

June 2022 • vol 23 • issue 280

HIPIFISH MONTHLY

alternative press serving the lower columbia pacific region


SEASIDE'S FIRST PRIDE

A CELEBRATION
OF PEOPLE
AND COMMUNITY

- TRUE LIFE TRIO riveting vocals at KALA
- SUNDAY MARKET *behind the scenes*
- ASTORIA HERITAGE NORDIC PARK opens and SCAN FEST is back!

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TRUE LIFE TRIO eastern european folk Sunday, June 12, 7:30pm

IN THE LATE 70'S, The Bulgarian Women's Choir and their recordings, gained huge popularity in America. Listeners were intrigued by the multi-faceted harmonies and opened-vowel language that produced the resonant vocal sound, a characteristic singular to the choir. In the midst of the burgeoning alternative music scene, The Bulgarian Women's Choir was on the play list of many public and college radio station, right up there with early REM and the Talking Heads.

In a interview with The Huffington Post, Brigit Boyle, member of True Life Trio talks about Bulgaria forging a national identity through its music in the 50's, thereby gathering all the folk musicians who played the gadulka, gaida, tambura, etc., the instrumentalists—and creating the National Bulgarian Folk Orchestra. Following on the heels of great success relating the folk traditions of the country, they then gathered all the best singers together from the villages and moved them to Sophia, capital of Bulgaria—brought in some Western-style composers, who the took the melodies and arranged them for 27 voices. Those 27 voices toured America.

Simultaneously in the midst of a western folk revival and the west's interest in Eastern Europe musical traditions and world music, Kitka Women's Ensemble was born in the Bay area. Kitka, spanning four decades is alive and well today. Their repertoire derived from working with master vocalists of the eastern European regions. More than a decade ago, through the assistance of local supporters, Kitka toured Astoria, performing at the former River Theater in Astoria.

True Life Trio—Leslie Bonnet, Brigit Boyle and Julianna Graffagna (Kitka Artistic Director for 10 years) met in that ensemble. Taking their own musical paths departing from Kitka, along the way the three vocalist/musicians came together to share their love of singing as a trio.

Since its inception in 2010, True Life Trio has enchanted audiences all across the West. Their concerts take audiences on a borderless journey through the villages of Ukraine, the mountains of Bulgaria and Louisiana's Cajun country, demonstrating the beauty, power and diversity of vocally driven folk music from Eastern Europe and North America. TLT honors these traditions while adding their own unique spin via innovative arrangements and folk-inspired compositions. The trio's fiery and supple vocals bridge musical worlds and deliver them right to the listeners' ears.



True Life Trio's performances include a mix of a cappella songs and tunes accompanied by fiddle, guitar, accordion and percussion. In any given concert, the trio will sing in more than ten languages, interweaving translations, tales of their travels and background stories that bring this beautiful music to life and demonstrate their passion, joy and humor in singing together.

In 2016, TLT released their full-length recording, Like Never and Like Always, a collaboration with multi-instrumentalist Gari Hegedus. commissioned by the East Bay Fund for Artists. It was released on the Waxesimile Productions label.

This is the fourth performance of True Life Trio at KALA in a six-year period. We are grateful for their return as a stand-out touring ensemble, and strongly encourage you to experience their dynamic performance.

Sunday, June 12 at 7:30pm. Tickets \$20, available online at www.brownpapertickets.com. Doors open at 7pm. Full Bar. Under 21 okay. Masks welcomed/optional. Limited seating. KALA is an intimate cabaret space presented by Hipfish-monthly and located at 1017 Marine Drive in Astoria. 503.338.4878.



THE MUSERS

Swingin' in from Californy on tour this July, The Musers are Sonoma County's "Free-Range Folk" trio. Anita Bear Sandwina on banjolin, fiddle, mandolin, and guitar; Megan McLaughlin on guitar and mandolin; and Tom Kuhn on bass.

Their joyful, high energy performances of original bluegrass, swing, blues, gospel, Appalachian, Irish, sassy cover tunes, make them a busy trio in the Bay Area and they've just finished their 4th album "Beautiful Mysteries."

Saturday, July 30, 8pm at KALA. Tickets \$15. www.brownpapertickets.com.

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55th Annual Astoria Scandinavian Midsummer Festival

Highlights!

June 17 - 19

astoriascanfest.com
full schedule

THREE-DAYS to celebrate all things Scandinavian on Oregon's North Coast! The festival opens Friday afternoon featuring over 50 vendors, food and live entertainment.

FRIDAY'S major evening events include Queen's Coronation, a Bonfire with Hex burning, and a public dance, all at the Clatsop County Fairgrounds.

Major events on **SATURDAY** include a costumed walking parade through the fairgrounds, flag raising, raising and dancing around the Midsummer Pole, and a Beer Garden, with special hosts The Astor St. Opry Company. The Viking Encampment is open to the public with almost hourly demonstrations. All ages are invited to participate in a Kubb (Scandinavian lawn game) tournament and children's games and puppet shows take place in the Barnefest Area. Plus, visit vendors, buy authentic Scandinavian food specialties from the lodges, and dance and listen to live entertainment from Scandinavia and the Pacific Northwest.

SUNDAY'S activities include a Pannukakku (Finnish pancake) Breakfast, a non-denominational church service, more shopping, food and live entertainment. The event concludes in the afternoon with the raffle drawing and closing ceremonies with flags.

Friday 2pm - 11pm, Saturday 7am - 11pm, Sunday 7am - Closing Ceremony.

Admission: 3-day Wristband - Adult \$10, 3-day Wristband - Children (6-12 yrs.) \$4
(5 and under free). Parking \$5 for the weekend.



ARRIVAL

"MAMMA MIA, here we go again!" **ARRIVAL** from Canada returns for a third season, because they're just so much fun! You can't help but get happy when listening to the pop dance tunes of the Swedish quartet. **ARRIVAL** peeps are funny too. They make no bones, they ain't ABBA, but they know they have everyone under their spell, delivering the charismatic catalog of music. Very easy to pretend you're at ABBA. Everybody dance now!

Saturday, June 18, Show at 7:30pm. Arena Front Row Tickets: \$40, Mid to Back: \$30. Bleacher Seats: \$20. Purchase Tickets in advance from libertyastoria.showare.com. The ABBA Ticket will get you into the festival after 5pm. Take advantage of the Scandinavian Buffet on from 4pm -7pm. Grab a beer in the Beer Garden.



Get your krumkake and Lefse from the Norwegians, one of many treats to scarf up from the Lodge food specialties at the festival.



VARELSE Nordic Folk Fusion

IN ADDITION to traditional Scandinavian dance bands, AMSF seeks out and features guest musicians from the various countries. A Nordic folk revival in the last 20 years has brought forth a recording and composing movement and many talented young artists infusing a new sound based in centuries old traditions. As AMSF regains its post pandemic foothold, this year an American immersed in Nordic folk is a festival treat.

Amy Hakanson was first introduced to Swedish folk music and the nyckelharpa in 2008, when Väsen first performed at the Wintergrass Bluegrass Festival in Seattle. Her interest in Scandinavian music continued to grow for years until, in 2014, she was able to buy her first nyckelharpa. Later that same year, Amy was accepted to the Eric Sahlström Institute in Tobo, Sweden, where she studied traditional Swedish nyckelharpa.

In addition to the nyckelharpa, Amy plays the fiddle, Hardingfele, banjo, guitar, and is trained in classical violin. She grew up immersed in American roots music, playing bluegrass fiddle with her family band. She has a BA in Ethnomusicology at Portland State University.

Formed by Amy Hakanson in 2018, Varelse is a unique combination of various traditions, instruments, and histories. Nyckelharpa, fiddle, guitar, mandolin and various world percussion instruments come together to create a sound that is simultaneously old and new. Weaving together Scandinavian folk tradition, North American fiddle tunes, and Western European melodies, along with African and Middle Eastern rhythmic traditions, Varelse is pushing the boundaries of folk fusion.

PERFORMANCES: Saturday 11-11:45am, 1-1:45pm, and 4pm-4:45pm on the arena stage.

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Astoria Nordic Heritage Park • Dedication Coming Up

By Dinah Urell

"WE DID IT! Seven plus years," says ANHP Committee Chair Judi Lampi. "We couldn't have done it without the 500 plus donors, volunteers and community support and the city of Astoria, they put their heart into it."

Nearing completion, on Friday, June 17 the park will be dedicated and then officially open to the public. The Astoria Nordic Park committee has been updating progress on social media, as park features have been installed, in addition to the work of Rickenbach Construction, subcontractors, and vendors who have worked to make the park design a reality.

The design for Astoria Nordic Heritage Park was developed over three years, and refined with community input, reviewed and approved by the Astoria Parks and Rec District Board, Historic Landmarks Commission and the Astoria City Council. Working closely with design team The West Studio of Seattle, the park will tell the story of Scandinavian/Nordic immigration to Astoria and the Lower Columbia Pacific Region, preserving Nordic heritage on the Oregon Coast.

As most features are still under wraps, as you drive by the park on Marine Drive between 15th and 16th Street, you'll catch the main feature, the Midsummer Pole standing tall in the middle of the plaza, and the silver archway embossed with Nordic country flags, symbolic of crossing over to America.

The Grand Entry will lead visitors into the park from the Riverwalk. Visitors who want to learn and understand the Nordic immigrant experience on the North Coast will have an historic overview with personal photos and stories from local families featured on interpretive panels. Decorative panels enhance the park design and highlight many important icons of the Nordic experience. Granite pillars embossed with flags of Denmark, Finland, Iceland, Norway and Sweden, face the plaza, flag poles to fly each country's flags. Animated steam trunks and trolls will playfully enhance the stroll.

While we can look at photos of its many creative features in anticipation of a completed Nordic Park, or drive by the construction fence in the continual pouring rain doing double takes, the park's value will be only truly experienced as it takes its place in Astoria's landscape.

Early maps of the late 1800's, early 1900's show the site with rooming houses, bakery, a Chinese laundry, a cigar/liquor store. In 1977, the City completed the "Waterfront People Places System," with

the mission to provide public land in urban areas for the wellbeing of people. Eventually, "People Places Park" was constructed by the Astoria Rotary Club and included an elevated river viewing platform, picnic facilities, parking, and landscaping.

In 2015 the park facility was closed, due to the deteriorated condition of the viewing deck, and was restored to an urban green space. In 2016, the Nordic Park committee approached the city.

According to the 1910 census there were 9599 inhabitants in Astoria and 35% of the population identified as Scandinavians. In 1900, the largest number of foreign born Astorians were from Finland, then Sweden, Norway, Germany, England, and Denmark.

The last incarnation of this rather indistinct site, on Astoria's heavily trafficked Marine Drive, popularly referred to as People's Park, was utilized by the nonprofit Feeding Empty Bellies, a lunch program for the unhoused. My mother, Ebba Wiss was born to young Finnish immigrants in Astoria in 1913. I specifically remember her dislike for salmon, as she said, "I ate so much salmon as a child, because that was often the only thing we had to eat."

Today's Astoria faces new challenges, but its history of immigrants pulling together to create a fair economy, as in Uniontown Fish, and a region of peoples that relied on one another to sustain daily life and build a livable coastal society is a notable one. May Astoria Nordic Heritage Park be that resonance of history, and welcoming monument to all.



Nordic at night, 15th & Marine Drive, Astoria



ANHP Committee Chair Judi Lampi points to the Park regulations sign

ANHP Public Dedication
FRIDAY, JUNE 17, 10am. Music and entertainment precedes the 10:30 Dedication Ceremony. All are Welcome. The short ceremony will include dancers in Nordic folkwear costumes, lur call, flags and anthems, several speakers, and a ceremony where ASHA gifts the park to the City of Astoria and the community.

Keynote speaker will be Karl Marlantes, NY Times best-selling author of *Deep River* which chronicles immigrant life in the region in the early 20th century.

Bleacher Seating and 300 chairs will be available, next to the Riverwalk. First come, first served. Attendees are asked to park south of Marine Drive. Carpooling is suggested. There will be a drop-off zone on Marine Drive adjacent to the park. Please leave the Columbia River Maritime Museum parking lot for its visitors. Plan ahead.

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“Take Comfort In Being In Community”

“HOPE has two beautiful daughters; their names are Anger and Courage. Anger at the way things are, and Courage to see that they do not remain as they are.”

- Saint Augustine

Most of us are struggling to comprehend our changing country and world, even as we try to keep our balance and live each day as fully as possible. How do we not give in to despair as greed, willful ignorance, and anti-democratic activism seem to triumph? How do we keep moving forward?

When so much feels out of our control, it's often helpful to find one thing we can control.

INCO encourages you to practice activism – even one hour a week supporting a good cause contributes to the world and your own peace of mind.

We like what American poet Walt Whitman advised about 150 years ago:

“This is what you shall do: Love the earth and sun and the animals, despise riches, give alms to every one that asks, stand up for the stupid and crazy, devote your income and labor to others, hate tyrants, argue not concerning God, have patience and indulgence toward the people, take off your hat to nothing known or unknown or to

any man or number of men, go freely with powerful uneducated persons and with the young and with the mothers of families, read these leaves in the open air every season of every year of your life, re-examine all you have been told at school or church or in any book, dismiss whatever insults your own soul; and your very flesh shall be a great poem and have the richest fluency not only in its words but in the silent lines of its lips and face and between the lashes of your eyes and in every motion and joint of your body.”

Indivisible co-founder and co-leader Leah Greenberg rallied us to activism in her recent email:

“The right-wing is trying to impose their narrow, cruel, patriarchal, white nationalist vision of the world on all of us. They want to force us into obeying their rules and living our lives bound by their twisted worldview....

“[We must]] take all of the rage and fear and grief and ensure that [the people] who have made this possible feel our power in November. This leaked decision has shown us the world they're fighting for: a world where we do not have fundamental rights and control over our own bodies. It's shown us that they're ready to go after not only Roe but so many

other fundamental rights: from marriage equality to contraception to civil rights, and more....

“We need to make sure people understand exactly how radical and dangerous their agenda is....

“**Stand up, be heard** -- and also come together with us, with so many people who are hurt and grieving, and take comfort in being in community. I can tell you that at a moment like this there is simply nothing more important for your heart than being with your people and pushing back together.”

INCO applauds everyone who works to keep our country and democracy thriving. We encourage you to keep up the pressure, stay active, stay loud, and inspire the next generation to pick up the standard. With your help, we can do this.

Indivisible North Coast Oregon (INCO) defends democracy by opposing authoritarianism, bigotry, and corruption. Sign up to get our weekly e-newsletter at www.incoregon.org, or contact incoregon@gmail.com. Indivisible North Coast Oregon is on Facebook.

Connect with the Q Community LOWER COLUMBIA Q CENTER

www.lowercolumbiaqcenter.org
503-468-5155

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

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

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



Meet up the last
Monday of the month

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

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

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

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



July 6-August 6, 2022

All shows begin at 7:30 p.m. | Tickets \$20 or \$25

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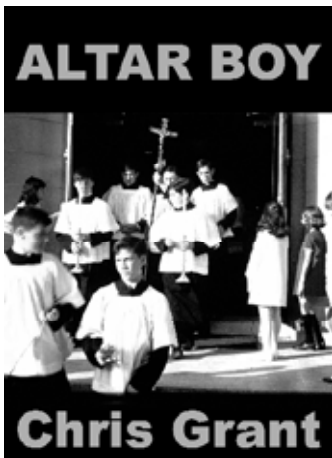
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Author Chris Grant *Alter Boy* Book Signing

JOIN coastal author Chris Grant and friends and pick up your signed limited edition copy of Chris's new release, *Alter Boy* at Video Horizons, 1156 Duane St., Astoria OR **Saturday, June 18th, 2-6pm. Featuring special Musical Guests. TBA.**

From a Pacific Northwest commune dangerously freaked on Jesus, to tripped out surf heads in Baja, Mexico, Grant's novel carries you through nostalgia, time, and family with a deceptively easygoing voice. Woven with haunting remains of crimes concealed, desperadoes on the road, and origin stories uncovered, *Alter Boy* is a surprise at every turn.



WRITER CALL Sketch Comedy

TEN FIFTEEN PRODUCTIONS announces the return of its homegrown sketch comedy show, *SIMPLE SALMON 2023: SUBTITLE UNDETERMINED*, scheduled for January, 2023. Originally presented as an annual production at Astoria's legendary River Theater from 1999-2005, *SIMPLE SALMON* made a triumphant return in 2022 with *THE RESPAWNING*, an evening of classic material from the original run and new material specially written for the show.

The success of *THE RESPAWNING* has inspired Ten Fifteen to return to *SIMPLE SALMON*'s original concept – a night of brand-new material, crowdsourced from the talents of the area community. To that end, they're calling for pitches and full-length submissions of material to be performed by a six to eight person cast. Looking to monologues, dialogues, and group scenes; local/regional content encouraged but not required!

When considering your submission, bear in mind Ten Fifteen is a small theater with limited technical capacity. Therefore, set and tech requirements should be reasonably minimal. If selected, your sketches will be subject to an editorial process overseen by the *SIMPLE SALMON* production team – you are welcome to participate in the process as much or as little as you choose to, but the decisions of the creative team are final. There is no monetary compensation available for your efforts; however, you will be fully credited for your contribution in all relevant promotional materials and receive complimentary tickets to the event.

Deadline for initial pitches will be August 1, 2022; if selected, sketch drafts will be subject to a deadline yet to be determined.

To submit, or if you have any questions, comments or concerns, e-mail William Ham at simplesalmon@thetenfifteentheater.com.

A Cannon Beach Tradition Returns

FOURTH OF JULY in Cannon Beach is best known for its charming small-town parade, relaxed beach vibes, and for the Cannon Beach Library's Fourth of July Used Book Sale! The library's largest book sale of the year is returning after a two-year pandemic hiatus. The book sale is a fundraiser for the Cannon Beach Library, one of the few private non-profit libraries left in the country.

"We're thrilled to bring back this Cannon Beach tradition," said Phyllis Bernt, library board president. "The book sale is fun for everyone--fun for patrons looking for bargains and fun for volunteers working together and making new friends." Volunteers meet every week, all year long, to process donations in preparation for the sale.

Join CB Library for four days of amazing bargains and a huge selection of affordable finds. Book lovers can choose from thousands of books exploring most genres – fiction, includ-

ing bestsellers, mysteries, and classics; non-fiction, including cookbooks, books about gardening, travel, and holidays; mixed media, including audio books, DVDs, and music CDs; and books for children and young adults. Don't miss our Bonus Sale – buy 3 items, get the fourth item FREE!

The sale runs from Friday, July 1st to Monday, July 4th. Sale hours are Friday, Saturday, and Sunday from 10 a.m. to 5 p.m. Monday \$5.00 fill-a-bag sale all day from 10 a.m. to 4 p.m.

The library will be closed for all regular services during the sale days, though books may still be returned in the drop box. Volunteers are needed for the sale - If you would like to help, please contact Office Manager Jen Dixon at info@cannonbeachlibrary.org. The Cannon Beach Library is located at 131 N Hemlock Street, downtown Cannon Beach, Oregon.



For more information visit our website www.cannonbeachlibrary.org or call the library office at 503-436-1391.

WRITING WORKSHOPS ZINE MAKING Workshop

With Heather Douglas

Are you ready to take your storytelling to a new level? Bring yourself and your imagination to the Astoria Studio Collective and create a zine with Heather Douglas. You will learn how zines can be a tool for activism and an advocate for change. Don't be surprised if making zines becomes your new creative passion! All materials will be provided to make one zine in class, but participants are welcome to supply their own unique paper scraps, glue stick and scissors if desired.

Register in advance at www.thewritersguild.org. Cost is \$25.00 for Guild members, \$35.00 for non-members.

Heather Douglas is a writer, illustrator, educator and life-long Astorian. In addition to two hand-drawn coloring books about Astoria and the Pacific Northwest, she is the author of a poetry collection, *Creosote and Rain*. Heather's website is www.oscarastoria.com

Saturday, June 18, 2022, 10:00 AM to 1:00 PM (Pacific Daylight Savings Time) Astoria Studio Collective, 1010 Duane St., Astoria.

The Writer's Guild is a non-profit formed by a group of writers committed to strengthening the community through the power of

the written word. The Guild holds workshops, retreats, author events and hosts writing groups in Astoria and the lower Columbia region. The Guild promotes literacy in area schools and with at-risk populations through residency and workshop programming. A literate community is a thriving community. Join us!

FMI: about this workshop, please email: info@thewritersguild.org.

Writing for Teens and Young Adults

Book series like *Harry Potter* and *The Hunger Games* have drawn readers of all ages to young adult literature. In this creative writing workshop, we'll look at some classics of the YA genre and consider what created popular appeal. We'll talk about crafting memorable characters and engaging plots for a young adult audience and dive in with hands-on writing exercises. This workshop is intended for adults who want to write for teens and for teen writers themselves.

July 9, 10am-1pm via Zoom
\$35 non members/\$25 members, scholarships always available. Register at www.thewritersguild.org. Send us your writing community announcements! Reply to this email or to: 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.





Seaside Pride original planning crew at meeting location, Controversial Coffee in Seaside. From Left: Logan Dahlen (she/her), Brick Stone (he/him), Donna Benefiel (she/her), Nikki Reed (she/her), and Christiane Reed (she/her).

By Dinah Urell

1ST ANNUAL SEASIDE PRIDE June 25

THE CITY OF SEASIDE makes history this month in celebration of a first official Seaside Pride. What began as a small grassroots community effort has taken wing with enthusiastic support.

"I'd like to say that I've just been blown away by the support we've received with community members stepping up and volunteering their time, services, word of mouth, financial contributions, and more," says Christiane Reed, a member of the initial small organizing group.

Making it Official.

As planning efforts progressed, with the seed planted in Fall of 2021, the Seaside Pride team approached the city for support. The result, Mayor Jay Barber and the city council read a proclamation to declare June, Pride Month in Seaside. "That was an emotional history making moment for me and my co-organizers," says Reed.

In the Fall of 2021, a few Seaside friends began collecting donations for the Lower Columbia Q Center based in Astoria. Eventually, with the encouragement of the Q Center board, a pride event central to Seaside was born. Upon the advice of Q Center folk, a group of five organizers set out through downtown Seaside to compile a list of allies who might support a city pride event. With a list of allies in hand, a first planning meeting was scheduled with other local members of the queer community who wanted to see something happen in Seaside. Then came the discussion of requirements for permits, insurance, liability and reality.

Next, funding. Seaside Pride reached out to the Sunset Empire Park & Recreation District. Through the district's

non-profit, Seaside Pride has been able to raise tax-deductible donations. And Seaside Pride got swag! T-shirts (\$12 for adults, \$10 for kids), stickers for a \$2 donation, and as informed, an extremely limited supply of trucker hats. You can pick up any of these items at Controversial Coffee and Oregon & More in downtown Seaside. Pop-up shops during Pride will sell swag as well, upon supply, but word is, "going fast." You can also make a direct donation with a check to Sunset Empire Parks & Rec with a memo noting Seaside Pride. Funds raised above the cost of the event will benefit the Seaside High Gender and Sexuality Alliance.

The Parade.

Reed said that initially they were expecting a small show of maybe 50 people for the noon Saturday parade. Banners, signs and all forms of self-expression welcomed and encouraged. As planned the Pride group and Seaside GSA would carry banners. But now, as Reed informs, "We've heard from groups all over the PNW, including groups in Portland, who want to attend, and we're so excited for it!"

To the Future.

While the Parks and Rec District stepped up to host the initial Seaside Pride this year, a 501 nonprofit is near finalization. It's mission not only to host pride in June each year but to also increase visibility and inclusivity of the LGBTQIA+ in Seaside & the surrounding community all year long. "Our efforts are focused on pulling off this first pride event and then we'll turn our attention to what our non-profit can begin to do in the community," said Reed.

Businesses in Seaside, while not officially connected to Pride, are encouraged to show support and present their own Pride visibility events. Some venues, like longtime Seaside bar, The Bridge Tender will host an evening celebration.

Go to prideinseaside.com to connect with organizers and learn more.

Seaside Pride Walk on the Promenade

The 1st Seaside Pride begins with a walk on the Promenade from 12th, past the turn around, to the avenue A beach ramp.

Participants should head down to the beach via the ramp and gather below the ramp at the end of the walk. There will be some speakers for about 10 minutes after the walk.

BYO-Picnic Lunch at Quatat Park

The second event: Bring-your-own picnic lunch at Quatat park (the seating area on the river behind the Convention Center). At this picnic there will be some family friendly pride music and an open mic.

Family Friendly Movie at Sunset Recreation Center Gymnasium

Seaside Pride wraps up the day with a showing of the family friendly movie hosted by Sunset Empire Park & Recreation District and concessions. "The Greatest Showman" featuring a cast of not-always-accepted characters overcoming odds stacked against them!

PRIDE CELEBRATION EVENTS

PRIDE Trivia at Merry Time Bar & Grill

10th & Marine Dr. in Astoria
Wednesday June 8 at 6pm

Win prizes and test your knowledge, learn something new and celebrate

Cocktails for Pride

Join Absolut & Carruthers, at 12th & Commercial in Astoria as they celebrate PRIDE with food, fun and drinks!

Thursday, June 9, 3pm-7pm

Stop in and show your support and raise a glass to the community.

PRIDE Celebration at the Bowline and Buoy Beer

The Bowline Hotel is honoring PRIDE this month with A celebration on the deck on June 10 Beginning at 4pm order Batch cocktails and bottle pours and

the special MAI PRIDE Cocktail. Jon Gannon will be performing from 5-7pm at the Buoy. Then slip on back to the deck for a celebratory concert with Astoria's smashing Indie Rock band The Holiday Friends beginning at 7pm.

Cocktails for the Cause will benefit the Lower Columbia Q Center

AVA Gallery PRIDE Artists

AVA Gallery and Astoria Visual Arts celebrate PRIDE in Astoria with artists Leif J. Lee and Fritha Strand, opening for Astoria Art Walk on June 11, from noon - 8pm.

Leif J. Lee is an interdisciplinary artist based in Portland and produces zines, animation, prints, fun wearable t-shirts, and maker of @handtohandbags.

Fritha Strand is an interdisciplinary artist searching for a visual linguistics of landscape on Tschakalochy (Whidbey Island, Washington), using acrylic, aerosol, and chalk pastels.

Meet the artists at AVA Gallery on June 11, located at the corner of 10th and Duane St. in Astoria. Open Fri-Sun, noon to 4pm. Contact astoriavisualarts.org

Queer Makers Market Foragers in Astoria

Mark your calendars for the first annual Queer Makers Market on June 11th to support all queer creators in celebration of Pride month! The group includes painters, zine makers, tarot readings, and much more. Featuring a live DJ and more musical guests throughout the day. Support your local queer community, get your groove on, and make some new friends! All are welcome!

Saturday, June 11, 12 - 7pm. Foragers is a collective of nature lovers, artist, foragers, natural medicine seekers and adventurers located in Astoria's Hidden Underground, at the north corner of 10th and Marine Dr. in Astoria.

I Do Wedding Celebration June 11, Barbey Maritime Center

Ever wanted to say "I Do" at Pride to the one you love or maybe renew those vows you have already made? Join Astoria PRIDE on Saturday June 11th, 2022 @ 2pm for Astoria Pride's "I Do Wedding Celebration" at the Barbey Maritime Center. Take a moment to celebrate with everyone watching as you say "I DO" for the first time or just renew your love for each other!

After all love is love and knows no boundaries!!



HIPFISH Talks to Downtown's Sunday Market Manager Shelby Meyers

THE ASTORIA SUNDAY MARKET is back for its 22nd season, complete with a variety of longtime vendors and new favorites.

"This year is about keeping the foundation strong and starting to dabble into some new territory," said Shelby Meyers, Astoria Downtown Historic District Association's Market and Promotions Manager. Meyers was hired by the association in 2020, making this market season her second.

"Year 2 has been a fun year to work on," Meyers said. "My main goal last year was getting the market to have the same feel as years prior. It's already such a successful market. It's got strong bones. It was more so me figuring out how to keep it strong."

New territory

Meyers has been working to improve food systems, deepen vendor relationships, and increase marketing.

"What I'd like to see is locals coming down and treating the market more like a grocery store, getting to engage with local producers," Meyers said.

Meyers spends most of her time working with vendors "and making sure they feel strong and supported," she said. She gets to know them throughout the season. She also meets with them at their studios when possible.

"So much of the market is creating relationships with vendors and getting to know their products well," Meyers said.

The market generated about \$1.3 million dollars for small busi-

It's a Hardworking and Thriving Market!

By Alyssa Evans

All in a year's work

The market opens in May and runs through October every year though it takes a year's worth of work to make sure things run smoothly.

Work begins in January, when the market staff begins accepting vendor applications. Meyers reviews the applications. This is also when staff begin to set up marketing and infrastructure.

"It's actually very intense because there's not really a structure. Everything needs to be set up for the market in four months, which is not enough time," Meyers said.

During market season, Meyers spends much of her time prepping ahead of each Sunday market. She starts her week by confirming vendor payments went through. Then, she spends the rest of the week getting everything set up for the next market.

"I'm communicating with vendors; setting up the schedule for the next week; putting together the booth map for the next week; putting together the weekly newsletter that features who's going to be there; and getting the musician ready," Meyers said. "It's a lot of correspondence. I'm on my computer a lot."

On Sunday, Meyers begins her day at 6 a.m. when she checks to make sure there aren't any cars illegally parked on 12 Street. She works with Hotel Elliot and a local tow company to take care of any cars, then begins putting the market together.

"I set up my own booth, pick up trash, help vendors, make sure the bathrooms are fine, make sure all of our market materials are fine. If it's raining, I help funnel water off the tents," Meyers said.

Throughout the day, Meyers checks in with all the vendors to make sure they're doing OK. She also spends time taking photos and videos of different vendors and sharing them on the market's social media pages.

At the end of the day, she helps sweep, pack up the tents and guide the vendors through their load-in and load-out process.

"The load-in and load-out with all the vendors is the biggest dance. It takes just one vendor to park where they shouldn't to get everything out of order," Meyers said.

During her work week, Shelby also works on coordinating other association events, like the Astoria Second Saturday Art Walk.

nesses in 2021, Meyers said.

"I take my role seriously. This is 200 vendors' livelihoods. This is their work and their career. The work I put into this is directly impacting them and their careers and families," Meyers said. "It takes a lot to come to the market and be there on Sundays. It's hard work."

One of the most rewarding aspects of Meyers' job has been supporting vendors and seeing how they support each other.

"What's so special about the market is the community that it creates," Meyers said. "Over and over, you see the older vendors giving tips and helping out the newer vendors. It's such a supportive community and everyone's in it to sell the products that they care about, whether it's food from their farm or ceramics they've created."

Meyers hopes to improve the market while maintaining its character. Rather than reinventing the market, the association has worked to make additions and improvements. Any future market changes will be based on community feedback, Meyers said.

"We have a lot of really neat longterm vendors who've been keeping the market rich and we have a ton of extremely talented new vendors joining us. They're selling everything from clothing and jewelry to baked goods," Meyers said. "It's really exciting to see the new life that's coming out of the market. For people who haven't been to the market in a while, it's all new."

This year, the market features a full music schedule, including a live performance at every market.

"Last year, we had some music here and there but it was pretty inconsistent and we didn't know when or if it'd be shut down," Meyers said. "We have some really awesome musicians who play in the Wells Fargo parking lot. They bring a lot of fun to the market."

The market is also bringing back its Biz Kidz program on June 19. The program features about 20 schoolchildren, who will take turns selling their handmade products at a market booth.

Planting roots

In 2021, the market started using SNAP (Supplemental Nutrition Assistance Program). The program allows low-income families to shop for healthy food.

"I'd really like to do more work to keep it growing. It was successful and definitely brought in new customers and income," Meyers said.

This year, the market added the Double Up Food Bucks program. This allows SNAP participants who shop at the market to receive up to \$20 matched for every SNAP dollar they spend.



Shelby Meyers, Astoria Downtown Historic District Association's Market and Promotions Manager

Photo courtesy ASM

"It's just more money for a greater number of customers, community members and farmers," Meyers said. "The program is great and it's really exciting how it supports the community."

The market also accepts Farm Direct Nutrition Program participants and WIC checks.

Another big focus of Meyer's work is establishing a new program through a partnership with the Columbia-Pacific Economic Development District. The two groups have created an incubation booth that features first-time food vendors.

"It's a booth that's for brand-new food vendors that want to grow into regular vendors. It decreases some of the barriers. Farmers' markets are a fantastic way to get businesses started but there's a lot of time and energy spent to get there," Meyers said.

Four farmers are participating in the program. They've decreased market fees and "other layers of increased support," Meyers said.

Connecting online

Some of the market's 2022 improvements include an updated website, which features a new vendor directory; increased promotions on social media; and new branding materials.

Lindsey Aarts, of Papernoten, created the cover art for the market's 2022 guide, which was released alongside The Astorian. Anna Weber of Astoria Design Studio created the market's new logo.

"These pieces of work immediately added a rush of new exciting energy to the market," Meyers said. "After the pandemic, and with so many new vendors and customers, we are excited to show that we are as strong as ever and so thrilled to have such an amazing community of makers and shoppers."

Aarts' piece features a colorful depiction of a market day, while Weber's logo includes a variety of references to Astoria.

Meyers works to regularly feature different market vendors on Facebook and Instagram.

"Learning more about vendor stories has been really fun. I'd like to dive more into that in the future. There's just so much great content that comes from a market, everything from spenders to lively market scenes and everything in between. There's been a lot of work that I've been excited to see," Meyers said.

hf

THIRD DIMENSION FESTIVAL

a dynamic mix of celebrated artists



SERGEY ANTONOV, beloved world-class cellist loves Astoria as much as Astoria loves and appreciates him. Now 38, he first came to Astoria in 2009 as a featured virtuoso in the Astoria Music Festival. With the formation of the Hermitage Piano Trio—Antonov, pianist Ilya Kazantsev and violinist Misha Keylin, the region has continued to reap the benefits of the multiple Grammy Award nominated ensemble, now going into its second decade and each member accomplished soloists in their own right.

It's year "2," of the Third Dimension Chamber Music Festival, which features the trio and invited guests performing 11 concerts over the course of two weeks. Antonov is the artistic director, although the designated position belies his attitude when he discusses the festival.

"The title is irrelevant here, it is such a team effort—I've always been an advocate of teamwork because otherwise, the festival is just going to be on paper, and that's it," says Antonov. He fervently credits the Liberty Theatre team and Executive Director Jennifer Crockett. "My gratefulness to everyone who makes the festival happen in so many ways, from the volunteers to people who support this financially." Speaking in terms as a full time, sought after classical performer, he says, "It's all for the community, it's a community achievement—and that's what sets Astoria apart for me, from any other place in the world."

The title of the festival, "Third Dimension" is a reference to pandemic times. "We were so long in the two dimensional world of screens and zooms, we couldn't play with each other. Third Dimension is a comeback, a celebration of the human spirit," says Antonov. "Covid proved that this is irreplaceable. No matter what technology you have, high definition sound, mics, speakers, that's the beauty of the art for me, technology moves forward but it cannot replace the live relationship of music."

Third Dimension 2022 brings three new additions to the festival. Opening weekend June 11, presenting two concerts of Brahms, (Grand Brahms 1 and 2) will introduce Grammy-Award winning **Mezzo Soprano, Renée Rapier** to audiences. Antonov met Rapier at the Newport Music Festival and has since wanted to invite her to Third Dimension. One need only utilize technology to confer Rapier's "dark, velvety mezzo and smoothly controlled, unfailingly eloquent phrasing to match" (Opera News). Prediction: Rapier's voice and artistic expression, to use an old adage, will sweep audiences off their feet. Rapier will be featured in concerts through June 18.

"Not only is she a fantastic artist, but a wonderful, sweet person, who is so cool to work with," said Antonov. He remarked in our conversation the importance of the nature of festivals. With the benefit to commune and rehearse over a period of days, its important to work with compatible personalities, and kindness is an important element that Antonov cherishes. Festivals allow the musicians an immersive environment that can bring so much more to the music, and the music of life.

Violinist Solomiya Ivakhiv, made her Liberty debut in 2017 as a featured soloist at the Astoria Music Festival, and now she returns as Ukrainian born Ivakhiv is an accomplished concert violinist, chamber musician, collaborator, educator, and champion of new music. She is the director of strings at University of Connecticut. Her solo album, *Ukraine: Journey to Freedom – A Century of Classical Music for*



Mark Berger, Violist and Composer

Violin and Piano, was featured in the Top 5 New Classical Releases on the iTunes billboard.

This April she released a new album, recorded with the National Symphony of Ukraine in Kyiv, *Poems & Rhapsodies*. Ivakhiv's culture and homeland are an inspiration for her music.

In an interview with FOX61News from her home-base of Connecticut she said, "Now, it's very difficult for me to think that not only my colleagues in the national symphony are in danger, but also that there is a war going on in the place where we performed and where we record and we don't know what's going to happen tomorrow." Ivakhiv's entire family resides in Ukraine. In response to the commentator she said, "My whole family is there so yes, it's very scary, very nerve wracking. My grandma just turned 85. She survived World War II," Ivakhiv said.

"It's heartbreaking to see that she has to go through another war in her lifetime." Ivakhiv's gift of music and strength through this difficult time is an amazing opportunity to allow music to express global concern.

As posted on the Liberty website—Hermitage Piano Trio, each artist Russian-born—has made a statement regarding the Russian/Ukraine war. Three words encompass the statement, "No More War." And, that although they are not politicians, they must speak up. "Between all of us we're talking thousands of people; family, best friends, colleagues, schoolmates, it's beyond comprehension, there are no words for it. We pray and hope," Antonov says.

Liberty Exec. Dir., **Jennifer Crockett**, a professional clarinetist performs in Brahms 2, Sunday afternoon playing the Trio for Clarinet. She'll also perform in the closing Sunday show, presenting another Brahms piece, Quintet for Clarinet.

This year the festival features three guest pianists in addition to Ilya Kazantsev. **Carey Lewis**, a mainstay of the Astoria Music Festival and member of best-selling recording artists, the Lanier Trio, performs in numerous concerts. Lewis is in constant demand as a collaborative pianist for soloists and chamber music groups.



Bernadene Blaha, Pianist

Bernadine Blaha is a longtime performance associate to Antonov, meeting at a festival 14 years ago. Ms. Blaha has been a member of the Keyboard Faculty at the Thornton School of Music, University of Southern California since 1993 where she is a Professor. Blaha's "brilliant command of the piano", whether featured as recitalist, concerto soloist or chamber musician, has been heralded in performances throughout North America. This will be her first performance on the Liberty stage. The duo of Antonov and Blaha perform on June 22.

Four pianists will give festivalgoers the opportunity to experience distinct and very different pianistic styles, in addition the opportunity to hear several piano pieces written for four hands. **Pianist Asiya Korepanova** returns this year. Together with Ilya Kazantsev, on Friday June 24 they'll perform solo material, duets, and Korepanova's compositions. Ms. Korepanova is recognized not only for her achievements as a pianist, but also for her work as a transcriber, composer, visual artist, and poet. She has composed a piece

As you peruse the schedule of concerts in Third Dimension, the offerings are diverse and creative. A slight change to

MENDELSSOHN'S 180 on June 23, brings the concert to the McTavish Room. Originally intended for ticket buyers to have the opportunity to be on-stage with the ensemble, the concert will be performed with attendees encircling the ensemble in close proximity. "People always see us from a distance on the stage," says Antonov. "This is about participation and that's what chamber music is all about in its original form."

Repertoire for Red Hot Fireworks on June 21, will be announced from the stage. Featuring flashy, virtuosic pieces, each combination of players have chosen compositions known only to themselves. Antonov assures it won't be a five hour concert, as the only thing planned is the playing time.

Schubertiade on June 16, featuring all things Schubert will be staged in The McTavish Room, replete with candlelight and signature cocktails. Rapier performs Schubert Lieder, and an opportunity to hear 4 hands on the piano with Fantasy in F minor.

Violist and composer Mark Berger returns to complete the full chamber string ensemble. Berger has toured throughout the United States and internationally as a member of the Lydian String Quartet, performing the acknowledged masterpieces of the classical, romantic, and modern eras as well as premiering remarkable compositions written by today's cutting edge composers.

This year, due to Covid, air fares and hotel rates, the International Chamber Music Competition has been canceled but will be on the schedule for next year. Third Dimension's 2nd year is rich in programming and guest artists.

"I would just like to invite all the people in Astoria to come and join us," says Antonov. "The first year is always exciting, something new, something fresh... to be honest the second year is way more exciting—because it keeps going. It's not a one-time event. We hope to do it for many years to come."



Jennifer Crockett, Exec. Dir, Clarinetist



Solomiya Ivakhiv, Violinist



Renée Rapier, Mezzo Soprano



Asiya Korepanova, Pianist/Composer

CONCERTS

June 11th: Grand Brahms

Opening, Night 1

June 12th: Grand Brahms

Opening, Night 2

June 15th: Romantics at Heart

June 16th: Schubertiade

June 18th: Together As One -

Chamber Music Favorites

June 21st: Red Hot Fireworks!

June 22nd: Recital -

Sergey Antonov & Bernadene Blaha

June 23rd: Mendelssohn's 180

June 24th: Recital -

Ilya Kazantsev & Asiya Korepanova

June 25th: Hermitage Piano Trio

June 26th: Closing Night

THIRD DIMENSION Schedule and Tickets.

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LIVE MUSIC

In the Columbia Pacific Region

FRIDAY 3

Daniel Miller. IDANHA. Singer-Songwriter & multi-instrumentalist. No cover, 5 – 7pm at Buoy Beer in Astoria.

Tenor Guitar Gathering. 410 - \$20, 7 – 9:30pm at the Charlene Larsen Center for Performing Arts.



Innocent Alex

Brothers Jiroudek, raised Cannon Beach, headed to LA, where they musically steeped themselves in writing, producing, playing gigs, teaching and getting around in the LA Scene. Now re-rooted on the coast, they've released a co-written sizzling album, No More Heroes.

Hear them as a duo at Fort George Tap Room in Astoria, Sunday, June 19, 6-8pm.

Rosentan. 9pm at the Merry Time in Astoria.

North Coast Chamber Orchestra. \$10, 7pm at St Catherine's Episcopal Church in Nehalem.

SATURDAY 4

Heart by Heart. A Heart redux with two of the original band members. \$28 - \$38, 7pm at the Liberty Theater in Astoria.

Tenor Guitar Gathering. \$10 - \$20, 7 – 9:30pm at the Charlene Larsen Center for Performing Arts.

Stephanie Schneiderman. \$15, 4pm at the Peninsula Arts Center, Long Beach.

SUNDAY 5

Jeremy James Meyer & Andy Dale Petty. Country. No cover 6 – 8PM in the Tap Room at Fort George in Astoria.

North Coast Chamber Orchestra. \$10, 3pm at Camp Kiwanilong, Warrenton.

WEDNESDAY 8

The Oyster Crackers. Original Folk Trio. \$15, 4pm at the Peninsula Arts Center, Long Beach.

Rogério Boccato. Brazilian Jazz Quartet. \$30, 7 – 9pm at the Lincoln City Cultural Center.

FRIDAY 10

John Gannon. Songs of the Sea. No cover, 5 – 7pm at Buoy Beer in Astoria.

Brad Bleidt. Jazz at th Vineyard, 5-7pm, 39th St. Pier Astoria.

Artist/Music Showcase. Local and visiting musicians. Free, 7 – 9pm at the Tillamook Fairview Grange.

SATURDAY 11

Third Dimension Music Festival. Grand Brahms Opening 1. 7pm at the Liberty Theater in Astoria.

John Stowell & Anandi. \$15, Jazz Guitarist John Stowell and Vocalist Anandi. 4pm at the Peninsula Arts Center, Long Beach.

Mike Coykendall. 8pm. No cover. At the Sou'wester Lodge in Seaview.

Johnny Young. Nashville Recording Artist. Rockin' Country and dance party. 7pm. \$5 Cover. At the San Dune Pub in Manzanita.

Amanda Stanaway & Friends. Folk. \$25, 7pm at the Bay City Arts Center in Bay City.

SUNDAY 12

Third Dimension Music Festival. Grand Brahms Opening 1. 4pm at the Liberty Theater in Astoria.

Hillfolk Noir. Neo-Traditional. No cover, 6 – 8pm in the Tap Room at Fort George in Astoria.

True Life Trio. Bay Area-based ensemble performs Eastern European acapella folk and North American Cajun music. KALA Performance Stage. 7:30pm. Tickets \$20, online at brownpapertickets.com. 1017 Marine Dr. in Astoria.

WEDNESDAY 15

Third Dimension Music Festival. Roman-tics at Heart. 7pm at the Liberty Theater in Astoria.

Kevin Burke. Celtic. \$15, 4pm at the Peninsula Arts Center, Long Beach.

THURSDAY 16

Third Dimension Music Festival. Schubertiade. 7pm in the McTavish Room at the Liberty Theater in Astoria.

FRIDAY 17

Segrid Coleman. Singer-Songwriter. Indie Pop. No cover, 5 – 7pm at Buoy Beer in Astoria.



Segrid Coleman

Segrid is an Astoria-based singer/songwriter/musician. Having spent most of her time in Seattle, she has a wealth of experience playing with top notch musicians.

Her passion is songwriting and developing structures and melody lines that create beauty, tension, and resolution. Her latest music is on all streaming platforms!

Catch Segrid at Buoy Beer in Astoria on Friday, June 17, 5-7pm.

Third Dimension Music Festival. AICMC Semi-Finals. 7pm at the Liberty Theater in Astoria.

SATURDAY 18

Third Dimension Music Festival. Together as One. 7pm at the Liberty Theater in Astoria.

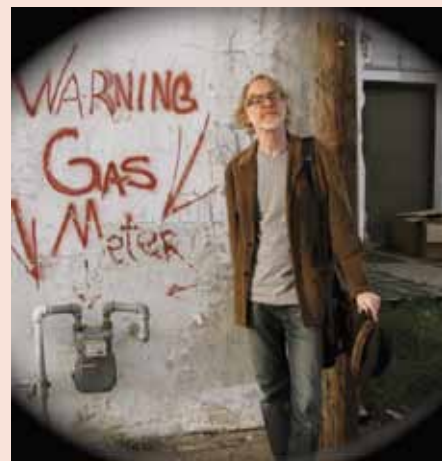
Summer Kick-Off Party at Pier 39. Chris McNeary, Rock and Country, Bikini Beach/ Surf, 5-8pm.

Arrival. Canada's Tribute to ABBA. \$20 - \$47, 7:30pm at the Clatsop County Fairgrounds Arena, Astoria.

Mike Coykendall

Veteran songwriter, producer and multi-instrumentalist Mike Coykendall has been amazingly prolific over the last three decades or so. Currently most well known for his duties as a sideman, producer, and recordist via his work with M Ward, Blitzen Trapper, She & Him, Annalisa Tornfelt, & Tin Hat Trio, to name a few, Coykendall has been making his own unique outsider records since the mid '80s.

Saturday, June 11, 8ish at the Sou'Wester Lodge in Seaview



James Low. Alt-Country. \$15, 4pm at the Peninsula Arts Center, Long Beach.

Pony Hunt. No cover, 8pm at the Sou'wester Lodge in Seaview.

The Adarna. Jet City Rock. 9pm at Flood Valley Warrenton Taphouse.

Aaron Larget-Caplan. Classical and Spanish Guitar and more. \$25, 7:30pm at the Coaster Theater in Cannon Beach.

SUNDAY 19

Third Dimension Music Festival. AICMC Finals. 4pm at the Liberty Theater in Astoria.

Innocent Alex. Indie. No cover, 6 – 8pm in the Tap Room at Fort George in Astoria.

TUESDAY 21

MAKE MUSIC DAY CLATSOP COUNTY. Niall. Indie-Rock/Pop/Reggae. Noon – 1pm at The Lot in Astoria.

Niall. Indie-Rock/Pop/Reggae. 1:15 – 2pm at the Ten Fifteen Theater in Astoria. Bill Honl. Folk/Indie-Folk 2:30 – 3:15 pm at the Ten Fifteen Theater in Astoria.

Niall. Indie-Rock/Pop/Reggae. 3:15 – 4:30pm at the Sea Crab House in Astoria. Astoria Ukulele Orchestra. Folk/Jazz/ Rock. 3:30pm – 4:30 pm at the Ten Fifteen Theater in Astoria.

David Ambrose. Folk/Latin/Jazz. 4 – 5pm at the PAC in Astoria.

Mustard Tiger. Punk/Indie/Folk/Soul. 5 – 6pm at the Sea Crab House in Astoria. Cascadia Chamber Opera. 5:30 – 6:16pm at the PAC in Astoria.

Bikini Beach. Surf 5 – 7pm at Legends Public House in Seaside.

Third Dimension Music Festival. Red Hot Fireworks. 7pm at the Liberty Theater in Astoria.

WEDNESDAY 22

Third Dimension Music Festival. Recital: Sergey Anatov & Bernadene Blauhau. 7pm at the Liberty Theater in Astoria.

THURSDAY 23

Third Dimension Music Festival. Mendelssohn's 180. 7pm at the Liberty Theater in Astoria.

FRIDAY 24

Castletown. Americana/Celtic. No cover, 5 – 7pm at Buoy Beer in Astoria.

Third Dimension Music Festival. Recital: Ilya & Asiya. 7pm at the Liberty Theater in Astoria.

SATURDAY 25

Third Dimension Music Festival. Hermitage Piano Trio. 7pm at the Liberty Theater in Astoria.

Carl Tosten. \$15, Innovative Guitarist, 4pm at the Peninsula Arts Center, Long Beach.

Eric Sappington & Friends. Coastal Singer-Songwriter. Bay City Arts Center. More info TBA.

SUNDAY 26

Third Dimension Music Festival. Closing Night. 4pm at the Liberty Theater in Astoria.

Jeffrey Silverstein. Americana. No cover 6 – 8pm in the Tap Room at Fort George.

WEDNESDAY 29

Steve Frost. \$15, 4pm at the Peninsula Arts Center, Long Beach.

THURSDAY 30

SheckPea. Folk/Jazz/Americana. 5-7pm at Vineyard. 39th St Pier, Astoria.

FRIDAY 1

Daniel Miller – IDANHA. No cover, 5 – 7pm at Buoy Beer in Astoria.

HAVE A LIVE MUSIC EVENT?

Send details to hipfish@charter.net

THEATRE PERFORMANCE



CAST N' CREW. Back row left to right: Katherine Lacaze /Lola, Darren Hull /Birder, Brit-tania Williams/Paula Zahn, Richard Bowman/Roy, Preston C. Roper/Silo. Front left to right: Cameron Lira/Zookeeper, Olivia Johnston/Stage Manager, Ann Bronson/Director

ARSENIC & OLD LACE Riverbend Players in Nehalem

SUE NEUER AND LINDA MAKOHON want you to buy your tickets now! to Riverbend Play-ers production of stage classic Arsenic & Old Lace. The two coastal actors play poisoning aunts Abby and Martha in the uproarious black comedy from the 40's, (that once featured Boris Karloff on stage, imagine that).

Just to sweeten the deal, when you buy your tickets you get an "Arsenic and Old Lace" commemorative flask! To be picked up in the lobby of Performing Arts Center at NCRD on show night!

Bryan Churchill plays newly engaged nephew Mortimer Brewster who pays a visit to his family members to announce the happy news, only to be caught up in the macabre and murderous madness that ensues, when

he finds a gen-tleman corpse, not yet buried in the basement collection of his dear sweet aunties.

Never losing it's comedic bite, *Arsenic & Old Lace* plus the ongoing commitment from the Riverbend Players to put on a damn good show—a good entertainment bet for a night out on the coast!

Directed by Frank Squillo. Cast: Sue Neuer, Linda Makohon, Bryan Churchill, Rodney Dahl, Julee Ward, Jeff Slamal, Juli Stratton, Jon Helzer, Tom Cocklin, Sharin Gavin, Chas Miska, Stephen Clark, and Mark Barstrom.

Performances: June 3 – 19. Friday and Sat-urdays at 7pm. June 5, 12, 19, Sun Mats at 2pm. Tickets" \$20-\$25. Choose and purchase your own seat at riverbendplayers.org. Playing at the Performing Arts Center at the North Coast Recreation District, 36155 9th St, Nehalem, OR.



BIRDS OF A FEATHER • The Ten Fifteen Theater

ACTORS TAKE FLIGHT, 'er waddle . . . in play-wright Marc Acito's 2012 Helen Hayes Award for Best New Play, *Birds of a Feather*, staged this June, just in time for PRIDE month, at The Ten Fifteen Theater.

Directed by longtime coastal theater player Ann Bronson, featuring newcomers and seasoned thespians, *Birds of a Feather* recounts the story of Roy and Silo, the two Central Park Zoo male chinstrap penguins who partnered, adopted an egg, hatched and raised a little chick together, named Tango. Roy and Silo are no strangers to the spotlight. In 2005, they were the subject of a widely contested children's book, *And Tango Makes Three*, by Peter Parnell and Justin Richardson. The book, temporarily pulled from school bookshelves in Loudoun County, became one of the most banned books in the US.

Birds of a Feather actually features two real-life bird couples. The gentlemen penguins, and a pair of hetero red-tailed hawks, Pale Male and Lola, who took up residence in a nest at one of Manhattan's most hoity-toity Fifth Avenue

addresses, and became a cause celebre when complaints from some residents led to the destruction of their nest in 2004. Reportedly, one famous resident, Newscaster Paula Zahn (por-trayed) former husband, real estate developer Richard Cohen was instrumental in ousting the nest. (FYI: resident Mary Tyler Moore advocated for their stay).

Birds of a Feather zooms in on the difficulties of nesting together in this modern world, through an anthropomorphic tale of queer and straight; examining gender roles, homophobia, vulner-ability, how fame may effect, the age old nature vs. nurture, and sexual/social mores. Chock full of delightful birdy humor, six actors play a total of 23 characters. You get two birds with one stone here—social critic + entertaining fun on Asto-ria's newest stage. No bad perch in the house.

PERFORMANCES: June 17-18, 23-25 at 7:30pm. June 19 at 3:30pm. Tickets \$20, online: theten-fifteentheatre.com. Proof of Vaccination, masks optional. 1015 Commercial St. Astoria.



Astoria UKULELE Orchestra

MAKE MUSIC DAY is a free celebration of music around the world on June 21st. Launched in 1982 in France as the Fête de la Musique, it is now held on the same day in more than 1,000 cities in 120 countries. Today, even in Oregon, cities are jumping on the band wagon to help facilitate this free 'day of musical 'expression', create music-filled downtowns and celebrate the first day of summer.

Completely different from a typical music festival, Make Music Day is open to anyone who wants to take part. Every kind of musician — young and old, amateur and professional, of every musical persuasion — pours onto streets, parks, plazas, and porches to share their music with friends, neighbors, and strangers. All of it is free and open to the public.

Make Music Day Clatsop County is brought to you by the Arts Council of Clatsop County. This is the first year Clatsop County will be participating in Make Music Day.

To make Make Music Day, easy and acces-sible, you need only to go to the website and sign up as a performer or a venue. Any level of musician is invited to perform, and any type of venue. Maybe it's your front porch! In any case,

you can connect through the website with a venue and get a spot!

Want to test out that new tune you've writ-ten, have a rehearsal, create a singalong, or maybe even show off your prowess at whistling, and maybe you're a busker and your venue is the 'sidewalk', the whole idea is to make it and to share it.

The Fête has turned into a true national holiday: France shuts down on the summer solstice and musicians take over. Almost 8% of the country (5 million people) have played an instrument or sung in public for the Fête de la Musique.

Three decades later, the holiday has spread throughout the world and is now celebrated in more than 120 countries.

The venues and performers in Clatsop County are growing. Venues are looking for performers! While Clatsop County will most likely not be shutting down yet... you can make the rounds as an attendee, and make it a musical adventure. See current schedule in music listings, and current updates on the Make Music Day website.

www.makemusicday.org/clatsopcounty

THE COASTER THEATRE PLAYHOUSE presents Shakespeareance: Ghosts, Fairies, and Spirits on the stage in Cannon Beach City Park (Second and Spruce streets) Fridays, beginning June 10.

Shakespeareance is a collection of well-known Shakespearean scenes, soliloquies, monologues and songs focusing on the spirits and ghosts of Shakespeare's plays. They are stitched together for a fun and accessible performance for Shake-spearean novices and experts alike.

PERFORMANCES: Cannon Beach Park on Fridays, June 10, 17 and 24 at 6pm. To celebrate the Coaster Theatre's 50th birthday party, a special performance is planned in the theatre's courtyard at 3pm, Wednesday, June 29.

The final perfor-mance will be on the Coaster Theatre stage at 7:30pm Friday, July 8.

All perfor-mances are free, and no tickets are required, but donations are welcome. More information is available online at coastertheatre.org.



MUSIC PERFORMANCE



Aaron Larget-Caplan

VIRTUOSO GUITARIST AARON LARGET-CAPLAN returns to the Coaster Theatre for a concert of Dreams & New Creations. Featuring explorations of Spanish dances and masterpieces by Isaac Albéniz and Francisco Tarrega, new transcriptions of keyboard music by J.S. Bach, music from Aaron's 2020 & 2021 New Lullaby Project albums, and some of his most recent compositions.

Acclaimed international recording and touring guitarist Aaron Larget-Caplan is an exciting and innovative leader in classical music. Noted for his "astounding technical proficiency and artistic delicacy" by the Boston Musical Intelligencer, Larget-Caplan is an international touring and recording artist.

A gifted performer and speaker, he is sought for his deft programming of new and standard repertoire, while connecting with audiences with a Bernstein-esque ease. In 2019 Aaron received a medal from the Société Académique Arts-Sciences-Lettres of Paris, France for his trailblazing work in music, and in 2020 was Musician in Residence at the Banff Centre for the Arts and Creativity.

Saturday, June 18, 7:30pm (doors open at 7pm). Tickets \$25. Available online at coastertheater.com. Coaster Theater in Cannon Beach.



Hillfolk Noir

JOHN DOE (X, the Knitters), patron saint of the American Dream, once said, "If John Steinbeck owned a speakeasy, Hillfolk Noir would be the house band."

Fronted by multi-instrumentalist, singer and songwriter, Travis Ward, this trio of neo-traditionalists includes Alison Ward on musical saw, washboard, banjo, and purely gorgeous vocals, as well as Mike Waite keeping the heartbeat, rhythm and flow alive on double bass.

The band deems their sound Junkerdash – part folk, part bluegrass, part string-band blues, part punk, and most certainly wholly kickass.

Catch Boise-based Hillfolk Noir, Sunday, June 12, 6-8pm at the Fort George Tap Room, and catch the music line-up at the Fort, every Sunday. No cover.



Amanda Stanaway

The Bay City Arts Center welcomes singer-songwriter Amanda Stanaway, serving up gutsy folk + great guitar and storytelling, for a compelling performance. Amanda is also the owner and operator of Mana's Kitchen in Bay City featuring delicious home-made food and baked delectables'. She'll be joined by musical guests Stan Cassell and Tevis Hodge Jr., throughout the evening.

The Bay City Arts Center is a community gathering space featuring galleries, an art school, an auditorium, a dining hall, a recording studio, and a radio station, all wrapped up in one historic building in downtown Bay City. It's also a collection of volunteers and friends who come together in the name of community, art, expression, and reverence for the beauty of the coast.

Saturday, June 11 at 7pm. Doors open at 6:30pm. All ages. Tickets are \$25 at the door, or \$20 beforehand by contacting a sponsor, Mana's Kitchen, Sheltered Nook, D&D, or the Bay City Arts Center (baycityartscenter@gmail.com).

James Low

JAMES LOW, one of the best songwriters in the Northwest's Alt-Country scene, is returning to the Arts Center.

James started out in a one spotlight town in Eastern Oregon that had a single AM radio station that went off the air every night at 6 pm. Following his father's lead he starting writing songs, and after finishing school he escaped to New York, working in the kitchen at roots and blues club The Lone Star Roadhouse where he came under the sway of classic blues and country musicians like Rufus and Carla Thomas and Emmy Lou Harris. Whilst a student at the Friends World College in NYC, he studied with music theorist Ann Ruckert, who also mentored Suzanne Vega and Victoria Williams.

He records albums with his band The James Low Western Front, and is a venerated notable at the Laurelthirst in Portland. You can't argue, James sweet voice might be similar to Buddy Holly, and his tunes have indeed just as much sweetness—jangling along in heartbreak, whiskey, pop-infusion and damn good songwriting.

Wednesday June 18, 4pm at the Peninsula Arts Center. \$15. Get tickets and check out month-long schedule at peninsulaartscenter.org



ART NOTE

Summer Art Camp for Kids

Astoria Visual Arts & Art Room, both local nonprofit organizations, have teamed up to host three weeks of Art Camps in Astoria this summer. Each camp is four days, 9:00am to 12:00pm, and will feature a variety of hands-on activities to encourage multi-sensory stimulation and enhanced arts learning.

Camp themes and dates are Funtastic Fibers, June 27 to 30, Drawing with Light, July 11 to 14, and Invention in the 3rd Dimension, July 25 to 28. Kids ages 5 to 12 may participate. The camps will be held at Shively Hall off Williamsport Road. The cost to participate is \$60 per child. Scholarships are available thanks to the generosity of many local individuals and businesses. Parents or guardians may sign their kids up online at astoriavisualarts.org or artroomastoria.org. Spanish versions of the registration forms are available online.

Businesses and individuals may still sign up to sponsor a child or a family. Forms are available on either nonprofit's website. These art camps are made possible with support from the Oregon Community Foundation, Go Kids program and the Juan Young Trust. For more information, please visit astoriavisualarts.org or artroomastoria.org.

Opportunity for Regional Artists

Astoria Visual Arts (AVA) invites local artists residing in Clatsop or Pacific County to apply to be AVA's next artist-in-residence. One artist will be selected to work in a rent-free studio space at the Astoria Studio Collective located at 372 Duane Street for a period of six months, July 1 through December 31, 2022. Artists working in any media are encouraged to apply.

- Deadline for applications: Wednesday, June 22
- Notification of selection no later than: Monday, June 27

The AVA artist-in-residency program is designed to encourage the creative, intellectual and professional growth of local artists. Residency finalists are chosen on the basis of merit by a selection panel of working artists and arts patrons. Those who have applied in the past are encouraged to reapply with an updated portfolio and statement reflecting updates and changes.

For more information about AVA a-i-r and how to apply, go to: www.astoriavisualarts.org/ava-a-i-r.com.

Hoffman Gallery Katherine McDowell and Ben Killen Rosenberg

THE HOFFMAN GALLERY features two print artists the month of June, Katherine McDowell's "Abstract Seascapes" and Ben Killen Rosenberg, with works based on vintage poster imagery.

From a collection of over 450 original, one-of-a-kind prints inspired by Lake Michigan, artist Katherine McDowell celebrates the love of colors and textures in nature. Made by layering various colored printing inks onto a plexiglass plate with rollers, brayers and paintbrushes, then running the plate through a hand-cranked



Rosenberg, monoprint on paper



Katherine McDowell, monotype

An opening reception is held Saturday, June 4, 3–5pm. View the print show through June 26, open 1pm – 5pm Thursday through Sunday. Located at 594 Laneda Ave in Manzanita.

press with the highest quality printmaking paper, each monotype unique!

Where the Hoffman Gallery Wonder Garden is now the old Hoffman House used to sit and studio space used to rent for \$100 a month before its demolition, and Ben Killen Rosenberg had a small studio on the second floor. When it was time to take the building down, Killen Rosenberg showed up to see what might be salvaged. "Between the floor and the subfloor, I discovered a vapor barrier made of large sections of movie posters and advertisements from the 40's. Some were in remarkably good shape; all were large and in sections. The more I looked at them, the more I saw the stereotypes and unintended irony of the images for viewers now," he says. "The subtext intrigues me, and that's true of all my work. These monotypes and monoprints are all inspired from these posters."

Trail's End Gallery Vicki Baker Retrospective

TRAIL'S END Art Association Gallery opens a new show in June featuring paintings and other art forms by Vicki Baker. A reception for the artists takes place June 4, during the Gearhart Art Walk, 2-5pm. The show will be open from June 3rd -26th.

Vicki Baker has lived in Astoria Oregon for over 30 years, and now splitting residency, living on a boat in Fort Myers, Florida in the winter. Currently she paints with acrylics and studies painting with Lucie Macherowski. Six of her paintings have been juried into Florida shows and "Woman in the Yellow Hat" recently won an honorable mention.

Baker has worked in charcoal, pastels, monoprints and acrylics which will be included in the exhibit. She had the great fortune to study printmaking with Royal Nebeker and Ben Rosenberg in Astoria and with Hugo Anaya in Guanajuato, MX.

Enjoy Baker's 10-year retrospective of large monoprints to colorful tropical birds at the Trail's End Art Association Gallery.

Trail's End is the oldest non-profit art association of its kind on the Coast. In addition to new gallery shows of original art that changes monthly, there is also an entry gallery featuring prints, greeting cards, jewelry, pottery, and more.

Trail's End Gallery is located at 656 A Street in Gearhart. Hours: Fri-Sun, 10am to 4pm. View the show through June 26.



BORDERXER Patricia Vázquez Gómez, at The Anita Building

THE ANITA BUILDING presents BorderXer by Patricia Vázquez Gómez—visual inquiries into the transgression of borders both geographic and personal by Patricia Vázquez Gómez and featured artists. BorderXer will be on exhibit, June 11 – September 10, opening Saturday, June 11, 4-7pm. The exhibition will feature a number of workshops and presenters over the duration. All events are free and open to the public.

Every time you step into forbidden territory you cross a border. Every time you challenge oppression you cross a border.

There are many forms of crossing, of stepping over boundaries, of exploding the limits that restrict our movements, affections, talents, knowledge and dreams. BorderXers are the animals that move freely through the territory that sustains them. BorderXers are those who thrive over tyrannic gender rules. BorderXers are those who love despite heteronormative prescriptions. BorderXers are migrants and refugees looking for dignity. BorderXers are those choosing life over death. BorderXer is any body who has refused to be subdued, reduced, broken, or fragmented.

Every time you defy an inhumane law you cross a border. In a system that threatens to take away our individual and collective lives and spirits, becoming a BorderXer is not only necessary, but inescapable.



What borders do you still have to cross? What would it take for you to cross them?

Patricia Vázquez Gómez works and lives between the ancient Tenochtitlán and the uncended, occupied, stolen and colonized lands of the Chinook, Clackamas, Multnomah, and other Indigenous peoples. She is deeply interested in the social functions of art, the intersections between art, politics and ethics and the expansion of community based art practices; and uses a variety of media to carry out her research: painting, printmaking, video, music and socially engaged art projects. The purpose and methodologies of her work are deeply informed by her experiences working in the immigrant rights and other social justice movements in the US and Mexico. Patricia's work can be explored at <http://cargo-collective.com/patriciavg>

The Anita Building, 1312 Commercial St, Astoria. All events are free and open to the public. More info: email theanitabuilding@gmail.com

Columbia River Maritime Museum New Exhibit, Shipwrecks!

THE COLUMBIA RIVER MARITIME MUSEUM announces the opening of its newest exhibit Shipwrecks! on June 1, 2022.

Assigning modern day context to the topic of shipwrecks, the Museum's latest exhibit moves beyond historical accounts. "They aren't something that happened hundreds of years ago. They're still happening today."

Environmental consequences are among the lessons learned from shipwrecks, arising from numerous causes cited in the exhibit. See how people have responded to these tragedies in the past, and what can be learned from studying them. Find out how maritime archeologists are using new methods to study these sites to learn more about our past.

As many as 3,000 shipwrecks have occurred in Oregon waters. Discover dramatic shipwreck stories with many lives lost and many lives rescued. These shipwreck tales are windows to the past, whether they occurred hundreds of years ago or last month.

Stop in and experience Shipwrecks! at the Columbia River Maritime Museum, open daily 9:30AM – 5:00PM.



Divine Embrace, oil on canvas, 48' x 36'

Luminous Contemporary Art Show Inspired oil paintings by visionary artist Shaukya Dekker

GRACEFUL WAVES Wellness Center in Wheeler hosts a one day exhibition of works by visionary artist Shaikya Dekker, reflecting her adventures in human incarnation and its transcendence on Sunday, June 12 from 2-6pm. Twenty two paintings will be on display, in addition to reproductions, and a sale will take place of a 20% discount on original art.

Shaukya's oil paintings are created in a meditative state, allowing them to happen intuitively and spontaneously, using both her hands (no brush). The finished paintings seem to have a life of their own, communicating lighted energies in a dance with physical form. The viewer is invited to enter into this dance as well, by allowing the energy and mystery of the paintings to be seen and felt tangibly with the heart and the whole body. View Shaikya Dekker's work online at www.shaukyadekker.com

Sunday, June 12, 2pm-6pm. Graceful Waves is located at 206 S Marine Dr, Wheeler, OR.

Kim Murton and Jill Mayberg At IMOGEN

IMOGEN Gallery hosts a two person exhibition by the dynamic duo, Kim Murton and Jill Mayberg. Together they bring Enclosed World(s), a new series of work considering the world at large and changed perceptions from two plus years of looking inward through their chosen medium of clay and paint in two- and three-dimensional work. Kim Murton, brings her delightfully playful terra cotta sculpture and Jill Mayberg returns with a new series of mixed medium paintings, pushing into abstraction. The exhibition opens June 11 for Astoria's Second Saturday Artwalk, 12 – 8 pm. The exhibition will remain on view through July 3.

Mayberg and Murton, who are both from Vancouver, WA share a commonality in their interest and appreciation of South American art. Through her interest in Folk, Outsider, Aboriginal, Primitive and children's art, Jill Mayberg brings her compositions to life with use of vivid color, form, and pattern.

Utilizing primarily acrylic paint, Mayberg incorporates other elements through collage and other mediums to build a sense of dimension. Bold colors pop from the canvas while background shapes and form push forward her imaginative imagery.

About this series Enclosed World(s) she hopes to achieve a rhythm, balance and pleasing combination of colors and textures providing what she hopes to be uplifting and a joyful sense of play. This body of work includes repeated elements such as dots, stripes, rectangles, and



K Murton, 14x9x6, terra cotta



J Mayberg, Play Poem Plus, 24x24

squares. I often begin with a grid as a foundational structure. Some of the paintings include celestial representation which reflects a reverence for the immensity and mystery of the cosmos."

Mayberg is the recipient of an Artist's Trust Fellowship award, a non-profit organization supporting Washington State artists, and has been a featured artist to Oregon Public Broadcast's ArtBeat program.

Kim Murton, a long time ceramic artist works in low-fire terra cotta clay and colored slips creating hand built sculpture, vast in scale, inspired by pre-Columbian and Mexican pottery. Her colorful, whimsical pieces borrow from the traditional forms of South American art combined with her training and work history in animation and love of comics. Murton studied ceramics at The School of the Museum of Fine Arts, Boston as well as study of film and animation at The Cooper Union School of Art in NYC.

Murton is also a freelance illustrator for the New York Times, has her own blog dedicated to the cartoon of the day as well as exhibiting her ceramic work in Portland, Seattle, Bainbridge Island and now Astoria.

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

Brian Sostrom & Lisa Onstad in Solo Shows at RiverSea Gallery

RIVERSEA Gallery presents two solo exhibitions featuring Northwest artists. Both shows open with a reception on June 11 during Astoria's Second Saturday Artwalk. View the artwork from 12:00 to 8:00 pm and meet the artists beginning at 5:00 pm. Local guitarist John Orr will play instrumental jazz for the evening. Artwork will remain on display through July 5, 2022.

In *Dreams Between Darkness*, Brian Sostrom offers paintings inspired by atmosphere, light, and the powerful forces of nature. Sostrom uses a proprietary technique developed over many years of experimentation to capture the reflected light dancing through waves and clouds. He builds translucent depths by working in diaphanous layers of acrylic paint and mixed media over panels coated with resin. The finished works present gleaming surfaces that belie his vigorous mark-making with palette knives, squeegees, and various tools.

Now residing in Idaho, Sostrom spent his childhood in small rural towns throughout the Pacific Northwest, and his fondest memories are of the tranquility of nature. His father, an engineer for the National Forest Service, and part-time artist, introduced him to painting at the age of nine. He went on to achieve his BFA at Washington State University and for over a decade has been consistently exhibiting in gallery shows throughout the nation. This is his second solo show at RiverSea Gallery.

In the Alcove, Lisa Onstad exhibits vibrant mixed-media paintings in *A Luminous Gap*, a series that celebrates moments of uncertainty that lead to endless possibilities. She works intuitively, responding to the current state of the image as she builds layer upon layer, seeking serendipitous connections to develop between shape, line, and color.

Recently, Onstad discovered the Tibetan concept of Bardo. She explains, "While it most commonly refers to the afterlife, it can also describe moments when a gap appears – an interruption, a space of uncertainty, or transition. While this in-between place may feel unsettling, it can also serve as a bridge to new beginnings. Last year I began experimenting with abstraction, and as I moved between states of confusion and clarity in my studio, I felt like I was in the Bardo."

Onstad has lived in Portland, Oregon for several decades. She has a BA in Fine Art and Psychology from Lewis and Clark College in Portland, Oregon; an MA in Art Therapy from the College of Notre Dame in Belmont, California; and a certificate in Book Arts from the College of Art and Craft in Portland, Oregon. She has exhibited her work nationally, and her paintings and artist books are found in private and public collections in the US and abroad.

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



L. Onstead, After Life, print



B. Sostrom, Home Water, 24x18



RECOLOGY WESTERN OREGON and Astoria Visual Arts announce the newest award winners for the Coastal Oregon Artist Residency, Bill Atwood and Kate Speranza. The winners of the highly competitive residency were chosen by a panel of artists, art patrons and environmental professionals, after a 2-year hiatus due to covid. The two selected artists will be provided with generous monthly stipends, materials, and a dedicated studio space at Recology Western Oregon's Astoria Recycling Depot and Transfer Station for a four-month long residency beginning June 1, 2022.



The Art of Recycling • COAR Artists 2022

This is the fifth round of the Coastal Oregon Artist Residency (COAR), which was developed collaboratively by Recology Western Oregon (RWO), an employee-owned company that manages resource recovery facilities on the North Coast, and local arts non-profit Astoria Visual Arts (AVA). Astoria's residency is a part of a larger program that was founded in 1990 and based in San Francisco, Portland and Seattle. COAR is designed to support the creation of art from recycled, repurposed and discarded materials.

Bill Atwood, a native Astorian, received his Bachelors in Sculpture from Eastern Oregon University. He then went on to cofound Waypoint Studios, a successful artist co-op in La Grande, which offers artists and musicians a place to create and is still in operation since its inception 18 years ago. For the past 10 years the backbone of his sculptural work

has been found objects, typically acquired through visits to local scrap yards or beach combing. COAR is an exciting opportunity for Atwood to have access to a substantial amount of scrap materials.

"I start by laying out various collected pieces on a clean table and allow for relationships to develop between objects. Keeping an open mind is key," Atwood says of his process. He aims to work on larger scale public art in the future and hopes COAR could provide first step in that direction. Atwood is a represented artist at Riversea Gallery in Astoria.

Kate Speranza is a life-long Oregonian, who received her BFA from Oregon College of Art & Craft where she concentrated in metalsmithing. She went on to pursue an MFA at East Carolina University where she discovered a love for painting. "Found

objects often become subject matter or components in my work." Speranza wrote in her application, "My ability to look at the humblest of objects and see immense potential for its use and transformation constantly has me exclaiming, 'Ooh, I could make something with that!'"

Speranza has an abiding interest in architecture, and is drawn to clean lines, structure and minimalism. She currently divides her time between painting, sculpture, and metalsmithing and is a represented artist at RiverSea Gallery. Her paintings, sculpture, and jewelry have been featured in many national and regional exhibitions.

Following the residency, the pair of artists will be featured in a joint exhibit at the Anita Building during Astoria's Artwalk in October.

ABOUT GOLDIE

By Kate Cooper • Animal Rescue Volunteer



MEET SWEETHEART GOLDIE! Goldie is a 5 year old female Staffordshire Terrier. Her name clearly matches her coloring, she is a beautiful pup! How can you resist that sweet face? Goldie is very active and loves the outdoors. She is affectionate and loves her humans, who she will shower with adoration and kisses. Goldie loves to go for walks and does well on a harness. She previously lived in a home with children and did really well. Goldie is great with people and just wants to be near her human. Once you meet this pup, she is sure to steal your heart! Goldie needs to be in a home with no cats. She also needs a place with a securely fenced yard. Goldie is up to date on her shots,

she is fixed and microchipped. If Goldie sounds like the girl for you, please get in touch!

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



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

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

- Dog Food – Nature's Domain (Costco)
- Cat Food – Nature's Domain (Costco)
- Wet Dog Food & Pate style Cat Food
- High Quality Kitten Food
- 50 Gallon Garbage Bags
- 13 Gallon Tall Kitchen Bags
- Paper Towels
- Dawn
- Bleach
- Cat Toys (No Catnip)
- Dog Kongs (Black only please)
- Feline Pine Cat Litter
- Laundry Detergent (HE)
- Also - We take Cash Donations!*

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

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

Mental Health vs. Mental Illness

wordwisdom

By Tobi Nason

I HEAR a lot about how we (society) need more mental health services and when tragic events occur (shootings, suicide etc) the term mental illness pops up.

I've had friends ask for counselor recommendations only to find counselors are booked up or accept certain insurances or only teleface with a client.

On December 17, 1993, the term "going postal" came to be. It became shorthand for becoming excessively angry and frustrated to the point of violence. There were many instances of postal employees shooting fellow employees and management. Stress and anger had built to an uncontrollable degree. Changes needed to be made to the system for sake of mental well-being of the employees and nothing was done.

There is a naive idea that often is presented as the solution and to avoid tragedy. It goes like this: if only we had enough services available at all times to all people, these senseless shootings and suicides would not occur. I'm not so sure about that. Once a reasonably grounded person suffers

great injustices such as lost job, lost family, financial dead ends and other events deemed as trauma, that person may choose some version of "going postal" as a final message.

Fact: not enough mental health services. Easily said remedy, not easily achieved. Mandates and



wishful thinking don't work.

Mental health is on a continuum—so many types of people, highly resilient, down to those just struggling to get through the day. When does it flip into mental illness, as society defines it? When someone senselessly shoots strangers and children or jumps off a bridge. Somehow that action defines that person... days before they existed in the mentally well category.

Other reasons that may exist why someone does not partake of counseling prior to going postal; poverty, low income, distrust of head doctors, family pride, looking good. The list goes on. The idea that if a mentally ill person goes to a therapist and the therapist transforms that person into a mentally healthy person is, in itself, crazy.

Remember the continuum. All of us are on the continuum—mentally healthy which extends into mentally ill. "He/she must have been mentally ill to do such a thing." At that point—yes. But all of us are just one drastic behavior from being labeled "mentally ill."

My suggestions: Be Kind. Listen to others. Sometimes people just need to be heard and empowered. Take care of your own well-being, the best you can. Sometimes the world becomes too much for a person. Be alert. Be your brother's keeper. Make this your daily gift to the mental health of our times.

Tobi Nason is a counselor located in Warrenton. (503)440-0587. She can make house calls.



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THEATRICAL / STREAMING RELEASES



FOR ALL MANKIND SEASON 3 (June 3 Apple TV) Joel Kinnaman returns to topline the third season of the critically-acclaimed alternate history show where the Soviets beat the Americans to the Moon in the space race. In Season 1, a crisis hits NASA after a Soviet Cosmonaut becomes the first person to set foot on the Moon. After the Soviets land a female Cosmonaut on the Moon, NASA recruits female Astronauts. When ice is discovered, the Soviets and Americans found competing bases. In Season 3, ten years later, the Soviets and Americans on the Moon agree to a



joint mission, only for tensions to flare when U.S. Marines accidentally kill a Cosmonaut, leading to a war on the Moon. In Season 3, the Soviets and Americans set their sites on Mars, with NASA vowing not to lose this race.

IRMA VEP (June 6 HBO Max) Alicia Vikander plays actress Mira, a Hollywood actor riding high after her superhero movie is a hit. While her agent (Carrie Brownstein) would prefer she accepted a part in another superhero movie, Mira has instead taken the part of a French actress taking the lead in a remake of the classic French serial Les Vampires. However, director Rene Vidal is so wrapped up in recreating the essence of the silent serial series, that he ignores the actors, none of whom can understand the motivation of their characters, which leads to even more tension with Rene. (BTW Irma Vep is an anagram for vampire).



MS. MARVEL (June 8 Disney+) Marvel premieres their new series about Kamala Khan, nerdy Pakistani-American teenager from New Jersey whose life changes when she develops super powers. Synopsis: A great student, an avid gamer and a voracious fan-fiction scribe, she has a special affinity for superheroes, particularly Captain Marvel. But Kamala struggles to fit in at home and at school—that is, until she gets super powers like the heroes she's always looked up to. Life is easier with super powers, right?

HUSTLE (JUNE 10 NETFLIX) Adam Sandler stars as down on his luck basketball scout Stanley Beren. No one loves basketball more than Stanley, but after 30 years of living out of a suitcase, he is no closer to his dream of being a coach. While in Spain, Stanley discovers streetball player Bo Cruz, an incredible talent with a troubled past that prevents him from getting anywhere. Against the wishes of his team Stanley brings Bo to the United States to try out for the NBA. Can the two underdogs help each other achieve their life goals?

SPIDERHEAD (June 17 Netflix) Synopsis: In a state-of-the-art penitentiary run by brilliant visionary Steve Abnesti (Chris Hemsworth), inmates wear a surgically attached device that administers dosages of mind-altering drugs in exchange for commuted sentences. There are no bars, no cells, or orange jumpsuits. In Spiderhead, incarcerated volunteers are free to be themselves. Until they're not. At times, they're a better version. Need to lighten up? There's a drug for that. At a loss for words? There's a drug for that, too. But when two subjects, Jeff (Miles Teller) and Lizzy (Jurnee Smollett), form a connection, their path to redemption take a twistier turn, as Abnesti's experiments start to push the limits of free will altogether.

THE BLACK PHONE (June 24) Blumhouse looks to have another winner with this Ethan Hawke-toplined horror based on a story by Joe Hill, Stephen King's son. Set in the '70s, we meet Finney (Mason Thames), a star pitcher whose life off the baseball diamond is hell. Being a jock doesn't prevent Finney from being bullied at school. His home life isn't much better where he and his younger sister Gwen (Madeleine McGraw) must walk on eggshells to avoid being abused by his angry, alcoholic father (Jeremy Davies). On top of that, neighborhood boys are disappearing, the victims of a killer known only as the Grabber (Hawke). Sure enough, Finney is snatched by the Grabber, who wears a mask at all times. Imprisoned in the Grabber's soundproof basement, Finney is forced into playing a macabre game to preserve his life, one that will inevitably end with his death. Gwen, who has clairvoyant visions, begins searching for her brother. Finney's fate seems sealed until the disconnected black phone on the wall begins to ring with calls from the dead boys giving



Finney information on how to survive. But as none have survived, Finney, with the aid of his sister, will have to escape on his own.

ELVIS (JUNE 24) Baz Luhrmann (Moulin Rouge) presents the story of the King of Rock and Roll in his typical hyperadrenalized, stylized fashion with newcomer Austin Butler drawing rave reviews for his performance as Presley. Film follows Elvis as a boy (Caydon Jay) growing up in Tupelo, Mississippi, in a poor Black neighborhood after his father gets in trouble with the law. Young Elvis sneaks into revival meetings and juke joints and absorbs influences he would later fuse into rock 'n' roll. When Butler explodes onto the screen in a pink suit and gyrating his hips, a



star is born. Which is when the narrator of the story – Colonel Tom Parker played by a nearly unrecognizable Tom Hanks in prosthetics – latches onto Elvis, and simultaneously creates the greatest star ever while leeching off of him in a symbiotic, complicated relationship that ultimately leads to Elvis' destruction.

FREE WILL ASTROLOGY

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JUNE 2022

ARIES (March 21-April 19): Who loves the truth better than you Aries people? Who has the greatest potential to speak the real story in every situation, even when it requires extra courage? Who has more fun than you in discovering and defining and expressing the raw facts? In my Book of Life, you Rams are radiant beacons of candor—the people I go to when I need accuracy and honesty. And all I’m saying here will be especially crucial in the coming weeks. The whole world needs concentrated doses of your authenticity. Now read this pep talk from Aries philosopher St. Catherine of Siena: “Let the truth be your delight; let it always be in your mouth, and proclaim it when it is needed. Proclaim it lovingly and to everyone, especially those you love with a special love—but with a certain congeniality.”

TAURUS (April 20-May 20): Before the 20th century, you couldn’t buy a loaf of bread that was already sliced into thin pieces. Then in 1912, the American inventor Otto Frederick Rohwedder developed a slicing machine. But all his work, including the blueprints and the machine prototypes, was destroyed in a fire. He had to seek new funding and begin again. Sixteen years later, his innovation was finally ready for broad public use. Within five years, most of the bread in the US was sold sliced. What does this have to do with you? I am picking up an Otto Frederick Rohwedder vibe when I turn my visions to you, Taurus. I suspect that in the coming months, you, too, will fulfill a postponed dream.

GEMINI (May 21-June 20): A blogger named Sweetlikeacherry reminds us, “Some epiphanies are only possible when you put away your phone and go completely offline for a while.” She adds that sometimes you also need to at least partially avoid your phone and the internet if you hope to incubate new visions of the future and unlock important discoveries in your creative work and summon your untamed genius. According to my astrological analysis, all these possibilities are especially likely and necessary for you in the coming weeks. I trust you will carry out the necessary liberations to take full advantage.

CANCER (June 21-July 22): Poet Carolyn Kizer (1925–2014) won a Pulitzer Prize for her poetry. She was smart! But when she was young and still studying her craft in college, a professor objected to one of her poems. He said, “You have pigs in this poem; pigs are not poetic.” Kizer was incensed at such ignorance. She testified, “I got up and walked out of that class and never went back.” Judging from the astrological omens, I suspect you may have comparable showdowns headed your way. I advise you to be like Kizer. You are the only one who truly knows the proper subjects of your quest. No one else has the right or the insight to tell you what your work (or play) should be about.

LEO (July 23-Aug. 22): Leo author James Baldwin said it wasn’t often “that two people can laugh and make love, too—make love because they are laughing and laugh because they’re making love. The love and the laughter come from the same place: but not many people go there.” Your assignment, Leo, is to be the exception to Baldwin’s rule during the coming weeks. According to my analysis of the astrological omens, there’s a high possibility that interesting eros can converge with humorous fun in a glorious synergy. You will have a knack for conjuring up ribald encounters and jovial orgasms. Your intuition will guide you to shed the solemnity from your bliss and replace it with sunny, carefree cheer.

VIRGO (Aug. 23-Sept. 22): I’m worried you will over-indulge in your pursuit of perfection during the coming weeks. It’s fine to be exquisitely skillful and masterful; I hope you do that. But if you get obsessed with flawlessness, you will risk undoing your good intentions. As an antidote, I offer you two pieces of advice. The first is from actor and activist Jane Fonda. She said, “We are not meant to be perfect; we are meant to be whole.” The second

counsel is from philosopher and psychologist William James, who wrote, “Perfection is not attainable, but if we chase perfection, we can catch excellence.”

LIBRA (Sept. 23-Oct. 22): Author Mustafa Mahmoud described the signs of love between two people: 1. feeling a comfortable familiarity; 2. having no urge or need to lie; 3. being natural, not trying to be different from who one is; 4. having little or no possibility of being embarrassed in front of the other person; 5. experiencing silence as delicious, not alienating; 6. enjoying the act of listening to the other person. I bring these pointers to your attention, Libra, because the coming months will be a favorable time to define and redefine your understandings about the signs of love. How do you feel about Mahmoud’s ideas? Are there any more you would like to add?

SCORPIO (Oct. 23-Nov. 21): “We do not love each other without changing each other,” wrote author Madeleine L’Engle. Meditate on that gem, Scorpio. Now is a perfect time for you and your loved ones to acknowledge, honor, and celebrate the ways your love has changed each other. It may be true that some transformations have been less than ideal. If that’s the case, the coming weeks will be a favorable time to correct those trends. As for the positive changes that you and your allies have stimulated in each other: I hope you will name them and pledge to keep doing more of that good work.

SAGITTARIUS (Nov. 22-Dec. 21): “I always deserve the best treatment, because I never put up with any other,” wrote Sagittarian novelist Jane Austen. Sagittarian politician Stacey Abrams said, “From the moment I enter a room, I am clear about how I intend to be treated and how I intend to engage.” You’ll be wise to cultivate those attitudes in the next seven weeks, Sagittarius. It’s high time for you to raise your self-respect in ways that inspire others to elevate their appreciation and regard for you.

CAPRICORN (Dec. 22-Jan. 19): In 1963, Jim Munro and Alice Munro founded Munro’s Books, a store in Victoria, British Columbia. After being on the job for a few months, Alice found she was not impressed with many of the products they sold. “I can write better books than this,” she told Jim. Five years later, she published her first collection of short stories, *Dance of the Happy Shades*. Fourteen books later, she won the Nobel Prize in Literature. Will the coming months bring your equivalent of Alice Munro’s pivotal resolution? I suspect they could.

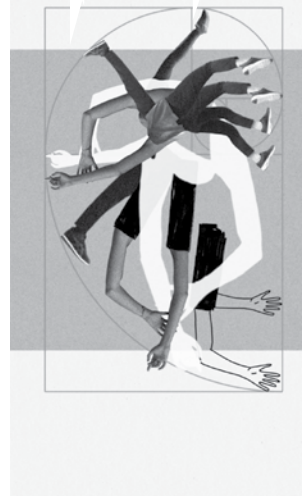
AQUARIUS (Jan. 20-Feb. 18): “True love for whatever you are doing is the answer to everything,” proclaimed performance artist Marina Abramovic. Amen to that righteous attitude! I hope you will embrace it in the coming weeks. I hope your heart and imagination will reveal all you need to know to bring tender fresh streams of true love to the essential activities of your life. Now is an excellent time to redefine the meaning of the word “love” so it applies to all your relationships and pursuits.

PISCES (Feb. 19-March 20): A homeless woman in a wheelchair stopped where I was sitting outside a café. She was pushing her belongings in a small shopping cart. “Would you like to go dancing?” she said to me. “There’s a nearby park that has a great grassy dance floor.” “Maybe another day,” I told her. “My energy is low. I’ve had a lot of personal challenges lately.” I’m sure the expression on my face was less-than-ebullient. “Cheer up, mister,” she told me. “I’m psychic, and I can tell you for sure that you will live a long life and have many more fine adventures. I’ll be in the park if you change your mind.” My mood instantly brightened. “Thanks!” I yelled toward her as she rolled away. Now I predict that you, Pisces, will have comparable experiences in the coming days. Are you willing to welcome uplifting surprises?

STRUCTURE

By Susan Banyas

dance poem 6



Ball and socket joints, what a great idea!

Give thanks to the knees.

You have to love those toes.

The range of possibilities, c’mon.

Bones are your tree trunk and twigs,

Manufacture your blood.

Formalize your action.

You are engineered to be loose, alive,
and organized.

Muscles power bones.

Engage your vitality.

Melt, Thrust. Nuance.

You are built to be

A mover and shaker.

Build the dance the way you build

a house or a sentence.

One move, then the next.

Align head, eyes, heart, guts, feet
on the same axis.

Breathing in, you say, “I am a dancer.”

Breathing out, you say, “This is my dance.”

POETRY VENUE

Florence
Sage

About the Poem: “Your everyday dance is a conversation/Between you and the whirl./ Crossing, uncrossing your legs/Tilting left,” “Every movement counts,” the poet says in another poem, “Body Grammar,” number four in this group she calls “Dance Poems.” Here in number six, she calls attention to what’s outright marvelous about the thing that allows us to move at all: our very structure – which we usually barely notice. But with this structure, we create our own dance, our own unique forms in space, our own story against the existential chaos or nothingness that faces every artist and creative. The message: Make physical poetry. The body is made for this. Pace to the poem, slow, deliberate, spare, not a word too many for the story. Notice the steps. Do your dance. Give thanks. Simple idea that opens your mind and moves.

About the Poet: Susan Banyas is a dancer and writer who divides her time between beloved Astoria with her refurbished house on the hillside, and Portland where she works as a stage choreographer. Her spare and instructional “Dance Poems” help guide students’ awareness in her movement classes. Her class for all skill levels, called Everyday Dancing Outside, runs four Wednesdays in July, at “the magic hour,” 5:30 to 6:30 pm. Details: susanbanyas@gmail.com. Two of her dance-theater works and performance monologues have toured nationally. One is *The Hillsboro Story: a kaleidoscope history of an integration battle in my hometown*, developed through extensive interviews in Ohio, which also became a non-fiction book. She is working on a new theater piece inspired by Ohio’s Great Serpent Mound. Susan reads regularly at Ric’s Poetry Mic in Astoria, embodying her stories with subtle movement, naturally.

HOMEWORK: IF THERE WERE A CLONE OF YOU, WHAT ALTERNATE LIFE MIGHT THEY BE LIVING?
NEWSLETTER.FREEWILLASTROLOGY.COM

Beauty Ways

IN OSCAR WILDE'S novel, *The Picture of Dorian Gray*, the cheerfully sexist Lord Henry insists women cannot be geniuses because "they are a decorative sex." Yet his protégé Dorian takes decorative living to a horrifying extreme by making a diabolic bargain to retain his handsome youthfulness while his portrait (usually an idealized representation of an affluent buyer) turns as ugly as his crimes.

Today, many of us maintain an uneasy relationship to beauty ideals that exclude all but a few. As art historian Jon Berger observed, the rise of mass marketing commodified attractiveness, sending the message that you must purchase social approval through investing in what are now called "health and beauty aids."

Going deeper reveals the inequity of standards that insist some people must be beautiful to please others with higher social standing, who are entitled to possess loveliness. Yet beauty is something we all need: rapturous sensory experiences, creative outlets, pleasure, and delight. Under capitalism, we're given unequal access to tranquil spaces and free time. Environmental racism and classism situate polluting industries in economically disadvantaged communities, while the affluent aren't required to inhale toxic fumes; rather, they can enjoy beautiful experiences curated just for them.

When I was a teenager, I became so discouraged about the social pressure to package oneself as an attractive product that I rejected the whole notion of beauty. Against the grain of my "I'm not a feminist" generation, I un-



derstood the impulse of 1970s activists to set underwire bras afire. Beauty was a competitive sport meant to distract people from authentic life, and so I kept my distance.

Then I encountered the Dine Beauty Way Blessing, which offers gratitude for the beauty that surrounds us, while also reminding us of our responsibility to co-create beauty by acting with integrity. If you're unfamiliar with the blessing, here's a bilingual version from Talking Feather, an educational organization dedicated to correcting misperceptions about Indigenous cultures through lesson plans and activities: <https://talking-feather.com/home/walk-in-beauty-prayer-from-navajo-blessing/>.

This principle, that beauty means not superficial physical appearance but the harmony of the world, resonated deeply with me. I also appreciated the reminder that beauty is an es-

sential quality of being in which we can all participate. It isn't something we possess or acquire; it's something we are, do, feel, and give to others and ourselves. It's a holistic way to be, not because there's a simple equation between being healthy and looking good, but because upholding beauty requires mindfulness in every act and word.

In the spirit of equity, I will note that I was first exposed to the Beauty Way Blessing through the then-popular New Age movement, which has been justly criticized for sharing Indigenous teachings out of context, without permission, and sometimes for profit. Like many thoughtful young people, I found myself disillusioned by the spiritual bankruptcy of my Western European cultural background and felt gratitude when I realized that other cultures fostered a richer community life, respect for the Earth, and inclusivity instead of binary thinking with all its "isms" and "phobias." But it's a delicate balance between honoring these societies and participating in cultural appropriation. As a person whose ethnic background and middle-class income places me in a privileged position, I acknowledge my responsibility to amplify the voices of those who still walk in beauty despite the Long Walks meant to extinguish their light and lives. Even as I celebrate the inspiration the Beauty Way Blessing gave me as a self-conscious, questioning adolescent, I remember that my own Beauty Way includes the commitment to seek justice for those whose beauty has been both denied and exploited.

Here's To Your Health

Screening out men's major health threats

SCREENING TESTS can catch serious diseases in the early stages before they do major damage to your health.

All men should have a few routine screening tests. These tests can help catch health problems before they've progressed enough to cause symptoms. Treatment in these early stages is more likely to be fully effective.

You can get screened for many diseases, but most men only need screening for a few. The diseases you need screening for, and how frequently you should be screened, varies according to your health and risk factors. The following tests are recommended for most men:

Blood pressure tests: Health organizations, such as the American Heart Association, recommend blood pressure checks at least every two years and more often if your blood pressure level is high.

Cholesterol screening: The American Heart Association recommends cholesterol checks once every four to six years starting at age 20. High blood cholesterol is a major risk factor for coronary artery disease.

Colorectal cancer screening: Regular screening for this cancer should start at age 45.

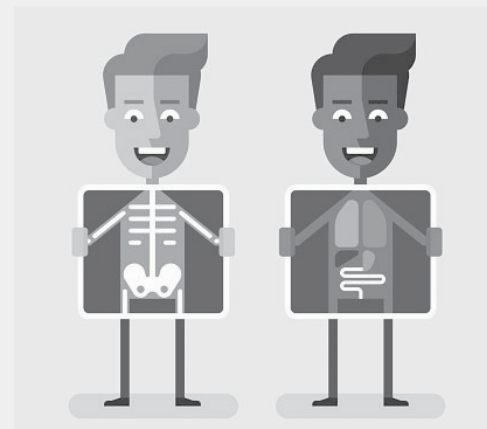
Prostate exams: The American Cancer Society recommends talking to your doctor about prostate cancer screening when you turn 50 years old. Black men should talk with their doctor about the pros and cons of screening at age 45.

Blood glucose testing: All men ages 45 and older should think about getting screened for diabetes. A simple blood test can reveal if you have diabetes or its precursor, prediabetes.

Skin exams: Many doctors recommend monthly self-exams to look for growths or changes that could be skin cancer.

Depression screening: If you've felt down, hopeless or uninterested in the things you usually enjoy for two weeks straight, it's even more important to ask your doctor about screening for depression.

Contact your local CMH-OHSU clinic to schedule an appointment and get a headstart on your health care. Clinics are located in Astoria, Seaside and Warrenton.



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FOOD GROOVE

I LOST a close friend recently. Death is one of the few things that will make me pause and reflect on life and how it works. I have no idea what I am, but I have a really long list of what I'm not and reflective is on there somewhere. I am not someone who needs to be urged to 'be here now'. I'm so now, I give little attention to anything in life's rearview mirror or anything beyond tomorrow's to do list. It takes the absence of something big, really big, missing-best-friend-big to make me take an inventory of what I still have that is important to me.

It's not that I'm ungrateful. I'm just busy. But, here's something I am consciously grateful for countless times a day, every day. My husband. I have a really, really good one.

I know that's not always the case when it comes to marriage. I've had a handful of 'oops, my error' attempts and I feel qualified to comment. One of my favorite country singer/songwriters, Kacey Jones, said it best in her song, I Miss My Man (But My Aim's Getting Better). To quote, "If I'da shot him when I first met him, I'd be out of jail by now."

Personally, I'm too busy feeling lucky to lock and load. I live with someone I'm happy to see every time he comes into the room. I have a reliable and precious source of laugh-out-loud funny every day. I share my life with someone who is happy to have home cooked meals whether they're marvelous or meh.

So, I thank my dearly departed friend, Rod, for reminding me, by his absence, of what's priceless in my life. I would have much preferred that he stick around and tell me in person. Inexplicably, fate cares little for what I prefer. As retribution for Rod having taken his leave much too early, I dedicate this recipe to him.

A few years ago, Rod asked our mutual friend, Norma, what she wanted for her birthday. The answer was a pear pie. Norma's birthday rolled around and Rod showed up at the party with a pie. An apple pie. Norma, as only she can do, demanded to know WTF with this apple pie? Rod's response? "Pear pie is too hard to make." This episode became hilarious, notorious legend. It is called forth not only on birthdays, but anytime one of us needs an excuse for something inexcusable. It's part of Rod's legacy and takes its place alongside the new one-size-fits-all phrase coined by Norma and embraced by many for use when anything goes horribly wrong. "Because Rod died."

Moral: If you die too soon those who loved you will burnish your memory with so very many inappropriate embellishments.

Here's my favorite apple pie recipe. It could have been pear pie but it isn't. Because Rod died.



CHEW ON THIS!

by Merianne Myers



GRANDMA OPLE'S APPLE PIE

Adapted from the original by Merianne Myers

- 1 recipe double crust pie pastry
- 3 Tablespoons flour
- 1/4 cup water
- 1/2 cup butter
- 1/2 cup sugar
- 1/2 cup firmly packed brown sugar

Approximately 8 apples, peeled, cored and chunked. An assortment of kinds of apples makes for the best pie, but use whatever you have or like best. You can slice rather than chunk if you prefer. I think apples cut into chunks produce a pie that is easier to slice later.

Preheat oven to 425 degrees. Roll out 1 crust and place in a 9" pie pan. Fill crust with apples until full and mounded in the middle. Use both hands to press apples firmly into place. This keeps the apples from collapsing during baking and leaving a gap between the filling and the top crust. Roll out the remaining crust and cut into strips. Weave the strips in a lattice pattern atop the apples. Crimp the edges of the top and bottom crust together in any one of the zillion ways this can be done.

In a saucepan, melt the butter then whisk in the flour and allow the mixture to cook for a minute or two, whisking periodically. The mixture will not be really thick or roux-like until you add the water. Stir until the butter, flour and water are well blended and thickened. Add the two sugars and simmer for a few minutes to melt the sugars and make a thick, caramelly syrup. Be sure to put the pie on a baking sheet before ladling the syrup and baking - otherwise BIG MESS in your oven. Ladle the syrup over the pie making sure to allow it to seep into the holes in the lattice. Cover the entire crust. Use all the caramel even though it seems like a lot.

Bake for 15 minutes, reduce heat to 350 and continue baking for another 35 to 45 minutes until apples are tender and crust is a deep, rich glossy brown.

A Celebration of Rod Nichols

Saturday, June 11 from 2:00 to 4:00

Bob Chisholm Community Center

1225 Avenue A, Seaside, Oregon

In lieu of flowers, donations may be made to

Rod's favorite non-profits:

North Coast Food Web, northcoastfoodweb.org

Columbia Senior Dinners Program, astoriaseniordiners.org



Land Conservancy Kicks Off 2022 Summer Stewardship Season

NORTH COAST LAND CONSERVANCY is launching its 2022 field season with a variety of activities and programs that are open to the public.

NCLC's On the Land and By the Sea program presents opportunities for individuals to get outdoors for stewardship days, volunteer work parties, monitoring, walks and more at the organization's habitat reserves on the northern Oregon Coast and the Cape Falcon Marine Reserve.

"Joining us for one of these stewardship events is a fun and meaningful way to make a difference in your community, spend time outdoors with others, and visit beautiful spaces and unique habitats that aren't otherwise accessible to the public," stewardship director Melissa Reich says.

Upcoming public stewardship events includes:

- Releasing the Trees at Thompson Creek, 10 a.m. to 1 p.m. Wednesday, June 15
- Pull, Pile and Stomp Policeman's Helmet at Circle Creek, 10 a.m. to 1 p.m. Saturday, July 16 (family friendly)
- Swampathon, 9 a.m. to 4 p.m. Saturday, Aug. 6
- Removing Invasives at Clear Lake, 10 a.m. to 1 p.m. Wednesday, Sept. 14

After being limited in offering public stewardship opportunities the past two years because of the COVID-19 pandemic, the organization is excited to gather once again with community members and other volunteers to care for the Oregon Coast's precious ecosystems.

NCLC also is hosting a "Land-to-Sea Community Science BioBlitz!" from June 17 to July 17 in partnership with Oregon Coast Aquarium and Oregon Marine Reserves. These programs are used to record the biodiversity within a location during a known timeframe, which creates consistent datasets for researchers.

Volunteers are asked to use the iNaturalist app on their smartphones to locate, photograph and document flora and fauna at the Cape Falcon Marine Reserve and other spots on the coast. No formal training is required. NCLC will host a virtual event at 6 p.m., Wednesday, June 1, to discuss the bioblitz and explain how to use iNaturalist.

To stay up to do date on NCLC's public events and sign up, visit nclctrust.org/on-the-land/. You also can sign up for our monthly email announcements about upcoming events and news.

NEW!

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

The Architect Hound



By Eric Wheeler

A NEW Fort Astoria Historic Marker

THE OL' ARCHITECT HOUND is barking up a bit of a different tree this month. The state historic marker on the Fort Astoria site is not really a building, but it is an important reminder of the pivotal importance of Astoria in the early days of settlement in the Pacific Northwest.

In 1931, remnants of the original fort stockade were uncovered during excavation for the west wing of St Mary Hospital (now the Owens-Adair Apartments). That discovery ignited community interest in developing a vacant parcel located within the boundaries of the old fort as a historic site. There was much discussion for several years, but no progress made towards creating a historic site until the Clatsop County Historical Society stepped up to take charge in 1948. A city-wide effort by volunteers and community groups led to the creation of a State Historic marker on the site that was dedicated on September 6, 1948. An archival photo taken on the dedication day shows the parade and festive crowd gathered at the site.

The 5'x8' wooden sign was designed by local architect Ebba Wicks Brown and is distinct from most other Oregon State Historic markers. In 1956, a replica block house was erected from the same logs used to replicate Fort Clatsop, a few miles south-west of the city. Sometime in the 1990s the original 1948 sign

was replaced, likely due to its poor condition. The sign was replaced with similar materials, but the size, location and original 1948 wording were preserved.

In 2019, the deteriorating condition of the 1990 sign and concern about the marker's text reflecting a 1948 social viewpoint, led to the decision by the city of Astoria to replicate the sign but create new text that reflects an early 21st century social consciousness. The new text recognizes the ancient and current presence of native people in the area and the ethnic mix of the first Astorians. One casualty of the more inclusive text is the removal of reference to Jane Barnes, reportedly the first Euro-American woman to reside in the Oregon Country and a local historic celebrity. The 1990 sign with the original 1948 wording is on display in the Clatsop County Historical Society.

The historic Fort Astoria sign project; begun in 2019 and completed with a sign dedication on May 7, 2022 was a joint effort of the City of Astoria and the Lower Columbia Preservation Society with technical assistance and construction by students, faculty and associates of the Clatsop Community College Historic Preservation Program. Walk over to the historic park at 15th and Exchange and have a look at the new sign that recognizes a foundational event in the history of Astoria. The Architect Hound sends out a congratulatory 'woof...woof' to everyone involved in the project.

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

MARKET TIME!

Coastal Markets from The WA Peninsula to Neskowin, OR



Clatskanie Farmers Market. Saturdays, June - September, 10am - 2pm in Cope's Park, Clatskanie. EBT/SNAP, Double-up Food Bucks, and Oregon Farm Direct Nutrition Program (FDNP) Checks accepted. clatskaniefarmersmarket.com

Blackberry Bog Farm Stand. Friday - Monday, 10am - 5pm. Accepts cash, credit, and FDNP checks. Masks required. 402071 Old Hwy 30, Svensen. blackberrybogfarm.com

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

Columbia-Pacific Farmer's Market. Fridays, Noon - 5pm June - September. In downtown Long Beach, WA. longbeachwa.gov/recreation/farmersmarket/

Astoria Sunday Market. Sundays, through October 9, 10am - 3pm. On 12th St in downtown Astoria. Many farmers accept SNAP & EBT, Double-up Food Bucks, FDNP & WIC. Some vendors may take debit/credit cards. astoriasundaymarket.com/

Pier 39 Saturday Market. Saturdays through October 8, from 10am to 3pm at Pier 39 in Astoria.

North Coast Food Web Market Day Online Ordering. Pre-order locally grown and produced food items online and pick up at the North Coast Food Web in Astoria on Thursdays 3-7pm. Cash, card, check, SNAP, EBT, FDNP accepted. <https://northcoast-foodweb.localfoodmarketplace.com/>

Seaside Farmer's Market. Wednesdays, 2 - 6pm, June 15 September 28. Corner of Broadway and Hwy 101 in Seaside. Debit

cards, SNAP, Food Bucks, and FDNP accepted. seasidemarket.org

Cannon Beach Farmer's Market. Tuesdays, June 14 - September 27, 1 - 5pm. Located in the Midtown area of Cannon Beach. SNAP, Visa, and Mastercard accepted. ci.cannon-beach.or.us/farmersmarket

Manzanita Farmer's Market. Fridays, 4-7pm, through October 7, at Underhill Plaza in Manzanita. manzanitafarmersmarket.com

Garibaldi Night Market. 4-8pm on June 30, July 21, August 11, and September 1. 107 Jerry Creasy Way, Garibaldi. portofgaribaldi.org/night-market

Tillamook Farmer's Market. Saturdays, June 11 - September 24, 9am - 2pm. On the corner of Laurel Ave. and 2nd St in downtown Tillamook. SNAP, Food Bucks, and debit cards are accepted. tillamook-chamber.org/Tillamook-Farmers-Market/clatskaniefarmersmarket.com

Pacific City Farmers Market. Sundays June 13 - September. 10am - 2pm At 6200 Camp St in Pacific City. facebook.com/PacificCityFarmersMarket

Neskowin Farmers Market. Saturdays, through October 1, 9am - 2pm. At the corner of Hwy 101 and Summit Rd. across from the Neskowin Beach Wayside. neskowinfarmersmarket.com

Lincoln City Farmers and Crafters Market. Sundays, 9am - 2pm at the Market-place at Salishan. The market accepts debit/credit and SNAP cards. lincolncityfarmersmarket.org
eam, at: allanmadeline@aol.com.



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2022-23 "Liberty Presents" Schedule

Jessica Hénoc - July 23, 2022

An intoxicating multi-cultural program of French chanson, 1940s Shanghai jazz, gypsy swing and international folk.

June 11 - Grand Brahms Opening Night 1

Circus Nonsense - August 6-7, 2022
We're opening the Third Dimension with two different programs of our favorite music by Brahms. A rag-tag group of circus professionals bringing you an ensemble show celebrating traditional and contemporary circus arts.

June 15 - Russian Romantics

Pamyua - August 20, 2022
An evening of Borodin, Tanev, Glinka and others. Often described as "Inuit Soul Music," the group shares indigenous knowledge and history through music and dance.

June 16 - Schubert Night

Pink Martini - September 2-3, 2022
We're celebrating the genius of Franz Schubert, including his famous Trout Quintet. A rollicking around-the-world musical adventure. If the United Nations had a band, they'd be that band.

June 17 - ARMC Semifinals

Our chamber music contestants perform in the Semifinals

June 18 - Together as One

A glorious journey led by musicians and dancers expressing the joy of Mexican culture.

June 19 - ARMC Finals

Chamber Music masterpieces

June 20 - ARMC Finals

Take a joyride through a versatile songbook of Mexican Folk, Rock & Roll, Tex-Mex and Latin Rock and Reggae. Cumbia, Ranchera, Tejano and more!

June 21 - Red Hot Fireworks

Will be announced tonight!

Stunt Dog Experience! - November 7, 2022

Relive the hits of Motown and beyond, as this exciting, high-energy group unleashes amazing vocals and slick dance moves!

June 22 - Recital Sergey Antonov & Bernadene Blaha

The duo with a 14-year history finally together in Astoria. Master dog trainers and their family of adopted stunt dogs bring you amazing tricks, big-air stunts, athletic feats and comedy antics.

June 23 - Mendelssohn, 180

Some of our audience will be seated on stage with us. Emotionally charged soundscapes meld the music of ancient worlds with a contemporary groove that enchants audiences.

June 24 - One on One with Ilya Kazantsev

Take American clear off the rails, with a blend of bluegrass, rock, Irish, gospel, reggae and a punk-rock inspired edge.

June 25 - Hermitage Piano Trio presents the

Siege of Leningrad

A lively expression of music without borders, with a vintage voice of samba, tango, reggae, soul and pop.

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