

May 2022 • vol 23 • issue 279

# HIPFISH MONTHLY

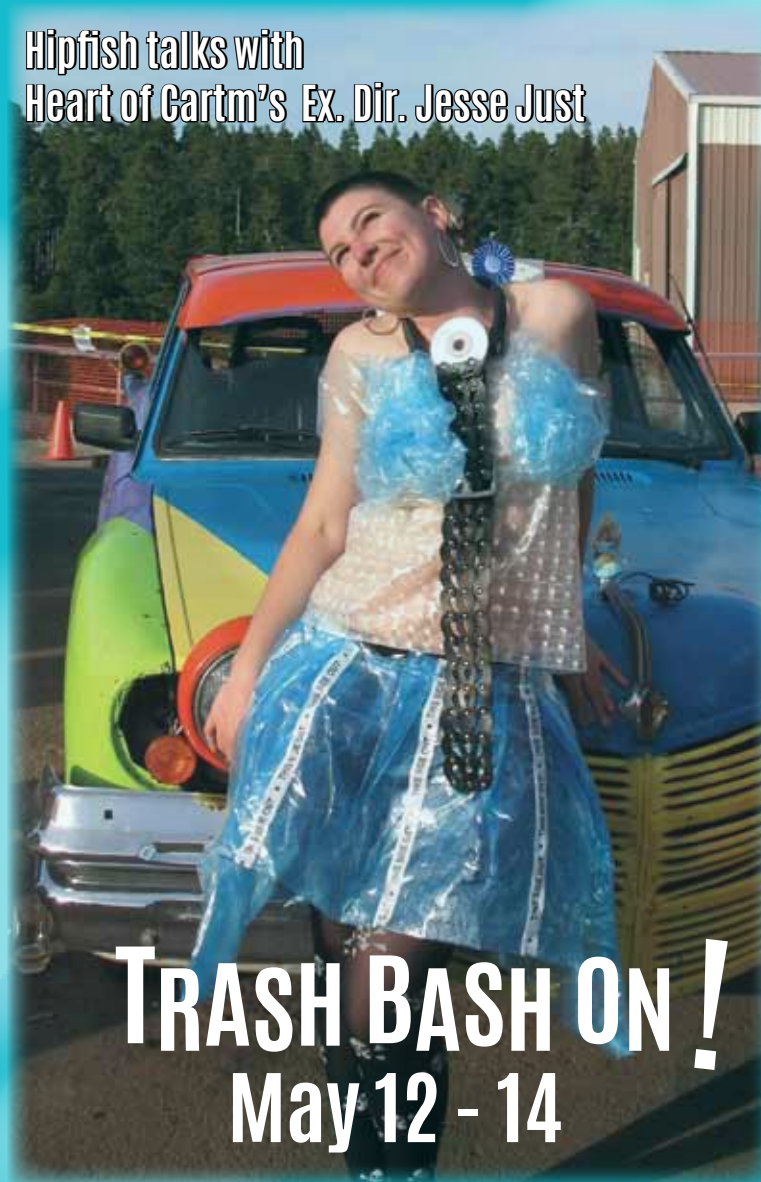
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# Sunday Market...Woohoo!



**THE 22ND SEASON** of the **ASTORIA SUNDAY MARKET** opens **Mother's Day**, and marks the return of fresh flower bouquets, tasty kettle corn, and regionally grown produce. Over 150 vendors display their artisan wares, bringing you handmade products directly from their workshops. Reconnect with your favorite vendors and enjoy chance meetings with friends as you stroll through this lively open-air marketplace in the heart of downtown Astoria.

Excitedly emerging from the pandemic, the 22nd season will celebrate a return to weekly music at our bustling food court every Sunday of the season! The Lorna Baxter Trio from Portland will kick things off with their soulful tunes on Opening Day. Grab a burger, gyro, or a burrito and enjoy the show.

The 2022 Astoria Sunday Market presents the greatest access to fresh food yet! Coming off a successful first year of accepting SNAP and EBT, ASM is now distributing Double-Up Food Bucks (DUFBS). With this innovative program, SNAP users will receive an extra \$1 for every SNAP dollar spent- up to \$20! Get your SNAP and DUFBS and learn more about these food access programs at the ASM info booth near the corner of 12th and Duane.

Market Manager Shelby Meyers says, "Myself and the Downtown Association are thrilled to be diving into our second season of managing the Sunday Market! The quality of goods that come through the market is stunning, and we have a



**Jazz Soul Artist Lorna Baxter opens the Market Stage on Mother's Day!**

fantastic blend of long-time vendors and brand new farm, food, and craft products this year! All market participants are so excited to get back to a thriving marketplace, and we cannot wait to invite visitors and community members alike to join us for a wonderful season."

The 2022 season runs from May 8 - October 9 on 12th Street from Marine Drive to Exchange, and is open from 10 am to 3pm every Sunday. Visit [www.astoriasundaymarket.com](http://www.astoriasundaymarket.com) to find the vendor directory, music listings, food access information, and other exciting new programs at the Sunday Market this year. Find 'em on Instagram and Facebook.

*See you at the Market!*

## 12th Annual Tenor Guitar Gathering June 3-4

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.

Ten Workshops include ukulele, harmonica, songwriting, Intro to the double bass (you get to play one), upping your level on the tenor guitar—from new tunings, to chord alternatives and improvisation 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!

**Tickets for all events and workshop schedule:**  
[tenorguitargathering.info](http://tenorguitargathering.info)

**Workshops: \$20 adult, \$10 student**

**Concerts: Gen seating \$20 adult, \$10 student**

**Concerts Friday and Saturday 7pm - 9:30pm**

**RENOWNED FLATPICKING GUITARIST AND NASHVILLE SESSION PLAYER TIM MAY** returns to TGG for workshops and performance. Tim first hit the big time at the age of 13, at the Bluegrass Festival of the United States in Louisville Kentucky. He's been a member of the Eddie Rabbit Band, toured with Patty Loveless on her bluegrass albums, recorded with Charlie Daniels, and been nominated for the 2006 Country Instrumental of the Year.



**Eclectic songstress and Ukulele Diva Jean Mann**



Songwriting with acclaimed singer-songwriter Myshkin Warbler



**Jazz Tenor Guitarist extraordinaire John Lawlor** "John Lawlor is the greatest jazz tenor guitar virtuoso past or present. He creates difficult movements on four strings that only a rare genius could hear ... The late Mark Josephs, Tenor Guitar Gathering Founder."



### TGG FEATURING

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[www.thetenfifteentheater.com](http://www.thetenfifteentheater.com)



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## outside the box



STEPHEN BERK

DURING THE FIFTEEN YEAR AMERICAN war in Vietnam, the US had up to over half a million troops there by the height of the war in 1968. We also had mass media that showed Americans the actual war, including the terribly destructive search and destroy missions. One can read books on the atrocities committed such as Nick Turse's "Kill Anything that Moves." These things were done in the open, and journalists photographed and wrote about the war for Americans at home. Hence, people of conscience in Congress and among the public at large, especially college students, could develop an anti-war movement. That movement played a role in leading President Nixon to gradually withdraw American troops and end most involvement by 1973.

What governing imperialists would learn from Vietnam was not to stay out of foreign wars but to hide them from American public view. This policy began to be put into effect in the Second Iraq War (2003-11) begun by George W. Bush. His father, George H. W. Bush had invaded Iraq in 1991 to remove Iraqi troops from Kuwait. We still maintain a garrison of troops in Iraq, something the Iraqis oppose. Geneva Convention outlawed chemical weapons, such as lethal white phosphorous were employed in Iraq, burning inhabitants severely and causing great suffering. The Iraq wars were far less photographed than Vietnam, but some journalists were able to report more or less what was going on. This was because over a hundred thousand Americans served in Iraq. And as with Vietnam, many who went there in favor of the war returned against it and commonly suffering from the nightmares and anxiety condition common among combat veterans.

The US remains a highly militaristic country, with somewhere between 700 to a thousand bases throughout the world. Today, however, those who plan our imperial wars have devised ways so as to minimize military participation. Recent American interventions include Afghanistan, Iraq, Syria, and Libya. Outlawed bio-weapons, such as white phosphorous have often been used. These may well soon be used in Ukraine, where the US

arms the Ukrainians against Russia. Though they signed the treaty outlawing such weapons, the US now operates over 300 bio-weapons laboratories throughout the world. It was one of those labs from which the corona virus, or COVID, was accidentally or perhaps deliberately released. Those who think it was deliberate note the way the pandemic was used to make governments more authoritarian. Fear of infection and the lockdowns rendered populations around the world more docile than usual, and government could

fifth column operatives in the CIA and the National Endowment for Democracy in the eighties.

Those entities planned the Second Iraq War during the George W. Bush era. And now they are intensely active in the Biden administration. Joe Biden, like Hillary Clinton, represents a Russophobic branch of the Democratic Party. Biden's undersecretary of state, Victoria Nuland, is a militant neocon and former adviser to George W. Bush. Biden

was vice president under Barack Obama, who while not a neocon, did begin the process of encircling Russia with missile bases. This policy was continued under Trump, whose secretary of state, Mike Pompeo, is a neocon.

By expanding a fiercely anti-Russian NATO to Russia's border and surrounding it with missiles, the hawks of the foreign policy establishment worked to carry out the neocon agenda. This led to the proxy war in Ukraine. The US is only indirectly involved in that war. They supply weapons of all kinds, likely to soon include chemical and

biological agents. Hence, the US is up to its neck in war against Russia, through NATO, which aids the Ukrainians, including the fascist Azov battalion.

A peace movement today then must oppose all US and NATO encroachment on Russia through the countries at its border. Fomenting war with Russia is extremely dangerous, as it could easily lead to nuclear war between Russia and the US. This is something that wiser statesmen, who carried out foreign policy during the Cold War, including Dean Acheson, Averill Harriman, Walt Rostow, Dean Rusk, Henry Kissinger and Cyrus Vance understood well. But the reckless neocons now in power are hell bent on direct confrontation with Russia. Cooler heads favored peace negotiations, as they recognized the obvious fact that direct confrontation at the Russian border could lead to a world-ending war. A new anti-war movement must make the American people aware of that strong possibility. We can start by becoming familiar with and supporting anti-war veterans in the About Face movement.



get away with more authoritarian behavior. Would be dictators have regularly accrued vast powers during states of emergency. And the COVID emergency lasted two plus years. The Omicron strain is still wreaking havoc and causing lockdowns in parts of the world including China.

During the COVID lockdowns, the US foreign policy elite could exercise a more free hand in projecting American power around the world. The means of doing so in Europe was through the North Atlantic Treaty Alliance (NATO), which was formed in 1949 as a defensive organization against the Soviet Union, which was communist and seen as expansionist due to their communization of Eastern Europe. Over the past several decades, American foreign policy has become more and more the province of the neoconservatives, militant hawks who follow an ironclad doctrine that the US must dominate the world. And most importantly, the US must never allow a competitor to arise within the bounds of the former Soviet Union. This doctrine was developed following the Soviet breakdown, which was abetted by American





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## IS YOUR DRINKING WATER SAFE?

### A Free Zoom Workshop

Monday May 9, 5:30 to 6:30

Join North Coast Communities for Watershed  
Protection's Upcoming Meeting

AT THE MEETING, you will be updated on the efforts of NCCWP and a workshop offering that will teach you mapping tools. Find out exactly where your water comes from and empower yourself with tools to track clear-cuts and pesticide sprays in your area. There will be discussion of upcoming volunteer opportunities and direct actions you can take to protect our forests and watersheds.

Register at webpage [healthywatershed.org](http://healthywatershed.org).

An exciting upswell of momentum is building around Oregon's forests and drinking watersheds right now. It's the perfect time to reinvigorate our shared efforts to safeguard and restore our drinking water sources.

The NCCWP goal is to bring attention to the evolving coastal drinking water crisis—quality and quantity—resulting from corporate logging and pesticide spraying practices, and aspects of climate change (heat domes and the drought, for example).

By law, all water in Oregon is publicly owned, regardless of who actually owns the land. All watersheds that supply wells, spring boxes, or municipal systems should be legislatively protected. As a matter of law, and in recognition of the necessity of clean and safe drinking water for all, there should be no more logging nor pesticide spraying in drinking water sources.

NCCWP is advocating for the critical need to prioritize  
**DRINKING WATER FIRST!**

North Coast Communities for Watershed Protection (formerly Rockaway Beach Citizens for Watershed Protection) is a grassroots group working, through education and advocacy, for better protections of the water we drink, the air we breathe, and the forests that sustain us.

[healthywatershed.org](http://healthywatershed.org) | [www.facebook.com/NCCWATERSHED-PROTECTION](http://www.facebook.com/NCCWATERSHED-PROTECTION)

Contact: [rockawaycitizen.water@gmail.com](mailto:rockawaycitizen.water@gmail.com)



## SOUP BOWL 19

THE HARBOR is excited to announce the 19th Annual Soup Bowl! On Saturday May 14, ticket holders are invited to join The Harbor at the Loft at the Red Building, where they can select a handmade bowl to keep and fill with soup provided by area restaurants.

The Harbor is pleased to welcome keynote speaker: Oregon Attorney General, Ellen Rosenblum. Local District Court Judge Cindee S. Matyas will be speaking, and we will hear from a local survivor who has used the Harbor's services. The event will be emceed by local television personality David Frei who will keep the evening flowing as guests enjoy a paddle raise, a silent auction and door prizes donated by area businesses.

This almost 20-year Clatsop County tradition owes its existence to the generosity and vision of Richard Rowland and the Astoria anagama kiln. This year, he and his team of volunteers created over 150 individual bowls for the Harbor... a true labor of love.

For the first time ever this year's event will be followed by music and dancing at the Astoria Arts and Movement Center, DJ'd by Clatsop County's own Ginger Vitus!

**The Harbor 19th Annual SOUP BOWL**  
to support survivors of domestic and sexual violence

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## Turning the Global into Local

EVERY morning since February 24, I have woken up and immediately turned on my computer, scrolling through dozens of news sites in search of any new information on the Ukraine War.

Like most people throughout the world, I have become intimately familiar with the geographical landmarks of the nation as I mull through opinion pieces on Russian military strategy and EU energy policies, gaze over pictures of bombed out train stations and muddy villages, and scramble for any hopeful sign of a ceasefire.

Understandably, the shock of such horrors is a valid justification for turning away from further news. As Oregonians, it is easy to distance ourselves from a conflict which is halfway across the world, over issues and involving political players we may never have to encounter. This does not mean, however, that we should separate ourselves from such global realities.

If there is one thing international relations has taught me, it is that the global is always local. While cultural and social contexts make political events appear dissimilar, we must learn from others to address issues we all face.

Take houselessness, for example. On April 16, Ukrainian President Zelensky used his daily address to outline possible housing benefits for military personnel in post-conflict Ukraine, along with an energy modernization plan to ensure such infrastructure is climate conscious and socially just.

Oregon faces similar issues with unprecedented levels of houselessness, particularly among veterans, as well as increasing need for innovative energy sources. While Ukraine and Oregon are starting on different playing fields and will face different obstacles along the way, the sentiment is the same. We can learn from each other to address issues we both face.

It is easy to get swept up in the waves of political news, constantly scrolling for updates until we are overcome with numbness. In spite and because of this, we must continue to engage with international events.

Oregon may be thousands of miles away from any center of current international intrigue, but that does not mean we are wholly dissimilar. We may never know the true cost of conflict, but we can learn lessons from one another on how we address localized issues.

If we do our due diligence and critically engage with such global politics, then we can learn a few lessons on how to build resilient, just, and equitable communities.

INCO activist Caitlyn Aldersea is an undergraduate at the University of Denver Korbel School of International Relations. With prior intern experience on a local and national level, Caitlyn is currently studying abroad at King's College London War Studies Department to focus on her research regarding democratic governance in post-conflict states. Wherever she is in the world, she remains committed to her Oregon roots and hopes to contribute to local politics in the near future.

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 our weekly e-newsletter at [www.incoregon.org](http://www.incoregon.org), or contact [incoregon@gmail.com](mailto:incoregon@gmail.com). Indivisible North Coast Oregon is on Facebook.

## Connect with the Q Community LOWER COLUMBIA Q CENTER

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



**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



## Affordable Housing in Clatsop County: Challenges and Progress

by Pamela Wev  
Clatsop County Commissioner, District 3

OUR COUNTY is in the midst of an important conversation about the need for housing of all types and prices. The need for workforce housing throughout Clatsop County has never been greater. I'm encouraged by the determination of the county, cities, and residents to come up with effective solutions. Clatsop County is working hard to partner with our five cities to expand our housing supply in both urban and rural areas.

I'm delighted to update you with exciting housing news that should benefit county residents. First, given the current shortage of housing units, especially at affordable prices, the Oregon Legislature has recently encouraged cities and rural areas to re-zone to allow higher densities.

Second, in an effort to support new housing and social services, Clatsop County Commissioners directed staff to identify surplus land that can be developed by cities and nonprofits. Our county listed 15 properties in Astoria, Warrenton and Seaside that could now be used for low-income housing, social services and child care.

Third, there's good news from the Northwest Oregon Housing Authority (NOHA). I'm the county's representative to NOHA, which includes Columbia and Tillamook Counties. NOHA owns 186 housing units in Clatsop County; they range from four multi-unit apartment complexes with 32 to 46 units to five smaller buildings with two to eight units. NOHA also provides housing vouchers to low-income people who can use them to rent units that are privately owned.

NOHA is about to break ground on a 42-unit apartment complex in Warrenton. We are also studying the feasibility of renovating the 46-unit senior housing at Owens-Adair in Astoria, an affordable housing complex for seniors and disabled. In a recent work session with Astoria City Council, we discussed a proposal to double the size and add a new four story, 50-unit apartment complex.

Astoria is an excellent example of how local governments across the country must work within limits of law, zoning, and financing to address community housing needs. All kinds of people need housing: low- and middle-income people, the elderly, disabled, and chronic and short-term homeless people. It's not easy to meet all these needs, as we saw with the Heritage Square housing proposal. The public's concerns about that proposal became conflated with problems posed by Astoria's homeless population. Addressing homelessness demands a different response than providing affordable housing to workers.

There are no quick and easy fixes to the challenges of enough housing and homelessness. The solutions require vision of where we want to go and commitment to hard work over time to achieve the solutions. The county plans on convening county and city leaders at the Clatsop County Fairgrounds on May 18 to discuss affordable housing, micro-housing and homeless services.

Creativity, leadership, and cooperation will help us move forward. Please share your ideas with your local officials and county commissioner. Oregon is better together, so I look forward to working with county leaders and residents to come up with housing solutions.

## Dear Stranger, *Oregon Humanities invites Oregonians to exchange letters in a pen-pal project with a twist.*

PORTLAND, Ore.—May 3, 2022—The isolation of the COVID pandemic and the strident partisanship of national politics have left many Oregonians feeling disconnected and alone. Dear Stranger, a letter-exchange project from Oregon Humanities, offers a chance for connection by inviting Oregonians to write letters with someone they've never met.

Oregon Humanities is a statewide organization that brings people together to talk, listen, and learn from one another. "In good times, bad, and everything in between, sometimes it's hardest to share our innermost thoughts with those closest to us," says Lucy Solares-Steger, a program assistant who runs the Dear Stranger project at Oregon Humanities. "Dear Stranger offers a chance to share a fresh perspective with a stranger in the world and receive one in return. It provides an opportunity to reach out and find community, listen to one another, and learn from each other."

The aim of Dear Stranger is to create shared understanding among Oregonians

with different backgrounds, experiences, and beliefs. The premise is simple: Write a letter, get a letter, and make a new connection. Oregon Humanities has operated Dear Stranger since 2014, with each round of the project asking writers to address a different question or theme. In the most recent round this past winter, 69 people from 28 communities across Oregon exchanged letters.

This spring's prompt for writers is about care: "What do you care about, and why? Who do you care for, and who cares for you? Does this feel like a choice or a given? Where do you see care, and where do you notice its absence?"

Prompts for writing and instructions for participation are available on the Oregon Humanities website at [oregonhumanities.org](http://oregonhumanities.org). Letters are swapped anonymously, and each person receives a letter from the person who received the one they wrote. What happens next is up to the writers. If they'd like to write back, they can do so through Oregon Humanities.



Letters should be addressed to Oregon Humanities, Attn: Dear Stranger, 610 SW St., Suite 1111, Portland, Oregon, 97205. Oregon Humanities will exchange letters mailed by June 30, 2022.

Questions about Dear Stranger should be directed to: [programs@oregonhumanities.org](mailto:programs@oregonhumanities.org).

## Karl Marlantes to Discuss His Novels in Presentation at Coaster Theatre

NORTH COAST NATIVE and popular author Karl Marlantes will discuss his novels, "Deep River" and "Matterhorn" during an in-person presentation sponsored by the Cannon Beach Library.

Born in Astoria, Marlantes grew up in Seaside and attended Seaside High School, where he was student body president. Marlantes also attended Yale University. He was awarded a Rhodes Scholarship at Oxford University and earned a master's degree.

His first book, "Matterhorn: A Novel of the Vietnam War," written in 2010, was called by the New York Times "one of the most profound and devastating novels ever to come out of Vietnam-- or any war." It is based on Marlantes' combat experience as an infantry officer with the 1st Battalion of the U.S. Marines from 1968 to 1969. He was awarded the Navy Cross for leading an assault on a hilltop bunker complex, which is at the core of "Matterhorn." Marlantes also received a Bronze Star, two Navy commendation medals for valor, two Purple Hearts and 10 Air Medals. His second book, a memoir published in 2011, was "What It Is Like to Go to War." It is about his return as a civilian and life as a Vietnam War veteran.

In 2019, Marlantes turned in a different direction with his novel, "Deep River," about the logging industry, canneries and labor organizations on the Columbia River in Oregon and Washington in the early 20th century. The book follows a Finnish family that leaves Finland and makes its way to Astoria and Southwest Washington, much like Marlantes' grandparents did when they left their homelands.

Marlantes' presentation is sponsored by the NW Authors Series, which welcomes authors monthly from September to May and offers the Writers Read Celebration for local writers.

**Saturday, May 7, 2pm at the Coaster Theater, 108 Hemlock St. in Cannon Beach. Admission is free. Proof of Covid vaccination is required. Masks are optional.**



## Unraveling The Mystery Of Mystery Writing With Shannon Symonds A Zoom Workshop

ARE YOU A PLOTTER, pantser or plantser? Why can't you be all three? Do you love Agatha Christie or Flavia De Luce mysteries by Alan Bradley? Do you dream about getting away with murder between the covers of your own novel? Join author Shannon Symonds and get an inside look at the methods she uses to craft a mystery. You will come away with enough knowledge and tools to write a mystery of your own.

Register in advance at [www.thewritersguild.org](http://www.thewritersguild.org) to obtain log-in credentials to Zoom workshop. Cost is \$25.00 for Guild members, \$35.00 for non-members

Shannon has been a hybrid author since 2014 and is best known for her By the Sea Cozy Mystery series. Her two novels, Finding Hope and Safe House, bring to life stories about surviving human trafficking and domestic abuse. She has authored articles for Deseret Digital Media, blogs for Hilary Weeks Billion Clicks project, and the Operation Underground Railroad's volunteer newsletter. She published her first book with Cedar Fort in 2017.

**Saturday, May 21, 10am to 1pm. A Zoom Workshop. If you would like more information about this workshop, please call Marianne Monson at 503-709-5740, or write to [info@thewritersguild.org](mailto:info@thewritersguild.org)**

## 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 WineKraft 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.







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NORTH COAST CHORALE

## Brothers Lake and Evan Jiroudek Release *No More Heroes*

By Dinah Urell

REMISS in an interview with brothers Lake and Evan Jiroudek, nonetheless finally a show. As years drift by, over some part of a decade, Innocent Alex and KALA Performance Space have attempted to hook up for a play date. Finally, on the release of the brother's LP, *No More Heroes*, KALA is happy to assist, and to present to the listening community, an exciting musical collaboration from these hometown Cannon Beach brothers who since youth have made music an integral part of their lives, and each other's lives.

*No More Heroes*, will be streaming on all platforms by May 13. I encourage you to download the album, to enjoy and to marvel. If you're a music-loving boomer I guarantee you're going to relate to this music from a familiar zone. *No More Heroes* is a song driven album, with the singers fully in the drivers' seat. Lake and Evan sing lead on their own songs, about half n' half. If you didn't know who was singing which, you could miss that there's two different singers, as their voices share a common and appealing familial timbre. As do the songs share a songwriting style, that could also fool just about anybody, that it wasn't one singer-songwriter.

The most common and logically asked question to any musician; who are your influences? At the end of the boomer line, to myself, Innocent Alex rings of 70s rock, (sans corny strings of the day) fully replaced with the economy of instrumentation—just what's needed; guitar layers by Lake, with great effects, not overdone, just the part it plays as a musical idea. Sweet piano and organ renderings by Lincoln Mendell, banjo and harmonica touches by Jordan Bush on various tracks, and Evan Jiroudek's recording and mixing produces an artful and acoustic melodious rock-based venture, leaving the listener with tunes and sounds that stick to the heart and ear, very original yet somehow familiar.

Studied songwriters make a song sound easy and natural, like contemporaries Randy Newman, Harry Nilsson, Laura Nero, Carol King—songwriters who sing their own songs, and other people sing them too. The Jiroudek Brothers while not in the business of writing songs for other artists, do dance upon the art of song in the sense of respect to songs gone by, each their voices make a strong commitment to the glue of melody—raspy, resonant and ringing through with the rhythms of rock, and inventive chord progression. It's each of their voices that carry this album, along with their accompanying creative and adroit musicianship, on guitars, bass, drums and synth. The nature of contemporary song has progressed, and Lake and Evan play a part in carrying "song" to the next.

Following is a bit of a road map provided by Innocent Alex since they're departure, growing up as musical brothers in Cannon Beach:



PHOTO: Daneka Golembek

Innocent Alex was formed when Evan Jiroudek decided to take on a solo recording project back in 2016. The five song EP birthed the first original collaboration brothers Evan and Lake Jiroudek had worked on since going their separate ways in college. One summer the brothers reunited in their hometown of Cannon Beach, Oregon to begin recording the album, but time got away and Lake had to go back to college in New York City. While Evan did the bulk of the recording in Cannon Beach and Highland Park, California, where he lived,

Lake layered all the lead guitar parts on top and sent them back to Evan on the other side of the country. By the time the self-titled EP was released in 2017, Lake had graduated college and moved out to LA to begin working and performing with his brother, Evan.

The brothers spent years in LA together playing at various venues as Innocent Alex, playing as sidemen to many up and coming songwriters, and teaching at various music schools during the day time. Throughout this span of time, Evan had produced and engineered albums

for his peers, himself and even his little brother. With the brothers both writing and singing their own material, they went back into the studio as co-leaders, keeping the band name Evan had originally used for his solo project.

Evan and Lake spent a year in a make shift studio they built inside a car port that sat below a three story condominium with hundreds of residents, recording their album and earning the hatred of their neighbors. When the brothers finally finished the tracking to their first ever album created in equal parts, Covid-19 struck and the Pandemic influenced a move back to the Oregon Coast. Soon after, Evan mixed the album, Jason Ne-Smith (Chase Park Transduction) mastered it, and then the brothers sat on it for two years while Evan worked various construction jobs and Lake recorded his first full length solo album.

Now that the album is fully fermented, Innocent Alex will release the LP they call *No More Heroes* in Astoria.

### CONCERT AT KALA • FRIDAY MAY 27

Doors open 7:30pm. Music at 8pm

First Set: Lake and Evan Duo on vocals and guitars

Second Set: Lake and Evan are joined by coastal musicians, Olaf Ydstie on drums and Nevada Sowle on Bass.

Tickets \$10, Online: at [www.brownpaperticket-ets.com](http://www.brownpaperticket-ets.com). (see Innocent Alex at KALA) Limited seating, advance tickets suggested.

KALA is located at 1017 Marine Dr. in Astoria. Intimate cabaret, Full Bar. 503.338.4878



*No More Heroes* CD jacket is designed by Daneka Golembek, (Sad Kids Co.)

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# The Disappearance Of The Great Pacific Northwest Rainforest

*“Whatever evaluation we finally make of a stretch of land, however, no matter how profound or accurate, we will find it inadequate. The land retains an identity of its own, still deeper and more subtle than we can know. Our obligation toward it then becomes simple: to approach with an uncalculating mind, with an attitude of regard. To try to sense the range and variety of its expression....to attend from the beginning to preserve some of the mystery within it as a kind of wisdom to be experienced, not questioned. And to be alert for its openings, for that moment when something sacred reveals itself within the mundane, and you know that the land knows you are there.”*

Barry Lopez  
Artic Dreams  
National Book Award 1986

By Roger Dorband

## Stopping the Bleeding

The profound message offered by Barry Lopez in the words above could only have come from someone who spent thousands of hours patiently observing the land with loving regard, without preconceptions of what he might find and no intent to gain from what the land revealed. One wonders if those who conceived of the Elliott State Research Forest, or those who negotiated about what that title would mean, or the legislators who voted to make it official, shared Lopez’s vision. Will the researchers and loggers who will enter the Elliott Forest to perform their work do so with even a modicum of Lopez’s vision and sense of the sacredness of the land?

Over the years that vision has motivated individuals and organizations who have opposed the definition of the forest as simply a “working forest”. The onset of that characterization of the Elliott began with the federal land grant stipulation of 1859 which sealed the fate of 90% of the Elliott Forest (82,000 acres) as a source of revenue for Oregon public education. That stipulation was carried forward by state officials in 1930 when they created the Elliott State Forest, the first state forest in Oregon.

Because the country was emerging from a depression in the thirties, and another world war erupted at the beginning of the next decade, there was little activity in the Elliott State Forest until 1945. That year the E.K. Wood Lumber

Company, whose motto was “the goods from the woods”, purchased the timber rights for the first thousand acres of old growth in the Elliott Forest that was sold by the state. The operation was very satisfactory for both parties so the following year the state rewarded the timber company with another even larger sale. And so it began.

Because there was no funding available until 1955, it wasn’t until then that the Oregon Department of Forestry began actively managing the Elliott State Forest. Consequently, E.K. Wood and other companies who logged there in the preceding decade were under few constraints in their activities.

Without active forest management there was no planning of access roads. Whatever structures were needed could be built wherever the companies wanted. Even the boundaries of the parcels to be cut were nebulous, loosely based only on section numbers instead of precisely measure out. After the harvest no slash burning was required and reforestation was not enforced. It was a time now known to those who remember logging then as “the good old days”.

Logging slowed for several years after the Oregon Department of Forestry began managing the Elliott because of a lack of valid land titles in the forests of Douglas and Coos Counties where the Elliott is located.

In the 1920s forestland owned by private corporations was given to the counties because it had been logged off and it made no sense to

# SAWED AND GONE PART 3

the corporations to keep paying taxes on the land. Within a few years the counties in turn felt the pinch of the property taxes and gave the forestland to the state with the understanding that any future monies made by the state from timber sales on the land were to be shared with the counties.

Because neither the counties or the state could afford the fees required by title companies they established ownership based on the tax titles. That strategy combined with many clerical mistakes made by the counties lead to frequent disputes over ownership. The legal mess eventually became so onerous that in 1957 the state passed legislation stabilizing all titles.

Logging continued steadily in the Elliott State Forest until 1962 when the Columbus Day windstorm caused massive blowdown there. Thereafter salvage logging in the forest created a boom in the number of board feet of lumber coming from the Elliott.

In the ensuing decades of clearcut logging in the Elliott a total of over 30,000 acres of old growth timber was harvested at a rate that by 2011 reached 20 million board feet per year. Throughout this period the Oregon Department of Forestry viewed the federal Admissions Act of 1859 as a mandate to provide funds for public education. The mandate, combined with continuous pressure from the timber industry to harvest old growth in the Elliott, eventually lead to unsustainable logging there.

In 2011 the excesses allowed by the ODF in the Elliott State Forest became the focus of a lawsuit by several environmental groups. That year the ODF had granted timber sales in the Elliott that would have doubled the proceeding year’s board feet of harvest from 20 million to 40 million board feet. In the lawsuit brought by the Audubon Society, the Center for Biological Diversity and Cascadia Wildlands, the timber harvest sales being promoted by the ODF were described as “aggressive, illegal and unsustainable”.

The lawsuit was viable because by that year a nationwide environmental movement had gained the power to effect change. The movement’s dawning began in 1962 with the publication of Rachael Carlson’s seminal book, *Silent Spring*, that decried the effects of DDT and other pesticides on the environment. Concerns about the environment, generated in part by her book, were ignited into full fledged public protests by a major oil spill off of Santa Barbara, California in January of 1969.

The outcry inspired President Richard Nixon, himself a Californian, to call for a new federal agency whose charge it would be to protect the environment. The enactment of the Environmental Protection Agency occurred in 1970, the same year as the first national Earth Day that

saw 20 million Americans demonstrate against the ravages and excesses of industrial development. Those benchmarks were followed by legislation creating the Endangered Species Act of 1973, the year proceeding Nixon’s ouster from office.

Its difficult to overstate the sea change that the ESA brought to the national conservation movement and the controversy it has engendered. It was enacted to prevent species from being rendered extinct due to “economic expansionism and development”. Global warming was not considered a major factor in species extinction at that time as it clearly is now.

Using the Endangered Species Act as the basis for their Elliott Forest lawsuit the three environmental groups sued the ODF on behalf of the threatened Marbled Murrelet whose nesting habitat is solely in the canopy of old growth trees. Just as with the endangered Northern Spotted Owl, listed in 1990, the case for prevention of the bird’s extinction, worthy in its own right, was in a larger sense an effort to protect the rapidly disappearing old growth forests of Oregon.

Realizing that they would lose in court, the ODF settled the lawsuit by canceling 28 timber sales and reducing annual timber harvest in the Elliott from 40 million board feet per year to 15 million board feet. The difference in the numbers reflects the degree to which the logging activities prior to the lawsuit were illegal. The ODF appears to have simply ignored the EPA because they thought they could get away with it under the cover of maximizing the revenue for the Common School Fund.

Calculating the loss of revenue from the Elliott after the lawsuit settlement, the State Land Board, arbitrator of all state owned land, decided to sell off over a thousand acres of the Elliott in 2014. That decision resulted in a second lawsuit filed by the same environmental groups who charged that the sale was illegal. Once again the plaintiffs won.

Shortly thereafter the Land Board, comprised of Democrats, Governor Kate Brown, State Treasurer Ted Wheeler and Secretary of State Jeanne Atkins, announced that they planned to sell the Elliott Forest to the highest bidder because the forest was no longer profitable for the Common School Fund.

## Closing the Deal

As a result of the Land Board’s declaration, throughout 2016-17 there were massive public protests by the many citizens who use the forest for hiking, fishing, hunting and foraging. They were joined by environmental groups appalled that one of the state’s last stands of old growth trees was being offered on the chopping block.

The protests awakened Governor Brown to the value that citizens put on state land.

→ cont. p10



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She decided to  
opposed the sale of  
the Elliott favoring  
instead that its own-  
ership be somehow  
kept in public hands  
and that the Elliott be  
decoupled from the  
Public School Fund.

At the Land  
Board meeting on  
February 14, 2017,  
newly elected State  
Treasurer Tobias  
Read, and Secretary  
of State Dennis  
Richardson, voted in  
opposition to Gover-  
nor Brown's vision.  
They insisted instead  
on the original plan  
to sell off the forest  
to the highest bidder. Both men later said that they were never  
happy with the idea of selling the Elliott but felt that the fiduciary  
responsibility to the Common School Fund was a promise that  
couldn't be broken.

The only viable bidder to come forward that could meet the  
\$221 million price point was Lone Rock Timber Management  
of Douglas County bidding in conjunction with the neighboring  
Cow Creek Band of the Umpqua tribe.

The Land Board's vote triggered another wave of protest  
spearheaded by the League of Conservation Voters and Oregon  
Wild. The OLCV saw Read as a political turncoat. He had prom-  
ised them to be a protector of state lands in order to get their sup-  
port in his election bid. His decision to side with the Republican  
Richardson in selling Oregon's oldest State Forest, home of some  
of the only remaining old growth in the Coast Range, did not sit  
well with OLCV supporters. In the weeks after the vote Read's  
office was flooded with calls and emails at the same time he was  
being savaged on social media.

Apparently caving in to the public outcry, Read reversed him-  
self less than two months later proclaiming that it was Brown's  
proposal that had changed not his position. In May of 2017 the  
Land Board voted unanimously to halt the sale of the forest and  
keep it in public hands.

Governor Brown had outlined some of the key provisions  
that have formed the scaffold for this year's passage of SB1546.  
Brown's vision included a \$100 million dollar tax payer bond  
needed to decouple the Elliott from the Common School Fund,  
a habitat conservation plan (HCP) needed to protect endangered  
species, and some timber harvest.

After having seen the light, Read elaborated on Brown's vision  
at the May meeting by broaching the idea of creating a publically  
owned research forest. Not yet willing to suppress his earlier  
entrepreneurial instincts, Read had been talking with Oregon  
State University about buying into the Elliott for the 121 million  
dollars still owing on the forest after the 100 million dollar state  
bond investment.

Ed Ray, OSU president in 2017, thought Read's idea was  
genius, noting that the university would use revenue from logging  
in the Elliott to pay for the purchase. The notion of cutting down  
trees in a research forest in order to make revenue for OSU was a  
comfortable position for him in light of the million dollars annu-  
ally that their College of Forestry profits doing just that.

Thomas Maness, then Dean of the College of Forestry, also  
chimed in during an interview with Rob Davis of the Oregonian  
newspaper. At that time he said that managing the Elliott would



**Governor Brown ceremonially signs Senate Bill 1546, with State Treasurer Tobias Reed, Sec. of State Shemia Fagan and members of the State Land Board**

be a great opportunity  
for research since  
OSU's 15000 acres  
of research forests  
didn't contain any old  
growth. That claim  
proved false when  
two years later the  
college clearcut 16  
acres of old growth,  
including a 450 year  
old Douglas Fir, in  
their McDonald-Dunn  
research forest caus-  
ing a massive public  
outcry. (details in part  
1 of this series)

Stuart Davis, the  
acting dean when the  
No Vacancy timber  
harvest occurred in  
2019, was still dean

when OSU's management of the Elliott State Research Forest  
began being considered by the Land Board. After giving his mea  
culpa for the No Vacancy "mistake", Davis doubled down in an  
interview with the Oregonian when he said, "the school was using  
the No Vacancy cut as a learning opportunity for its participation  
in the ESRF discussion. I actually think accountability and trust  
partly come from transparency and being able to say we wouldn't  
do this again."

Stuart's ploy worked with Read's office. Read's spokeswoman,  
Amy Wojcicki, said, "Mistakes happen, and this was clearly a  
mistake, an unfortunate one. The important question is what can  
OSU and those working on the future of the Elliott learn from it."  
It was not clear from her comments whether the lesson was don't  
get caught.

Vicki Walker, the director of state lands, amplified the con-  
ciliatory tone toward OSU in a July 22, 2019 letter to the dean  
of forestry, writing that she appreciated the university's "vocal  
recognition of the mistake" made by cutting the old growth.  
She went on to say that she was, "encouraged by (the dean's) "  
leadership in addressing the regrettable loss of these incredible  
specimens of Oregon old growth."

In spite of his leadership skills, Anthony Davis was not a can-  
didate for the deanship, a position now filled by Thomas DeLuca.  
However, he along with DeLuca and four other administrators is  
on the OSU College of Forestry Elliott Project Team.

Just what went on in the back halls of administrative power  
when OSU's was being considered as the manager of the Elliott  
is impossible to know. What we do know is that Tobias Read,  
currently running for governor of Oregon, no doubt wanted his  
brainchild of an OSU research forest to go forward which it has,  
becoming the groundwork for the recent passage of SB1546.  
Indeed, the partnership with OSU may have been the glue that  
created the dispensation that made passage of the bill possible.

The question remains, is OSU really a wise choice to be  
managing the Elliott given their history and pro timber industry  
alignment? Is the on-going, off the chart jubilation and celebra-  
tion over the passage of SB1546 by OSU, those in state govern-  
ment, leaders of environmental groups and industry representa-  
tives justified?

*In the final installment of Sawed and Gone these questions will be  
considered in the context of OSU's Elliott State Research Forest  
Proposal.*

hr



# TALKING TRASH

A WELL-KNOWN EVENT is coming back to the Oregon Coast but this time, it's a revived renewal of what used to be. Heart of Cartm hosts the annual **Trash Bash Festival May 12-15** in Manzanita/Nehalem. It's the organization's first festival since the transformation of CARTM (Conservation Action Resource Team of Manzanita) to Heart of Cartm. The festival reboots with the **TRASH ART GALLERY** and the **TRASHION SHOW**. Both events bring locals together to celebrate the organization and the practice of recycling.

By Alyssa Evans



## Connecting to CARTM

**JESSI JUST** is the executive director of Heart of Cartm. She joined the organization in the early 2000s, after visiting a friend who lived in the area. At the time, the organization was called CARTM and managed a waste transfer station in the town. Setting it apart from all other waste transit stations, CARTM inspired its community to rethink, reduce, reuse and recycle. The unique recycling center featured The Refinery re-use store, and specialized in the recycling of raw materials such as computers and all kinds of machines, re-sold reusable wood and metals, sorting the communities discards—creating a place for anything that can be re-used or turned into something else, along side the day-to-day of handling solid waste. Driven by a creative force comprised of staff, volunteers, and a community invested in making change, CARTM's collaborative body of people and trash is now the Heart of Cartm.

"I just fell in love. I was awe-inspired by the environmental education compartment but also in this very fun and practical way, there's this resource. Everyone has to go there to take their trash and recycling but there's also this component of 'Let's keep our waste local and use it as a resource,'" Just said. "I ended up moving here and staying because of CARTM."

Just soon began work as a transfer station attendant and helping organize CARTM's annual Trash Bash Festival. In 2007, Just organized CARTM's first Trashion Show with Julie Amici, the friend who originally introduced her to CARTM.

"We thought it would be so much fun to showcase the outfits everyone was dressing up in anyways (at the festival). It was a big party, a big display," Just said.

After about five years at CARTM, Just moved away from Oregon. While away, she continued working with communities to recycle. She's organized trash fasion shows across the country, has provided recycling consultation for the states of Iowa and New Mexico, implementing a state-wide hub and spoke recycling system in New Mexico, and now rebuilding the Heart of Cartm organization. As a graduate of Natural Resources at the University of Missouri, she studied trash on the Missouri River and helped to clean it up, organizing teams of volunteers.

"I couldn't stop thinking about CARTM. I missed it and that resource, this community," Just said.

In 2019, CARTM lost its contract to operate the transfer station. Tillamook County took over

operations. Just returned to CARTM shortly before the organization ended its operations.

"Closing down that center is one of the most heartbreaking things I've ever done. It was a tragic time for our community," Just said. "Professionally, I always wanted to work for CARTM and to not have that in this community felt like a huge loss."



In 2021, Just announced that CARTM would return in a new capacity, as the Heart of Cartm. The new organization with a shop located in Wheeler, features a store and work-shop space. Crafting and repairing classes (the monthly Repair Café) are now regularly hosted in the new space. Before you buy something new, shop the store open Fri – Mon, noon to 6pm, and lend volunteers hours. Have fun testing, to cleaning and merchandising items once destined for the

landfill, a relationship to stuff in a whole new way. Heart of Cartm accepts donations Thursdays and Fridays from Noon to 6pm, and provides a guide on the website: [heartofcartm.org](http://heartofcartm.org), on types of materials accepted for donation.

"CARTM was experiencing its own transformation. It was like its own waste product: it could be thrown away or upcycled, recycled or reimagined and brought to life," Just said. "It became the transformation of this beautiful 22-year-old organization that had seen some success in its life and had really built a wonderful foundation. It was a great resource."

## The Trash Bash

The Trash Bash Art Festival will feature two events: the Trash Art Gallery and the Trashion Show.

"Essentially the Trash Bash is our annual fundraiser and celebration. In that celebration, we offer an opportunity for people to support us in different ways," Just said. "Celebrating with us is a great way to support us. It shows us that we have the support in our community to move forward."

This year's festival has a theme of "transformation."

"This year's theme is fitting because of our own transformation and the transformation that everyone has experienced in the last few years," Just said. "We want to celebrate the way of transformation, think about how we can

make it better ... It's the celebration of taking something broken and making it into something useful and beautiful."

The Trash Art Gallery will be hosted by Hoffman Center for the Arts in downtown Manzanita. The gallery will feature an artist reception to kick off the festival. The show will feature handmade pieces from recycle items that were thrown away.

While there, attendees will have a chance to view and purchase art featured in the show, ahead of the general public, who can stop by the gallery throughout the weekend. Appetizers and drinks will be served during the reception.

"This Trash Art Gallery is incredible and inspiring. It's amazing to see what people come up with everyday discards," Just said. "You'll see things that you never imagined."



MC Aina back in the day

The Trashion Show will be held at Nehalem Bay Winery in Nehalem. The show features a variety of models adorning outfits made out of recycled items, such as bottle caps, plastic bags, endless resources.

"Every year, I'm blown away by the show," Just said. "This is a good way to highlight some of the wasteful practices and things that become discarded with a fun and exciting element ... We don't expect everyone to go out and make dresses out of their used tea bags but the spectacle of it is what inspires thinking differently every day."

The show will include an "opening party" featuring musical guest Prince Tribute band Erotic City and catering by Neahkahnie Bistro. DJ Romo will perform during the show, alongside about 30 participating models. Surf2Soul food cart will be on-site during the show as a food option. Drinks will also be available to purchase.

## Ways to get involved

There are several ways to be involved with Heart of Cartm. Options include volunteering in the store, hosting classes at the center, donating items or money, shopping in the store and serving on the organization's board of directors.

"One of the services CARTM provided was a community gathering place, a place for people to meet each other, to celebrate transformation. One of the ways to participate in the Heart of Cartm is to appreciate our place as a gathering place to meet longstanding community. We hold space for that and we foster that," Just said.

## Trash Bash Art Festival 2022

May 12-15 in Manzanita and Nehalem

Tickets: [secure.givelively.org](https://secure.givelively.org)

Trash Art Gallery at Hoffman Center for the Arts

Artist reception  
4 to 6 p.m., May 12  
\$40 per person

Public viewing  
1 to 4 p.m., May 13-15  
Free to attend, donation suggested

Trashion Show Opening Party at Nehalem Bay Winery  
4 to 5:30 p.m., May 14  
\$50 per person

Trashion Show May 14  
Show begins at 6 p.m. (doors open at 5:30 p.m.)  
Free to attend, donation suggested

**Ticket info: [heartofcartm.org](http://heartofcartm.org)**



# Joe Patenaude

## A Music Life

## Album & Art Show

By Dinah Urell



THIS MONTH KALA presents a unique combined music and art show featuring venerable Astoria blues and rock guitarist Joe Patenaude. **SNAPPINGER** is Joe's first solo effort, after 50 years of guitar playing, intended as a gift to his son and daughter Chris and Sarah, and now a gift to a coastal community that has been digging on Joe's distinctive lead guitar since the early 70's.

In addition, an exhibit of Joe's pen and ink renderings of Blues Greats. Another creative burst that has yielded a wonderfully detailed collection of drawings; Howlin' Wolf, Memphis Minnie, Thelonious Monk and many more.

First the album. **Snapfinger** is ten tracks recorded at Joe's home studio in Astoria, between October 2021 and 2022, with post production and mastering by Steve Johnson, owner of Big Blue Studios in Astoria. "Yes, these were the Covid months," says Joe, "but also for me they were dominated by Carpel Tunnel surgery on both hands, then Basil Joint reconstruction on my left thumb."

Joe plays keyboard bass lines, piano and organ parts, created the drum tracks and then of course fantastic guitar layers on the album. He said that depending on surgeries and which hand was healing, would determine whether he would be able to play guitar (the left hand fingering the neck), or stick to keyboards — a great effort of

limitation challenging him as an artist to forge on.

How the album actually came about, Joe was laying down grooves to practice and further his work on acoustic guitar. Since the slow ending of Astoria's iconic Bond Street Blues Band - Joe a founding member, he picked up the acoustic for a duo act with co-Bond Street member, Michael (aka Schekie) Meztner, called Sheck Pee (the Pee referring to Joe's blues handle Pee Wee Patenaude). The duo has been playing out over the last 5 years, with a recent post-pandemic return. The acoustic guitar may be the culprit of Joe's Carpel Tunnel syndrome, as a decades-long electric player doing the switch to heavy acoustic strings, but it was also the birth of his solo effort.

As magic as creativity is, while laying down the grooves, composition began knocking at the door, and Joe realized and then committed to making a solo album.

There's two covers on the album, a fun and energetic version of Andre William's 50's doo wop tune Bacon Fat, and a pretty version of a J.J. Cale ballad, called Mag Me. The rest are originals, one oldie from 1981 called Cornbread, a kind of novelty blues tune.

Then the departure happens. While those who know Joe would

expect a lot of blues rockin' tunes, that's not what happens. Rather the listener is taken on an instrumental journey. Themes, while based in rock, turn to programmatic composition. "Marine Layers Pts.

1 and 2" is an oozing trip through last summer's heat wave. While pleasant would not be the word to describe that phenomenon, Joe's dark and elegant expression of it creates a visceral and conjuring beauty—from trudging through a desert wasteland we eventually arrive in a sea of hope, or as described in the liner notes, the blessed marine layer.

"TerraPig" is somewhere between jazz and surf, climbing to and then beautiful cascading guitar riffs, that just keep leading on to another and another, you kinda don't want it to end. The delightful "Bossa Steal," as referred to in the liner notes is "something I used to hear at the Liberty Theater in Astoria before the movie started when I was a kid."

The opening track is a nod to Western Noir, with a strong bass theme to accompany the

tumbleweeds. There's lots more fun to be heard, and Joe is pleased with the outcome. "Of all the many recordings I've done over the years of playing in bands, I can honestly say, this is the first time I can actually put this on the stereo and enjoy listening to it," said Joe. Certainly this statement is not a reflection of the quality of his playing, but the words of a self-critical music curmudgeon.

Accompanying the album release concert, Joe's pen and ink Blues Greats will be on exhibit as archival framed prints, for sale, exhibited for the first time. A one hour reception with appetizers created by Kathy Patenaude, Joe's very creative other half, will precede music on the stage. These beautifully detailed renderings came about through a doodling hobby, connected eventually of course to music.

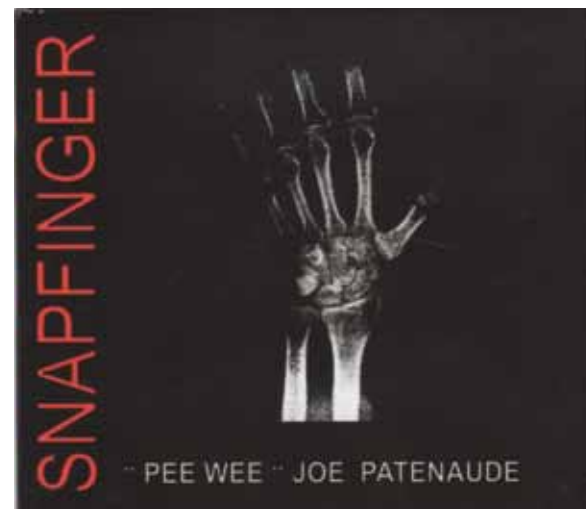
As a programmer on KMUN Radio, (where he was also an employee in the news department) for almost 20 years, with "Blues in the Daylight," a longtime confessed doodler, somewhere along the line Joe began drawing the artists he was listening to. He did extensive listening as a programmer. "I wanted to pick out

the best examples of their work," he says, "and that was time consuming. It also became an accompaniment while I was doing shows, working on cross hatching and creating three dimensional drawings." Joe's shows always included history, that was part of its popular

appeal, sharing the music and life of these artists. There's rumblings the show may be coming back.

Joe Patenaude picked up the guitar seriously when he was 18 years old. A fellow player Michael Henderson scratched out some scales for him, and six month's later he was playing with Mother Hubbard's Wonderland Band, an Astoria high school configuration including the Christie Brothers in the early 70's. They were copycatting the English Blues rock bands, who were copycatting Black American blues artists. He went on to join the Blues Band, with Astoria players Tom Schmidt and David Neikes, aka the Hazel's Tavern Band, which morphed into Blues Union.

The young Joe and Kathy Patenaude eventually moved to Eugene, where Joe played with Tony



Cover Art by Kathy Patenaude

Sardini and Waste Banned, then a move to San Francisco, playing with the Brain-a-tones and recording with Charlie Musslewhite, and hanging with John Lee Hooker. Joe says, "The late 80's were not the most popular time for the blues, not many venues dedicated to hosting blues bands in San Francisco, but when Stevie Ray Vaughn hit the scene it changed things." Blues caught on big in Portland, Oregon, and Joe and Kathy, after the big San Fran earthquake decided it was time to return back to the coast.

That's when The Bond Street Blues Band kicked in. Bond Street provided this region with a musical back drop of local players, binding many a social event, and providing dance music so essential to the community. Begun in the early 90's with the late and beloved Maggie Kitson fronting vocals, in addition to longtime singer Ron Baldwin. Musicians coming and going, but eventually the band with the horn section stabilized, and remained a constant until 2016. Joe P on guitars, Tom Peak on drums, Bill Uhlig on bass, Spud Siegel on keyboards and trumpet and vocals, Johnnie Ward on sax and vocals, Caylon Uhlig on baritone sax, and Mike Metzner on keyboard and vocals.

Knowing the Bond Street Blues Band, they'll resurface again one of these days.

**IN THE MEANTIME, Friday, May 13, Joe Patenaude is joined by Tom Peak on drums, new pro-bass player in town from northern Cal, Joe Lev, longtime coastal guitarist Lorenzo Carlson, and special guests local rock musician Jon Crowley and Mike Metzner.**

**The party starts at 7:30pm, with appetizer reception and art and music begins on stage at 8:30pm. Tickets \$15, are available on [www.brownpapertickets.com](http://www.brownpapertickets.com) See you at KALA, 1017 Marine Drive in Astoria. Masks welcomed! For info call: 503.338.4878.**



Robert Johnson, pen and ink by Joe Patenaude



## Celebrating Diversity With Music

### NORTH COAST CHORALE

### Spring Concert



THE NORTH COAST CHORALE presents its 2022 Spring Concert, 'Celebrating Diversity With Music.' When we sing, we connect in a way that is unique, as we learn music in different languages, with different concepts of melodies, different rhythms and harmonies. Through the singing we become aware of one constant, we can all understand and experience the same messages in the meanings of the words.

North Coast Chorale invites you to celebrate diversity through the universal language of music and the acknowledgment of shared feelings of happiness, sadness, love, amazement and awe.

What connects us across differences are our feelings and emotions, through the music that expresses our diversity.

Repertoire for the concert will include, "Dry Your Tears, Afrika" from Amistad,

"The 23rd Psalm" by Bobby McFerrin, "Nella Fantasia" by Ennio Morricone, A selection from "Five Hebrew Love Songs" by Eric Whitacre and Hila Pitman, a piece by the late North Coast Finnish Kantella artist Wilho Saari, and many more.

This will be the last concert directed by longtime NC Chorale Music Director Denise Reed.

**PERFORMANCES: Friday, May 20 at 7pm, Sunday, May 22 at 4pm. Tickets \$17 General, Children under 12 FREE, accompanied by an adult. Tickets online at [www.partnersforthePAC.org](http://www.partnersforthePAC.org). Masks and social distancing required until further notice.**

**At the Charlene Larsen Performing Arts Center, 16th and Franklin in Astoria.**



## On Golden Pond TAPA

THE TILLAMOOK Association for the Performing Arts (TAPA) announces the performance dates for Ernest Thompson's "On Golden Pond," which opens May 6, at 7pm at The Barn Community Playhouse in Tillamook, with an opening night champagne gala. Each ticket holder is welcome to complimentary food and will receive a complimentary beverage.

TAPA is celebrating over 40 years of entertainment by giving a nod to the old favorite, which was first performed at The

Barn Community Playhouse in 2003. Robert Buckingham, director of the revival production, remembers watching the film with his parents in 1981 at the historic Fox Theater in Rawlins, Wyoming. The movie and the memory have been close to his heart ever since, which is why he chose this play over many other plays performed on TAPA's stage during the 40 year history.

The story centers on curmudgeon Norman (portrayed by Chris Chiola) and his loving, force of nature wife, Ethel (portrayed by Kristi Hanson) at their summer cabin at Golden Pond in Maine. Visited by daughter Chelsea (portrayed by Sarajane Elkins), her new boyfriend Bill (portrayed by Jason Hovey) and his son Billy Jr. (portrayed by Lora Ressler). The Thayer cabin is also visited by Chelsea's childhood friend Charlie the mailman (portrayed by Chad Clemmer). Chelsea and Ethel are close, but Chelsea and Norman have never had a father/daughter relationship. Billy Jr. bonds with

# THEATRE PERFORMANCE

## A Romantic Comedy... Five Flights Up!

THE COASTER THEATER opens its spring stage to the iconic 1960's comedy-love-prevails Neil Simon Broadway hit, Barefoot in the Park. It was Simon's longest running hit, directed by Mike Nichols, and starred Robert Redford in both the stage production and film version with Jane Fonda.

The Story: Corie and Paul Bratter are a newlywed couple. For their first home, they live in an apartment on the top floor of a brownstone in New York City. Corie is optimistic about their future together, while Paul, the more anxious and grounded half of the couple, worries about the various flaws in the apartment; a hole in the skylight, their leaky closet, and the lack of a bathtub. Shortly after moving in, Corie invites her loopy mother for a matchmaker dinner with the neighbor-in-the-attic Mr. Velasco, where everything that can go wrong does.

During the course of four days, the couple learns to live together while facing the ups-and-downs of new marriage. Corie wants Paul to become more easy-going—in a perfect 60's sign of the times theme, to run barefoot in the park!



## Barefoot in the Park at the Coaster

CAST: Ann Branson (Corie Bratter), Bennet Hunter (Paul Bratter), Toni Ihander (Mrs. Banks), Dan Erfurdt (Victor Velasco), and William Ham (Telephone Repair Man).

**PERFORMANCES: May 6 - June 4. Fridays and Saturdays at 7:30pm. TICKETS: \$25 and \$20. Tickets available online, at the theatre box office or by calling 503-436-1242.**

## Pete Seeger's thread Returns to the PAC



"A GOLDEN THREAD: The Legacy of Pete Seeger", is the third long-delayed concert of Pete Seeger compositions at the Charlene Larsen Center for the Performing Arts. Seeger's "O Had I a Golden Thread" calls on music as the golden thread. The 15 Cast members have chosen over 20 songs weaving

a message of surviving hard times and rising out of despair into the light of freedom and hope.

Organized by Kit Ketcham and friends to celebrate the iconic musician and support the Performing Arts Center, the first Pete Seeger tribute concert Astoria version in 2018 was born. Kit says that singing Pete's rousing songs and listening to Jim Dott's narrative

about Pete's life and the ways he helped our country during tough times like the Civil Rights era brought hope and confidence that we would come through to rise up singing again.

"It was so much fun to do the first event, and a second concert in 2019 was also a big success and well-attended. We branched out a bit with our songs and offered the music of performers and songwriters whose work had been inspired by Pete's message of hope and justice," says Ketcham.

Enjoy the many renditions of Pete songs and get ready to open your voice and sing along. Astoria's Pete tributes tend to raise the roof beams at the PAC!

Features the Brownsmead Flats, Duo Perspecuity (Joann Rideout and Jerry Middaugh), Kit Ketcham, Joseph Stevenson, Bob Lennon, Susie McCleary, Margaret Frimoth, Ray Raihala, Dan Sutherland and the sing-along back up choral peoples!

**Saturday, May 7, A Golden Thread: The Legacy of Pete Seeger, 7pm. Charlene Larsen Center for the Performing Arts, 588 16th St, Astoria. Tickets \$17 at [www.PartnersForThePac.org](http://www.PartnersForThePac.org) Masks may be required,**

**OPEN AUDITIONS FOR THE 38TH SEASON OF SHANGHAIED** in Astoria will be held Saturday, May 14 and Sunday, May 15, 2022 from 6-8 each evening at the Astor Street Opry Company Playhouse at 129 W. Bond in Astoria.

Actors, singers and dancers are needed as well as musicians, tech staff and house staff are needed and prior experience, although appreciated, is not required. We will teach you all you need to know!

All ages (17 and up) are invited to audition and become part of the Astoria tradition that is Shanghaied in Astoria! Questions can be directed to the Astor Street Opry Company at 503-325-6104.

**Don't forget!**

- Astor Street Opry Company Playhouse at 129 W. Bond in Astoria
- Performance Dates: Every Thursday – Saturday. July 7 through Sept 10, with 3 Sunday Matinees, 7/24, 8/21, and 9/4.





# MUSIC PERFORMANCE



## 3 Leg Torso at the Coaster

OREGON MUSIC HALL OF FAME INDUCTEES, 3 Leg Torso, return to the Coaster Theatre for an evening of delightful sounds and traditional favorites - as well as original compositions influenced by music from around the world.

The quartet of musicians have once again invited teenage chanteuse, Minntah Haefker, to join them on stage for another lively and heartwarming musical collaboration.

3 Leg Torso formed in 1996 as a violin, cello and accordion trio with the mission of creating original modern chamber music for their unique instrumentation. Over the following years, the ensemble has expanded both its musical mission and its size to become a quartet that now performs original compositions based on an eclectic synthesis of chamber music, tango, klezmer, latin, and Roma (Gypsy) music. As principal composers, founding members Béla R. Balogh (violin, trumpet, octave mandolin) and Courtney Von Drehle (accordion, saxophone) provide the core of 3 Leg Torso's sound. They are joined by the consummate mallets & percussion of T.J.Arko and the gentleman of the acoustic bass, Bill Athens.

A sophomore at Lincoln High School in Portland, Oregon, Minntah Haefker has been singing professionally most of her young life. Closely following in her opera singing grandfather's footsteps, Minntah has had a long musical journey into classical music, jazz, French café music, and pop favorites.

Minntah has performed with 3 Leg Torso since the age of seven, delighting concertgoers with her undeniable sass and charm, and talent.

**Saturday, May 14, 7:30pm. Tickets \$25, online at [coastertheatre.com](http://coastertheatre.com)**

## Peninsula Arts Center

**PRETTY GRITTY** might be another duo emerging from a sea of female/male acts as of late, but there is nothing typical about these two. Sarah and Blaine have cultivated a sound that is both timeless and classic, yet they still succeed in bringing something fresh to the table, pushing rootsy-Americana sounds into an edgy, alternative space. These two have carved out a reputation as a must-see live act.

**Sat, May 14, 4pm at the Peninsula Arts Center. 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](http://peninsulaartscenter.org), also call 360.901.0962.**

### Also Coming Up at Peninsula Arts:

**TERRY ROBB.** Magic fingers Mr. Terry Robb will fingerpick you through the Delta, ragtime, swing—as one of the all time greatest acoustic blues guitarist in America today... and understated humorist! Wed., May 18, 4pm,

**FRED CARTER** player of songs gives you familiar and not-so-very familiar tunes. Wed. May 25, 4pm.

**ELLEN WHITE.** Grammy-nominated Ellen Whyte is known for her astonishing vocals, as she gracefully moves among genres from blues to jazz to funk and ballads. Sat May 28, 4pm



## North Coast Comedy Night At the Liberty

FINALLY, some cheap entertainment! Ha! Liberty Theatre hosts another NC Comedy Night with 3 funny people to make it worth the ticket!

Headliner Monica Nevi, Seattle-based, has been doing the US of A for 10+ years – how does that compare to other forms of art and entertainment? Well, you gotta love it, for sure, and she does.. wry, cool, calm and eclectic, world not short of women humorists, thank you Monica!

Monica is supported by fixture on the Oregon comedy scene Adam Pasi, boisterous and energetic, and regular host of DOUGH comedy night at Mississippi Pizza, P-Town,

## Monica Nevi



and Host of the eve is Drew Wilson-McGrath, also known as "just a guy." Drew is the workhorse behind North Coast Comedy Night, and after doing gigs up and down the Oregon Coast for a couple years, he may just know what we won't laugh at.

**Saturday, May 21, 8pm. Gen admission, \$10. At the Libby. Tickets online or at the door.**



## JOSEPH with Natalie Schepman

THE SOPHOMORE effort from Oregon-bred trio Joseph, Good Luck, Kid is a road movie in album form, an odyssey at turns emotional, existential, and entirely literal. With their intimate storytelling and restless intensity, Natalie Schepman and her sisters Allison and Meegan Closner detail that journey in songs that career and sprawl and often soar, ultimately spinning a narrative of life-changing transformation.

**Friday, May 13, 7:30pm. Gen Admission. \$28 advance, \$30 Day of Show. Catch the sisterly trio of enigmatic harmony at the Liberty Theatre. Tickets: [libertyastoria.showare.com](http://libertyastoria.showare.com)**



## UNLEASHED

CONNECT BACK to the source of 90's rock! Soundgarden, Alice in Chains, Nirvana, Stone Temple Pilots and more, with the debut of local coastal band Unleashed.

Led by charismatic vocalist Astoria songster Hank Sohler. UNLEASHED kicks off at the new Flood Valley Taphouse, (former Dooger's in Warrenton, on Hwy 101 next to Starbucks). Jeff Green from Seaside on drums, Darwin Turner of Cannon Beach on bass, brothers from another mother-Brent Habakangas from CB, and Jordan Kilburn of Gearhart alternately shred on electric guitar and 12-string acoustic guitar.

**Friday, May 6. Music begins at 8pm. NO cover. Go early to assure a seat. 21+. 1605 E Harbor Dr. in Warrenton.**



He who needs no introduction in these parts! Godfather of Freak Folk shares the bill with folk artist Lindsey Clark at the Tap Room as they share on recordings!

**Sunday May 8. 6pm Fort George, 14 & Duane. Astorai. No cover.**

**San Dune Pub, Manzanita  
Music is back in the house!  
OPENING WITH  
EROTIC CITY  
Saturday May 14  
9pm \$5 cover**



## Heart by Heart

ORIGINAL HEART bassist Steve Fossen and drummer Michael Derosier are the powerful driving engine behind the band's classic hits "Barracuda", "Straight On", "Crazy On You", "Magic Man", "Even It Up", "Heartless", "Kick It Out", and more.

After being inducted with Heart into the Rock And Roll Hall of Fame in 2013, Fossen and Derosier are back together with Heart By Heart, a band dedicated to performing the classic hits of Heart in the most genuine way possible. Featuring powerhouse vocalist Somar Macek, multi-talented guitarist/keyboardist/vocalist Lizzy Daymont, and veteran guitarist Chad Quist, this incredible lineup brings back the memories by faithfully playing the songs as written and recorded.

Little known fact: Before there was Heart, there was White Heart with Steve Fossen, and they used to play at the Pypo Club in Seaside, the club where denizens of teens found refuge in up and coming rock bands and late 60's culture, and the Kingsmen were inspired to record Louie, Louie. Full circle.

**Saturday June 4, Doors open at 6pm. Show at 7pm. \$28advance. \$38 Day of show. [libertyastoria.showare.com](http://libertyastoria.showare.com)**

ERISY WATT'S debut album "Paints in the Sky" (2019) has earned praises from CBS This Morning, No Depression, Pop Matters, The Bluegrass Situation, Americana Fest, Glide Magazine. Independently curating and funding her career over the past decade, she has managed to tour heavily throughout the states and overseas cultivating a loyal, grass-roots fan base.

**Sunday, May 15, 6pm Fort George Tap Room, No Cover**





## Experience “Psychomagic” When Local Artists Gather at the Weird Sisters Freak Boutique Portal and Outlands

WEIRD SISTERS FREAK BOUTIQUE is oscillating ecstatically to host an unprecedented gathering of local “psychomagic”: artists, and host a special guest artist from the Burning Man organization, for Astoria’s next Art Walk, on May 14.

The event is headlined by **CAVEAT MAGISTER**, *Burning Man’s Philosopher Laureate* and the author of the new book **Turn Your Life Into Art: lessons in psychomagic from San Francisco’s underground**. It’s a how-to guide to creating the kind of transformative experiences frequently associated with the annual art event.

For his visit, Sondra Carr, owner of Weird Sisters Freak Boutique, who Caveat refers to as a master of the craft, has gathered a group of local psychomagic artists, practitioners of this unique form, and together they’ll be offering strange and wondrous experiences at the May art walk!

Have you ever crossed a threshold and met a character from a fairy tale? Something happens, in that moment: perhaps you are given a chance

to open a mysterious book and receive wisdom; perhaps you are given a magical token; perhaps you choose from a deck of magical cards; perhaps you are given a quest. Whatever it is, it is just for you: no two people even have the same experience as they go deeper into the place where their own story meets mythology.

On Saturday, May 14, you’ll be met at that threshold. There, if you say yes, you will have an experience unlike any other. Be careful: interesting things happen when you say yes

From 4-6, Caveat will be reading from and signing *Turn Your Life Into Art*. After 6, when the Art Walk begins, Caveat and his collection of wonders will join Astoria’s first-ever gathering of psychomagic artists to co-create a mystical evening. Visitors who cross the threshold will pass through a magical speakeasy and discover a magical forest, filled with the unexpected.

Local artists include Joey Altruda, Julia Hesse, Isabel Dunn, AmyJo Davies, and Sondra Carr, who will offer their individual interactive and immersive psychomagic experiences.

**Joey Altruda** will be presenting the newest iteration of his Singing Chairs project “The Hillarium”. This latest piece is a series of phonographs built out of chairs and antique Victrola parts. The Hillarium Plays multiple 100-year-old copies of the historic Okeh Laughing Record simultaneously (with a surprise interactive element that can only be revealed live, in person).

**Julia Hesse** from Living Tarot Oracle will be embodying the High Priestess tarot card - experience her unique interactive tarot style readings in the Weird Sisters Outback.

**Isabel Dunn** presents “Magificada” (2022, work-in-progress), a resplendent audiovisual meditation.

Recorded during the 2021 Brood X periodical cicada emergence in Silver Spring, Maryland... Experience the latest chapter of an eternal cycle. Visit “The Outlands” to hear the painted forest come alive with cicada hum & other enchantments.

**AmyJo Davies** will explore your subconscious with The Chrysalis Method - an interactive emergence experiment.

**Sondra Carr** will be debuting her Ego Birthing experience - an interactive exploration of personal expansion in the Weird Sisters Outlands. This will be offered at the Weird Sisters Experience Bar after this event.

**May 14, 4pm – 8pm. Weird Sisters is located at 1004 Marine Drive, Astoria (in the Hidden Underground Experience)**



*Guest Author Caveat Magister*



## Shoalwater Bay Nahms-chats Museum. Portrait of Gene, an Artist, a Tribe and a Time. & Native Arts Fair

THE SHOALWATER BAY Nahms-chats Museum presents Portrait of Gene, an Artist, a Tribe and a Time. This exhibit of paintings by tribal member Eugene Landry, (1937-1988) presents a powerful story of mid-twentieth century life on the Shoalwater Bay reservation. A 2019 Humanities Washington Storytellers recipient, to learn more about the artist please visit: [www.eugenelandry.com](http://www.eugenelandry.com).

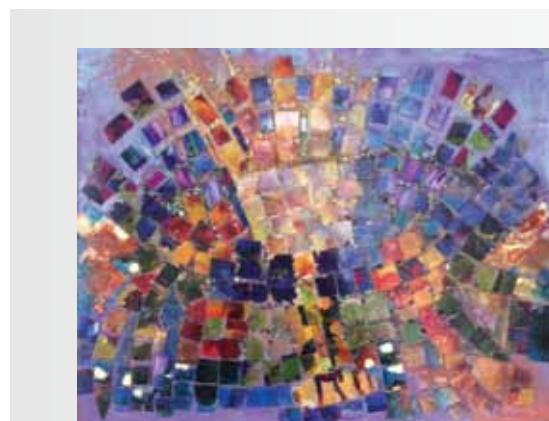


*Carving and tools, Earl Davis*

In conjunction with the Landry exhibit, the museum will host a Native arts fair, featuring carving, beadwork, weaving and photography by Shoalwater Bay tribal artists. Tokeland metalsmith Judith Altruda will show handcrafted jewelry. The artists will be on site.



*Earl Davis, Museum director, and Winona Mail Weber, add a recently- found drawing by Landry to the collection*



*Last of Summer Wine, mosaic.*

## SUSAN BISH at Trail’s End

THE TRAIL’S END ART Association’s Gallery opens a new show in May featuring paintings and other art forms by Susan Bish. There will be a reception for the artists on May 7, 2022, during the Gearhart ArtWalk, 2-5 pm. The show will be open Fridays-Sundays, 11am – 3 pm from May 6th to May 30th.

Susan Bish has been a member of Trail’s End for over 30 years! She is also a member of the Oregon Watercolor Society. Working in many mediums--watercolor, oils, acrylics, pastels, collage and more--she has branched out into mosaics. Recent works highlight environmental impact, but today she has a special piece for this show: Last of the Summer Wine, an homage to late summer days enjoyed by Susan and her husband on their deck.

A New Yorker, Bish moved to California majoring in art and drama and acting in local theatre. After marrying her husband, raising a family and moving to Oregon in 1975, she resumed her pursuit of art instruction, exploring and experimenting art mediums through classes and workshops. She has studied with John Campiche, Carl Purcell, Christopher Schink, Carol Riley, Judy Morris, Eric Wiegardt and many others.

Bish shows her work year-round in the Trail’s End Gallery. She is also a member of the Oregon Watercolor Society.

The show will be open Fridays- Sundays, 11am – 3 pm from May 6 to May 30.

**Trail’s end is located at 656 A Street in Gearhart. TrailsEnd-Art.org. Phone 503 717-9458**

## The Hoffman Gallery Spring Photography + Ceramics



*Loran Nelson.*

THE MONTH OF MAY, The Hoffman Gallery features a combined show of photography and Ceramics by East Creek Friends of Fire. “Snap into Spring” is the photo theme with work by photographers Bryan Churchill, Don Backman, Loran Nelson, and Gregg Goolsby, presenting natural world and abstract concepts of the season.

Friends of the Fire is a curated selection of seven artists who have had significant engagement with the East Creek Art wood firing community in Willamina Oregon, and the active production

of the Japanese anagama kiln, producing wood fired, art-glazed artworks of unpredictable colors and textures, only achievable by using this traditional technique.

**Visit the Hoffman Gallery in Manzanita, open Fri-Sun, 3pm – 5pm, at 594 Laneda Ave.**



*Sam Newman.*



# art happens *openings and news in the LCPR*

## April Coppini at IMOGEN Oceans of Disbelief/Jungles of Longing

IN A TIME OF UNCERTAINTY there is one thing that does remain certain; art is a necessity in our lives, yesterday, today and tomorrow. As we ease back into a world altered by pandemic, there are still elements beyond the individual's control that impact us all. Throughout this, artists are still creating and communicating, providing a gift of reprieve to all. Artists have always been generous in what they do, whether it is to connect what is good about humanity or record an imprint of challenging times. They create and share with the goal of easing burden, fear, and struggle; to uplift and bring peace to the unknown and even aiding in the comprehension of matters out of one's control. With this in mind Imogen Gallery presents a new series of charcoal drawings, by the acclaimed artist, April Coppini.

**The exhibition opens May 14th during Astoria's Second Saturday Artwalk, Saturday from 12 – 8 pm.**

*"We humans have this role as stewards, if not because most of the ecological difficulties we're experiencing are human-caused, but because that's who we are. We are caretakers by nature. A duty that as a species connected to all other*



**Pine Marten on Mosses and Heather**  
charcoal and pastel on paper 15x26

*living things on this planet, we have (mostly) abused and/or neglected. We also have capacity for greatness and beauty. A calling to responsibility and redemption. I feel this tipping point we are coming to in my heart, in my body, my spirit, in the shifting energy of my work and in the frenetic, tumultuous energy of the world right now (ecologically, politically, socially). I feel the other species we share the planet with turning their gaze to us, as stewards, in our moment, to see; what will we do?"* — April Coppini

**Imogen Gallery is located at 240 11th Street. Open Thurs - Mon 12 to 5pm, Sun 12 – 4, closed Tue/Wed. [www.imogengallery.com](http://www.imogengallery.com) . 503.468.0620**

## Miss Bea Clatsop County Student Art Show

ASTORIA VISUAL ARTS presents the 8th annual Miss Bea Clatsop County Student Art Show highlighting art made by students of Astoria, Knappa and Warrenton high schools as well as Astoria Choice Online Academy. This exhibit will open during Astoria's Second Saturday Artwalk on May 14 and is part of AVA's Miss Bea Johnson Fund for Young Artists, created in 2011 with support from Noel and Patricia Thomas. The Miss Bea Johnson program provides learning opportunities for students to build content knowledge and develop skills in the visual arts as well as opportunities to meet working visual artists.

The Miss Bea Johnson Fund is named for Noel's 8th-grade art teacher in Longview, Washington, Miss Bea Johnson, who motivated Noel to apply to the Art Center College in Los Angeles after high school. Thanks to her, he not only graduated from the college, but spent his working years in art and art-related businesses. He is now a celebrated watercolor painter, a member of the American Watercolor Society, the Northwest Watercolor Society and has been represented by RiverSea Gallery for 25 years.

**AVA is located at 1000 Duane Street, and is open Fridays, Saturdays and Sundays.**



## Painting and Sculpture at RiverSea

RIVERSEA GALLERY presents two solo shows this month: **Hickory Mertching** delivers another installment of his gritty, nostalgic still life paintings and Cheryl Quintana exhibits stoneware sculptures of forest animals with a whimsical twist. **The shows will open with a reception during Astoria's Second Saturday Artwalk on May 14**, from noon to 8pm, with the artists in house beginning at 5pm. Local musician John Orr will play jazz guitar beginning at 5:30pm. The artwork will remain on view through June 7, 2022.



**Cheryl Quintana, Sway**

changing environment and seasons, and relationships between predator and prey.

*The Still Life* features Portland artist Hickory Mertching in his fourth solo exhibition at the gallery. In this series of still-life paintings, he leads the viewer on a sentimental journey through the garden shed, the root cellar, the garage workshop, and the flora and fauna of forest and field. Mertching places these collections of objects with careful consideration into narrative scenes that explore themes of the passing of time, the

Mertching's painting style achieves a balance between realism and naturalism and is influenced by historical painting genres such as Flemish Still Life, Post-War Pop Art, and Americana.

Mertching has consistently exhibited his artwork in solo and group gallery shows throughout the Pacific Northwest since 2005 and has been a represented artist at RiverSea since 2011.

**IN THE ALCOVE: Cheryl Quintana**, a self-taught ceramic sculptor from the Columbia River Gorge, invites us to explore a mystical, enchanted forest where the creatures of folk tales and daydreams come alive in the form of whimsical stoneware sculptures. Each forest denizen is captured in full and imaginative detail, providing charm and personality. Many of the works are wall mounted, including "Four and Twenty Blackbirds," an installation of 24 blackbird heads, each adorned with various sculpted hats, crowns, and accessories.

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



**Mertching, Garage, oil on canvas**

## Agnes Field Artist Award Winners

SIX LOCAL ARTISTS have been selected to receive the inaugural Agnes Field Artist Award, a new project created by Astoria Visual Arts the aims to support and advance artists' careers and pursuits. Stirling Gorsuch, MaryKate Barendse-Adams, Iris Sullivan Daire, Kate Speranza, and the duo of Yasmina Nysten and Morrison Pierce each received \$250 to be used for specific projects.

This new opportunity to help artists is the result of the collaborative efforts of longtime friends, artist Agnes Field and arts supporter L.C. Smith, whose dedication and commitment to the arts in our community over the years have enhanced the cultural landscape of the Lower Columbia-Pacific Region.

The second round of the Agnes Field Artist Award will open in September 2022. AVA hopes to keep this program going. Any individual or business interested in donating to this specific fund can find a link on AVA's website.

## Icons of Astoria Award Winners

ASTORIA VISUAL ARTS and Cannery Pier Hotel & Spa announce the award winners for the Icons of Astoria project. Two local artists, Michael Steszyn and Blaine Verley, have been chosen to be included in the art collection at the Cannery Pier Hotel & Spa to represent the rich, iconic history of the Columbia Pacific Region.

Each artist will receive \$500 for each of their selected photographs and their artwork will be prominently displayed in the lobby of the Cannery Pier Hotel. A public award ceremony will take place at the hotel on May 19, where each of the artists will talk briefly about their work.

A popular destination since it first opened in 2005, Cannery Pier Hotel & Spa sits 600 feet into the Columbia River on 100-year-old historic pier pilings that was once the home of the Union Fisherman's Cooperative Packing Company.



**MaryLyn Gough, Vivid Vision**

## Cannon Beach Gallery May Flower Show

THE CANNON BEACH GALLERY announces its May Flowers show. This art exhibition highlights spring and the magical cycle of nature's rebirth. Artists Mary Lyn Gough, Dorota Haber – Lehigh, Mary Suzanne Garvey, and Lisa Sofia Robinson capture the fleeting charm of springtime with floral fantasies.

During this show there will be a Pop – up exhibition celebrating nurses week May 6 – May 12, 2022. The gallery will feature treasures from the Lost Art of Nursing Museum in Cannon Beach, Oregon.

Opening Reception Saturday May 7, from 4:30 to 6pm for Cannon Beach Spring Unveiling. View the artwork, meet the artists, and enjoy refreshments.

**CB Gallery Hrs: Wed through Sun 11:00 – 4:00, and by appointment. 503.436.0744. Located at 1064 S. Hemlock, Cannon Beach**



# ABOUT PRISCILLA

By Kate Cooper • Animal Rescue Volunteer



## MEET OUR GORGEOUS PRISCILLA!

Priscilla is a 2-year-old American Fox Hound. She's friendly and enjoys the company of her humans. Obviously, she loves to go on walks and sniff, sniff sniff!

Priscilla is young and active and would love to be with an active person or family who will take her on lots of adventures. She's very smart and so very trainable. Priscilla is a hound and therefore she has quite a lot to say! She's not a suitable candidate for condo/apartment living. Priscilla's home needs a yard with a secure 6-foot fence. If Priscilla sounds like the pup for you, please get in touch!

*If Priscilla sounds like the girl for you, please go to [WWW.BEACHPETS.COM](http://WWW.BEACHPETS.COM) and follow the links to Adopt. Once an application form has been completed, the shelter will reach out to arrange a meet and greet with Sugar. If you have more questions about Sugar you can call the shelter: 360 642 1180.*

By Tobi Nason

# wordwisdom

## LOOKING FORWARD

AS I WRITE THIS, I'm so excited about the Farmer's Market reopening on this Mother's Day! Life feels like it's starting up again after a long hiatus. Outdoor markets, fresh fruits and vegetables, wonderful bouquets of local flowers, music, food stands... I can't wait!

Anticipation is a type of hope. I had a good time in previous years at similar events, so my memories trigger a sense of wishful hope. That is called anticipation—an expectation based on known circumstances.

"None are happy but by the anticipation of change: the change itself is nothing." (Samuel Johnson). There's some truth to that. When I anticipate a good experience, that anticipation activates the mind, imagining, remembering, recreating. I'm also of the belief that the change/event is not nothing, as Mr. Johnson proposes. It is another piece of data, sensed, experienced,

analyzed and ultimately stored for future use.

I am one who advocates choosing happiness whenever possible. Over the years I discovered the joy of saying "yes!" to somewhat



daunting opportunities. I bought a store once. I just said "yes" when it was offered to me. Sure, I had a bit of qualms late at night, "what have I done??" In hindsight, it was one of my best decisions ever

I often sit down and write out those things and events that still pique my interest...some would call it a bucket list. I think of it as

a way of focusing one's energies. Lastly, I choose to dream big. In general, daily life can be repetitive and mundane. A big focal point sets your feet in the right direction, so daily events can be fine tuned to get you closer to your dream. Dream of traveling, dream of becoming a writer—write about your travels. What steps are needed to get you closer to your big dream? Plan a trip...bring writing tools.

This a process, an ongoing conscious decision making, with anticipation being your jumpstart. The opening musical phrases played at a concert are also called anticipation—a prelude to the main event. Just like life...anticipate! And enjoy the main event that follows.

Tobi Nason is a Warrenton counselor (503)440-0587. Call for an appointment. I am currently offering house calls for your convenience.



## A Special Request from the Dogs & Cats at the

## CLATSOP COUNTY SHELTER

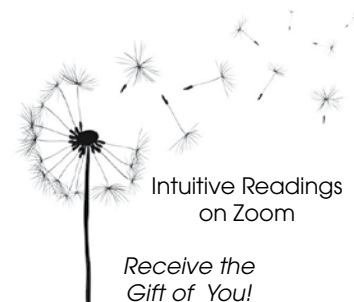
We're a little low on supplies.  
Would you please help?

- 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!*

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### THEATRICAL / STREAMING RELEASES



**THE STAIRCASE (MAY 5 HBO MAX)** Colin Firth and Toni Collette top a stellar cast in this true crime limited series about a husband accused of murdering his wife, who is found dead at the foot of a staircase, setting off a 16-year legal battle. Michael Peterson (Firth) and his wife Kathleen (Collette) have the perfect North Carolina family. But when Kathleen is found dead, and Michael charged with her murder, the family collectively unravels. The prosecutor charges Kathleen was bludgeoned to death, while Michael's defense claims Kathleen died from a fall after consuming alcohol and drugs. With both sides presenting believable arguments, the family take sides and turn on each other. With the case seemingly stalemated, events from the past change everything.

**DOCTOR STRANGE IN THE MULTIVERSE OF MADNESS (MAY 6)** The second stand-alone Dr. Strange film picks up a few months after the events of Spider-Man: No Way Home and after the events of the series Loki. Synopsis: To restore a world where everything is changing, Strange seeks help from his ally Wong, the Sorcerer Supreme, and the Avengers' most powerful Scarlet Witch, Wanda. But a terrible threat looms over humanity and the entire universe that no longer can be done by their power alone. Even more surprising, the greatest threat in the universe looks exactly like Doctor Strange.



**OPERATION MINCEMEAT (MAY 11 NETFLIX)** Colin Firth and Matthew Macfayden (Succession) star in this offbeat WWII espionage tale based on a true story. In 1943, the Allies are seeking to invade Nazi-occupied Europe. Winston Churchill (Simon Russell Beale) decides Sicily is the place to invade. However, the Nazis have anticipated that move so a countermove developed by Naval officers Ewen Montagu (Firth) and Charles Cholmondeley is hatched to deceive the Germans into thinking Greece is the landing spot. False documents describing a planned invasion of Greece are to be planted on a corpse which will wash up in Spain where the Nazis will find them. But for the ruse to work, every detail of the fictitious Naval courier must be created, down to photos of his girlfriend. Played for laughs is the presence of the assistant to British Naval Intelligence later James Bond author, Ian Fleming (Johnny Flynn), often seen writing on the side.



**FIRESTARTER (MAY 13)** Zach Efron stars in this new adaptation of the Stephen King novel. Synopsis: A girl with extraordinary pyrokinetic powers fights to protect her family and her herself from sinister forces that seek to capture and control her. For more than a decade, parents Andy (Efron) and Vicky (Sydney Lemmon) have been on the run, desperate to hide their daughter Charlie (Ryan Kiera Armstrong) from a shadowy federal agency that wants to harness her unprecedented gift for creating fire into a weapon of mass destruction.



Andy has taught Charlie to defuse her power, which is triggered by anger or pain. But as Charlie turns 11, the fire becomes harder and harder to control. After an incident reveals the family's location, a mysterious operative is deployed to hunt down the family and seize Charlie once and for all.

**OBI-WAN KENOBI (MAY 25 DISNEY+)** Ewan McGregor reprises his role as Obi-Wan Kenobi in this six part limited series set 10 years after the events of the prequel series. At the outset, Obi-Wan lives in exile on the planet Tatooine, looking after the young Luke Skywalker, while personally feeling almost hopeless by the loss of his pupil Anakin Skywalker to the dark side. Hayden Christensen returns as Anakin Skywalker/Darth Vader. Series also unveils the Inquisitors, a group serving the Empire to hunt down any remaining Jedi and destroy them, led by the ruthless Reva (Moses Ingram).

**STRANGER THINGS 4 VOLUME 1 (MAY 27 NETFLIX)** The long-awaited fourth season of Stranger Things returns with nine episodes broken into two parts. Part 1 debuts May 27. Part 2 will drop on July 1. Synopsis: It's been six months since the Battle of Starcourt, which brought terror and destruction to Hawkins. Struggling with the aftermath, our group of friends are separated for the first time – and navigating the complexities of high school hasn't made things any easier. In this most vulnerable time, a new and horrifying supernatural threat surfaces, presenting a gruesome mystery that, if solved, might finally put an end to the horrors of the Upside Down.

**TOP GUN: MAVERICK (MAY 27)** The sequel to the quintessential '80s movie debuts nearly three years after its original release

date and 36 years after the original. Advance word of mouth is good after the film screened at CinemaCon in April with viewers lauding the aerial sequences and emotional content. Val Kilmer returns as Iceman, now a Commander. With Miles Teller, Jon Hamm and Jennifer Connelly. Synopsis: After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.





# FREE WILL ASTROLOGY

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♈	♉	♊	♋	♌	♍	♎	♏
11°	6°	27°	7°	15°	64°	0°	48°

## MAY 2022

**ARIES** (March 21-April 19): I recommend you adopt a limitation that will enable you to claim more freedom. For example, you could de-emphasize your involvement with a lukewarm dream so as to liberate time and energy for a passionate dream. Or you could minimize your fascination with a certain negative emotion to make more room for invigorating emotions. Any other ideas? You're in a phase when increased discipline and discernment can be liberating.

**TAURUS** (April 20-May 20): "Imagining anything is the first step toward creating it," wrote author and activist Gloria Steinem. "Believing in a true self is what allows a true self to be born," she added. Those are excellent meditations for you to focus on right now, Taurus. The time is ripe for you to envision in detail a specific new situation or adventure you would like to manifest in the future. It's also a perfect moment to picture a truer, deeper, more robust version of your beautiful self—an expanded version of your identity that you hope to give birth to in the coming months.

**GEMINI** (May 21-June 20): Gemini author William Butler Yeats won a Nobel Prize for Literature, so I conclude he had considerable talent and wisdom. But he cultivated interests and ideas that were at variance with most other literary figures. For example, he believed fairies are real. He was a student of occult magic. Two of his books were dictated by spirits during séances. In the coming weeks, I invite you to draw inspiration from his versatile repertoire. Welcome knowledge in whatever unusual ways it might materialize. Be eager to accept power and inspiration wherever they are offered. For inspiration, here's a Yeats' quote: "I have observed dreams and visions very carefully, and am certain that the imagination has some way of lighting on the truth that reason has not, and that its commandments, delivered when the body is still and the reason silent, are the most binding we can ever know."

**CANCER** (June 21-July 22): You know what's always good for your well-being? Helping people who are less fortunate and less privileged than you. To enhance your health, you can also fight bigotry, campaign against the abuse of animals, and remedy damage to the natural world. If you carry out tasks like these in the coming weeks, you will boost your vigor and vitality even more than usual. You may be amazed at the power of your compassion to generate selfish benefits for yourself. Working in behalf of others will uplift and nurture you. To further motivate you, here are inspirational words from designer Santiago Bautista: "I am in love with all the gifts of the world, and especially those destined for others to enjoy."

**LEO** (July 23-Aug. 22): "There is a moment in each day that Satan cannot find," wrote author and artist William Blake. Here's how I interpret his poetic words: On a regular basis, you become relatively immune from the debilitating effects of melancholy, apathy, and fear. At those times, you are blessed with the freedom to be exactly who you want to be. You can satisfy your soul completely. In the next six weeks, I suspect there will be more of these interludes for you than usual. How do you plan to use your exalted respite from Satan's nagging?

**VIRGO** (Aug. 23-Sept. 22): Poet Louis Little Coon Oliver (1904–1991) was a member of the indigenous Mvskoke people. He declared, "I do not waste what is wild." That might mean something different for him than what it would mean for you, but it's an excellent principle for you to work with in the coming weeks. You will have more access than usual to wildness, and you might be tempted to use it casually or recklessly. I hope that instead you harness all that raw mojo with precision and grace. Amazingly, being disciplined in your use of the wildness will ensure that it enriches you to the max and generates potent transformative energy.

**LIBRA** (Sept. 23-Oct. 22): I suspect you will have the skills of an acrobat in the coming weeks—at least metaphorically. You will be psychically nimble. Your soul will have an exceptional ability to carry out spry maneuvers that keep you sane and sound. Even more than usual, you will have the power to adjust on the fly and adapt to shifting circumstances. People you know may marvel at your lithe flexibility. They will compliment you for your classiness under pressure. But I suspect the feats you accomplish may feel surprisingly easy and breezy!

**SCORPIO** (Oct. 23-Nov. 21): A Tumblr blogger named Af-70 gives copious advice. From his wide selection of wise counsel, I have selected six tips that are right for your needs in the coming weeks. Please study the following counsel. 1. "Real feelings don't change fast." 2. "Connect deeply or not at all." 3. "Build a relationship in which you and your ally can be active in each other's growth." 4. "Sometimes what you get is better than what you wanted." 5. "Enjoy the space between where you are and where you are going." 6. "Keep it real with me even if it makes us tremble and shimmer."

**SAGITTARIUS** (Nov. 22-Dec. 21): Consider putting a sign on your door or a message on your social media that says something like the following: "I've still got some healing to do. While I'm making progress, I'm only partway there. Am open to your suggestions, practical tips, and suggestions for cures I don't know about." Though the process is as yet incomplete, Sagittarius, I am proud of how diligent and resourceful you have been in seeking corrections and fixes. My only suggestions: 1. Be bold about seeking help and support. 2. Be aggressive about accessing your creativity. Expand your imagination about what might be therapeutic.

**CAPRICORN** (Dec. 22-Jan. 19): "To uncover what is hidden in my soul might take me a week or two," my friend Allie told me. I told her she would be lucky if her brave and challenging exploration required such a short time. In contrast, some people I know have spent years trying to find what is buried and lost in their souls: me, for instance. There was one period of my life when I sought for over a decade to find and identify the missing treasure. According to my astrological analysis, you will soon enjoy multiple discoveries and revelations that will be more like Allie's timeline than mine: relatively rapid and complete. Get ready! Be alert!

**AQUARIUS** (Jan. 20-Feb. 18): A Thai cook named Nattapong Kaweenuntawong has a unique method for cooking the soup served in his Bangkok restaurant. At the end of each night, he saves the broth for use the next day. He has been doing that daily for 45 years. Theoretically, there may be molecules of noodles that were originally thrown in the pot back in 1977. In accordance with current astrological omens, I urge you to dream up a new tradition that borrows from his approach. What experience could you begin soon that would benefit you for years to come?

**PISCES** (Feb. 19-March 20): Pisces-born Casimir Pulaski (1745–1779) was a Polish nobleman and military commander. As a young man, he fought unsuccessfully to free Poland from Russian domination. Driven into exile, he fled to America, arriving during the Revolutionary War with Britain in 1777. General George Washington was impressed with Pulaski's skills, making the immigrant a brigadier general. He distinguished himself as a leader of American forces, exhibiting brilliance and bravery. For that excellence, he has been honored. But now, over two centuries later, his identity is in flux. DNA analyses of Pulaski's remains suggest he was an intersex person with both male and female qualities. (Read more: [tinyurl.com/PulaskiSmithsonian](https://tinyurl.com/PulaskiSmithsonian).) I bring this to your attention, Pisces, because the coming months will be a favorable time to question and revise your understanding of your identity. May you be inspired by Pulaski's evolving distinctiveness.

**HOMEWORK: MAKE A GUESS ABOUT WHEN YOU WILL FULFILL YOUR NEXT SWEET AMBITION.**  
**NEWSLETTER.FREEWILLASTROLOGY.COM**



## Protect the Boy

By Cliff Taylor

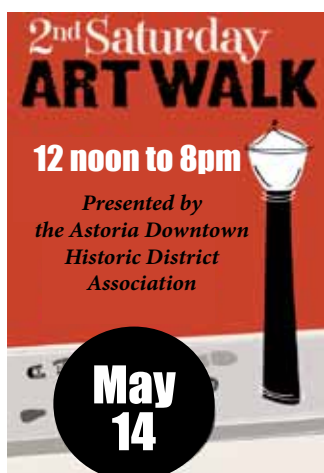
Please protect the heart of the boy  
who's riding the Greyhound all by himself  
with only his comic book to keep him company.  
Protect him when the street lamps come on  
and he's afraid to ride his bike home.  
Protect him when he hears his drunken Indian dad  
raging and roaring at his mom.  
Protect him when his friend's dad whispers  
to the mother that he doesn't want his son  
playing with him because—  
Please protect the heart of the boy  
when he works at the bookstore  
and Christmas wraps people's books for them;  
when he helps the old joke-telling Vietnam Vet  
cook the soup over an open fire at the powwow;  
when he gets coffee with the dark-haired singer  
he has a perfect crush on;  
when he rides a horse for the first time  
on his people's land up in Niobrara.  
Please protect the heart of the boy  
and make sure you do everything  
to protect yours too.

## POETRY VENUE Florence Sage

**About the Poem:** A poem of exhortation, possibly the oldest kind of poem, a plea to a greater spirit, the way most of us plead when in trouble. We've surely all said "Oh please, please." Stepping back from saying "I" and "me," the poet gives us himself as this boy with his often-battered heart, an image that develops as scene swiftly follows scene, just two or three lines each. That lonely boy on the bus stays to the end, stays with the boy, the reader and the poet, making even the later sweeter scenes a bit sad, poignant. To whom is the poet speaking? Who is to do the protecting? I'd have said it's his watchful ancestors; he invokes them in other poems. But the last solicitous lines tell us: it's no almighty god, but a more fragile protector who also needs protecting – perhaps the grownup man who can look back and help his young self to know his enduring value, as abuse victims do to heal old wounds. The poet is speaking to himself, and we are the witnesses.

**ABOUT THE POET:** Cliff Taylor is a member of the Ponca Tribe of Nebraska, and passionately active in Ponca ceremonial and community life. He now lives in Astoria with his sweetheart of many years, and is an organizer of the Astoria Indian Club. A poet since his 10 "poem-a-night" years at a night job, and author of *The Memory of Souls*, a memoir about the Sundance ceremony and his life-walk with "the little people," Cliff is now collecting his essays from [lastrealindians.com](https://lastrealindians.com). and also stories from other northern Ponca. He tends to think poetically about his life and culture every day as he walks home from work at the Astoria Co-op, merging tradition and today, and he brings poems to Ric's Poetry Mic.





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## Whole PLANET Health By Margaret Hammitt-McDonald

### When Your Feelings Aren't Your Friends

ALTHOUGH PSYCHOLOGY has evolved over the years, some of its founders' since-questioned ideas persist in society. One of these at times pernicious ideas is that our emotions are infallible guides to our inner state. But are our emotions always what they seem: honest indicators of what's going on within? And should we always permit them to direct our actions? The short answer is that it's, well, complicated.

It's exciting to me that the children who are now appearing in my office for well-child visits are growing up with an unprecedented level of emotional awareness, thanks to Social-Emotional Learning curricula and a broad-based appreciation for psychological wellness. Whether it comes from their parents, their teachers, or other adults in their lives, children are learning to identify their emotions, express them to others in prosocial ways, and engage in age-appropriate conflict resolution. With all this emphasis on intra- and interpersonal literacy, I hold out great hopes for a new generation of peacemakers, in their homes and in the world.

But my applause comes with a few caveats. With some psychological conditions, our emotional state isn't the best guide for action. I'd like to highlight two common examples: depression and anxiety.

The term "depression" conjures images of tearful despondency, but depression can also manifest as a heavy, dragging fatigue and lack of motivation. Your neighbor might invite you to go for a walk, but you respond, "Sorry, I don't feel like it right now." Your

partner encourages you to go out with friends, but you decline, saying, "You go ahead. I need to take a nap." Exercise is widely known to be as effective as antidepressant medication, but many people decide that they'll do it tomorrow... and tomorrow... and tomorrow, as Shakespeare's Macbeth described his dreary existence.

This is one situation where it's therapeutic (although counterintuitive) to go against your feelings—because the lack of motivation is a symptom of depression, not a reliable indicator of what you should be doing to feel better.

Anxiety is also a deceptive condition, particularly when it accelerates into panic attacks. Your body is all revved up to fight, run away, or freeze in the face of some danger, but although the physiologic activation is real, the threat isn't (or it's not as extreme as our fearful minds are telling us at the moment). These fearful reactions can be free-floating, as in generalized anxiety disorders, or specific, as with phobias or PTSD. Their common factor is that our minds generalize (assuming all flying insects are wasps) and catastrophize (the wasp will definitely sting us, and she'll bring friends to sting us too). This reactivity emerges from our deepest emotional program-



piyo design

ming, that of the sympathetic nervous system, and it's exceedingly difficult to engage our rational side when the SNS is flooding us with fight/flight/freeze signals. Treatment for anxiety disorders involves gradual "reprogramming" to respond to triggers in ways that allow us to "keep our heads" instead of letting our feelings run away with us...and make us run away, as people with panic attacks sometimes do, severely limiting their activities and the places they go to stave off a scary experience that can feel just like a heart attack.

Most of the time, I agree with that old truism that our emotions are reliable communications from our interior being, and they shouldn't be written off as silly or illogical. But in certain circumstances, and with certain psychological conditions, they can sometimes be predators slinking along in wooly PJs. The trick is to develop the self-awareness to recognize and act on the difference.

# Tobi Nason

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Naturopathic Physician, Licensed Acupuncturist  
Seth Goldstein, DC, Chiropractic Physician

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**IT'S SPRING** on the upper left edge and that can only mean one thing: I'm freezing! Seriously, it's cold, it's wet, it's windy. In short, it's normal. Maybe that's something I should be grateful for in these times of increasing climate freakiness in most parts of the planet. But, I'm way too busy being cold to be appreciative. It's May and I just ordered two new sweatshirts for cryin' in the sink!

While much of the world in which I live is extolling the virtues of asparagus and snap peas and spring onions, I am making beef stew. Stovetop stew, not oven-braised stew. I need something I can stand over and inhale the steam and warm my hands on the toasty lid, something much more immediate than a radiant oven door.

Perhaps I'll offer up a salad bursting with seasonal bounty or a pasta studded with fresh green things next month. Or maybe in July. Yeah, probably in July. Because just as I have learned not to plant the vegetable garden outside before the end of May, I know that yearning for a warm, sunny day in May is a fool's game. For any hope of that particular wish to come true, I have to choose: warm or sunny. I just can't have both in May. No way. So, I choose sunny. I can get warm in my kitchen so I pin my hopes on the sun shining through my wall of windows making light ponds for the pets to stretch into. That would be a wish come true. That and waking up 4 inches taller and ten pounds lighter. Same odds.

Whining aside, I have discovered a beef stew recipe that is so wickedly luscious, I will never go back to my old standbys. You know how conventional wisdom advises against trying a new recipe for the first time on unwitting dinner guests? My skepticism about conventional wisdom does not allow me to follow that particular advice. Additionally, my regular dinner guests are anything but unwitting and arrive knowing that the dinner menu will be a crap shoot. All of that makes the discovery of a truly great new recipe all the more rewarding.

Admittedly, any recipe that calls for Cognac AND red wine AND sautés everything in bacon fat AND butter fills me with hope. I served it in pasta bowls ladled over mashed potatoes. It was scrumptious and beautiful and WARM!



## CHEW ON THIS!

by Merianne Myers



## HEARTWARMING MUSTARDY BEEF STEW

Adapted from a recipe by Regina Schrambling who very wisely once said, "Long before there were antidepressants, there was stew."

Serves 4

- 1/4 pound thick sliced bacon, cut into lardons
- 1 medium yellow or white onion, finely diced
- 3 or 4 shallots, finely diced
- 3 Tablespoons +/- butter
- 2 pound chuck roast, trimmed of fat and cut into bite-sized cubes
- 2 Tablespoons flour
- Salt and Pepper
- 1/2 cup Cognac or Brandy
- 2 cups beef stock
- 1/2 cup Dijon mustard
- 4 Tablespoons whole grain mustard
- 4 or 5 large carrots, scrubbed and cut into rounds or half moons
- 3/4 pound mushrooms, cleaned and quartered (I like a combo of white buttons, cremini and Shiitakes. I think a handful of dried mushrooms soaked in warm water would be fine, too.)
- 1/4 cup red wine

Put the bacon lardons in a Dutch oven over low heat and cook slowly until the fat is rendered. Use a slotted spoon to remove the crispy bits and set aside. (The original recipe said to discard them! I stirred them into the mashed potatoes. Highly recommend!)

Raise the heat a tiny bit to sauté the onions and shallots until softened but not brown. Use your slotted spoon to remove them to a large bowl and set aside.

Add some butter to the pan drippings. Dredge the beef cubes with flour, shake off excess, season with salt and pepper and brown over medium high heat until almost crusty on all sides. Do this in turns so as not to overcrowd the pot. As they are done, add them to the bowl of onions.

Add the Cognac or brandy to the pot and stir to loosen the crusty bits on the pan bottom. Add the stock, Dijon and 1 Tablespoon of the whole grain mustard. Whisk to blend. Add the meat and onions back to the pot. Lower the heat, partially cover and simmer gently about 1 1/2 hours until the meat is very tender.

Add the carrots and simmer for another 30 minutes or until tender. In the meantime, in a separate skillet, brown the mushrooms in 2 Tablespoons of the butter over medium high heat until browned.

Add the mushrooms to the pot along with the remaining 3 Tablespoons of whole grain mustard and the red wine. Simmer for another 5 minutes.

## KIDDOS



### CARTWHEELS FOR CANNED FOOD

FREE cartwheel class at Encore Dance Studio! It's the annual "Cartwheels for Canned Food Drive" benefiting Warrenton Food Bank Pantry. Encore Academy's High School Leadership Class will lead the class and share their passion for tumbling with participants.

Saturday, May 21 from 1pm to 1:45pm at Encore Dance Studio located at 737 East Harbor Drive in Warrenton. The studio entrance is located on the backside of the building. Pre-Registration is not required.

Cartwheel class is designed for ages 6 and up. All abilities are welcome to join in the fun of practicing cartwheel fundamentals. The session will feature age-appropriate stations that accommodate the skills of each participant. Students need to bring a water bottle, wear activewear, and tie hair back away from their face.

This event is open to the public and students bring a friend! In lieu of tuition, non-perishable food items will be collected.

Please call Encore at 503-861-1637 or email [getyouandanc-ing@gmail.com](mailto:getyouandanc-ing@gmail.com) for more information.

### KINDERGARTEN ROUND UP & OPEN HOUSE BBQ

Encore Academy Performing Arts Private School in Warrenton will be hosting a Kindergarten Roundup & Open House BBQ on Saturday, May 21 from 12pm to 2pm.

Preschool, kindergarten, school age students and their families are invited to tour the academic classrooms, visit with teachers and complete registration for the 2022/2023 school year. Students age 6 & up can also participate in a FREE cartwheel class at 1:00pm hosted by the Academy's High School Leadership team.

To enroll for kindergarten students must be the age of 5 on or before September 1st. Students who will not be 5 by September 1st are eligible to enroll in the Academy's preschool program.

Encore Academy is located at 737 East Harbor Drive, Warrenton. For more information, please contact Encore at 503-861-1637 email [office@encoreacademy.com](mailto:office@encoreacademy.com) www.[encoreacademy.com](http://encoreacademy.com)

### The Flavel House Museum Hosts a Free Weekend of Old-Fashioned Fun & Games.

The Flavel House Museum is hosting a free "Old Fashioned Fun & Games" event for the whole family on the Flavel House Museum lawn Saturday and Sunday, May 14th and 15th, 11:00 AM-4:00 PM each day.

Looking for a way to get the children outside and away from the television and computer games. Then bring the family to the Flavel House Museum lawn on Saturday and Sunday, May 14th and 15th, between 11:00 AM-4:00 PM each day to enjoy some Old-Fashioned Fun and Games. There will be badminton and croquet along with contests such as pie-eating and sack races. There will prizes for the kids. The kids will enjoy testing their skills with the hoop and stick, ball and cup, stilts, or rope-making.

So, come have a corn dog (Yes, they had these back then, too.) and lemonade while the kids learn how Victorian period children entertained themselves.

This event made possible by our friends at Columbia Memorial Hospital Pediatric Clinic

For more information about this event or other Clatsop County Historical Society activities, please call 503-325-2203 or e-mail: [info@astoriamuseums.org](mailto:info@astoriamuseums.org).



**NEW!**

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## The Architect Hound

By Eric Wheeler



*The Ferdinand Fisher House – an Astoria landmark*

THIS MONTH the Architect Hound wandered up into the Shively-McClure National Register residential district to poke around a bit. Perched on the corner of 12th Street and Grand Avenue; as the north slope rises steeply away from the level streets below, sits the elegant two-story Ferdinand Fisher House built between 1883 and 1887.

The Fisher family arrived in Astoria in 1864; Carl and Crystal Fisher, with their three sons August, Ferdinand and Henry. All three of the boys immediately became involved in a number of ventures related to the growing shipping industry in the city. Timing is everything; and the Fishers got in on the ground floor of the economic take-off in Astoria in the last three decades of the 19th century. The list of different businesses the Fishers started and prospered in is lengthy. Suffice it to say, they were in the top echelon of venture capitalists who benefitted from ambition, vision and good timing. Remaining evidence of their business acumen and financial success is the “Fisher Bros Company” building located on the Astoria Riverwalk between 7th and 8th Streets. The building is now developed into luxurious vacation rentals known as the “Fisher Bros. Flats”.

Ferdinand Fisher (1853-1929), ten years younger than his older brother Augustus (1843-1926), married Clara Madison (1857-1931) in 1877 after he was well established in the Astoria mercantile elite. Work commenced on their elegant Italianate style



*Fisher Carriage House-Garage*

residence in the early 1880s and was completed by 1887. Originally designed with an L-shaped footprint, the house had a major renovation in 1902 that resulted in the rectangular two-story form seen today with elegant living area added to the first and second floors. The Fisher House shows the low pitched hip roof, bracketed overhanging eaves, symmetrically placed two-story bay windows and central open porch; all typical elements of the Italianate architectural style. There are also horizontal and vertical decorative details that the National Register nomination calls “San Francisco Stick”.

This Stick decorative influence is something I have seen on several grand residences in Astoria, including the Captain George Flavel House (1886). More on “Astoria Stick” in later yowls from the Architect Hound. One additional point of interest is the ‘carriage house’ that was added during the 1902 expansion/addition. The one and a half story addition is actually a garage for what is reportedly the first automobile in Astoria. The elder Fishers bought their 20 year old son a 1903 Rambler and the newly constructed garage was put to use in what is likely the first attached garage in Astoria!

After the Fisher House passed out of the ownership of the Fisher family in the late 1920s, several subsequent owners operated it as a boarding house/apartment up until about 1980. It sat vacant in deteriorating condition for five years until the grand Italianate mansion was purchased and refurbished beginning in 1985. The Ferdinand Fisher house is now fully restored inside and out and takes its place as one of the finest late Victorian high-style residences in the city. One can almost imagine Clara Fisher welcoming the Flavel sisters over for tea in the formal parlor room; beaming with pride over her newly expanded and upgraded home!

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

## Last Word



### North Tillamook Library Friends Book Sale Returns May 27-28

(Manzanita) – Two years of pandemic forced the hiatus of one of the largest used book sales in Oregon, but book fanciers will be welcomed back to Manzanita on May 27-28, 2022 – Memorial Day weekend – to browse thousands of gently used fiction, non-fiction, children's and other books.

The huge sale, the largest fundraising event for the North Tillamook Library Friends, the non-profit that owns the library building and grounds in Manzanita, will take place at three venues on Laneda Avenue: the Pine Grove Community House, the Hoffman Center for the Arts and Calvary Bible Church. The three locations are within easy walking distance of each other along the main street in Manzanita.

Dedicated volunteers have been sorting and cataloguing the vast number of donated books that have accumulated since 2020 for what will be the largest sale ever in Manzanita.

Fiction and children's books will be featured at the Pine Grove. The Fellowship Hall of the church and the Hoffman Center will be the venue for non-fiction title

Members of the Library Friends are able to participate in a two-hour “pre-sale” on May 27 from 5:00-7:00 pm. You can renew memberships or become a member prior to the sale by visiting the Friends' website (<https://www.northtillamooklibrary.org/become-a-member>), by completing a membership form at the library or by joining at the door during the sale.

All members of the public can visit all venues from 9:00 am – 4:00 pm on May 28

Volunteers are needed for the sale. If you are interested in participating, please contact Madeline Olson, who leads the Friends' book sale team, at: [allanmadeline@aol.com](mailto:allanmadeline@aol.com).

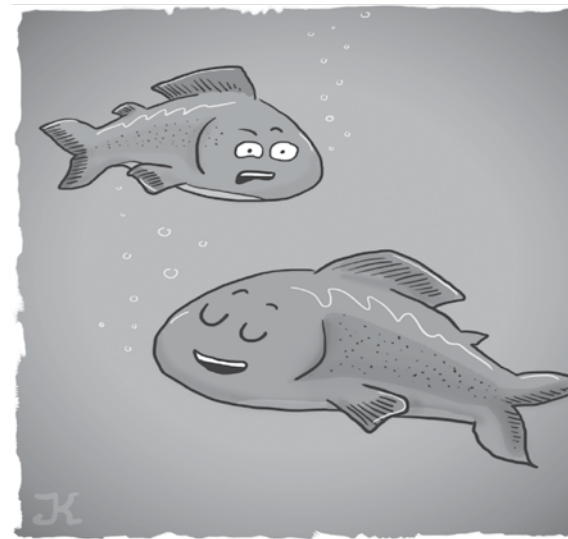
### CC Master Gardeners Plant Sale

The final CCMGA plant sale for the spring will be on **Saturday, May 14**, at the Barbey Maritime Center in Astoria from 10am until 3pm. 1792 Marine Dr. Once again, the offerings will include a mix of organic vegetables, landscape and bedding plants.



## MINUS TIDE

by Jack Kent



@minustidecomic

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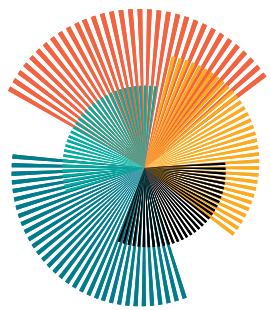
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The Festival will also debut the exciting new Astoria International Chamber Music Competition, where musicians compete for \$10,000 in cash prizes and the chance to perform in next year's event.

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#### 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**  
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**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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