aware, once an auto maker sells 200,000 electric vehicles, the tax credit decreases and then is eradicated. Tesla and GM have reached this. By 2023, Ford and Toyota may have too.

Since EV's have been around for over a decade, there are many on the used car market where you can get into an EV with a range of 200 miles for under \$12,000. Check the used car sites online such as; cars.com, autotrader.com, Carfax, autolist.com, etc.

But you can't lose buying an EV, it's so much cheaper to operate, quiet and reliable. Unless you are addicted to roaring noise and the smell of exhaust.



Author Omar El Akkad NW Author Speaker Series

OREGON AUTHOR OMAR EL AKKAD will talk about his award-winning novels, "American War," and "What Strange Paradise" at 2pm, Saturday, April 16 during a Cannon Beach Library Facebook Live presentation.

Viewers don't have to subscribe to Facebook to view the presentation. It can be reached through the library's website, www.cannonbeachlibrary.org, or through the library's Facebook page www.facebook.com/cannonbeachlibrary/

In El Akkad's novels, the fictional characters grapple with events and issues in today's news. His latest novel, "What Strange Paradise," was a New York Times Notable Book of the Year in 2021. It is told from the viewpoint of two children caught up in the real-life Middle East wars and the migrant crisis that followed.

His debut novel, "American War," takes place during the second American Civil War in 2074 when the United States is ravaged by climate

change and disease. It asks what might happen if America were to turn its most devastating policies and deadly weapons upon itself.

The novel was translated into 13 languages. It won the Pacific Northwest Booksellers' Award, the Oregon Book Award for fiction and the Kobo Emerging Writer Prize.

El Akkad was born in Egypt, grew up in Qatar, moved to Canada as a teenager and now lives in Portland, Oregon. The start of his journalism career coincided with the start of the war on terror, and over the following decade he reported from Afghanistan, Guantanamo Bay and other locations around the world. His work earned a National Newspaper Award for Investigative Journalism and the Goff Penny Award for young journalists. His fiction and nonfiction writing has appeared in The New York Times, The Guardian, Le Monde, Guernica, GQ and other newspapers and magazines.

North Coast Writer's Residency

THE WRITER'S GUILD OF ASTORIA and Astoria Visual Arts (AVA) announce the 2022 North Coast Writer's Residency. Now in its fourth year, this jointly sponsored residency affords both emerging and established writers the time, space, and solitude needed to work uninterrupted on a project of their choosing.

DETAILS: The selected writer-in-residence will have the opportunity to spend one week in meaningful pursuit of creative work in a lovely cottage located on Washington's magnificent Willapa Bay. The residency provides writing time and space in an idyllic setting to make substantial progress on a significant writing project. Writers of novels, short stories, nonfiction, plays, memoir, poetry, screenplays, and hybrid manuscripts will be considered.

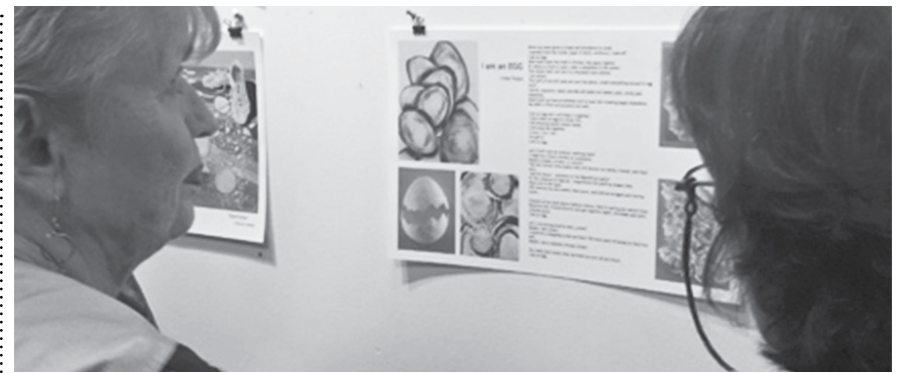
The week of the residency will be determined by the program hosts and chosen writer. Lodging, daily lunches, and a stipend of \$250 are provided. A reception and public reading will be held at the end of the residency at the AVA gallery in Astoria.

HOW TO APPLY

Applications are due by April 30, 2022. Please see thewritersguild.org for details.

ABOUT THE HOSTS: Lisa Smith and Buzz Bissinger Buzz teaches advanced narrative non-fiction at the University of Pennsylvania and is the author of various books, including *Friday Night Lights*, *Three Nights in August*, and *A Prayer for the City*. Lisa has spent much of her career in public-interest communications, including writing and producing for public television and public radio. One or both hosts will be on hand, for at least a portion of the residency, for socializing in the evenings.

Note: Residents are expected to arrange for their round-trip transportation.



Call for Submissions: WORD & IMAGE a Dialogue Between Writers and Artists

THE SIXTH Word & Image project will be accepting entries from April 1 through April 30, 2022. This Hoffman Center program pairs artists and writers to create original work, each in response to the other's. It's a fun and challenging way to stretch your creative wings, no matter what your medium.

Writers submit three pieces of writing and artists submit three pieces of art. From the submissions, twelve writers and twelve artists will be selected by a judging team of past participants. Detailed submission guidelines and a link for submissions can be found on the submissions page of the Hoffman Center website, hoffmanarts.org.

The twelve selected artists and writers will be randomly paired. The pairing event will be held online on Friday, June 3. Each writer and artist will be given copies of the other's submitted work electronically.

Over the summer, each writer and each artist will create new work in response to one of the three pieces submitted by their

partner. A writer might create a new poem in response to a watercolor, for example. A photographer might make a new image in response to a prose piece. The resulting new works will be due Friday, July 31st electronically.

If everything goes as planned, the artwork will be exhibited at an in-person Word & Image event on October 1, where the writers will also read their new work. The paired work will be printed on broadsides, which will hang in the Hoffman Gallery, as well as published in a book. Both will be available for sale.

Word & Image takes the Greek tradition of Ekphrasis — which is writing in response to art, and turns the tables to include art in response to writing. The combinations of word and image that result often reveal surprising new layers of meaning, and give both artists and writers the rare opportunity to see their art reflected in the work of another's.

SITKA RESIDENT TALKS are an opportunity for the community to learn about the artists, scientists and interdisciplinary creatives working in residence at the Sitka Center for Art and Ecology. Residents will share brief 10-minute presentations about their work. This event is free and open to the public. **This event will be held live via Zoom and registration is required. RSVP at www.sitkacenter.org/events to receive an event link. April 7th speakers include:**

- **Michelle Bardino Vela** is an interdisciplinary artist and photographer. She finds inspiration for her artwork from the act of discovering and gathering natural objects that show the remains of a transformation.
- **Altea Narici** is a traveling musician and artist from Italy, researching ecology and wildlife-related topics through performance, composition and community projects.
- **Gabriela Halas** immigrated to Canada during the early 1980s with her parents and sister. She grew up in northern Alberta, lived in Alaska for seven years, and currently resides in B.C. She has published poetry in a variety of literary journals.
- Born into the dual diaspora of the Philippines and Ireland, **Carol Anne McChrystal** is a Los Angeles-based artist and designer. Her materially-driven sculpture and videos work through chemical processes and labor-intensive hand-making to explore the legacy of colonialism and trade, as well as the ways in which the climate catastrophe has compounded these histories of inequity.

- **Kim Kei** is a multi-disciplinary Los Angeles based artist whose practice spans sculpture, printmaking, painting, and photography to evoke sensations of vulnerability, invasiveness and tenderness towards the body.

Ric's Poetry Night

Ric's Poetry Mic is back in person, with new hosts, Astoria poets Florence Sage and Jim Dott, on first Tuesdays of the month at WineKraff in Astoria. Writers and poetry lovers gather to read their original or favorite poems/prose excerpts at the mic, welcoming listeners. Sign-up to read is at 7 p.m., five minutes per reader. Face masks are requested at this time. Astoria poet Jennifer Nightingale manages Ric's new Facebook page.



PHILOSOFARIAN Philosophy Courses FREE!

BRUSH UP on all things philosophy with Seth



Tichenor, dashing host of Wit & Wisdom at Fort George Thursday Night Talks, and 26 year philosophy college and university instructor. Beginning this April through July, Seth Tichenor offers three courses in philosophy, on three different nights and three different locations. The courses are offered, free of charge, no registration and no obligation. You may attend any of the course offerings, on any night, at any location.

Put this schedule in your modern day rolodex and get philosophizing:

Early Greek Philosophy

Mondays 5:30-7:00
Astoria Seaport Masonic Lodge (1572 Franklin Ave, Astoria) April 11 - July 18

Philosophical Ethics

Tuesdays 5:30-7:00
Ten Fifteen Blackbox Theater (1015 Commercial street, Astoria)
April 5 - July 12

Ancient Political Philosophies

Saturdays 2:00-3:30
Warrenton Community Library (160 S Main Ave, Warrenton)
April 9 - July 16

SAWED AND GONE!

PART 2 ●

The Disappearance Of The Great Pacific Northwest Rainforest

We do not want those whose first impulse is to compromise. We want no straddlers, for, in the past, they have surrendered too much good wilderness and primeval areas which should never have been lost.

Bob Marshall, Founder of the Wilderness Society

IN THE BEGINNING

IN SPITE of the conifers 300 million year evolutionary history, the coastal conifers we know today, fir, cedar, spruce, redwood, hemlock and pine, began developing along the northwestern coast of the North American continent at the end of the last ice age, a mere 11 thousand years ago. As the glaciers of the Miocene epoch gave way to warmer and wetter climatic conditions, a vast, narrow strip of barren earth stretching from northern Kodiak Island in Alaska to just south of present day San Francisco was laid out like a coastal highway.

That doesn't mean that conifers immediately popped up there or that forests began to appear. For a variety of reasons, the deck was stacked against the coastal conifers ever becoming a forest let alone a rainforest of epic proportions comprised of the biggest and oldest trees the world has known.

The land where the progenitors of this forest eventually came to be was not a welcoming place for flora to take root. The geologically young, volcanic soils were rocky and mountainsides were steep. The ground they grew in was stingy with the elements needed for their sustenance. Cool temperatures and a lack of sunshine in winter, especially in the north, did not encourage new growth.

The rainforest's eventual maturation was in large part defined by its slow accommodation to the hydroclimatic conditions of the Pacific Northwest as well as to the other harsh conditions in which it was finally able to exist. In time generation upon generation of decaying grasses, deciduous shrubs and small trees provided enough humus for the conifers to get a foothold. They began to slowly develop, each species on its own timetable in accordance with the conditions of its locale.

If such an aid existed, a Google time app would reveal that the forest we eventually dubbed the Elliott Forest reached maturity 5000 years ago in synch with the development of the other forests stretching up and down the coast. Without such precise technological help that dating is at best conjecture on the part of botanists and ecologists who freely admit that most of the Elliott's history before and after its maturation remains shrouded

from view the way the forest is often hidden beneath a cloak of thick, grey fog and mist.

The veil of time begins to lift as our view focuses closer and close to the present. Core samples, stumps and some early photographs speak of two inexorable forces that have shaped the Elliott into the forest we see today. Fire and logging have each impacted the natural development of this mixed conifer forest.

The Elliott, like every forest, has its own unique history.

In most areas where one finds untouched remnants of the ancient rainforest one also finds trees of great age and epic proportions. Douglas fir trees from 500 to 1000 years old, though rare in Oregon, still exist in the state. Mammoth Douglas firs that have lived for a millennium are still found along the Salmon River near Mount Hood and in a few other places. Not so in the Elliott Forest.

In recent years core sample inventories of the trees in the unlogged portion of the forest found that the oldest trees are in the neighborhood of 250 -275 years old while the majority range between 100 and 200 years old. The lack of trees far older, which one might expect on virgin forestland, signal the impact of multiple large wildfires that took place before and after the arrival of trappers and settlers in the early 19th century.

→ cont. p10

In the mid 1850s Native Americans living in the area told trappers of a massive fire in the Elliott Forest in approximately 1765. We'll never know if the fire was started by lightning or set by the Native Americans themselves. Members of the Coos and other bands of Native Americans in the region set fire to portions of the forest from time to time in order to clear the land for better hunting visibility and the gathering of berries and camas that would fill in after the burns.

Doing the math indicates that the entire forest did not burn in 1765. The trees now 275 years old somehow survived that fire and multiple fires in the 19th century. The period from 1840 to 1890 in particular saw very destructive, large wildfires in the Elliott Forest. During that time frame many of the trees now 275 years old were nearing 100 years of age, a life span and commensurate size more likely to survive wildfires according to a consensus of forest ecologists.

The lack of trees older than 275 years in the Elliott Forest does not disqualify its unlogged portions of approximately 41,000 acres from being included as part of the original, ancient Great Pacific Northwest Rainforest. The hallmark of that classification is the stipulation that it is untrammelled forestland that has never been logged. Wildfires on one hand are an intrinsic part of the natural life of all the forestland in the northwest. Logging is not.

Ecologists, backed by the latest science showing that wildfires are primarily beneficial to the long term health of forests, now speculate that the clearing effect of these fires helps establish the presence of Douglas fir, the conifer which yields the strongest and most durable lumber that is favored by timber companies. It is the presence of this species of conifer that sealed the fate of large portions of the Elliott Forest during the last 150 years.

BECOMING THE ELLIOTT STATE FOREST

A photograph taken in 1890 by George Gould, one of the first homesteaders in the Elliott Forest, shows burned over hillsides covered with tall snags. The Goulds chose the eastern part of the forest as the site of their homestead because it had been relatively recently burned off by a wildfire. Consequently they didn't have to clear the hillsides to create pastureland where they planned to raise sheep and cattle.

By 1890 Gould and his family, who had been on the land for five years, had begun logging cedar snags, the largest of which they floated down the Millacoma River to Coos Bay for milling. Smaller logs they milled with their own water powered mill to create lumber for their numerous barns and outbuildings.

And so it began. Logging, in some form or another, has been going on in the Elliott Forest virtually Forestever since.

The first trees felled in the Elliott Forest and elsewhere in the Coast Range were mostly for local use by those living on the land. But eventually big timber companies found the old growth of the Oregon and Washington Coast Range irresistible. When they arrived the oxen used to drag logs out of the forest in the late 19th century were soon replaced by steam donkies, winches driven by steam, that speeded up the process of getting the logs to the mills and increased profits for the timber companies.

The footprint of the timber industry giants that have since run rampant in Oregon began in 1900 when Weyerhaeuser Timber Company first appeared in the state. By then the Weyerhaeusers, the Rockefellers and other timber barons had deforested much of the great forests of Maine and Michigan, virtually denuded Appalachia of its hardwood forests, and had their sights



PHOTO: R. Dorband

In most areas where one finds untouched remnants of the ancient rainforest one also finds trees of great age and epic proportions. Douglas fir trees from 500 to 1000 years old, though rare in Oregon, still exist in the state. Mammoth Douglas firs that have lived for a millennium are still found along the Salmon River near Mount Hood and in a few other places. Not so in the Elliott Forest.

set on getting richer by shifting the pillage to the south and the west.

To encapsulate an interesting and tumultuous political period, by 1890 concern for the rapid disappearance of the nation's forests had many in congress worried. In 1891 President Harris signed into law the Forest Reserve Act. The largely symbolic gesture wasn't given substance until the following administration. In 1897 President Grover Cleveland took a second step toward conservation by establishing National Forest Reserves, set asides totaling 21 million acres of forestland to be controlled by the government primarily for use as "public reservations" whether or not they had valuable timber.

Thereafter, John Muir, the botanist and preservationist who founded the Sierra Club in 1892 and had been lobbying the U.S. congress for years, may have breathed a little easier. Ten years passed though before Muir's influence would have an even greater impact. In 1903, Muir, who became an advisor on forests to the federal government, took full advantage of an opportunity to take acting President Theodor Roosevelt on a camping trip to Muir's beloved Yosemite Valley.

Roosevelt, who came to office after President McKineley's assassination, already considered himself a conservationist. The trip with Muir, however, supercharged Roosevelt's commitment to saving as much as possible of America's forest as a national trust. By the end of his second term in 1912 Roosevelt had doubled the number of national parks and created the National Forest system that encompassed 148 million acres.

In the Coast Range of Oregon the new designation included the Siuslaw National Forest, set aside in 1908, which contained much of what became the Elliott State Forest.

The land swapping between the state and the federal government, and the rest of the forest horse trading that eventually resulted in the 90,000 contiguous acres proclaimed the Elliott State Forest, is an interesting tale too long and convoluted to recount in detail here. That history and much more can be found online in *Caulk Boots and Cheese Sandwiches*. a magnum opus by Jerry Phillips, the Oregon Department of Forestry's manager of the Elliott from 1970 to 1989. (Be advised it's a disorderly tome of 120 mini chapters in over 400 pages. You will find lots of useful information and interesting stories about the Elliott but the verbiage is as thick as a blackberry patch, so pack a machete.)

Two years before Roosevelt left office Oswald West was elected governor of Oregon. 1910 had been a year of catastrophic wildfires that burned millions of acres and took many lives throughout the west, including Oregon. In his first year as governor West responded to the need for forestry planning by working with the legislature to create the Oregon Board of Forestry and the Oregon Department of Forestry. These fledgling organizations were created in order to have a structure in place for dealing with fires in forests that were not protected as National Forests.

At their inaugural meeting in 1911 the Board of Forestry appointed Francis Elliott as the first State Forester. He served in that capacity until his death in 1930. During his tenure he took the ODF from its narrow function of mitigating fire on private and state owned land to an organization that was committed to broader forest protection and sustainability.

Shortly after his appointment as State Forester, Elliott and Governor West, both of whom were keen on the value of the state's natural resources being for the benefit of the people of the state, began discussing the prospect of Oregon having its own state forests.

he basic notion they arrived at was an exchange with the federal government of forest land the state already held the tile to, some 70,000 acres, that lay scattered within the bounds of the newly created National Forests. In the exchange the state would acquire a contiguous block of land elsewhere in the National Forest to be designated as Oregon State Forest.

The 70,000 acres of state owned land designated for exchange were part of much larger state holdings that resulted from the 1859 granting of 3.3 million acres of public land to the state under the federal Admissions Act. The caveat of that grant was the stipulation that any value accrued from the land would go to funding public education in the state. Now referred to

as the Common School fund, this stipulation has loomed very large in the Elliot Forest's destiny.

Neither West or Elliott foresaw the difficulties of realizing their vision of state forests in Oregon. Neither could foresee the decades long impact of World War I, the onset of an economic depression, and the entanglement of red tape involving the federal government, the State Land Board, the Board of Forestry and the state legislature. It took twenty years for the first state forest to become a reality.

In August of 1930, after being successfully assembled through protracted land exchange, a 90,000 acre section of forest in the Coast Range north of Coos Bay was designated Oregon's first state forest. It was given the name Elliott State Forest in honor of the state's first state forester who had worked diligently to make it a reality and who regrettably had died in June of that year.

WHAT'S IN A NAME?

After being known as the Elliott State Forest for 92 years, that forest, with the passage of SB1546 in the Oregon Legislature on March 4, 2022, has become the Elliott State Research

Forest. And so it will remain until another generation has a different notion of its purpose.

For 5000 years the forest simply was. It emerged out of the Great Mystery, the Natural Oneness of all life forms, nameless, purposeless, without an agenda other than to live and perpetuate itself in the glory of the creation. Its world was silent until creatures arrived to hear the whish of wind in the boughs of the trees or the thunderous thud of an elder tree as it hit the ground having reached its natural end. For the most part stillness and silence prevailed in the forest for thousands of years.

Against that backdrop how artificial and abstract it seems to be calling the Elliott a "working forest" or a "research forest". How and why does such nomenclature serve our purposes? Whose purposes? What is gained by that sort of categorization and what is lost?

The final episode of this series will explore more of the history of the Elliott State Forest and the process of creating the Elliott State Research Forest in the context of SB1546.

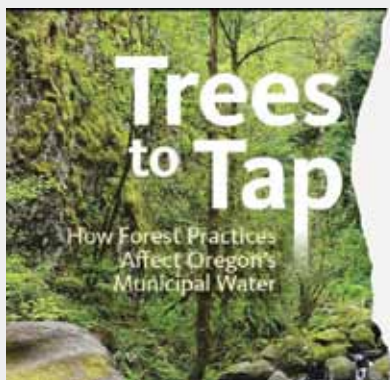
The Invasion of Green Crabs Nature Matters April 28

THE EUROPEAN GREEN CRAB (*Carcinus maenas*) is considered one of the world's worst invasive species and is often termed a global invader. Due to large salinity tolerances these crabs are effective at colonizing nearly all estuarine waters. The last few years has seen a dramatic increase in numbers along the Oregon and Washington coast. Join Coastal Specialist Alex Stote and David Beugl, the Executive Director of the Willapa-Grays Harbor Oyster Growers Association, for a discussion about the impacts of the European green crab, efforts to monitor population abundances, and beginning a large-scale trapping and removal program.

The 7 p.m. presentation Thursday, April 28, 2022, takes place in the Lovell Showroom at the Fort George Brewery. The event is free and open to the public. Doors will open at 6 p.m. for those wanting to purchase dinner or beverages before the event.

In estuaries the European green crab commonly inhabits estuarine shoreline habitats with tidal channels, muddy banks or areas with riprap and similar three-dimensional structures. Once established European green crabs tend to become extremely abundant quickly and eventually may outcompete other native species. Recently Washington Sea Grant, the Willapa-Grays Harbor Oyster Growers Association and Washington Dept. of Fish & Wildlife have teamed up to tackle this invasion head on.

Nature Matters, a lively conversation about the intersection of nature and culture, takes place on the fourth Thursday of each month from October through May.



JON SOUDER, OSU's Forest Watershed Extension Specialist will share elements of his new book *TREE'S TO TAP*. This book summarizes the current scientific knowledge regarding the effects of forest management on drinking water. There are 337 public water providers in Oregon

that rely on surface water for some, or all, of their supply. Many of these providers do not own their source watersheds and as a result have limited control over activities occurring in their source watersheds. This presentation will look at the ways in which logging, forest road building, herbicide use, and other activities related to growing and harvesting timber can impact the quality and quantity of water sourced from forested watersheds.

Jon A. Souder is the principal investigator for the Trees To Tap project. He is an assistant professor in Oregon State

University's Forest Engineering, Resources and Management (FERM) department; forest watershed specialist in the Forestry and Natural Resources Extension program; and the concluding director of the Watersheds Research Cooperative (WRC). He is the former executive director of the Coos Watershed Association in Charleston, Oregon, managing their water quality assessment, restoration and monitoring programs. He has a doctorate and master's degree in Wildland Resources Science from the University of California, Berkeley and a bachelor's degree in biology (limnology) from Marlboro College, Vermont.

The Lower Nehalem Watershed Council's April Board Meeting will precede the talk at 5:00 PM. At the board meeting the LNWC will discuss regular council business and share updates on new grants being prepared and their projects around the watershed.

The talk will be on April 14th at 7 pm, hosted on Zoom, and is free to the public. Access the zoom link on the Facebook event at www.facebook.com/lwnc1. You can also contact the watershed council at lwnc@nehalemtnet.net. A recording of this presentation will also be posted on the LNWC's YouTube channel with our other recorded presentations. Just search for "Lower Nehalem Watershed Council" on YouTube.

THE NORTH COAST CHORALE PRESENTS

Chorales, Hymns, Spirituals & Gospel Songs

Sunday, April 10th
at 4pm

Director Dr. Denise Reed

The First Presbyterian Church
in Astoria

1103 Grand Ave, Astoria

A Free Concert. Donations welcome.

Storyteller Will Hornyak "Finn Mac Cool and the Spear of Mac Midna" Friday, April 15, 7:30pm at KALA

www.brownpapertickets.com

Coming up

• Flournoy
Evan and Lake Jiroudek project
May 20

• True Life Trio
Eastern European Accapella
June 12

KALA

Intimate
Performance

1017 Marine Dr. in Astoria
503.338.4878

Drawing on Tarot

Tarot Reader Julia Hesse brings classes, events to Astoria

By Alyssa Evans

Julia Hesse, 70, has always had a penchant toward introspection.

At age 15, she started following and analyzing her dreams. At 25, she purchased her first tarot deck. And in her 40s, she began a journey of studying tarot, eventually establishing herself enough to teach others on the subject.

"I was always attracted to tarot, from the first time I heard of it," Hesse said.

Hesse will host a series of tarot classes and events later this month in Astoria. Her offerings include online and in-person tarot classes, and an "experiential tarot lab."

During the classes, which Hesse calls "Tarot Wisdom Circles," participants learn about tarot by exploring a theme.

"We just gather around the table and I come in with a theme," Hesse said. "We pull three cards and talk about them. ... It's learning by doing."

Participants are encouraged to bring their own decks to further their learning.

The experiential labs, dubbed "Living Tarot Oracle Experiential Labs," are a more varied way for participants to learn about tarot. During the labs, participants learn about tarot archetypes through interactive games where participants personify the themes of a tarot card.

"We do several games and activities where they're interacting with each other as the card, like the Star card and the Tower card going to a family reunion. It's really experimental," Hesse said.

The labs are a part of a training for a larger theater event, called Sacred Interactive Theater. During the theater event, participants pick a tarot card, then dress up as the card and act like a human embodiment of the card. They then interact with each other, as if the different cards are interacting with each other.

At the theater show, about 22 people embody tarot cards. People who come to the show can buy up to three tarot cards, and then interact with the people dressed up as the cards.

"I did this for five years in Durango, Colorado and developed it from nothing to a pretty big event. The training for the readers was more valuable than for people getting their cards read. Several people are still telling me that it was the most transformative part of their life," Hesse said.

A natural draw

Last year, Hesse retired from her career as a tobacco prevention coordinator. She plans to focus more on her tarot practice in retirement.

Hesse prefers using the "divination" style of tarot reading, rather than fortune telling, she said. When working with a client,

Hesse guides them in acknowledging how their life can change, rather than telling them what will change.

"It's not asking questions like 'When will I find my true love? When will my boyfriend stop cheating on me?'" Hesse said. "To me, it's communication with that which is larger than humans. It can be predictive, such as 'This is how it's going,' or to change the trajectory and choose your responses. It's not looking at 'What's going to happen to me.'"

Hesse also does not use traditional interpretations of tarot cards.

"When I'm doing a reading and someone draws a card, I ask them 'What do you see in the card? What is your visceral response?' because that's more important than what the book says," Hesse said.

Hesse is careful to let her clients guide the experience and find their own interpretation of tarot cards and the cards' symbolism. She does not tell clients whether a card is good or bad, but instead encourages them to come to their own conclusion.

An example of this method happened once when a client of Hesse's pulled the World card, which is generally understood to be a good card and means that success is to come, Hesse said. Though, when the client pulled the card, she had a negative reaction because she was in the midst of a divorce and was trying to keep her world from falling apart. Rather than telling the client that the card meant good fortune, Hesse instead let the client have her own reaction and interpretation of the card.

"Tarot is a three-way conversation between the person that's asking

the question, tarot itself and myself. I'm more of a facilitator. I approach it as if there's some over-guiding spirit, being or morphic residence in tarot that I have a real alignment and resonance with," Hesse said. "It's my job to help the person formulate their question, which is almost more important than anything else."

Hesse also guides clients to find symbolism in the art of tarot cards. This method often draws participants to ponder the small details that work together to create a card, such as the pillars of a building, or the landscape in the background.

"I am often moved to tears and most often my clients are in tears too, not from emotional upset but from the depth and beauty of tarot," Hesse said.

Hesse is available for readings, classes, parties and more. Learn more at juliahesse.com.



What is tarot?

"Tarot is many things. It is a book of wisdom that tells an infinite number of teaching stories. It is a mirror, a reflection of the moment and the energies and influences that want to be known in the moment. It is a map that can describe where you are at and lay out the steps to take you where you want to go.

"Tarot is a divination tool. It is a story of the human experience and can be a guide for the most trivial questions like 'What should I do for dinner tonight?' to a model that can guide you to the deepest and most profound transformations.

"Why ask 'What will happen to me?' or 'Will I get the job?' or 'When will I meet my soulmate?' when you could ask and receive the answers to questions framed positively like 'What resources do I have to meet my challenges?' or 'How can I best prepare for my job interview?' or 'How do I cultivate space in my life for a high-integrity relationship?'"

— Julia Hesse, tarot reader

Tarot Events Coming Up

Tarot Wisdom Circle, \$12
Online: 5 to 6 p.m., April 27 and May 25
In-person: 6:30 to 8 p.m., April 21 and May 19,
at 1004 Marine Drive (Weird Sisters Outlands)
Register online at juliahesse.com

Living Tarot Oracle Experiential Labs, \$12
6:30 to 8 p.m., April 28 and May 26, at
1004 Marine Drive (Weird Sisters Outlands)
Register online at juliahesse.com

Hesse is available for tarot readings, coaching, parties and events. She enjoys leading individual readings where clients are encouraged to embody their cards, plus group settings where clients use exercises and activities to activate their readings.

Stupid F#!*ing Bird at Ten Fifteen Theater

COMING BACK LIVE



Conrad (Sean Cooney) watches nervously as Nina (Cameron Lira) performs his original play for his mother, Emma (Nancy Watkins) and her beau, Trigorin (Mick Alderman.)

THE TEN FIFTEEN brings playwright Aaron Posner's *Stupid F#!*ing Bird* to the stage. This staged reading, directed by Edward James, features both North Coast theatre favorites and newcomers.

About the show: An aspiring young director rampages against the art created by his mother's generation. A nubile young actress wrestles with an aging Hollywood star for the affections of a renowned novelist. And everyone discovers just how disappointing love, art, and growing up can be. In this irreverent, contemporary, and very funny remix of Chekhov's *The Seagull*, Aaron Posner stages a timeless battle between young and old, past and present, in search of the true meaning of it all.

Cast Featuring: Sean Cooney, Jordan Griffin, Terri Baier, Cameron Lira, Nancy Watkins, Mick Alderman, & Mark Erickson

"Aaron Posner's savvy, petulant blitz through Anton Chekhov's *The Seagull* [is] less an adaptation of Chekhov's landmark drama than a funny, moving slugfest, a ripe mashup of mock and awe...sometimes it blows Chekhov up, and sometimes the play explodes with a genuinely Chekhovian release of emotion. The show is smart enough to have it both ways: It mines *The Seagull* for classical heft even while giving it the bird." —Washington Post.

PERFORMANCES: The production will have three performances running April 15th and 16th at 7:30pm, and a 3:30pm matinee on April 17th with a talkback immediately following. Tickets are \$15 and can be purchased at www.thetenfifteentheater.com. Located at 1015 Commercial in Astoria. COVID-19 Guidelines: VAC Cards, Masks optional. Please update on info on the website.

North Coast Choral Chorales, Hymns and Spirituals



THE NORTH COAST CHORALE will present a free concert attuned to the spirit and meaning of Holy Week, on Sunday, April 10 at 4pm.

In its commitment to the presentation of fine choral works at large, the North Coast Chorale will offer "Chorales, Hymns, Spirituals and Gospel Songs" at the First Presbyterian Church at 1103 Grand Avenue in Astoria at 4pm.

Directed by Dr. Denise Reed and accompanied by Dr. Vincent Jones-Centeno, the concert will also feature soloists Lois Willis and Dinah Urell. This concert will also feature remarks from Rev. William Van Nostan and a free-will offering will be taken. The concert is made possible through a generous donation from Peace First Lutheran Church.

Masks are not required but are recommended in these uncertain times.

The 39 Steps! Hitchcock Meets Hilarity at the Coaster

Mix a Hitchcock masterpiece with a juicy spy novel, add a dash of Monty Python and you have *The 39 Steps*! This fast-paced whodunit is packed with nonstop laughs, over 150 zany characters (played by a cast of four), an onstage plane crash, handcuffs, missing fingers, and some good old-fashioned romance!

If this was a movie it would be rated PG. *The 39 Steps* contains some mild adult themes and violence. Children who watch prime-time TV won't see much to shock them, but depending on the personality and exposure of your younger children, they may be confused. On the other hand, there are lots of nonstop laughs and zany characters. Your own judgement is the best guide for your family.

PERFORMANCES: Showing through April 16. Fri/Sat 7:30pm. Sun 3pm. Tickets \$20/\$25. Tickets at coastertheatre.com Please see website for COVID-19 Guidelines.



Left to right: Katherine Lacaze as Clown One, Margo McClellan as Pamela (also plays Annabella and Margaret), Kurt Owens as Richard Hannay and John Hoff as Clown Two

PHOTO: Bob Kroll



Cannon Beach Community Church April Music Fest

Jazz Pianist Ben Rosenblum

CB COMMUNITY CHURCH hosts a month of music concerts this April; classical, jazz and meditative music.

Friday, April 8 at noon, Organist Susan Buehler performs a recital of sacred classics. Free and open to the public.

Sunday, April 10 at 4pm, Drs. John and Susan Buehler will host a Community Hymn Sing, featuring hymns from Holy Week and Easter. Free and open to the public.

Wed., April 10 at 7pm, CB Community Church hosts award-winning **New York City jazz pianist and accordionist Ben Rosenblum in a Jazz Trio Concert**, \$10 at the door. Since the release of his debut trio album, "Instead" (4 stars, Downbeat Magazine, "caresses [the music] with the reverence it merits"), Rosenblum has toured extensively with his trio throughout the United States, as well as internationally in Canada, Europe and Japan, playing prestigious venues; Lincoln Center's Appel Room, Bird's Eye in Basel and the Library of Congress, and shared the stage and collaboration with acclaimed jazz artists, Curtis Lundy, Winard Harper, Deborah Davis, Chris Washburne, and more.

MUSIC PERFORMANCE



Jeffrey Martin and Anna Tivel

Portland singer-songwriter Jeffrey Martin retired from his day job, a high school English teacher, not without regrets, but writes that he couldn't very well tell students to follow their dreams if he wasn't going to follow his.

Along with fellow singer-songwriter and Fluff & Gravy Records recording artist Anna Tivel, the duo head out on a tour of the west coast and make their way to the east coast, stopping in at The Liberty. Supporting each other's tunes on guitars and vocals, and Tivel also on violin, their music is deeply emotional, elegant and performed with reverence.

In 2019, NPR called Tivel's album *The Question* "one of the most ambitious folk records of 2019"; it was also listed by Paste as one of "10 essential folk albums from 2019"

Impose Magazine called Martin's lyrics heartbreaking but necessary, similar to those of Bahamas and Ray LaMontagne. The Portland Mercury says, he may be the best songwriter in Portland.

Catch this remarkable and artful folk duo Saturday, April 23, 7:30pm at the Liberty in Astoria. Tickets Gen. \$25 libertastoria.showare.com

VETERANS of the PNW Bluegrass scene, Jim and Jan Delfel, and Al Price of the Rusty Hinges bring a collective experience, polished and entertaining.

Sat, April 9, 4pm at the Peninsula Arts Center. Taking a break February and March, The Peninsula Arts Center is back with a repaired music tent and lots of music, not quite ready to re-enter their inside stage. Seating is limited to 36 people. Tickets are \$15. Get them online at peninsulaartscenter.org, also call 360.901.0962.

Also Coming Up at Peninsula Arts: Kurt Smith (folk and Americana song stylist) Wed., 4/13, 4pm,

The Brothers Reed (Impeccable Harmonies, brotherly banter, harp and percussion, original tunes from ballads to barn-burning bluegrass) Wed, 4/20, at 4pm.

Lisa Mann and Jason Thomas (well-known bassist/singer-songwriter Mann delivers, from hard rock to R&B and blues. Guitarist singer-songwriter Jason Thomas co-produced his last single, "I'm Your Radio", and newly released single "Roll On" with the fastest up-and-coming Pop/Rock/Country Producer in Nashville, Mark Burch. Sat, 4/23, 4pm

Brian O'Conner. "Guy with a golden voice," said Leonard Cohen. Native of the Bay Area growing up in the 60's, guitarist and singer, exposed to everything, plays a variety of styles. Wed, 4/27, 4pm.



Squeaky Wheels

12TH ANNUAL TENOR GUITAR GATHERING

TGG is BACK! Chock full of performers, workshops, and the famous sing-along Trolley Ride, make it a date on June 3-4.

Day workshops, and evening performances take place at the CLC PAC, musical lunch at the Bridgewater Bistro and jams galore.

Anyone, from people just curious to learn about the instrument, to beginner players, to professionals, come from all over the country to learn, take classes, jam, and listen to world class musicians, during two evening concerts, which are open to the public.

Currently 10 Workshops and counting include ukulele, harmonica, songwriting, and then lots of fun ways to be musically creative with the 4-string Tenor guitar, including workshops designed for beginners.

Between now and then, look around for a new, or new/used Tenor... probably much cheaper than an old Tenor. Want something under \$100 Bucks? Look to the KMISE Tenor Guitar Ukulele, (buy online) that can be tuned as either instrument, and sounds damn decent. Choose your musical companion,

then get to the gathering and start strummin' on the old string thing!

Look for workshops, tickets, and more detailed info at tenorguitargathering.com

Newcomer to the TGG, Alison Helzer, began playing Tenor Banjo at the age of 10, and was a founding member of Celtic band in Eugene, Or, Tonn Nua—at age 13, touring the western states from 2004-2009. She currently has an album release, *Carolán's Welcome*, featuring Celtic tunes, and J.S. Bach, Tenor Guitar, Banjo and vocals. Alison will teach a Tenor Guitar workshop for beginning level players in waltzes.



Alison Helzer

SYMPHONICS

Columbia River Symphony FREE Concert • Liberty Theatre April 15, 7pm

THE COLUMBIA RIVER SYMPHONY presents a unique concert that depicts the Industrial Era of human history through the Sounds of Civilization. The music portrays the beauty and the unknown nature of unexplored regions of the world at a time when the mandate for expansion dominated this new era of human history. How does a civilization make music? Listen to the sounds of trains like a drum rumbling along the tracks, the clacking of hammers on a nail, the bleating of livestock, and the crashing of goods in the market. Combined together it's a symphony that only a civilization could produce; the evolving music of life, livelihoods, and travel and trade. Listen intently to appreciate each sound, and in turn, you can hear the music of civilizations such as; America, Spain, Egypt, Russia, Kongo, Brazil and more.

Movies, Musicals, Marches, and More! NCSB at The Liberty • April 24

THE NORTH COAST SYMPHONIC BAND continues its 42nd season with a concert titled "Movies, Musicals, Marches, and More" at 2pm on Sunday, April 24, 2022 at the Liberty Theater in Astoria. Terry Dahlgren of Warrenton, Oregon will make a return appearance as guest conductor.

The concert includes a delightful mix of music, including movie tunes like "How to Train Your Dragon," and "Music for a Darkened Theater," musical theater tunes "Selections from Les

Miserables," and marches like Karl L. King's "Circus Days," the popular "Lassus Trombone", and an arrangement of the very familiar tune, "Funiculi, Funicula," The MC for the afternoon will be Brian Bergman.

Terry Dahlgren recently retired after a thirty-two year career as a public school music educator. He has been actively involved in community music programs as a performer, teacher, and conductor since 1986. Most of Dahlgren's career was spent in the Seaside School District, and his award winning high school program consistently served over eighty students annually. Dahlgren was a previous guest conductor with the NCSB in 2015.

Guitarist Dave Drury performs concert prelude music from 1:30 to 1:55pm while the audience gathers. Tickets \$15 /students \$8. Advanced tickets Liberty Theater Box Office or www.libertyastoria.showare.com. Tickets also at the door 12pm, day of show. Please check the Liberty website for current COVID requirements.

North Coast Big Band Benefit

NORTH COAST BIG BAND presents a concert of Big Band Era music in a benefit for Partners For the Pac. Featured favorite local jazz musicians, include , Dave Drury, Brian Bergman, Judy Shatto, Terry Dahlgren, Jesse Strauch and Scott Cuthbert. Directed by Lee Stromquist. Doors open at 3:30pm. Tickets are available at partnersforthepac.org or 503-338-9132.

Sunday May 1, 4pm. \$15. Performing Arts Center at 16th & Franklin in Astoria.



The Pine Hearts

Just beneath the eaves of Washington's Cascade Mountains, The Pine Hearts are combining wood, ore, and soul to channel the colossal, organic spirit of the untamed Pacific Northwest. Their sound, like the environment around them, is ever-changing, harnessing classic country songwriting, the powerful emotive themes of experimental folk, and the blazing-fast pickin' rhythms of traditional Appalachian bluegrass -- all the while staying rooted to their rock-n-roll backgrounds.

Sunday, April 10, 6pm, All ages. No Cover. Fort George Brewery + Public House

ALSO Coming Up at Fort George: Michael Metzner & Friends (Jazz/Blues) 4/17,

The Floating Easements + New Old Stock (Roots/Country) 4/24



CALLING ALL HEAVY METALLITES. Back into Black, the Northwest's premiere AC/DC Tribute Band plays the full Back into Black album, from front to back plus hits from the Bon Scott/Brian Johnson era. AC/DC is listed by Rolling Stone as one 100 greatest artists of all time!

The show opens with Pat Benatar and ends with Joan Jett, performed by vocalist Marcie Attig Long.

Sat, April 30, doors open 6:30pm, show at 7:30pm. Liberty Theatre in Astoria. Tickets libertyastoria.showare.com

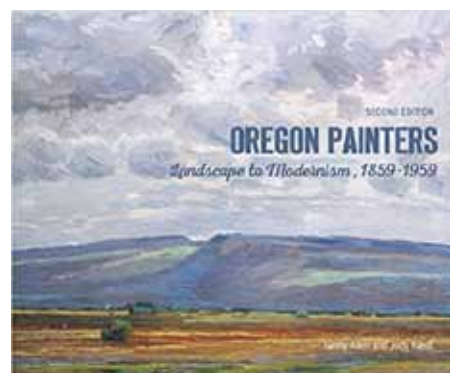
Back Into Black AC/DC Tribute + Jetta-A-Tarr

art happens openings and news in the LCPR

Oregon Painters: Landscape to Modernism Hoffman Gallery

TRADITIONAL 19TH CENTURY landscape paintings, impressionist views of the north coast, and vibrant abstractions from the 1940s and 50s make this exhibit a guided tour of exceptional, early Oregon artists' 100-year, stylistic evolution. Many paintings in the exhibit originated in Manzanita – all capture Oregon's magic.

The exhibit was inspired, and artwork was curated, from the recently published second edition of the book *Oregon Painters, Landscape to Modernism, 1859-1959*. The book is available through Oregon State University Press and found at many local bookstores. Authors Ginny Allen and Jody Klevit spent



Authors Ginny Allen and Jody Klevit

years gathering information about Oregon's early painters and compiling it in this encyclopedic, coffee table, book. The exhibit showcases many of the color reproductions used in the book.

The beautiful, historic paintings, borrowed from private collections, are rarely available for public viewing, making this a "must see" exhibition for those interested in both regional fine art and Oregon State history.

Opening Reception and Book Signing, April 2, 2-4pm. Show April 1 – May 1. Visit the Hoffman Gallery at 594 Laneda Avenue in Manzanita, Friday through Sunday, 1-5pm. FMI: hoffmanarts.org.



Clinton Street Kitchen, 1952, oil on canvas, 36 x 36. George Johanson

AVA Gallery Secrets of the Slow Dimension

FOUR REGIONAL ARTISTS join together to create a site-specific, collaborative installation at Astoria Visual Arts with the conception to reframe our view of nature. Plants live in the slow dimension, always growing and changing...but slower than our patience to watch or to see. We go about our daily lives often forgetting or not considering the important and essential role of plants, not only for our mere survival, but also as companions that must adapt and change as our world changes before our eyes.

Opening on Second Saturday Artwalk on April 9 from 12:00 to 8:00pm, *Secrets of the Slow Dimension*, curated by **Jessica Schleif**, shares four artist's resonant connection to the natural world. **Agnes Field** creates music through capturing and relaying plants' electrical signals; **Jessica Schleif** incorporates clay from



Jessica Schleif, Small World Garden

landslides and combines them into small world gardens of moss and huckleberry on slabs of locus wood; **Kayla Fermin** makes maps of local waterways and prints on paper and wood; and **Sara Moen** presents portraits of local ecosystems drawn with charcoal on wood. Together these four artists present a portal to expand our view of reality, to incorporate more than just our human and animal interactions in our daily consciousness.

Secrets of the Slow Dimension will open at the AVA Gallery, 1000 Duane Street, on April 9 and run through May 8. The Gallery is open for viewing Fri/Sat from noon to 4pm, and by appt. astoriavisarts.org



Sara Moen, Ecosystems, charcoal on wood

ASTORIA ART LOFT is featuring quilts from guilds and groups throughout the Pacific Northwest during April. Quilts of all sizes and patterns will be on exhibit. On April 9, the Second Saturday Art Walk from 1 p.m. – 4 p.m., master quilters will be demonstrating their fine art.

The exhibit will be open Tuesday – Saturday, 10 a.m. – 4 p.m. throughout April. Astoria Art Loft, 106 Third Street, Astoria, OR. 503.325.4442

QUILTS Astoria Art Loft



Iris Sullivan Daire Ancestral Threads

ANCESTRAL THREADS is a handwoven and hand dyed installation by Astoria artist Iris Sullivan Daire, with a soundscape by musician Tyler Little, presented in the Sou'Wester Lodge Gallery Trailer. The installation opens April 8 and runs through June 2022.

Sullivan Daire uses site specific pigments and dyes to add new layers of meaning to the narrative of her work. She has been a hand weaver since she was seven, and has partnered with plants for color since the early 1990's.

It is her intention in *Ancestral Threads* says Sullivan Daire, to create a place of contemplation that supports the acknowledgement of those who have come before, so that we might reach a hand towards the benevolent ones of the unseen realms. To ask for their help untangling the challenges inherent in lovingly acknowledging the shadows of our past and present, and reimagining our world into greater balance.

The installation includes a rug woven from repurposed sheets from the Sou'wester Lodge—bringing cloth that once held dreaming guests into the space. Cedar boxes, that will make up an alter, were constructed over 20 years ago with a friend, initially to represent dreaming about the DEAD and a message they carried. The boxes now newly sanded and painted with Maya Blue pigment, made from indigo which she grew.

In her *dreambirdstudio.com* blog, Sullivan Daire says, "The thing about being an installation artist is that before mounting the show, all you have are the bits, and a lot of big ideas. every aspect of an installation is essentially a WIP prior to the show, at least for me."

Sullivan Daire invites you to sit for awhile in *Ancestral Threads* and enjoy the soundscape to accompany your stay by experimental artist Tyler Little.

"Its is an unraveling and reweaving of the dreams and stories that tie us to the well of Ancestors. Woven threads of natural color that twine through lineage and land. Flowers, leaves, roots and bugs, salt of the earth and water of the spring - of these things our ancestors colored their world."

Sou' Wester Lodge is located at 3728 J PL, Seaview, WA. Check in at the front desk to access the Art Trailer. Showing through June 2022

Jo Pomeroy Crockett at Trail's End

THE TRAIL'S END Art Association Gallery opens a new show In April featuring paintings and other art forms by Jo Pomeroy Crockett, opening April 2 for the Gearhart Art Walk, reception 2-5pm.

A reformed desert rat and happy transplant in the Northwest, Jo Pomeroy (Crockett), Ph. D., is co-owner of Astoria Art Loft. She studied art at the University of Arizona, Phoenix College, and participated in numerous workshops by well-known artists such as Gerald Brommer, Don Anderson, and others. She is a juried member of the Watercolor Society of Oregon. She has exhibited in AZ and OR, and her work is in private collections in England and Holland. She taught painting at various venues in AZ and OR and is a long-time member of and a former president of TEAA.

About her art, Jo states, "Painting, drawing, and writing are my passions. Experimenting with color, unusual papers, different approaches, and studying other artists' work keeps me learning and expanding. Favorite subjects are anything that will hold still for a while."

Trail's End is located at 656 A Street in Gearhart. Visit the show and gallery Fri-Sun, 11am to 3pm, through May 1. TrailsEndArt.org. Phone 503 717-9458 and email trailsendartassociation@gmail.com



Pears, collage



Vessel 3



Beyond 2, print, soot, iron

Two Oregon Artists: Cultural Commentary in Solo Shows at RiverSea Gallery

RIVERSEA GALLERY presents two solo shows featuring Oregon artists whose work offers observations on contemporary culture. Christopher St. John delivers an environmental statement through hand built sculptural ceramics and drawings. Matthew Palmgren uses collaged iconic imagery to compel an examination of modern civilization. The shows will open with a reception during Astoria's Second Saturday Artwalk on April 9, from noon to 8:00 pm, with the artists in house beginning at 5:00 pm. The artwork will remain on view through May 10, 2022.

Oregon artist **Christopher St. John** presents *The Liminal*, an exhibition of wood-fired ceramic sculptures and vessels, accompanied by drawings made of the soot and wood-ash from the firing process. These works, filled with heart, soul, and yearning, address the frailty of life, particularly wildlife, and the consequences of the ever-shrinking boundary between human civilization and nature.

Currently living in Ohio to pursue a graduate degree in ceramics, St. John was astounded by the sheer number of animals he observed killed on the roads by vehicles and began to think

of his artwork as prayers to the loss of animal life. "We live in a time of increased contact with our natural world," he states. "By giving testimony in a small way, I hope this work can move others towards observation, awareness, connection, and action, and ultimately, an elevated and enriched consciousness about our world."

St. John's expressionist sculptures each depict an individual animal, while his vessels are reliquaries, each intended to embody the soul of an animal in a more abstract interpretation.

For over 18 years, St. John has been creating artwork with a passionate environmental message focusing on wildlife. His work has been exhibited and collected nationally and overseas and is included in the permanent collections of two American museums. This is his first show on the Oregon coast.

IN THE ALCOVE, Astoria artist **Matthew Palmgren** exhibits *Condensed Milk*, a show of mixed-media collages. In these striking compositions, at once minimalist in presentation and intricately detailed, individual elements engage with each other in surprising ways to offer provocative cultural commentary. Palmgren cuts out images from his vast collection of vintage magazines then layers them with drawings, transfers, and assorted ephemera on paper mounted on wood and coated with archival epoxy.

"My current body of work explores how recognizable imagery can create a visual narrative and how the subconscious finds meaning through the lens of cultural iconography," he explains. "The narratives that take form are created by the inherent power of images through daily saturation. In combination with our personal and shared experiences, we create our own visual languages."

Originally from Seattle, Palmgren earned a BFA from Western Washington University with an emphasis on sculpture and industrial design. He has lived in Astoria since 2010 and is currently the assistant curator at the Columbia River Maritime Museum

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



M. Palmgren, *Out of the Woods*

Don Frank The Lost Winter IMOGEN

PHOTOGRAPHER DON FRANK, known regionally for his compelling sense of composition brings what might be considered the more obscure to the foreground. His deep immersion into subject matter provokes a stark perspective on contemporary life. His latest series *The Lost Winter* is indicative of his approach. The exhibition opens during Astoria's Second Saturday Artwalk, Saturday April 9, noon – 8 pm. Frank will be on hand to answer questions about his work and this current series. The exhibition will remain on view through May 9.

Frank once again tackles life issues, this time focusing on the fallout of a global pandemic and it's not so subtle impact on the region His new photo series looks back on two years of the pandemic, specifically the unoccupied spaces during lockdown. Through his keen eye for composition, Frank looks to some of those who were most effected; our restaurants and schools. Empty spaces, now eerily quiet where in normal times people would be enjoying libations and laughter mixed with conversation, gone. Schools deserted of children become nothing but the bones of tired institutions, void of the busy energy of youth. These images are stark reminders on those days of uncertainty, previously thriving with



Shredding Jesus

LightBox • River Exhibit

LIGHTBOX PHOTOGRAPHIC Gallery opens four exhibits featuring the Columbia River as their subject on Saturday, April 9, 2022. In the downstairs gallery, **Robbie McClaran** exhibits "**The Great River of the West**". Beginning in 2013, and working with an antique eight-by-ten large format camera, Robbie McClaran photographed along the entire 1250-mile length of the Columbia River, from its source in British Columbia to its confluence with the Pacific Ocean. "The Great River of the West", explores the River's current cultural and economic landscape as well as environmental alterations. The prints in the exhibit are all silver gelatin contact prints, handprinted from the original negatives. This project has been supported by grants from the Oregon Arts Commission, the Ford Family Foundation and the Regional Arts and Culture Council.

Upstairs in the gallery **Ken Hochfeld** opens two exhibits with the Columbia River as their subject. "**Pages: The Majestic Columbia River**", celebrates the majesty of the Columbia River with photographs that recognize its significance while remembering it as an existential heritage of those who were here long before the first settlers arrived. In "**Small Communities of the Lower Columbia River**" Ken begins

to examine the places and the people who live there. The communities of the Lower Columbia on the Oregon side along Highway 30 and on the Washington side near Highway 4 west of Longview, are photographed for their character and history.

Additionally, downstairs in the gallery, photographer and retired scientist **Pat Welle** explores native habitats of the Columbia River Estuary that runs 146 miles from Bonneville Dam east to the Pacific Ocean, in "**There and Back Again.**" It is a critical, final reach for migrating Pacific Salmon—an undammed and tidally-influenced stretch where salmon feed, grow, and adapt to a salt-water environment. There is a rich history here and human influences have significantly reduced salmon habitats. This image collection explores these complex estuary habitats, and the people and projects working to restore them.

LightBox opens the shows on April 9 from Noon-7pm. Show info lightbox-photographic.com. LightBox is located at 1045 Marine Drive in Astoria. Gallery viewing hours are Wed - Sat., 12pm - 5pm or by appt. 503-468-0238.



Season Over.

laughter and aromas, they became the testament to the resiliency of people continuing to move forward without knowing what the future may bring.

Frank was granted access to spaces to document what never could have been fathomed. His compositions, sardonic in nature, still contain a wry sense of humor even in the face of such uncertainty and sobering conditions. His lens defines what could be considered the lost days from months of "sheltering in place". Spaces once pristine and inviting now utilized for storage, and left with a sense of foreboding stagnation, void of the human inhabitants that gave each space life. Frank's imagery brings room to reflect on our collective experiences as we emerge from the pandemic.

Frank has enjoyed a career that has taken his work across the country both in galleries and into private collections, including the Museum of Contemporary Photography, Chicago, and the Center for Fine Art Photography in Colorado.

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



Robbie McClaran, *Great River*

ASTORIA VISUAL ARTS INVITES LOCAL ARTISTS WORKING IN ALL MEDIA TO PARTICIPATE IN THE 12TH ANNUAL ASTORIA OPEN STUDIOS TOUR, Saturday and Sunday, July 30 and 31. To participate, artist studios must be open to the public both days from 11:00am to 5:00pm and artists must reside or have a studio space within Greater Astoria. The cost to participate is \$40 per artist or \$25 for AVA members. The deadline to register is May 1.

The number of participating artists will be limited to 50. Artists are encouraged to register to ensure they are included. Artists must register online at astoriavisualarts.org. If online registration or the registration fee is a barrier to applying, please email astoriavisualarts@gmail.com or call 503-791-0575.

ABOUT DUANE

By Kate Cooper • Animal Rescue Volunteer



MEET DUANE. This little rockstar is a 4 year old male pittie mix. He is a recent arrival at the shelter and already has a huge following amongst volunteers and staff. Duane is an affectionate love bug who will want to snuggle up with you. If there were couches at the shelter, Duane would be up and on one! That said, he is a trainable boy. He is food motivated. The signs are that he is good with other canine buddies, though he needs a home without cats or other small animals. Duane is hugely likeable, if he were an actor from a classic show it would be Joey from Friends. He's also a handsome dude. Duane could do with putting on a little weight, to help with this he

is certainly the recipient of regular treats from his dog walker fans!! He is up to date on his vaccinations, he is fixed and microchipped. If you would like to meet Duane, please connect with the South Pacific County Humane Society flourish while waiting for his forever home.

If Duane sounds like the boy for you, please go to WWW.BEACH-PETS.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 Sugar. If you have more questions about Sugar you can call the shelter: 360 642 1180.



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
503-791-3365

Receive the
Gift of You!

awakeningwonder@outlook.com

wordwisdom

MY HOW TIME FLIES

THAT PHRASE has been bandied about recently, with even a joke about a boy who wanted to see time fly - and threw a clock out a window!

Time passes. Time sometimes stands still. Time does neither of these things. Our perception of time is what changes. If you like your job, enjoy your growing family—time may fly. It's an awareness that you've been doing the same thing for a long time - and you may think "Time Flies." Your present circumstances are solidly rooted to your past years. We get where we are, step by step, day by day, year by year.

My next thought is that this is often the key to building the life of your dreams. I've paid minimal amount of attention to inspirational life coaches to know this is something that keeps the bills paid. We are a product of our life choices and responses. If all of us made the best choices available, no one would smoke, drink or eat fast food. But we don't and at the end of our days, will still die. We can use our time well or let it escape from us.

The concept of time was invented by the Egyptians and based on the span of sunlight. Sense of time became a way of viewing the day to

day events. It also became an organizing tool. Be here at sunrise! We quit at sunset. Finish by the time the sun is half down. Time puts people on the same page, so to speak. In terms of "Big Time," where life is not dictated by a schedule but has



a rhythm and flow, where people fall in love, someone dies, babies are born, that's "Big Time." At the end of our days, I've heard that the big happy events plus the truly traumatic (loss of a child, loved one) are the things we remember clearly. I'm more of a "Big Time" person, one who wants to look back and say,

well done! One who reminisces with a secret smile....

Time is a sort of currency. Time is limited. If time is money, then having more or less of it is tied to income. Yes, nice to have income. Nice to pay for housekeeping, etc. but if days are limited (as they are for all of us) couldn't we get more for our time/currency? Joy? Peace? Contentment? A sense of being at one with the world? I think so. Time is limited. It's a given. Use it wisely. And joyfully. Especially joyfully. It's a gift.

My counselor commentary: multitasking and a full calendar was once a gage of usefulness and time well spent. Nowadays, focusing, thinking, ruminating, dreaming, being creative in thought is a much healthier approach to life. Imagine your desired life and do projects that support that goal. Time does not fly, get away from us, or stand still. Use it like currency. Treasure it. Use it wisely. Think, dream, learn, love. That's it...

Tobi Nason is a counselor In Warrenton (503) 440-0587.



THEATRICAL

AMBULANCE (APRIL 8) Director Michael Bay (Transformers) directs this hypercaffeinated L.A. crime story that's been likened to '90s action classics like Speed and Die Hard times ten. Jake Gyllenhaal stars as Danny, a livewire, wisecracking career criminal. Yahya Abdul-Mateen II plays adopted brother Will – the good brother. But Will's wife needs experimental cancer surgery costing \$231,000, money Will doesn't have. But Danny has the answer: help him and his crew rob a bank that day. Having no choice, Will agrees only for the robbery to go sideways almost immediately when rookie cop Zach (Jackson Sharp) interrupts and figures out what's going on, leading to a hellacious shootout between L.A.P.D. and the robbers. Jackson is critically wounded. An ambulance arrives to take him away, only for it to be hijacked by the last surviving bank robbers – Danny and Will who use it to escape while holding Jackson and feisty female EMT Cam hostage, leading to an O.J. Simpson-like scene where the ambulance is trailed on a closed freeway by a caravan of cop cars. Although escape for the robbers seems impossible, the cavalry arrives in the form that can only exist in a '90s action movie.

ALL THE OLD KNIVES (APRIL 8 ALSO AMAZON PRIME) Spy thriller starring Chris Pine and Thandie Newton who play two ex-spies with a personal history who's get re-acquainted dinner turns murderous. Synopsis: Ex-lovers and spies Henry and Celia meet over dinner to reminisce on their time together at Vienna station. The conversation

moves to the disastrous hijacking of Royal Jordanian Flight 127, which ended in the deaths of all on board. That failure haunts the CIA to this day, and Henry seeks to close the book on that seedy chapter. Over a sumptuous dinner, it becomes clear that one of them is not going to survive the meal.

FANTASTIC BEASTS: THE SECRETS OF DUMBLEDORE (APRIL 15) Fantastic Beasts 3 was in the middle of production in March 2020 when the pandemic forced a shutdown. Shooting resumed that September, but the production took another hit when Johnny Depp, who was playing Grindelwald, lost a libel suit with The Sun, which labeled him a "wifebeater" in print. Disney subsequently fired Depp and replaced him with Mads Mikkelsen. Fantastic Beasts 3, now titled The Secrets of Dumbledore now bow April 15. Synopsis: Professor Albus Dumbledore knows the powerful, dark wizard Gellert Grindelwald is moving to seize control of the wizarding world. Unable to stop him alone, he entrusts magizoologist Newt Scamander to lead an intrepid team of wizards and witches. They soon encounter an array of old and new beasts as they clash with Grindelwald's growing legion of followers.



THE UNBEARABLE WEIGHT OF MASSIVE TALENT (APRIL 22) Actor Nicolas Cage has garnered the best reviews of his career playing a fictionalized version of himself in this action-comedy. When initially approached, Cage said "he wanted no part of it" and turned it down three or four times. But when writer/director Tom Gormican wrote Cage an impassioned letter, Cage reconsidered. Now Cage, who has worked steadily but fallen out of favor in Hollywood, looks to be having his first critical and commercial success in

years. Cage plays down-on-his-luck actor Nicolas Cage. Cage's career is on the skids as is his relationship with his wife and daughter. Despite his lack of offers, Cage is still vain, arrogant and egotistical, particularly when he has conversations with his imaginary 30-years-younger self. Then an offer arrives. Superfan and billionaire businessman Javi Gutierrez (Pedro Pascal) wants to fly him to Mallorca and attend his birthday party for \$1M. With no other options, Cage agrees and the two bond over a weekend of drinking and cliff diving. Gutierrez has another motivation: he has written a script that he wants Cage to star in. While mulling Gutierrez's offer over, Cage is contacted by CIA agents that tell him Gutierrez is not a businessman but a drug kingpin.



THE NORTHMAN (APRIL 22) Director Robert Eggers, known for his highly-evocative low budget horrors The Witch and The Lighthouse, returns with a big budget Viking revenge story. Alexander Skarsgard plays Amleth, a 10th century Icelandic warrior seeking revenge for the murder of his father King Aurvandill (Ethan Hawke) and the kidnapping of his mother, Queen Gudrun (Nicole Kidman) by his brother Fjolnir (Claes Bang). Also starring Anya Taylor-Joy (The Queen's Gambit) and Willem Dafoe.

STREAMING
RUSSIAN DOLL SEASON 2 (APRIL 20 NETFLIX) Three years after Season 1, season 2 of Russian Doll drops. Although apparently having broken free of her death time loop at the end of season 1, Nadia (Natasha Lyonne) and Alan (Charlie Barnett) appear due for more time-tripping in a much more expensive-looking package.



OUTER RANGE (APRIL 15 AMAZON PRIME) Josh Brolin toplines an intriguing new series which sounds like a cross between Yellowstone and Westworld, with some True Detective and Twin Peaks thrown in. Royal Abbott (Brolin) and his family are dealing with the disappearance of their daughter-in-law Rebecca when the Tillersons, who own the adjacent ranch, make a play for their land. After a death in the community a mysterious black void appears on the Abbott's land. Synopsis: Outer Range centers on Royal Abbott (Josh Brolin), a rancher fighting for his land and family, who discovers an unfathomable mystery at the edge of Wyoming's wilderness.



A thrilling fable with hints of wry humor and supernatural mystery, Outer Range examines how we grapple with the unknown. Also starring Imogen Poots and Lili Taylor.



FREE WILL ASTROLOGY

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♈ 11° ♀ 6° 27° ♁ 7° 15° ☾ 64° 0° ♃ 48°

APRIL 2022

ARIES (March 21-April 19): To provide the right horoscope, I must introduce you to three new words. The first is “orphic,” defined as “having an importance or meaning not apparent to the senses nor comprehensible to the intellect; beyond ordinary understanding.” Here’s the second word: “ludic,” which means “playful; full of fun and high spirits.” The third word is “kalon,” which refers to “profound, thorough beauty.” Now I will coordinate those terms to create a prophecy in accordance with your astrological aspects. Ready? I predict you will generate wildly positive transformative consequences for yourself by adopting a ludic attitude as you seek kalon in orphic experiments and adventures.

TAURUS (April 20-May 20): Normally I love your steadfastness, your intense focus, and your stubborn insistence on doing what’s right. Your ability to stick to the plan even when chaos creeps in is admirable. But during the coming weeks, I suggest you heed the advice of martial artist Bruce Lee: “Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves.”

GEMINI (May 21-June 20): Gemini-born basketball coach Pat Summitt won Olympic medals, college championships, and presidential awards. She had a simple strategy: “Here’s how I’m going to beat you. I’m going to outwork you. That’s it. That’s all there is to it.” I’m recommending that you apply her approach to everything you do for the rest of 2022. According to my analysis, you’re on course for a series of satisfying victories if you nurture your stamina as you work with tenacious focus and relentless intelligence.

CANCER (June 21-July 22): In Britain, 70 percent of the land is owned by one percent of the population. Globally, one percent of the population owns 43 percent of the wealth. I am hoping there’s a much better distribution of resources within your own life. I hope that the poorer, less robust parts of your psyche aren’t being starved at the expense of the highly functioning aspects. I hope that the allies and animals you tend to take for granted are receiving as much of your love and care as the people you’re trying to impress or win over. If any adjustments are necessary, now is a favorable time to make them.

LEO (July 23-Aug. 22): TV show creator Joey Soloway says, “The only way things will change is when we’re all wilder, louder, riskier, sillier, and unexpectedly overflowing with surprise.” Soloway’s Emmy Award-winning work on *Transparent*, one of the world’s first transgender-positive shows, suggests that their formula has been effective for them. I’m recommending this same approach to you in the coming weeks, Leo. It will help you summon the extra courage and imagination you will need to catalyze the necessary corrections and adjustments.

VIRGO (Aug. 23-Sept. 22): “Find a place inside where there’s joy, and the joy will burn out the pain,” wrote mythologist Joseph Campbell. I don’t think his cure is foolproof. The lingering effects of some old traumas aren’t so simple and easy to dissolve. But I suspect Campbell’s strategy will work well for you in the coming weeks. You’re in a phase of your astrological cycle when extra healing powers are available. Some are obvious and some are still partially hidden. It will be your sacred duty to track down every possible method that could help you banish at least some of your suffering and restore at least some of your joie de vivre.

LIBRA (Sept. 23-Oct. 22): You know who Jimi Hendrix was, right? He was a brilliant and influential rock guitarist. As for

Miles Davis, he was a Hall of Fame-level trumpeter and composer. You may be less familiar with Tony Williams. A prominent rock critic once called him “the best drummer in the world.” In 1968, those three superstars gathered in the hope of recording an album. But they wanted to include a fourth musician, Paul McCartney, to play bass for them. They sent a telegram to the ex-Beatle, but it never reached him. And so the supergroup never happened. I mention this in hopes it will render you extra alert for invitations and opportunities that arrive out of nowhere in the coming weeks. Don’t miss out! Expect the unexpected.

SCORPIO (Oct. 23-Nov. 21): Poet Anne Carson claims that “a page with a poem on it is less attractive than a page with a poem on it and some tea stains.” I agree. If there are tea stains, it probably means that the poem has been studied and enjoyed. Someone has lingered over it, allowed it to thoroughly permeate his or her consciousness. I propose we make the tea-stained poem your power metaphor for the coming weeks, Scorpio. In other words, shun the pristine, the spotless, the untouched. Commune with messy, even chaotic things that have been loved and used.

SAGITTARIUS (Nov. 22-Dec. 21): Sagittarian author Martha Beck articulated the precise message you need to hear right now. She wrote, “Here is the crux of the matter, the distilled essence, the only thing you need to remember: When considering whether to say yes or no, you must choose the response that feels like freedom. Period.” I hope you adopt her law in the coming weeks, Sagittarius. You should avoid responses and influences that don’t feel liberating. I realize that’s an extreme position to take, but I think it’s the right one for now. Where does your greatest freedom lie? How can you claim it?

CAPRICORN (Dec. 22-Jan. 19): I’m glad you have been exploring your past and reconfiguring your remembrances of the old days and old ways. I’m happy you’ve been transforming the story of your life. I love how you’ve given yourself a healing gift by reimagining your history. But make sure you don’t get so immersed in bygone events that you’re weighed down by them. The whole point of the good work you’ve been doing is to open up your future possibilities. For inspiration, read this advice from author Milan Kundera: “We must never allow the future to collapse under the burden of memory.”

AQUARIUS (Jan. 20-Feb. 18): Aquarian historian Mary Frances Berry offered counsel that all Aquarians should keep at the heart of their philosophy during the coming weeks. She wrote, “The time when you need to do something is when no one else is willing to do it, when people are saying it can’t be done.” I hope you trust yourself enough to make that your battle cry. I hope you will keep summoning all the courage you will regularly need to implement its mandate.

PISCES (Feb. 19-March 20): What’s the main cause of deforestation in Latin America? Logging for wood products? Agricultural expansion? New housing developments? Nope. It’s raising cattle so people can eat beef and cheese and milk. This industry also plays a major role in the rest of the world’s ongoing deforestation tragedy. Soaring greenhouse gas emissions aren’t entirely caused by our craving for burgers and milk and cheese, of course, but our climate emergency would be significantly less dramatic if we cut back our consumption. That’s the kind of action I’m inviting you to take in the coming months, Pisces. My analysis of astrological omens suggests that you now have even more power than usual to serve the collective good of humanity in whatever small ways you can. (PS: Livestock generates 14.5 percent of our greenhouse gases, equal to the emissions from all cars, trucks, airplanes, and ships combined.)

BELOVED

By Emily Ransdell

Bring me your fears. Bring them
like a handful of sad white lilies.
And your sorrow, bring that too,
in the walnut box your father made as a boy.
Corners tightly dovetailed, brass-hinged
heartwood varnished to a sheen, treasures
you left there decades ago still rattling inside.
Dust-colored sparrow wing, a cuff link,
the home address of that boy at summer camp
you couldn’t save. Bring me the memory
of your high school sweetheart, the field
behind your house, the long minutes
you breathed for your mother until
the ambulance came. Bring me
your misgivings. Your heartache.
I’ll haul it all to the river in a cart strung
with white carnations and won’t ask
that you come along. You never did like to talk
about what’s gone. That’s okay.
You don’t have to say a thing. I’ll come back
with that cart scrubbed clean.



(first published in Kestrel)

POETRY VENUE Florence Sage

ABOUT THE POEM: April is Poetry Month, and here’s a poem to show you what poetry can do to contain emotion inside a frame, and at the same time spill it all over you.

“Beloved.” Just like that. No ironic title to make you ask what the poem really means. No ambiguity, this poem is an open-hearted offer to the poet’s beloved.

Maybe love does come down to how well we see and hold someone’s memories – like “the walnut box your father made as a boy” – and what we’d do to help with their sadness – “I’ll come back with that cart scrubbed clean.”

Poets are attuned to gesture. This gesture is so pictorial and pure and big and brave and kind, that many a heart will swell and say: “Yes, that’s love.” Bam, it connects – as poems should do – should bam you like this and leave you sitting for a moment with your thoughts. Connecting with you is the gift that the poem gives to the poet.

Poets do get to imagine what they’ve never done or felt. But this imagery is so strong, the other’s memories so well seen, that we feel sure the speaker is the same as the poet. No matter. Whether it’s lived and felt, or mostly artful, we’re left open-mouthed.

ABOUT THE POET: Emily Ransdell has homes in both Camas, WA, and Manzanita, where she is on the Board for the Hoffman Center for the Arts and gives writing workshops. Her poems, with at least two Pushcart Prize nominations, have been in several fine literary magazines in the region, including *Poetry Northwest*, and in the respected weekly online column *American Life in Poetry*. She has gratefully studied poetry writing with several famous poets, including Richard Hugo and, in her Pacific University MFA program, Marvin Bell. Her husband Steve, an avid fly fisherman, is now her “first and best reader” for new poems. Her manuscript, *Lucky Stars*, is ready for a publisher.

Emily tells us, “I’ve learned the reason we write poems is not to say something, but to discover something. Who we are. How we feel. To learn what we wouldn’t have otherwise known.”

HOMEWORK: WHAT’S THE BIGGEST GOOD CHANGE YOU COULD IMAGINE MAKING IN YOUR LIFE RIGHT NOW? NEWSLETTER.FREEWILLASTROLOGY.COM

Getting Started Breastfeeding

Unsolicited Advice: Oppressive, Not Just Pesky

WHETHER YOU'RE STRIVING for serenity while shopping with kids, bewildered by some new device, or grieving the loss of a loved one, chances are, you've received unsolicited advice on how to do these things the Right Way. That advice might come from a well-meaning stranger or a family member who confuses interfering for caring. Even if the advice is reasonable and relevant, the transaction places the giver in a position of presumably superior knowledge, importance, and/or power. That's why it's so often met with resentment.

Psychologist Seth Meyers explores characteristics commonly found in habitual advice-givers: grandiosity, cognitive rigidity, and a need for order and control. Grandiosity legitimizes the adviser's authority: they believe they're more competent and knowledgeable than others. Cognitive rigidity means there's one right way to do things, and it's the adviser's way. ("Why People Give Unsolicited Advice (Though No One Listens)," *Psychology Today*, December 31, 2017, <https://www.psychologytoday.com/us/blog/insight-is-2020/201712>). This doesn't mean every adviser has ulterior motives or is a narcissist, and even if they have these traits, they can still "mean well." But meaning well doesn't automatically excuse not acting well.

Social and cultural values also play a part. Dominator cultures base their oppressive conduct on the assumption that hierarchy is inevitable: that there will always be a superior person or group and a subordinate person or group, with the "superior" ones feeling entitled to tell the "subordinate" ones

how to do things. "Subordinates" are expected to be grateful and to follow the instructions, even if these instructions don't resonate with their lived experiences.

My sister-in-law, who grew up in the Appalachian Mountains, told me that when the widespread poverty of people in her region became a national cause, educators, philanthropists, and others who adhered to a colonizing worldview assumed that mountain people were to blame, and if they only learned "better habits," they could join the "mainstream" of the white middle class. The advice wasn't always healthy (replacing whole-grain biscuits with white-flour versions) or suited to the environment (agricultural "improvements" did not take the montane conditions into account), but because they assumed they were "better" people—culturally and socioeconomically—the advice-givers insisted on their solutions as the Only Way.

Advice-giving is a professional obligation for physicians like me, but we don't always do it with skill or compassion. I strive to keep my advice-giving equitable in a few ways. As much as possible, I ask the patient how I can help them instead of insisting on discussing only whatever I find important. I also stay conscious of the traditional power imbalance between the "doctor who knows best" and the patient (a passive-sounding name if

there ever was one). To refrain from gabbling on, I practice listening twice as much as I speak. I also bring one of my novel-writing tools into medical encounters by endeavoring to take the other person's perspective, including any limitations they may experience (like barriers to increasing their physical activity level or incorporating more fresh foods into their diet). Lastly, I restrict my advice to medical encounters and subjects. It's easy to slip into "expertise creep," but just because I know about human plumbing (the GI tract) doesn't mean I can or should fix your sink.

So, when someone tells you a "better" way to use the elliptical machine, raise your child, or accessorize your wardrobe, should you ignore them, call them on it, or give advice back? Well, um, I don't feel qualified to advise you. But whatever you decide, it should protect your right to do stuff your own way, not some other person's Right Way.



ILLUSTRATION BY NATALIYA LOBANOVA

BREASTFEEDING PROTECTS BABIES. The first milk is liquid gold. Colostrum is very rich in nutrients and includes antibodies to protect your baby from infection, colostrum also helps your newborn's digestive system to grow and function. The American Academy of Pediatrics and the World Health Organization recommend exclusive breastfeeding for the first six months of your baby's life.

If you're planning to breastfeed, there are some things you can do in your last month of pregnancy that may make the process easier. Keep in mind that feeding your baby is a learned skill. It takes patience and practice. For some women, learning to breastfeed can be frustrating and uncomfortable. If your baby is born early or you have certain health conditions, it may seem more difficult. The good news is that it can get easier and support for breastfeeding is available.

Here's how to get ready:

Get your breast pump

Most health insurance companies cover the cost of breast pumps. Insurers usually require a prescription from your OB-GYN and may cover only certain pump models. The last month of pregnancy is the time to do your research, make sure you have your prescription and order your breast pump. Most pumps have limited-time warranties, so there's no reason to use up that time by ordering the pump any earlier.

Choose a lactation counselor

Hospitals, birth centers and WIC offices have lactation counselors that help moms get off to a good start. Many communities also have peer-based groups like the La Leche League. The month before birth is the time to choose a lactation counselor and to check into health insurance coverage. Most insurers cover lactation counseling but you need to know who is in your network. Next, identify the counselor you want to work with and find out how to make an appointment.

Talk with your OB-GYN about breastfeeding challenges and ask if you have any health conditions that could make it harder.

If you've had challenges with breastfeeding in the past, or if there's anything you're worried about, this is the time to discuss it with your OB-GYN.

There also are certain medical conditions that make it more likely that a woman will have difficulty with breastfeeding. Having a history of diabetes or polycystic ovary syndrome, for example, increases the risk of having a low milk supply.

Plan for skin-to-skin contact right after delivery

Holding your baby directly against your bare skin right after birth is called "skin-to-skin contact." Ask about how this is done where you'll be giving birth. In CMH, this is done with moms whenever possible. Skin-to-skin contact helps establish the bond between mom and baby. It's also one of the first signals to your body to start making milk.

Free up time for breastfeeding

You can free up more time for breastfeeding when your baby is here by doing some household prep in this last month. Stock your freezer with meals now so you don't have to do a lot of cooking later. If friends and family ask how they can help, suggest they make some freezer meals for you. Breastfeeding success isn't defined by how much milk you make.

Betsy Harvey, RN, is a board-certified lactation consultant who works at Columbia Memorial Hospital.

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FOOD GROOVE

Note: Chew On This, this month is a repeat from a notorious month, April 2020. Maryanne will be back in the kitchen next month. Enjoy!

ALONE TOGETHER

HAVE YOU EVER WANTED TO JUST DISAPPEAR? Me, too! Suddenly, we all have! Poof! Haven't we been told to be careful what we wish for? Admittedly, we are stunningly adept at ignoring warnings. It's one of our top 10 human super powers. (Remind me to tell you about the other nine sometime.) I have blithely thought that sequestering was something we could do to dangerous emissions to keep us from having to confront their existence. You know, like a good thing. Alternately, I thought of it as hiding oneself away as in, "I really don't want to go to that recital/bridal shower/ballgame/fundraising dinner/any event that promises to be 'big fun' so I will sequester.

Enter Covid 19 and it feels like sequester has come to mean simply go to your room and stay there. At least when I was a kid, that command ended with, "...until you can behave." Now, there is no time off for good behavior. There would be, of course, except for the pesky fact that none of us are good to go until all of us stay in our rooms. That means all the non-believers, the conspiracy theorists, the criminally self-absorbed - as in, "I am so strong/resilient/young I can fend off infection by my very existence" - are diluting our collective good behavior karma. Thanks awfully, you unconscious/doubting/crazy kids.

I'm not saying that I hate staying home. I'm really lucky. I have everything it takes to be happy while under house arrest:

- A house
- A cellmate I really like
- Hot water and a stocked pantry
- A kitchen and a love of cooking
- Unlimited music

Granted, this is my list. There are more items on it, but they are quixotic, showing up one day, unnecessary the next. I can't be bothered worrying about what you need in times like these because I am completely new to times like these and I am still finding out what I need. Makes me think of the fabulous Todd Snider song, KMAG YOYO or kiss my ass goodbye, you're on your own. Music will never drop off the list of necessities. Never!

Also, I'm cooking. I mean really cooking. Two meals a day, every day. No more, "I'm tired, let's go out." No more being tired period. All the meetings, responsibilities, appointments are suddenly cancelled. My reaction to that most unusual and unexpected turn of events is a seemingly endless process that, thus far, has gone something like this - Wait a minute! What?/Wow, my house is getting really clean/I could get used to this/If I stay in my pj's, I won't have so much laundry....to be continued.

So, Shepherd's Pie. That's what I've meant to say all along. A luscious way to clean out the fridge and make it seem like a flash of brilliance. The shepherds for whom this dish is named quite understandably used lamb or mutton. Given the fact that there is no herding cats or old, deaf dogs, I do not feel held to the same standard. You can adapt this recipe anyway you like. I certainly have. Seriously, it's very difficult to make a bunch of vegetables, herbs and meat topped with mashed potatoes undelicious. Toss one together, stick it in the oven and contemplate your solitude while it perfumes your kitchen.



Tune in to FOOD TALK, an irreverent conversation about home cooking with hosts Merianne Myers and Linda Perkins.

First and Third Mondays of every month, 9:30 to 10am on Coast Community Radio, KMUN 91.9fm, KTCB 89.5fm, streaming and available as podcast at coastradio.org

CHEW ON THIS!

by Merianne Myers



SHEEP OPTIONAL SHEPHERD'S PIE

Serves 9

You will need:

- 1 9" pie crust - optional, Shepherd's Pie can be made without a bottom crust
- 2 Tablespoons olive or vegetable oil
- 1 medium onion, 1/4" dice
- 2 medium carrots, 1/4" dice
- 1 large celery rib, 1/4" dice
- 1 1/2 pounds meat if using
- NOTE: You can make a vegetarian version of this by eliminating the meat and increasing the veg. If I'm using meat, I prefer to mix ground beef, ground pork and ground turkey. But, as in all things, use what you have and what you like.
- 3 cloves garlic, minced
- 2 Tablespoons all purpose flour
- 1 cup canned tomatoes, chopped with juice
- 1 1/2 cups broth - beef, chicken or vegetable
- 1 cup frozen peas or corn or mix of the two
- 1 Tablespoon tomato paste
- 1 teaspoon Worcestershire sauce
- 1 teaspoon brown or turbinado sugar
- 1/2 teaspoon fresh rosemary, finely chopped
- 1/2 teaspoon dried thyme
- 1/2 teaspoon paprika
- 4 large-ish russet potatoes
- 5 Tablespoons butter, melted
- 1/4 sour cream or creme fraiche
- 1/2 cup +/- whole milk, warmed

Preheat oven to 375.

If you are using a pie crust, roll it out, put it in the pie pan, flute the edge and stick it in the fridge while you make the filling. The filling needs to cool before you put it in the crust, so make it first then do the potatoes while it cools. If you are not using pie crust, you do not need to heed the cooling part.

Heat the oil in a large, deep sauté pan or dutch oven.

Over medium heat, sweat the onion, carrot and celery with a sprinkle of salt for 5 minutes or so with a lid on the pan. They should soften but not brown. Add the meat, breaking it up as it cooks. Add the garlic when the meat is almost brown. Once the meat is done, spoon off all but a couple of Tablespoons of the fat.

Add the tomato paste, giving it a minute or two to caramelize and blend. Add the broth, tomatoes and frozen vegetables. Bring to a simmer and add the Worcestershire sauce, sugar and herbs. Salt & pepper to taste. Set aside to cool.

Peel and chunk the potatoes then boil in salted water until fork tender. Drain and add 3 Tablespoons of the butter, sour cream and half of the warm milk. Mash with a hand masher and add more of the milk as needed to create fluffy mashed potatoes. Salt & pepper to taste.

Fill the chilled pie crust with the cooled filling and top with mashed potatoes, smoothing out the top and brushing with the last of the melted butter. Bake for 20 to 30 minutes or until the filling is bubbly and the potatoes are golden.

ALES AND IDEAS Lecture Series Presents Blockchain & Bitcoin & Crypto: Oh My! with CCC Math Faculty Rich Beveridge



WITH MATT DAMON and Larry David pitching cryptocurrencies during the Super Bowl and the LA Lakers arena selling its naming rights to crypto.com for \$700 million, cryptocurrencies have definitely made the break into the US and international financial mainstream. A crypto [cryptocurrency] is a digital currency designed to work as a medium of exchange without reliance on centralized authority, such as a government or bank. Bitcoin, released as an open-source software in 2009, was the world's first decentralized cryptocurrency, and the movement has grown immensely during the past 12 years.

This month's Ales & Ideas free lecture series on April 7, provides community members of all trading levels a chance to learn about the historical development of digital cryptography in the 20th century and how these ideas were used to create cryptocurrencies and other blockchain applications. No financial advice will be provided; instead, let the eternally curious Rich Beveridge be your guide sharing all he has learned about this important development in the decentralization of financial currency. This lecture will include a slide presentation and opportunity for Q&A from the audience. All are welcome.

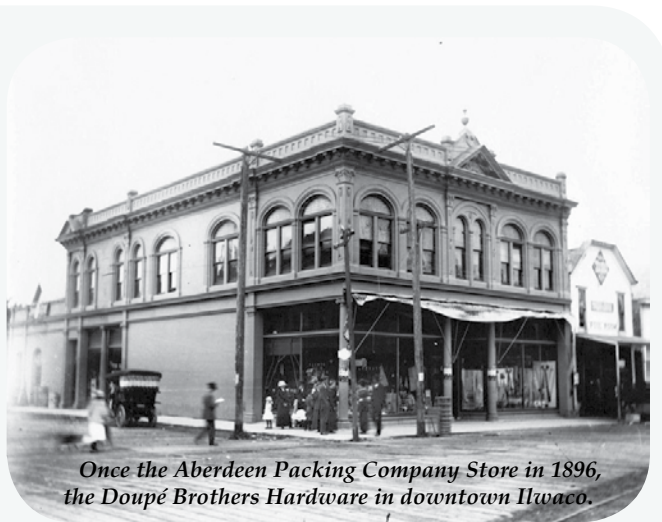
Clatsop Community College is pleased to follow Fort George's lead in returning to LIVE, in-person audiences for the April edition 2022 Thursday Night Talks. Join A&I at the spacious Lovell Showroom, on 14th & Duans in Astoria. No more LIVE-Stream; no more Facebook. Of course, face coverings are still welcome. Doors open at 6pm, with food, ales, and other beverages available. No purchase is required; minors are welcome at this FREE event. The 1-hour event will begin promptly at 7pm.

Rich Beveridge has been teaching on the full-time faculty at Clatsop Community College since 2004. Beveridge began his career as a high school math teacher at Hopi High School in Arizona and several high schools in Maine before returning to earn bachelor's and master's degrees in mathematics at the University of Maine. He lives in Astoria with his wife Sheila, and beloved corgi Sunshine.

NEW!

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

The Architect Hound



Once the Aberdeen Packing Company Store in 1896, the Doupé Brothers Hardware in downtown Ilwaco.

By Eric Wheeler

THE ARCHITECT HOUND went sniffing across the Columbia River to the city of Ilwaco for this month's article. Just about every city has a highly visible building that says..." this is the historic center of downtown." In Ilwaco it is unquestionably the Doupé Building, built as a mixed-use general store in the booming North Coast community in 1896. The Lower Columbia area was bustling with commercial activity, especially in the fishing and lumber industries. Additionally, the years around the turn of the 20th century brought tourists to the Long Beach area. In 1887, to better serve business and pleasure travelers as well as transport freight; the narrow-gauge railroad line dubbed the "Clamshell Railroad" was established with one line from Nahcotta to Ilwaco with an extension from Ilwaco to Megler. For over forty years this rail line delivered lumber and fish to area docks as well as locally harvested oysters and cranberries.

One of the investors in the 1887 rail line was a local businessman named B A Seaborg, president of the Aberdeen Packing Company. Strategically located on the rail line in downtown Ilwaco, and just a block or two from the newly built railroad depot, Seaborg built the two-story brick building, originally named the Aberdeen Packing Company Store in 1896. Brothers Joe and Harry Doupé bought the building in 1919 and operated it as the Doupé Brothers Hardware store in various iterations until the mid-1990s. Much more than a hardware store, for decades this building was essentially a well-

stocked department store with over 20,000 square feet of retail and storage space. The Doupé store was 'the' place to shop on the Long Beach Peninsula for well over a half century.

In spite of the current deteriorated condition of the exterior, one can still see the high-style late Victorian exuberance of the tall arched windows, decorative pressed-metal cornice and fluted cast-iron columns and pilasters. In addition to the spacious retail space with U-shaped mezzanines on the first floor, the second floor has a double-loaded hallway with tall-ceilinged apartments that may have been original to the building. In 2018, an out-of-state housing development and property management firm, Arbor Equities purchased the building in a state of disrepair. Slowly but steadily the venerable old downtown landmark is being restored.

The plan for the historic Seaborg/Doupé building once restoration is complete includes over a dozen apartments and several street level commercial businesses; maybe even a brew pub! The Architect Hound howls out a big welcome to Arbor Equities and wishes them good luck and success with this restoration project in historic downtown Ilwaco.



The place to shop in Ilwaco

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. Take a Tour. MOre Info: www.positivelypnw.com

MASTER GARDENERS HOSTING FOUR SPRING PLANT SALES

In-person and Online Shopping for Annuals, Perennials, Organic Vegetables

The Clatsop County Master Gardener Association (CCMGA) will be hosting four plant sales this spring, three in-person and one virtual.

The sales kick off on **Saturday, April 9**, when from 10am until 3pm the CCMGA will have on-hand a variety of landscaping and bedding plants at the Barbey Marine Center, which is located at 1792 Marine Drive in Astoria.

Then, one month later, on **Saturday, May 7**, from 10am to 2pm the CCMGA will be one of several area not-for-profits represented at "All Aboard," an event sponsored by the Astoria Riverfront Trolley/Old 300 honoring the region's service organizations, which will include art work from area elementary school students and music provided by the Astoria High School Jazz Band. In addition to a number of information booths on gardening tips and techniques, the Master Gardeners will have a number of decorative baskets available for sale, just in time for Mother's Day, which is the following day, Sunday, May 8.

Even before that, on **April 14**, the CCMGA will open online ordering for vegetables, tomatoes, and herbs for home gardeners. The full assortment of available offerings will be available for viewing and purchase at www.clatsopmastergardeners.org, with orders being taken through May 13. All of the plants for sale are organic and have been selected by the Master Gardeners for their suitability to our coastal region.

Plants purchased at the online store will be available for pick-up on Saturday, May 14, at Fernhill Holly Farms, 92668 Fern Hill Road, Astoria, from 9am – 3pm. Master Gardeners will be on hand to deliver orders curbside. A map with driving instructions to Fernhill Holly Farms will be available at the website.

The final CCMGA plant sale for the spring will be on **Saturday, May 14**, at the Barbey Center from 10am until 3pm. Once again, the offerings will include a mix of organic vegetables, landscape and bedding plants.

The spring plant sales are one of the primary fundraising vehicles that support the CCMGA's numerous activities to promote good gardening practices throughout the county. It does so through programs such as a Demonstration Garden at the Fair Grounds where a number of flowers and trees are on display; a Learning Garden at 45th and Marine exhibiting methods for vegetable and herb gardening particularly suited to our unique Pacific Northwest climate and soil, and whose yield last year ended up in more than 1,200 pounds of fresh produce donated to the Regional Food Bank; the Grow a Row for the Community Program, through which individual Master Gardeners donate produce from their home gardens to local food pantries; and informational plant clinics throughout the year, including regular presence on alternating Sundays at the Sunday Market in Astoria and, beginning this year, on alternate Wednesday evenings at the Seaside Farmers Market.

MINUS TIDE

by Jack Kent



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Gulls gettin' kinky.

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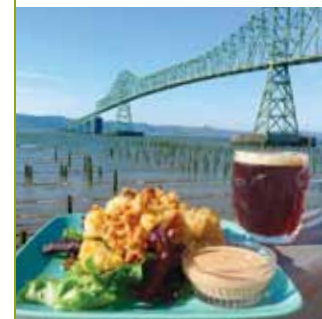
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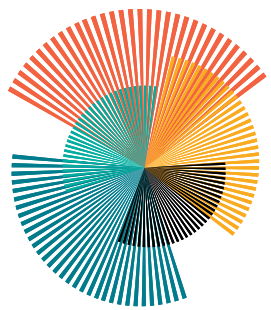
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www.libertyastoria.org



Music Festival Schedule

June 11 – Grand Brahms, Opening Night 1

June 12 – Grand Brahms, Opening Night 2
We're opening the Third Dimension with two different programs of our favorite music by Brahms

June 15 – Russian Romantics
An evening of Borodin, Taneyev, Glinka and others

June 16 – Schubertiade
We're celebrating the genius of Franz Schubert, including his famous Trout Quintet

June 17 – AICMC, Semifinals
Our chamber music contestants perform in the Semifinals

June 18 – Together as One
Celebrating the first week of the Third Dimension, with Chamber Music masterpieces

June 19 – AICMC, Finals
Watch, listen and vote for your favorites – the winners will be announced tonight!

June 21 – Red Hot Fireworks
A stunning evening of virtuosic sparks

June 22 – Recital: Sergey Antonov & Bernadene Blaha
The Duo with a 14-year history finally together in Astoria

June 23 – Mendelssohns 180
Some of our audience will be seated on stage with us, enjoying the view of our beautiful Grand Lady as we celebrate the famous brother/sister powerhouse

June 24 – One on One with Ilya Kazantsev
An audience favorite – our metalhead pianist performs a solo piano recital!

June 25 – Hermitage Piano Trio presents the "Siege of Leningrad"
Immersive performance remembering one of WWII's most devastating events, featuring music from Sviridov and Shostakovich

June 26 – Closing Night
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